

Directions to: Fresh Life Consulting
45 RYLAND ROAD EDGBASTON BIRMINGHAM B15 2BN
Tel 0121 242 3590

It's best to approach from either Junction 6 of the M6, if you are coming from the North or East; from Junction 3 of the M5 if you are coming from the South West or Junction 3 of the M42 if coming up the M40 from London/ the South East.

M6 J6



45 Ryland Rd



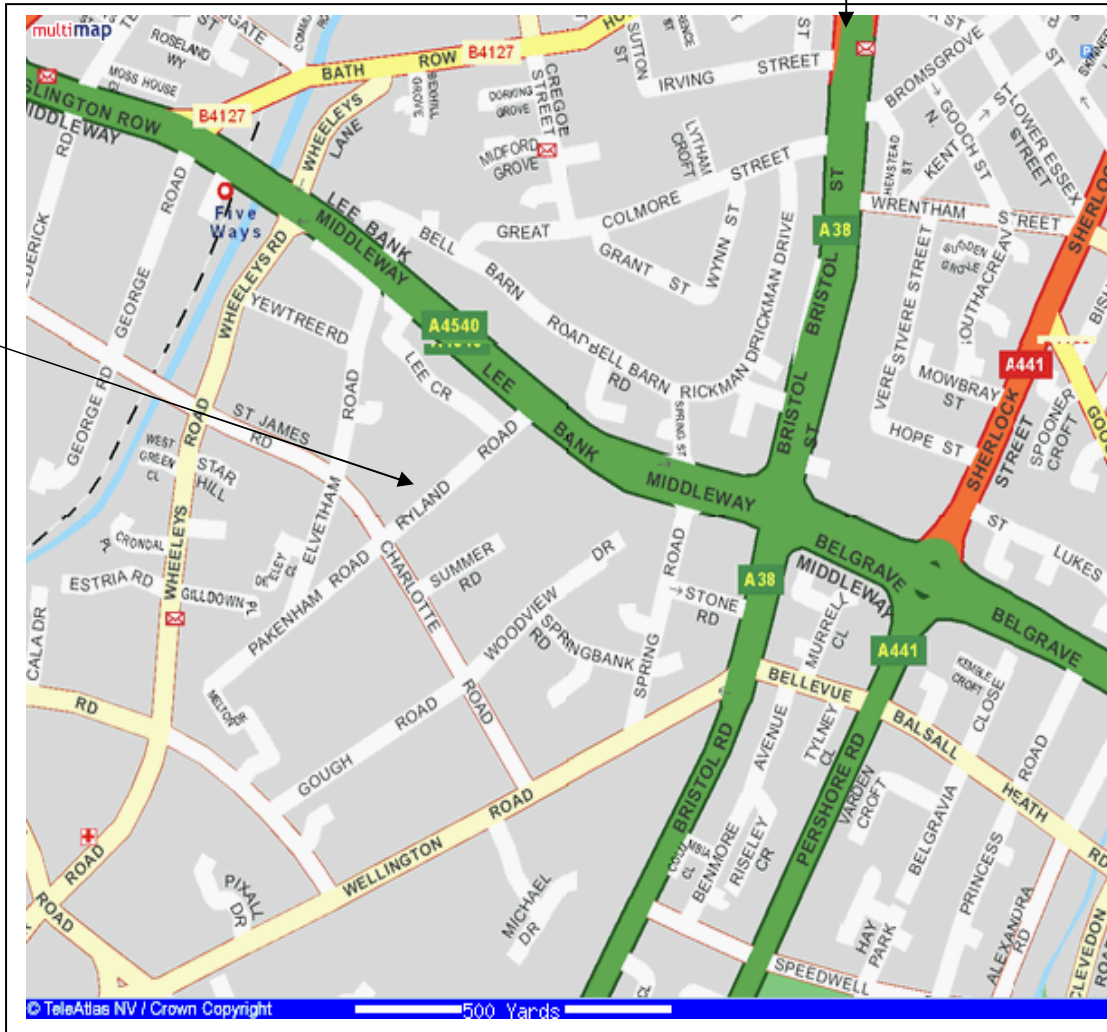
M42 J3

M40 from
London and SE.

