

Directions to

MARK BROWNLESS PHYSIOTHERAPY



**Sports Centre, Trinity College,
College Road, Carmarthen SA31 3EP**

From the East

From Cross Hands, go west on the A48 towards Carmarthen. Go straight across the first roundabout, and take the first exit off the next by B&Q and Tesco onto the A40 signed St Clears and Fishguard. Just past the B&Q turning, take the slip road signposted Johnstown and Llansteffan, following the road around to the left. Turn left at the top of this, coming to some traffic lights by a pub called The Friends Arms (see below)...

From the West

Head toward Carmarthen on the A40. Take the Travellers Rest / Johnstown exit and turn left at the top of the slip road, signposted Johnstown, Llansteffan and Leisure Centre. Go straight across the mini-roundabout and past a garage until you come to some traffic lights, by a pub called The Friends Arms (see below)...

From the North / Lampeter / Newcastle Emlyn

Head toward Carmarthen and then the Carmarthen by-pass (A40) at the roundabout immediately before Glangwili hospital. Take the second exit at the next roundabout and on to the by-pass. Go straight across the next roundabout and go into the right hand lane to take the third exit at the next. Take the first exit off the B&Q / Tesco roundabout, signed St Clears and Fishguard, staying on the A40. Just past the B&Q turning, take the slip road signposted Johnstown and Llansteffan, following the road around. Turn left at the top of the slip, coming to some traffic lights by a pub called The Friends Arms (see below)...

At the Friends Arms Junction

Turn left immediately after the pub onto Jobs Well Road, following the road up to the new traffic lights at the top where you turn right. The entrance to Trinity College is on the right and signposted Trinity College and the Halliwell Centre, it's after the pedestrian crossing and opposite the S4C building. Once you have entered the college campus, after about 50 yards, take the first left after you go over a hump painted like a crossing, where there is a small sign for the Sports Centre on some wooden fencing that hides some blue recycle bins. Follow this road around. You will see a brick building and a large green dome. Please park here and drop me a text to let me know you have arrived.

Mark Brownless

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