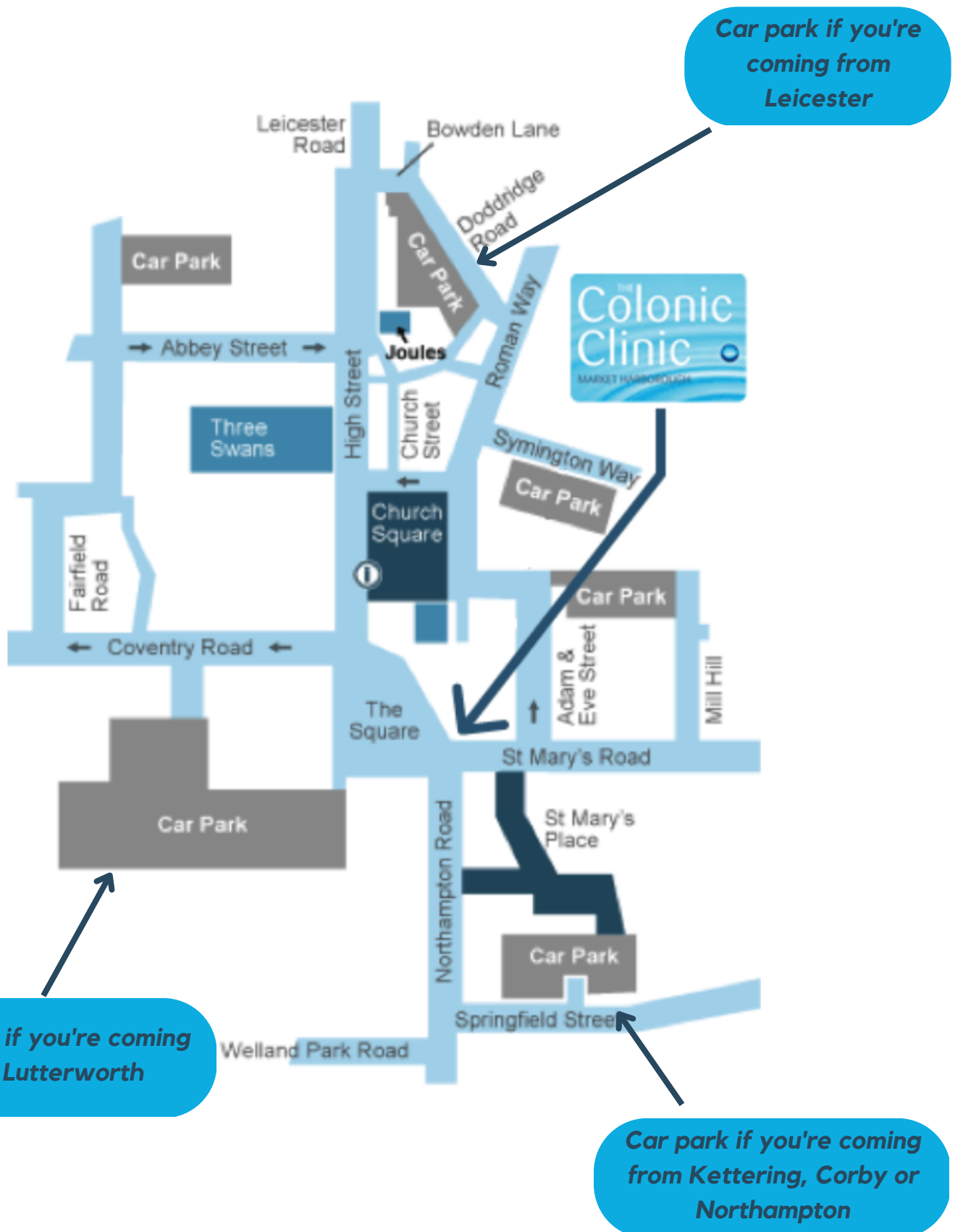


Directions to the Colonic Clinic

Suite 4, 10 The Square, Market Harborough, LE16 7PA



To make it easier, here are specific instructions depending on what direction you are approaching the town from. Currently car parking machines take cash and card and costs £1.50 for a 2 hour stay.

From Leicester on the A6 – At the roundabout as you enter Market Harborough go straight over, pass the police station on your right and go down until you reach a narrowing of the road (one lane only). Take an immediate left on to Bowden Lane and then right at the T-junction, the car park entrance is on your right.

From here it is a 5 minute walk. Go to the High Street and turn left and keep walking until you reach the Age UK book shop on The Square.

Follow the path as it veers left (where the traffic lights are) and there you will find Naylor's Estate Agents and PDSA charity shop. My door is to the right of PDSA and you will find me upstairs.

From Corby – As you enter Market Harborough you will pass the train station on the right. Take a left at the next traffic lights. At the next roundabout take the 3rd exit (the 1st one is Lidl). Take a right at the next traffic lights which is Sainsbury's petrol station and car park.

From here it is a 5 minute walk. Pass Sainsbury's (the shop will be on your left) and through the shopping precinct (pass the market on the left) and over the bridge until you get to pedestrian traffic lights with Cooper Estate Agents opposite, my door is to the left of their shop and you will find me upstairs.

From Kettering – Take the 1st exit for Market Harborough from the A6 sign posted Little Bowden. Drive down the hill, under a railway bridge and carry on until you get to the roundabout, take the 1st exit and then at the traffic lights turn right at Sainsbury's petrol station, which takes you into their car park.

From here it is a 5 minute walk. Pass Sainsbury's (it will be on your left) and through the shopping precinct (pass the market on the left) over the bridge until you get to pedestrian traffic lights with Cooper Estate Agents opposite, my door is to the left of their shop and I am upstairs.

From Northampton – As you enter Market Harborough go straight over the roundabout, through the pedestrian traffic lights on Northampton Road and then at the next set of lights go straight on. Immediately after there is another set of lights so take a right, the car park is first left at Sainsbury's.

From here it is a 5 minute walk. Pass Sainsbury's (it will be on your left) and all the way through the shopping precinct (pass the market on your left) over the bridge until you get to pedestrian traffic lights with Cooper Estate Agents opposite, my door is to the left of their shop.

From Lutterworth and the M1 – As you enter Market Harborough you go straight over the first roundabout and go downhill and at the first mini roundabout turn left, then straight over a set of traffic lights, at the next mini roundabout go straight on with the petrol station on your left. First right is the car park where you will see the Co-op on your right.

From here it is a 5 minute walk. At one end of the car park is the Co-op and at the other end is Tesco. Pass Tesco and towards Waterstones book shop on the corner of The Square. If you look diagonally across the road you will see Cooper Estate Agents (opposite Pizza Express), my door is on the left of their shop frontage.

From the Train Station - As you walk out of the car park of the train station you will see a railway bridge going over St Mary's Road on your left. Walk in the opposite direction of the bridge so you will be going towards the town centre, but still keeping on the same side as the train station. Keep walking until you eventually reach *Starbucks* café (about 8 minutes' walk). Here you cross a small street (Adam & Eve St) and walk a few metres until you reach the traffic lights and Cooper Estate Agents, my door is on the left of Cooper Estate Agents.

If you cannot find the clinic then please give me a ring and I will direct you 07592 603047

Once inside, please follow the signs upstairs to the waiting area and make yourself comfortable.