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From J6 of M6
 ('Spaghetti Junction')

45 Ryland Road is the last house on the right as you approach from Lee Bank Middleway



From M42 J3

Leave M42 at J3 and take signs to Birmingham City Centre (3 rd Exit if coming from M40 and 1 st if coming from Westerly direction).	Follow A435 (signposted Birmingham)	A435
1.40 Miles	At roundabout take the 2nd exit onto Hollywood By Pass - A435 (signposted Birmingham)	A435
2.38	At roundabout take the 2nd exit onto Alcester Road South - A435 (signposted Birmingham)	A435
1.02	Follow Alcester Road South - A435. Entering Kings Heath passing through a suburban Shopping area.	A435
0.97	Continue forward onto Alcester Road South - A435. Entering Birmingham	A435
0.65	Continue forward (signposted City Centre)	A435
0.08	At Moseley (a few more shops) pass straight through the traffic light cross roads and follow the	A435

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	main road on through Balsall Heath (another traffic light cross roads)	
1.63	At Haden Circus (jct 1) roundabout take the 1st exit onto Belgrave Middleway - A4540 (signposted Ring Road, A38M, M6, M5) , going through the underpass; be ready to peel off to your left as you emerge out of it.	A4540
0.92	Almost immediately there is a turning left onto Ryland Road (just pass the speed camera)	Ryland Road
0.11	Arrive at B15 2BN,Edgbaston. 45 is the last house on the right.	Unclassified


If you get lost and if all else fails – call us and we’ll talk you in!

From M6 J6

Whether coming from M6 South or M6 North directions, come off at Spaghetti Junction (J6)	On leaving M6, continue forward onto Aston Expressway - A38(M) (signposted City Centre)	A38(M)
2.29 Miles	Continue forward onto Corporation Street - A38 (signposted City Centre, Bromsgrove) Entering Birmingham	A38
0.10	Continue forward on A38 (signposted Bromsgrove)	A38
0.37	Continue forward through St Chads Queensway underpass (signposted Bromsgrove)	A38
0.31	Continue forward through Queensway underpass (signposted Bromsgrove)	A38
1.30	The first set of traffic lights you get to after leaving the tunnels and underpass is Belgrave Interchange (Jct 3) , where you turn right (signposted Ring Road, M5)	A4540
0.06	Continue forward, then merge onto Lee Bank Middleway - A4540	A4540
0.16	Almost immediately there is a turning left onto Ryland Road (just pass the speed camera)	Ryland Road
0.11	Arrive at B15 2BN,Edgbaston Edgbaston. 45 is the last house on the right.	Unclassified

