



DART TIMES TO TARA STREET

SOUTHSIDE	NORTHSIDE
Howth	25 mins
Sutton	23 mins
Bayside	21 mins
Howth Jct	18 mins
Kilbarrack	17 mins
Raheny	15 mins
Harmonstown	13 mins
Killaster	10 mins
Clontarf	8 mins
Connolly	3 mins
Tara Street	0 mins
Pearse Street	2 mins
Grand Canal	4 mins
Landstown	6 mins
Sandymount	8 mins
Sydney Parade	10 mins
Boaterstown	12 mins
Blackrock	14 mins
Seapoint	16 mins
Salthill	18 mins
Dun Laoghaire	20 mins
Sandycove	22 mins
Glenageary	25 mins
Dalkey	28 mins
Killiney	32 mins
Shankill	34 mins
Bray	38 mins

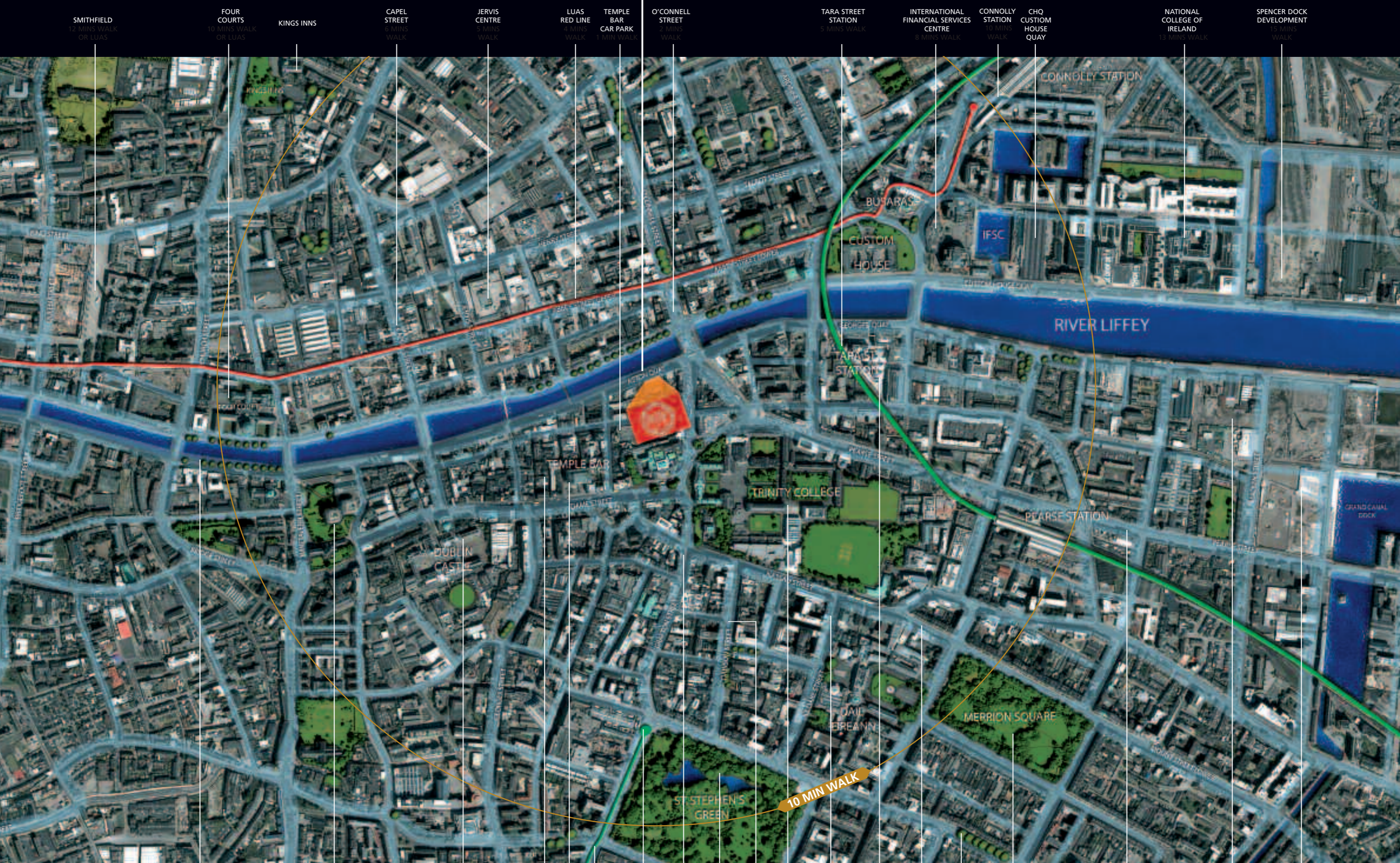
LUAS TIMES TO ABBEY STREET

RED LINE	GREEN LINE
Connolly St	4 mins
Abbey St	0 mins
Jervis St	2 mins
Four Courts	4 mins
Smithfield	6 mins
Museum	8 mins
Heuston St	10 mins
St James's	12 mins
Fatima	14 mins
Rialto	16 mins
Sur Road	18 mins
Goldenbridge	20 mins
Drinagh	22 mins
Blackhorse	24 mins
Bluebell	26 mins
Kylenore Rd	28 mins
Red Cow	30 mins
Kingswood	32 mins
Belgard	34 mins
Cookstown	36 mins
Hospital	38 mins
Tallaght	40 mins

GREEN LINE

Stephen's Green	1 mins
Charlemont	3 mins
Beechwood	5 mins
Cowper	8 mins
Milltown	10 mins
Milltown	13 mins
Witold's Arbour	14 mins
Dundrum	16 mins
Kilnacud	20 mins
Stillorgan	21 mins
Sandyford	22 mins

CRUNCH FITNESS PREMIER
TEMPLE BAR
