

From Cape Town travelling on the N2

22km from Cape Town International Airport along the N2

Take the Somerset West off-ramp and turn right towards Strand on Broadway Boulevard

Travel 4.3km along Broadway Boulevard passing the Somerset Mall, Strand Golf course, BP service station and sports fields on your left

Turn right into Main road and drive for 800m

We are located on the right side of the road opposite the Strand railway station

From Caledon travelling on the N2

Down Sir Lowry's Pass to Somerset West over 2 sets of traffic lights and over the bridge

Just beyond this bridge take the left turn at the large Toyota dealership

Turn right into Main Rd, Strand

Drive for 2.2km down Main road over 2 sets of traffic lights (including the large intersection with Broadway Boulevard)

We are located on the right side of the road opposite the Strand railway station

To the swimming pool in Stellenbosch travelling on the R44

Drive to Stellenbosch from the NH Hotel in Somerset West

Turn right into van Reede street (Rhenish Primary school on the corner)

Left into Koch street

Immediate right into Vrede street

Left into Piet Retief street (Paul Roos school on your right)

Turn right into Suidwal street at the traffic circle

Continue straight until entering the parking lot at the Coetzenberg sports grounds

The gym and swimming pool complex is now directly in front of you

Park as close to the pool as possible on the side nearest the sports fields

Enter the pool area from this side gate – NOT through the gym entrance