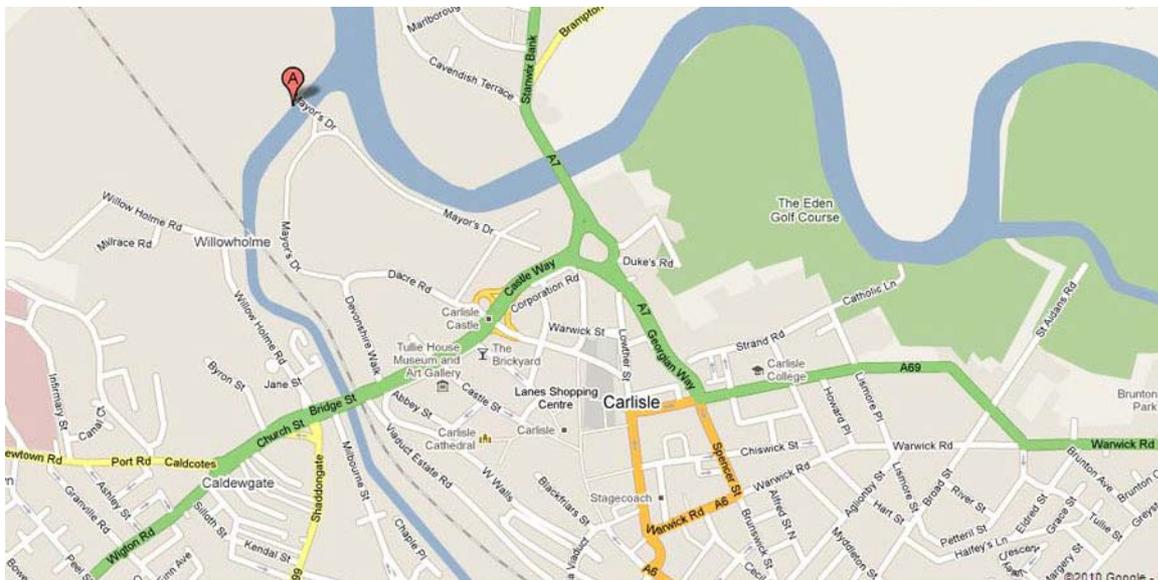
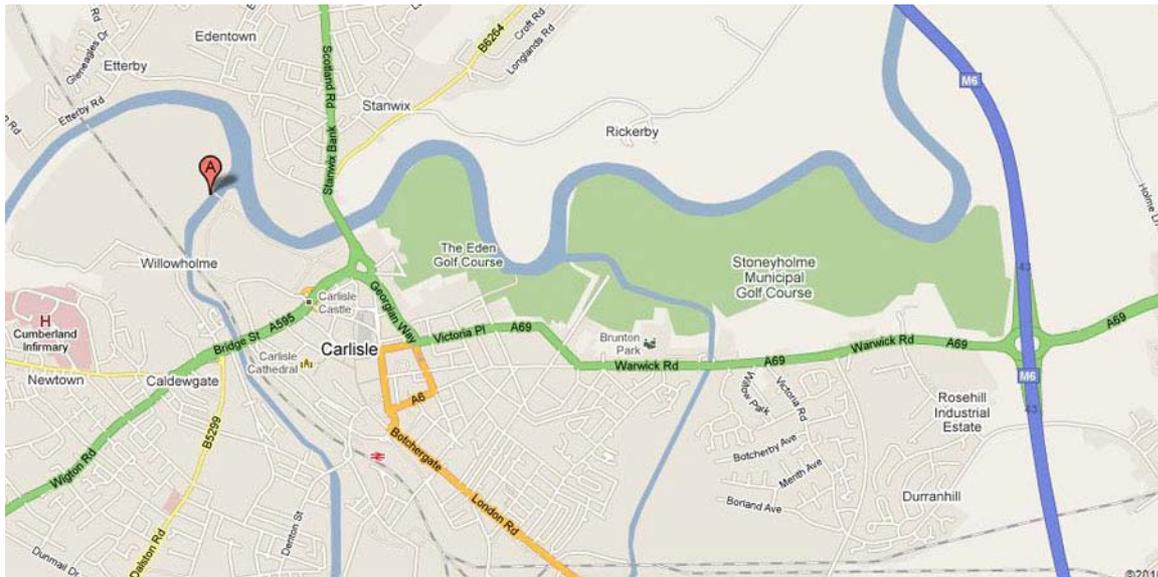


Traveling Directions To The Sheepmount Stadium, Carlisle



From North or South - Exit **M6** at Junction 43

At roundabout - From the South take the first exit, From the North take the third exit.

This will take you onto **Warwick Road** towards Carlisle City Centre.

Continue along **Warwick Road** for about two miles until it becomes a one-way road and to traffic lights at a T junction.

Turn right into **Lowther Street**.

Once in **Lowther Street** there are three lanes, the nearside side lane being a bus lane.

Take the middle lane. Continue along this road. After the first set of traffic lights stay in the middle lane.

Within a short distance you will go through a set of traffic lights.

There are two lanes. The nearside lane is for the indoor car park so stay in the offside lane.

Follow this road around Debenhams store and it becomes **Tower Street**.

You will go through two sets of traffic lights and then under a road bridge.

Almost immediately after the road bridge turn left onto **Dacre Road** which takes you behind Carlisle Castle alongside parkland to your offside.

This is a narrow road and there are one or two 'dips' in the surface.

After about half a mile turn right onto a minor road (as the road bends to your left) which leads you along the edge of parkland again to your offside with a main railway line a few yards to your nearside and on to a roundabout.

Car drivers should take the first exit and over the bridge and you will be directed to the parking areas and the **Sheepmount Stadium**.

Coaches are not allowed over the river bridge due to weight restrictions and they will have to turn around and go back along the road. At the first junction go straight on and a very large coach/car park is on the offside a short distance from the stadium.

For those with GPS navigation the post code is **CA3 8XL**.

When it is time to go home.

Back through the park and turn left onto **Dacre Road**.

Continue for about half a mile until you come to a T-junction.

Turn left and then filter onto **Castle Way** and into offside lane.

After a short distance arrive at a large roundabout and take fourth exit and onto **Georgian Way**.

Into nearside lane, up the hill to set of lights at the top.

Turn left into **Victoria Place**.

Continue along this road for about a mile until arrival at traffic lights at X roads.

Turn left into **Warwick Road** and continue along the same way you came in and back to Junction 43 of the **M6**.

Have a safe journey.

Should you be delayed for whatever reason the telephone number of the athletics stadium is **(01228) 625599**