ASTON PLACE, ASTON QUAY



- SMITHFIELD 12 MINS WALK OR LUAS
- FOUR COURTS 10 MINS WALK OR LUAS
- KINGS INNS
- CAPEL STREET 5 MINS WALK
- JERVIS CENTRE 5 MINS WALK
- LUAS RED LINE 4 MINS WALK
- TEMPLE BAR CAR PARK 1 MIN WALK
- O'CONNELL STREET 2 MINS WALK
- TARA STREET STATION 5 MINS WALK
- INTERNATIONAL FINANCIAL SERVICES CENTRE 8 MINS WALK
- CONNOLLY STATION 10 MINS WALK
- CHO CUSTOM HOUSE QUAY
- NATIONAL COLLEGE OF IRELAND 13 MINS WALK
- SPENCER DOCK DEVELOPMENT 15 MINS WALK

DUBLIN BUS TO CENTRE APPROX OFF PEAK TIMES

NORTHSIDE ROUTES	SOUTHSIDE ROUTES	
Sandyford	Rathfarnham	40 mins
Kinrossly	Templeogue	40 mins
Beaumont	Churchtown	40 mins
Attame	Terenure	40 mins
Raheny	Rathgar	30 mins
Whitehall	Milltown	25 mins
Killlexer	Rathmines	35 mins
Drumcondra	Ranelagh	20 mins
Phibsboro	Harold's Cross	25 mins
Finglas	Dolphin's Barn	25 mins
Blanchardstown	Greenhills	40 mins
Carpenter's	Walkinstown	30 mins
Castleknock	Clonsilla	50 mins
Lucan	Palmerstown	35 mins
Island Bridge	Inchicore	30 mins
	Chapelizod	28 mins
	Kilmainham	20 mins
	Shillelagh	35 mins
	Sandymount	25 mins
	Ballsbridge	13 mins

DUBLIN HOTELS WALKING TIMES

Clarence	5 mins
Greensham	6 mins
Morrison	5 mins
Morgan	2 mins
Royal Dublin	5 mins
Temple Bar	3 mins
Westbury	6 mins
Westin	3 mins

