

Location Map - NARC, Kendal (LA9 6NH)

By Road:

From the south: leave M6 at J36 on A590, signposted to Kendal and South Lakes. Continue for 6 miles past Kendal South exit, until end of carriageway at roundabout. Turn at roundabout signed Kendal North and continue 1.5m into Kendal. Follow signs for A6 Shap and Penrith North. Keep left under railway bridge, you should now be on Shap Rd. Pass the Mintsfeet Industrial Estate, pass the Gulf garage on left. You should now be able to see the **Lake District Business Park tower (with clock)**. Unit 24 is where the training takes place. (See the buildings & parking section)

From the north: leave M6 at J39 Shap. Head south towards Kendal on A6 for 12 miles. As you enter Kendal the training centre is located on the 3rd right hand turning. You should now be able to see Lake District Business Park tower (with clock), Unit 24 is where the training takes place. Please find door to left side with "NARC" sign. (See the buildings & parking section).

By Rail:

The west coast mainline station Oxenholme is approx. 2 miles taxi journey from NARC. Please ask for the Climbing wall or the old Farley's factory. You should now be able to see Lake District Business Park tower (with clock), Unit 24 is where the training takes place. The entrance is the black door on the left-hand side of the building with the "NARC" sign.

The Buildings & Parking:

As you drive down Mint Bridge Rd the obvious tall building with a clock is the training centre.

Take 2nd right onto the business park before the Heinz factory.

Please drive to the end of the estate and turn left where you will find a large car park. Enter the centre via the black door on the far side of the building. Please avoid parking in front of the climbing wall.

Information about parking restrictions can be found at: narc.co.uk/kendal-training-map.php

