St Pauls Medical Centre, St Pauls Square, Carlisle, CA1 1DG

Map of Central Carlisle with the Practice marked in red and large car parks marked in blue.

By Rail: There are excellent connections to Carlisle station from all parts of the UK. Either use the map above to find your way to the practice (Railway station is large black area just left of centre) or get a taxi from the front of the station (5 minutes).

From East (Newcastle/Hexham): Follow A69 across M6 motorway (junction 43) in towards the centre of Carlisle. Keep following this road past Carlisle Utd football ground, until the road becomes one way. Stay in the right-hand lane until you reach a set of traffic lights (row of shops in front of you). Follow the single lane going right onto Lowther Street and stay in the right-hand lane (of three). Continue through the first set of traffic lights but turn right at the next set onto Lonsdale Street. Take the second turning on the right (first is no entry anyway) just before the church. You are now on St. Paul's Square the practice in the ground floor of the 5-storey building ahead and to the left. There is limited parking at the front of the surgery. Parking is very difficult in this part of Carlisle.

From South: Leave the M6 at junction 42. Take the second exit signposted Carlisle. Follow this road into the centre of Carlisle. When the road becomes one way take the right-hand lane and turn right at the traffic lights. Stay in the right-hand lane and turn left at the next traffic lights. Stay in the right-hand lane and turn right at the next set of traffic lights onto Lonsdale Street. Take the second turning on the right (first is no entry anyway) just before the church. You are now on St. Paul's Square the practice in the ground floor of the 5-storey building ahead and to the left. There is limited parking at the front of the surgery. Parking is very difficult in this part of Carlisle.

From North: Leave the M6 at junction 43. Then follow instructions for From East.