

Forget The Gym – Locations and Meeting Points

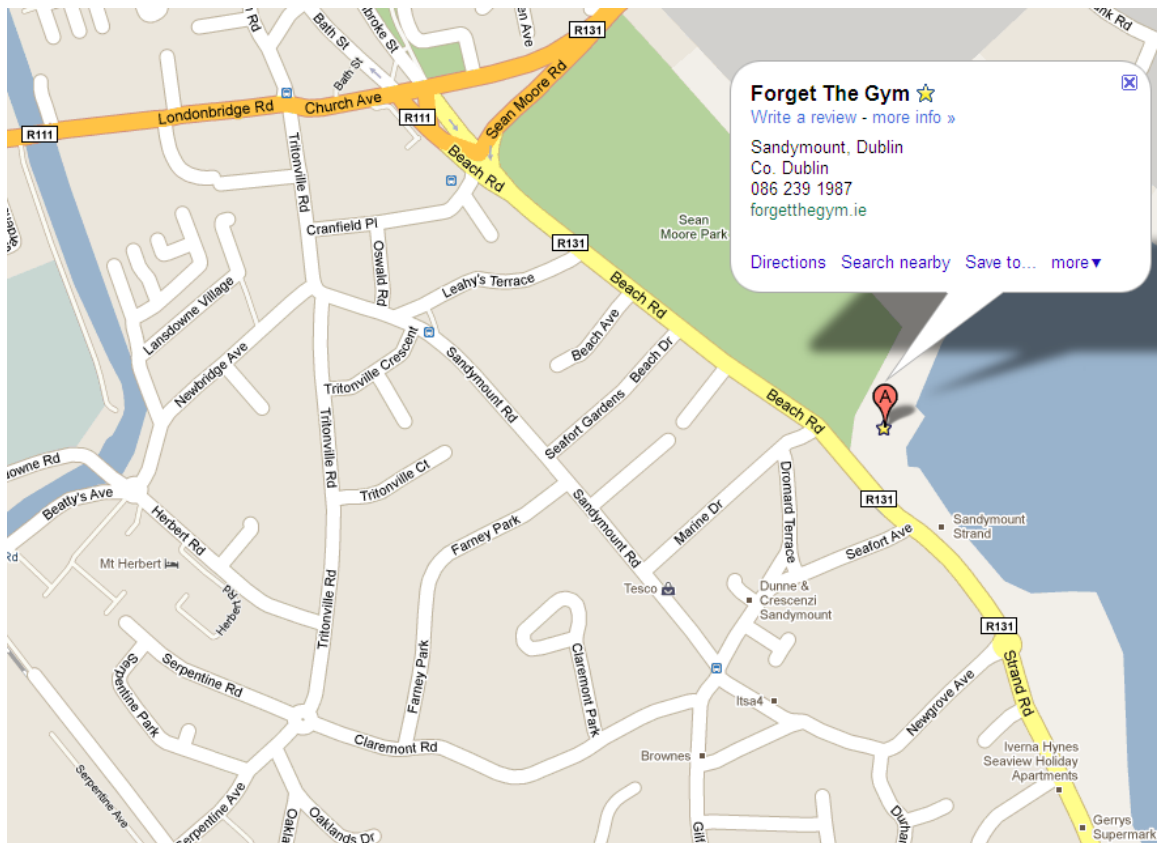
Sandymount Beach Meeting Point

The beach is over 2km long, so please note below the exact meeting point.

We meet at the entrance to Sandymount Beach at Sean Moore Park (Ringsend)
This is at the junction of Beach Road and Marine Drive (see maps below).
There are Steps with White Railings which lead from the road into the park/beach.

Come down onto the beach from there and you will see us.
(Instructors wearing Bright Blue and Attendees in Pink/Yellow Bibs)

Detailed map of Sandymount Village and Meeting Point



Directions -

From Merrion Gates :

Drive north along the strand road (beach on your right hand side). Continue along this road for 2km. Pass the Esso Garage, The Martello Tower, The end of the Boardwalk and continue for another 1km until you reach the very end of the beach where you will see a park join the beach. This is Sean Moore Park. Where the beach ends and the park starts, you will see white railings leading into the park/Beach. See you on the beach.

For any further details, contact Mary on :
(086) 239 1987 or Mary@ForgetTheGym.ie

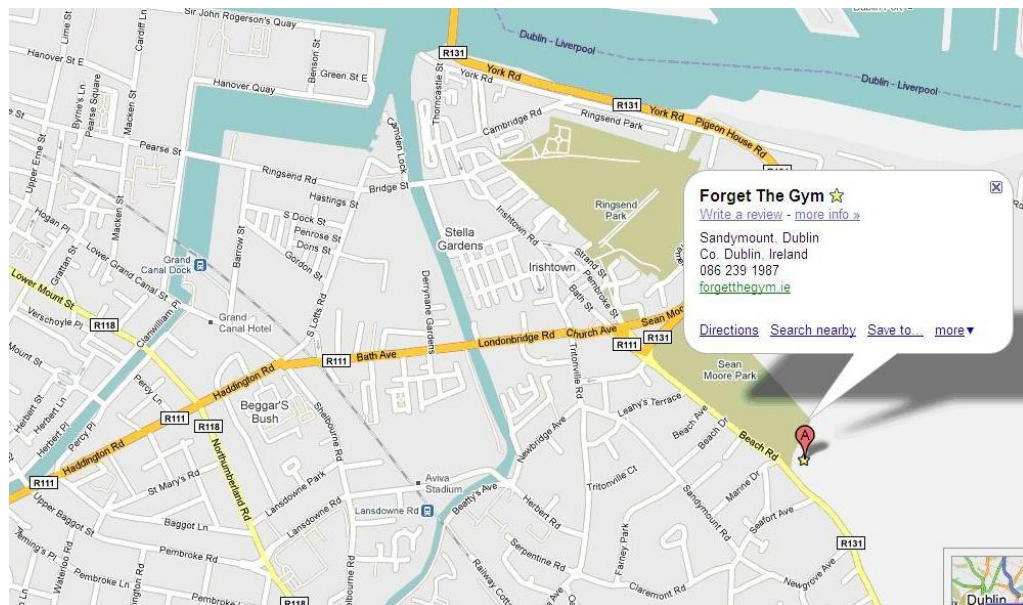
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From East Link/Ringsend :

From the Eastlink Bridge, follow the traffic through the toll and around the roundabout. Continue straight and you will pass a park on your left. At the traffic lights at the end of the park (you will be able to see a Maxol petrol station in front of you), turn left at these lights and follow the park until the end. As you come to the end of this Sean Moore Park, at traffic lights you will see white railings leading up to the park/beach. Once you see the beach, park on the right hand side of the road, or take a right hand turn and find parking in the adjoining streets. See you on the beach.

For an Interactive Map which can provide directions from where you live, [click here](#)

General Map of Area : From East Link, Docklands, Sandymount.



Transport:

DART: Sandymount or Lansdowne DART Stations are both 10-15 minutes walk from meeting point.

Bus : Number 3 Bus passes through Sandymount Village. Meeting point is 3 minutes walk from the meeting point.

Parking : There is free parking on Beach Road, between Seafort Avenue and Marine Drive. If there are no spaces available, there is pay parking on the adjoining streets.

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