



# LUCY YEOMANS THERAPY & TRAINING

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THE CLINIC, WHITEHILL FARM, WONASTOW, MONMOUTH, NP25 4DW

## Directions

### From M4

#### Option 1

Take M4 over new Severn Bridge to Junction 24  
Leave M4 take A449 sign Monmouth  
A449 joins with A40 - follow sign to Monmouth  
Leave A40 immediately after going under the tunnel at Monmouth  
Sign Rockfield and Wonastow Road Industrial Estate  
Turn left at mini roundabout  
Take first right on to Link Road go to end of this road and turn left  
Take first left signposted 'Wonastow' before the Kings Wood Housing Estate –  
follow this road for 1.5 miles  
Take right fork to country lane signed Hendre  
Go ½ mile to first farm on right side of road

#### Option 2

Take M48 over old Severn Bridge  
Take the A466 through the Wye Valley to Monmouth  
At traffic lights at A40 turn left  
Take the next exit just before the tunnels  
(signed Wonastow Road Industrial Estate)  
At the end of the slip road turn right  
Take the next left on to Link Road go to end of this road and turn left  
Take first left signposted 'Wonastow' before the Kings Wood Housing Estate –  
follow this road for 1.5 miles  
Take right fork to country lane signed Hendre  
Go ½ mile to first farm on right side of road

### From M5 (Midlands or South West)

Take M50 travelling south to end M50  
Join A40 - follow signs to Monmouth  
Straight over traffic lights at Monmouth.  
Take the next exit just before the tunnels  
(signed Wonastow Road Industrial Estate)  
At the end of the slip road turn right  
Take the next left on to Link Road go to end of this road and turn left  
Take first left signposted 'Wonastow' before the Kings Wood Housing Estate –  
follow this road for 1.5 miles  
Take right fork to country lane signed Hendre  
Go ½ mile to first farm on right side of road

## From WEST WALES

Take A465 to Abergavenny then A40 to Monmouth  
Leave A40 immediately after going under tunnel at Monmouth  
Sign Rockfield and Wonastow Road Industrial Estate  
Turn left at mini roundabout  
Take first right on to Link Road go to end of this road and turn left  
Take first left signposted 'Wonastow' before the Kings Wood Housing Estate –  
follow this road for 1.5 miles  
Take right fork to country lane signed Hendre  
Go ½ mile to first farm on right side of road

## From HEREFORD

Take the A49 signed Ross on Wye  
Turn right onto A4137 signed Whitchurch and Monmouth  
Turn right onto A40 Monmouth  
Follow directions above as from M5

## On arrival:

Keep on road for 20 metres past the entrance to Whitehill Farm and Cottage (do not cross the cattle grid). Take the next right turn into the small parking area. Walk up the path to the Clinic (up stone steps).

***Hope you have a good journey***