



## Directions to Mountaineering Ireland's Dublin Office (Sport HQ)

The offices of Mountaineering Ireland are located at Sport HQ, 13 Joyce Way, Park West Business Park, Dublin 12. The coordinates for Mountaineering Ireland office should you wish to enter them into your GPS are as follows: **W 6° 22' 35" N 53° 19' 47"**

### By bus (Dublin Bus)

**Option 1:** Dublin Bus service 151 goes from the IFSC to Abbotstown, Route details available on line at [www.dublinbus.ie](http://www.dublinbus.ie). Alight the bus at Park West Business Park through the main gateway, walk 300 meters along the road over the canal bridge. At the main roundabout under the electricity pylon turn left. Follow the road towards the water sculpture and a small roundabout (100 metres) turn left here onto Yeats Way. Continue on through two small roundabouts towards the tall sculpture (200 metres). At the third roundabout on Joyce Way take the second exit (turn right). Sport HQ is the second building on your left. It is approximately a six minute walk from the Bus Terminus to Sport HQ.

**Option 2:** Dublin Bus route 79A serves Park West Business Park. Route details available on line at [www.dublinbus.ie](http://www.dublinbus.ie) Disembark the bus at the terminus on Park West Avenue and head 50 metres towards the main roundabout under the electricity pylon. Follow the road towards the water sculpture and a small roundabout (100 metres) turn left here onto Yeats Way. Continue on through two small roundabouts towards the tall sculpture (200 metres). At the third roundabout on Joyce Way take the second exit (turn right). Sport HQ is the second building on your left. It is approximately a six minute walk from the Bus Terminus to Sport HQ.

### By bus (AMC Coaches)

AMC Coaches route 860 serves Park West Business Park. Route details available on line at [www.amconline.ie](http://www.amconline.ie) Disembark the bus at the terminus on Park West Avenue and head 50 metres towards the main roundabout under the electricity pylon. Follow the road towards the water sculpture and a small roundabout (100 metres) turn left here onto Yeats Way. Continue on through 2 small roundabout towards the tall sculpture (200 metres). At the third roundabout on Joyce Way take the second exit (turn right). Sport HQ is the second building on your left. It is approximately a six minute walk from the Bus Terminus to Sport HQ.

### By Train / Tram Luas

There are a number of options to choose. You can either:

#### **(a) Via the Luas Red Line to Heuston Station and then 79A bus**

You may choose to alight a train or Tram (*Luas Red Line*) at Heuston Station and take the 79A bus from outside Heuston Station on St. John's Road West towards Park West Business Park, and follow the directions above. The Luas Red Line runs from Connolly to Tallaght.

#### **(b) Via Connolly Station and 79A Bus**

From Connolly Station walk to Aston Quay, this is a 15 minute, 750 metre walk and alight a 79A Dublin Bus service to Park West Business Park. Follow the directions above (*see by bus above*).

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#### ***(c) Via Luas Green Line***

Take the Tram (*Luas Green Line*) to the terminus at St. Stephen's Green, walk down Grafton Street and Westmoreland Street to Aston Quay. Take the 79A bus service to Park West Business Park. Follow the directions above. It is approximately a 20 minute walk from St. Stephen's Green to the Aston Quay 79A Bus terminus.

#### ***(d) Via Luas Red Line and Shuttle Bus***

Take the Tram (*Luas Red Line*) as far as the Kylemore stop and transfer to the Park West Shuttle Bus which operates to and from Park West. A timetable for this service can be found at [www.parkwest.ie](http://www.parkwest.ie)

#### ***(e) Via Commuter Train Service***

Take the Train (*Iarnród Éireann Commuter Service*) from Heuston Station on the Kildare Line, disembark the train at the Park West / Cherry Orchard Train Station. See [www.irishrail.ie](http://www.irishrail.ie) for train timetables on this route.

From Park West / Cherry Orchard Train Station exit the station and turn right into Park West Business Park. Pass the *Days Hotel* on your left. At the roundabout turn right. Follow the road for 25 metres towards the water sculpture and a small roundabout. Turn left onto Yeats Way. Continue on through 2 small roundabouts towards the tall sculpture (200 metres). At the third roundabout on Joyce Way turn right for 50 metres. Sport HQ is the second building on your left and there is a sign for Sport HQ outside the building. It is a 15 minute walk from the Train Station to Sport HQ

#### **By Car / Motorbike**

##### ***(a) From outside Dublin***

The most direct route to access the Mountaineering Council of Ireland via the M50 motorway which circles Dublin City. Exit the Motorway at Exit 9, also known as the Red Cow Roundabout.

Follow the Naas Road (R110) Eastbound towards the City centre. Travel along this road for 1 kilometre. You then come to a junction with the Nangor Road. Turn left on at this junction onto Nangor Road (R134).

Travel 1.5 westbound along the Nangor Road to the second set of Traffic Lights. Look out for signs for Park West and turn right at the Traffic Lights onto Park West Avenue. Drive 0.5 Kilometres northbound towards the roundabout. At the roundabout take the first exit (turn left). Travel for 75 meters and take the first exit at the first roundabout (turn left).

