

Addiscombe Osteopathic Practice  
242 Lower Addiscombe Road

Telephone 020 8656 9573

By Car: The Practice is situated at the junction of Lower Addiscombe Road (A222) with Baring Road. Route planning from your POSTCODE to CRO 7DD is available from the RAC site to assist your journey. [www.rac.co.uk](http://www.rac.co.uk) or when using your Sat Nav.

- Please Note: This POSTCODE CRO 7DD brings you down Baring Road (one way system) Parking on this road is free. A small amount of parking is available behind the Practice. Please ring the bell to be let in the back entrance

Additional free parking is available on the side roads and the housing side of the main road. Be aware parking meters are in operation on the shop side.

By Tram: The practice is approx 5 minutes walk from Croydon Tramlink 1 and 2 (Elmers End or Beckenham Junction Destinations). Leave the Tram at Addiscombe Tram stop. As you step out of the Tram turn right and right again at the road. Continue on this side of the road and we are on the corner of the fourth road.

By Bus: Buses 130,289, 312 and 367 stop along the Lower Addiscombe Road.