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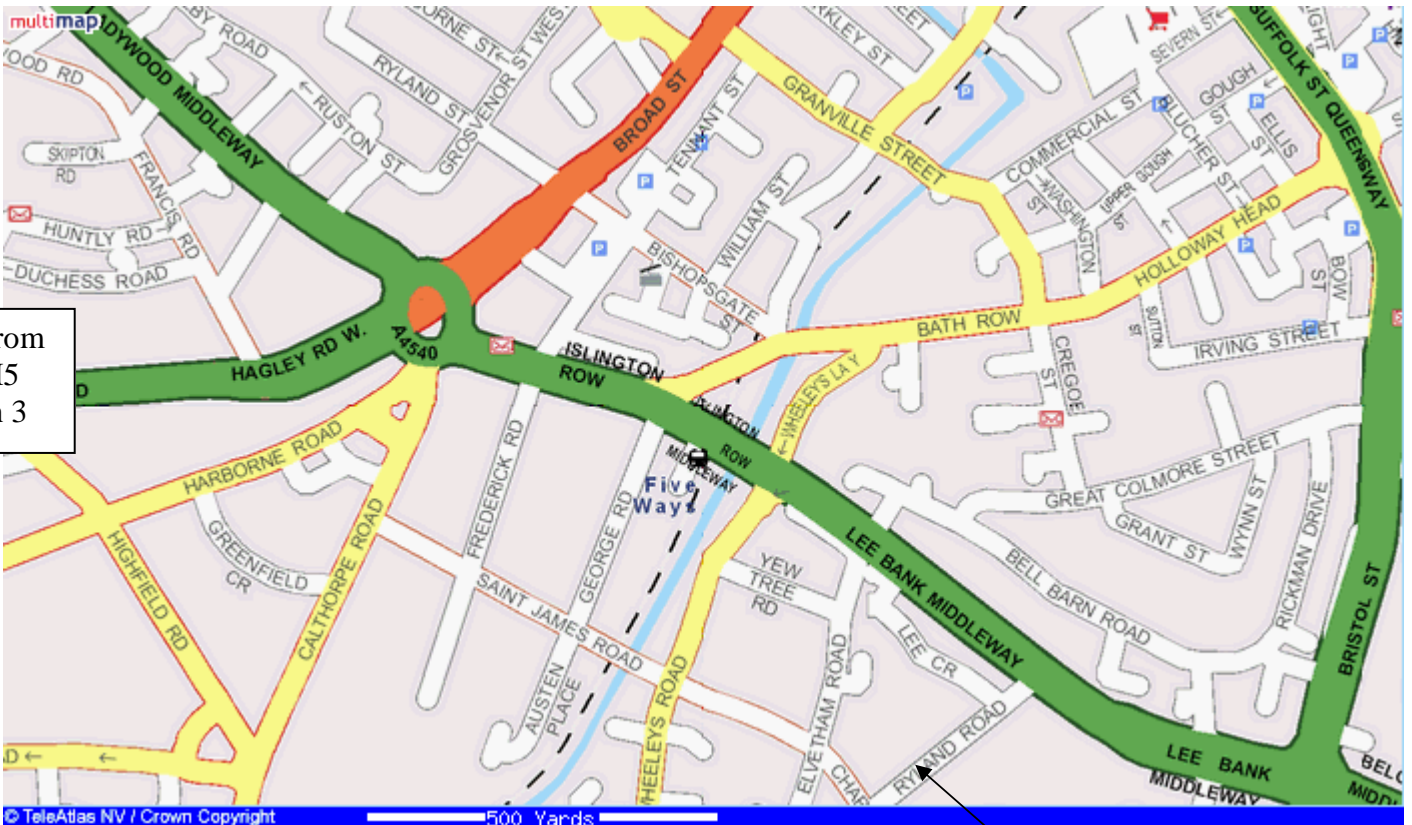
From M5 J3

Assuming you are approaching on M5 North, coming from the South West.	At roundabout take the 3 rd exit onto Quinton Expressway - A456 (signposted Birmingham)	A456
0.60	At roundabout take the 2nd exit onto Quinton Expressway - A456. Entering Quinton	A456
0.66	Hollybush Self Service 	A456
0.35	Continue forward onto Hagley Road	Hagley Road
0.59	At Beech Lanes Cross continue forward (signposted City Centre)	A456

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0.83	At Kings Head Cross continue forward (signposted City Centre, Edgbaston)	A456
0.39	Continue forward onto Hagley Road - A456. Entering Birmingham	A456
0.72	At Norfolk Cross continue forward (signposted City Centre, Edgbaston)	A456
0.60	Edgbaston	A456
0.27	Continue forward, then merge onto Hagley Road	Hagley Road
0.16	At Five Ways (jct 5) roundabout take the 4 th Exit onto Calthorpe Road (signposted Moseley and Botanical Gardens)	A4540
0.39	Take first turning left, after a very short distance) onto St James Road. At crossroads cross straight over and Ryland Road is second turning on Left, just past the recently converted St James' Church on the right.	A4540
0.16	Turn left onto Ryland Road	Ryland Road
0.11	Arrive at B15 2BN,Edgbaston. No 45 is first house on the left.	Unclassified

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From
M5
Jn 3

Fresh Life Consulting

WHICH EVER WAY YOU ARE APPROACHING US, GOOD LUCK AND HAVE A SAFE JOURNEY!