You are now on Yeats Way, travel 200 meters along Yeats Way, straight through the two small roundabouts towards the tall sculpture. At the third roundabout take the second exit (turn right). You are now on Joyce Way. Travel 50 meters along this road. Sport HQ is the second building on your left. Pass the building and turn left and park your car in one of the car parks here.

##### ***(b) From within Dublin***

There are two main access points into Park West Business Park. (1) From Cloverhill Road (near Wheatfield Prison), and (2) the main entrance off the Nangor Road (which is also nearest to Sport HQ).

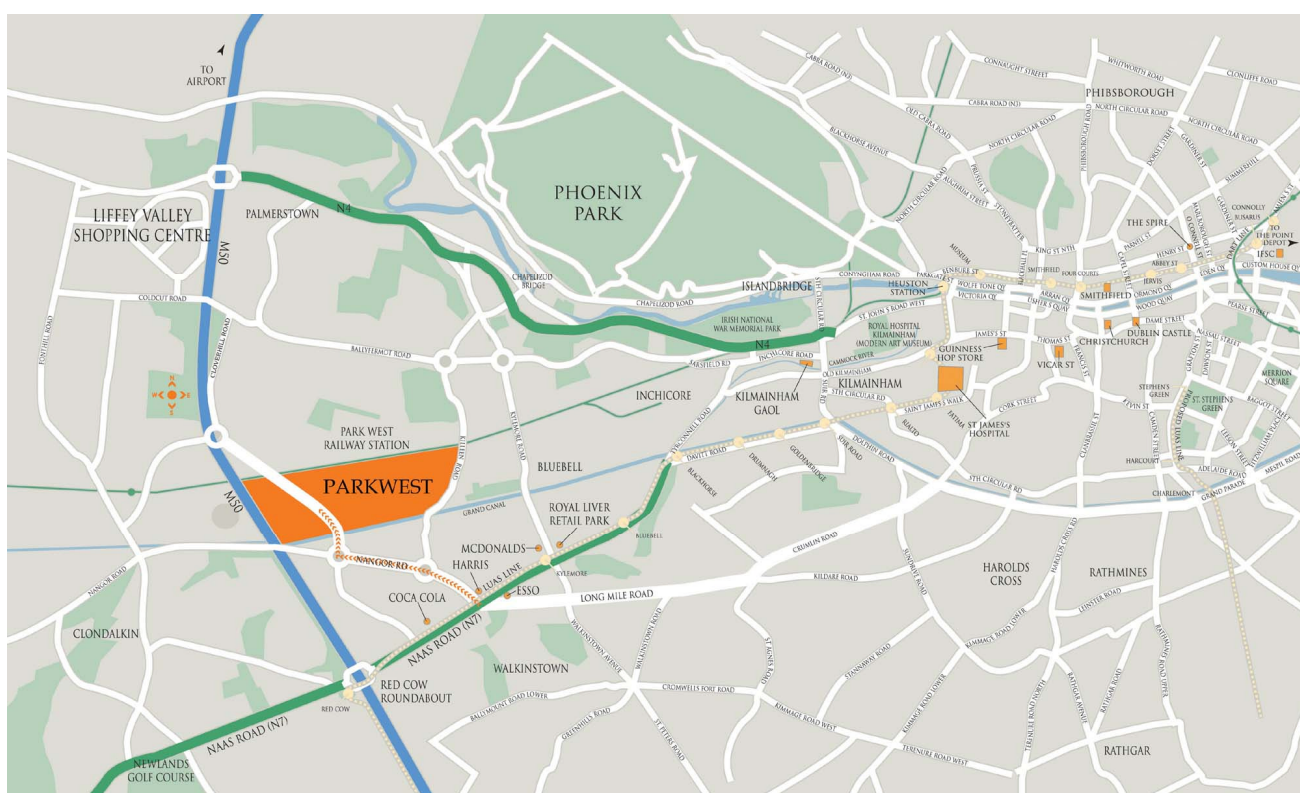
Travelling via the M50 follow the directions above. Coming from the city travel along the Naas Road towards the junction of the Nangor Road.

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Stay in the left hand lane following the signs for Killeen Road / Nangor Road (R134). You must left first to cross the Tram (Luas) line before turning right across the road. Keep an eye out for sign posts for Park West here. Travel 1.5 westbound along the Nangor Road to the second set of Traffic Lights. Look out for signs for Park West and turn right at the traffic lights onto Park West Avenue. Drive 0.5 Kilometres northbound towards the roundabout.

At the roundabout take the first exit (turn left). Travel for 75 meters and take the first exit at the first roundabout (turn left). You are now on Yeats Way, travel 200 meters along Yeats Way, straight through the two small roundabouts towards the tall sculpture. At the third roundabout take the second exit (turn right). You are now on Joyce Way. Travel 50 meters along this road. Sport HQ is the second building on your left.



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