

Directions to Douglas Gymnastics Club



Co-ordinates for Sat NAV: Latitude: 51.873, Longitude: -8.4904

<p>From Grange/Frankfield, via Airport Road</p> <ol style="list-style-type: none"> 1. From Airport Road or Ballycurreen road, access Forge Hill. 2. Pass Dwyers Electrical on your Left. 3. At bottom of hill, turn left. 4. After about 100 metres turn right into Southside Industrial Estate 5. Proceed into estate for approximately 200 metres, and follow signs for Douglas Gymnastics Club 6. Our new location is the very last unit of the row. 	<p>From Ballyphehane/Tramore Road,</p> <ol style="list-style-type: none"> 1. Turn onto Pouladuff Road 2. Cross over the South Ring Road 3. Proceed through the roundabout. 4. You will pass a Texaco Petrol station on your left. 5. Proceed straight, and take the first turn to the right into Southside Industrial Estate 6. Proceed into estate for approximately 200 metres, and follow signs for Douglas Gymnastics Club 7. Our new location is the very last unit of the row.
<p>From South Ring East (N25) or South Link (N27)</p> <ol style="list-style-type: none"> 1. Exit the dual carriageway onto the kinsale road roundabout. 2. Follow signs for Togher. (road runs parallel to the south ring) 3. Take the Togher exit. 4. Proceed until you meet the roundabout with Pouladuff road. 5. Take the 1st exit. 6. You will pass a Texaco Petrol station on your left. 7. Proceed straight, and take the first turn to the right into Southside Industrial Estate 8. Proceed into estate for approximately 200 metres, and follow signs for Douglas Gymnastics Club 9. Our new location is the very last unit of the row. 	<p>Via Public Transport</p> <p>The 203 bus service has a stop on the corner of Pouladuff road and Connolly road. From here, it is approximately a 15 minute walk to the new gym, following directions from Ballyphehane above.</p> <p>The 209A bus service from the city centre has it's terminus at the at the bottom of Forge hill. This service isnt' very frequent however.</p> <p>The 219 & 214 services have a stop on Togher road. From here, proceed on foot towards Matthew Hill, and there is a public walk way which links Togher Road through to Lower Pouladuff road, just south of Southside Industrial estate.</p>