

# SALSA

The Riverside Health & Racquets Club  
Ducks Hill Road  
Northwood  
Middlesex  
HA6 2DR



Tel: 01923 848000

#### **From Northwood Station**

Northwood station is on the Metropolitan tube line. Turn left out of the station onto the main road (Green Lane). Continue past the shops on both sides and at the T-Junction with traffic lights, turn right into Rickmansworth Road. At the next set of traffic lights (with The Gate pub on your right), turn left into Ducks Hill Road. In front of you on the opposite side of the road, you will see a large sign marking the entrance to the Riverside Club. Follow along the drive to the main reception.

#### **From M25**

Come off the M25 at Junction 18. Turn left, following the A404 towards Rickmansworth, and then all signs for the A404 to Northwood. Follow this road for a couple of miles, and as you pass Mount Vernon Hospital on your right, follow the road down the hill to the traffic lights where The Gate public house is. At these lights, you need to turn right into Ducks Hill Road. The Esporta Riverside Club is immediately in front of you.

#### **From London**

Pick up the M4 - Heathrow to join the M25. Follow the directions above

#### **OR**

Take the A40 towards Oxford. Exit at Ruislip (Polish War Memorial roundabout). Turn right into West End Road. Travel along for 2-3 miles. At the mini roundabout bear right. Travel through Ruislip High Street. At the mini roundabout (with a Harvester Restaurant on your left), bear left into Bury Street (with joins into Ducks Hill Road). Follow along Ducks Hill Road (A4180) for approx. 3-4 miles. The Club is on the left before a set of traffic lights at a T junction.

#### **From North London (M1) - 30 Minute Journey**

From the A406 (North Circular) follow signs to the A1. Take the A410 turning 'Watford Way' following signs to Stanmore. Travel through Stanmore and Hatch End towards Pinner. Pick up the A404 in Pinner. The road becomes

Rickmansworth Road. Turn left onto the A4180 Ducks Hill Road. The Club is immediately ahead of you.