Driving: Easiest entry is off Invermay Road, then into Foch Street (which turns into Plumer Street), then first left inside the University gates is Tamar Lane.

Walking: turn down the driveway between C and M blocks (opposite the Co-Op bookshop), follow this road to the right and E Block is the last building on the left before the road turns to face the river.

Exercise Clinic (ground floor E Block) Room E013

Limited Parking near clinic at the end of Tamar Lane *ask for a parking voucher from clinic staff