



Second Skin Clinic at:

Enable Ireland National Services

Sandymount Centre

Sandymount Avenue,

DUBLIN 4

Tel: 00353 (0) 1 269 5355

Fax: 00353 (0) 1 260 1478



Getting to the **Sandymount Centre in Dublin...**



Public Transport:

Busarus is the main bus station for non-city buses and is opposite Connolly train station where Northern trains come in (from Belfast, Dundalk, Drogheda etc). Heuston station is where trains from West and South arrive.

If coming into Dublin from outside Dublin county there are Luas (trams) at both Busarus central bus station and Heuston train station which will bring you to lower Abbey street (2 minutes walk from O'Connell St).

The best place to get a bus back to the airport is O'Connell Street. You may need to get 2 buses back from Enable Ireland if

going to the airport, one from Sandymount to the city centre, and one from the city centre to the airport.

The main bus information office is located on O'Connell Street and has timetables for all bus routes.

All routes and timetables can also be found on: www.dublinbus.ie

For Dart (Dublin train service) information: www.dart.ie

For national trains, information: www.irishrail.ie/home/

For information on the tram (Luas): www.luas.ie

For information on national buses: www.buseireann.ie

From the airport by car: Travelling from Dublin airport to the city centre will take approximately 45 minutes to 1 hour depending on the traffic. Unless familiar with the city I wouldn't advise anyone to drive through it. If driving get a map or you will inevitably get lost.

Follow the city centre signs on exiting the airport, you will come out onto a dual carriage-way. Keep on this road and it will eventually narrow down into a normal road (with extremely bad traffic!) Drumcondra Road, it becomes Dorset Street. Take a left onto the North Circular Road you will reach a junction with Summerhill, take a right here and the next main right junction onto Gardiner Street lower. This will lead you down to the Custom House, take a left and then right so you go around the left side of the Custom House. Get into the left lane and turn left onto the quays. Go along the quays until you reach a roundabout, take the right turn over the bridge going over the river and go to your left. You reach a toll road (€1.45) pay the toll, follow the road until you come to a roundabout take the 3rd exit on your right and drive up this road until you come to a junction, take a left, you should now have a park on your left and houses on your right. When the park dwindles out into the sea take a right at New Grove Avenue which leads you into Sandymount village, you will come out facing the Spar shop, don't take the left directly beside you but go straight ahead so the green is on your left and Brownes coffee shop, Spiller art gallery and hairdresser is on your right. Sandymount Avenue is the next turn on your right. Enable Ireland is on the right hand side about 50 metres up.

Bus routes from Dublin airport:

Airport to city centre buses (direct route):

747 €5.00 adult €2.00 child (goes direct to O'Connell Street with no stops and then the central bus station (Busarus), **748** €5.00 adult €2.00 child (goes direct to central bus station and Heuston Train Station.).

Dublin bus from airport (stops along the way):

16A stop in O'Connell Street, **41** stop in Lower Abbey St, **41B** stop in Lower Abbey St.

Fares for the above for adults range from €0.90 to €1.85 depending on how long the bus route is. For Children from €0.60 to €0.90

Directions by road from City Centre:

Enable Ireland Sandymount is located on Sandymount Avenue, Ballsbridge. From City Centre follow signs Southside for Ballsbridge. You will eventually reach the Merrion Road immediately after the RDS (on your right hand side). You need to take the next left turn at the traffic lights (you will see Bewleys Hotel on the right hand side directly opposite this turn). You are now on Sandymount Avenue.

Cross over the train (DART) tracks and approximately 600 metres after the DART tracks, on the left hand side of the road you will see us – a low red brick building with black railings, the first part seen will be the school section. Our car park is inside and to the left of the main gates, however no parking is available on site, but disc parking is available on the street (again you will need change for the meters). Main reception desk is to the left as you go through the gates.

By Road from Southside:

This is more difficult than the above as there is no right turn from the Merrion Road on to Sandymount Avenue. Either you can proceed on the Merrion Road past the RDS on your left hand side and turn so you approach Sandymount, or take the coast road (Rock Road, turns into Strand Road) and take a left turn at New Grove Avenue which leads you into Sandymount village, you will come out facing the Spar shop, don't take the left directly beside you but go straight ahead so the green is on your left and Brownes coffee shop, Spiller art gallery and hairdresser is on your right. Sandymount Avenue is the next turn on your right. Enable Ireland is on the right hand side about 50 metres up.

By Dart:

From Northside: Take the southbound train as far as Sandymount DART stop. Exit through the ticket machines and take a left. You are now on Sandymount Avenue. Approx 600 metres on the left is Enable Ireland (see above for description). Main reception desk is to the left as you go through the gates.

From Southside: Take the northbound train as far as Sandymount DART stop. Exit the train, you have to go via the tunnel under the tracks to exit at the ticket station. Turn left and we are approx 600 metres on the left hand side. Main reception desk is to the left as you go through the gates.

By bus:

18 stops on Sandymount Avenue outside Enable Ireland, but it does not go through the city centre (route: Palmerstown, Drimnagh Road, Rathmines, Sandymount).

2 (Route: Parnell Sq. East, **O'Connell St.**, Ringsend, Sandymount)

3 (Route: Larkhill, **O'Connell St**, Ringsend Garage, St. John's Church, Sandymount)

Directions (by foot) from 2 and 3 buses to Enable Ireland:

Sandymount village has a small green in the centre. Walk so that Tesco is behind you and towards the green so that the green is on your left and on your right is a row of shops, a hairdresser, Spiller Art Gallery and Browne's coffee shop. Take the next turn right after these and you are on Sandymount Avenue. Enable Ireland is on your right hand side about 2 minutes walk. Main reception desk is to the left as you go through the gates.

Other buses:

All bus routes going through the Merrion Road that stop near the RDS or Bewleys Hotel – **6, 7, 8, 46, 45**

Ask the driver for the nearest stop before Bewleys hotel. Take the left turn opposite Bewleys, this is Sandymount avenue, walk through the DART train tracks and about 5 - 10 minutes walk on the left hand side is Enable Ireland (see description above). Main reception desk is to the left as you go through the gates.

Taxi companies:

Sandymount cabs: 01 269 1111

NRC (serve whole city) 01 677 2222

City Cabs 01 872 7272

FAQ:

1. What if I get lost? > Please ring 0207 619 7344 and ask for Second Skin.
2. Where can I park? > Ample parking space available in front of the Sandymount Centre.
3. What do I have to bring to clinic? > Just a smile and no worries...(+ this paper)
4. What if I am late? > Please ring 0207 619 7344 and ask for Second Skin!

[For any other Questions, please ring this number on the day 0207 619 7344 or our office in Edinburgh 0131 339 8885](tel:02076197344)