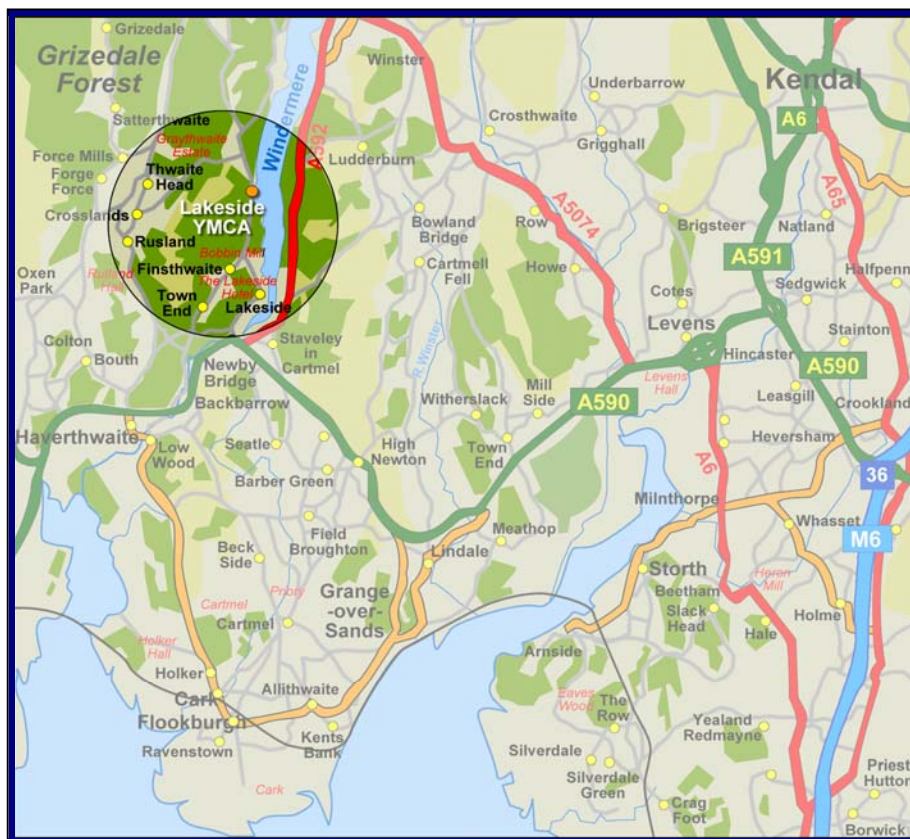




Directions to the YMCA National Centre, Lakeside



By road

The southern Lake District is conveniently linked to the M6 motorway.

To find Lakeside, leave the M6 at Junction 36 and follow the A590 which is sign-posted Barrow-in-Furness. Approximately 18 miles after leaving the motorway you will reach the Newby Bridge roundabout. Continue through the roundabout on the A590 and turn first right over a bridge and past the Swan Hotel. Lakeside is sign-posted three and a half miles along this road on the right.

By rail

South Lakeland is linked to all mainline services. The nearest station is at Grange-Over-Sands which is connected with the stations of Lancaster and Carnforth on the West Coast Line making it an easy destination from London, Scotland, or continental Europe. It is also possible to reach Lakeside from the east of Britain by taking the picturesque Leeds to Lancaster line that also connects at Carnforth. From Grange-Over-Sands station, road transport to Lakeside is required.