

Directions to Outlook South West's locality base at The Penwith Centre, Parade Street, Penzance, Cornwall, TR18 4BU

Our therapy rooms are located inside the Penwith Centre. Unfortunately there is no wheelchair access. There are 2 steps up to the front door and a further 2 steps inside leading to the therapy rooms.



Reception – The reception desk is manned Monday-Friday 9am-12pm. Outside of these hours there is a doorbell to ring for access.

From Hayle/A30 – Continue along the A30 and take the 4th exit towards Penzance onto the Long Rock Bypass. At the next roundabout take the 2nd exit towards Lands End and Penzance then go straight across and take the 1st exit at the next roundabout. Take the 1st exit at the next roundabout towards the Town Centre and the station. Follow the road ahead which will take you into the town centre along Market Jew Street.

From Helston/A394 – Continue along the A394 towards Penzance. At the roundabout take the 3rd exit onto the A30/Longrock Bypass towards Penzance. At the next roundabout take the 2nd exit towards Lands End and Penzance then go straight across and take the 1st exit at the next roundabout. Take the 1st exit at the next roundabout towards the Town Centre and the station. Follow the road ahead which will take you into the town centre along Market Jew Street.

From A30 West – Take the 3rd exit onto Alverton Road towards Penzance. Continue along Alverton Road which will take you into the town centre.

From A3071 West - Take the 2nd exit onto Alverton Road towards Penzance. Continue along Alverton Road which will take you into the town centre.

Parking – There is no parking on site. The nearest pay and display car parks are Greenmarket on North Parade, Clarence Street and Penalverne on Penalverne Drive. See P on map.

By train - The nearest train station is Penzance Station which is about a 10 minute walk away.

By bus – The nearest bus stop is on The Greenmarket and can be accessed by First Group buses.

