



**SQT Training Ltd**  
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### **From Limerick City**

Take the Dublin Road out of the city and travel approx two miles to the Parkway roundabout. Take 2<sup>nd</sup> exit at this roundabout. At the next roundabout (called Groody or Castletroy Park Roundabout), take the 1<sup>st</sup> exit. Continue straight along this road where you will pass the Castletroy Park Hotel (on your right) and the front and back gates of the University of Limerick (on your left). Continue on this road where you will pass Hamilton House on your left hand side. Take the 3<sup>rd</sup> turn right after Hamilton House onto Holland Road. On your left you will pass a Mid Western Health Board Building. SQT is in the second building on the left side (two storey blue building).

### **From the Dublin / Nenagh approach to Limerick City**

Leave the M7 at junction 28 then at the roundabout take the 3<sup>rd</sup> exit onto Dublin Road - R445 (signposted Limerick). You will pass Finnegan's Bar and Restaurant on your left hand side. At the next roundabout take the 3<sup>rd</sup> exit (blue gates). There are some speed ramps on this road and you will pass Vistakon on the right hand side. At the next roundabout, take the first exit. You will pass over another speed ramp and then take the first left turn, this is Holland Road, you will pass a Mid Western Health Board Building on your left. SQT is in the second building on the left side (two storey blue building)

### **From Cork/Kerry**

Before Patrickswell, take the Limerick exit off the Croom Bypass. Follow the signs for Dublin & M7. Leave the M7 at junction 28, then at the roundabout take the 1<sup>st</sup> exit onto Dublin Road R445 (signposted Limerick). You will pass Finnegan's Bar and Restaurant on your left hand side. At the next roundabout take the 3<sup>rd</sup> exit (blue gates). There are some speed ramps on this road and you will pass Vistakon on the right hand side. At the next roundabout, take the first exit. You will pass over another speed ramp and then take the first left turn, this is called Holland Road (you will pass a Mid Western Health Board Building on your left). SQT is in the second building on the left side (two storey blue building).

### **Bus Service**

A bus service is available from William Street in Limerick City center to Castletroy. The nearest bus stop to SQT is the second stop after exiting the back gates of the University of Limerick (the bus goes through UL). When you get off the bus, turn left (in direction of UL). Holland Road is across the road. On Holland Road, you will pass a HSE Building on your left. SQT is in the second building on the left side (two storey blue building) SQT is about a 2 min walk from the bus stop.