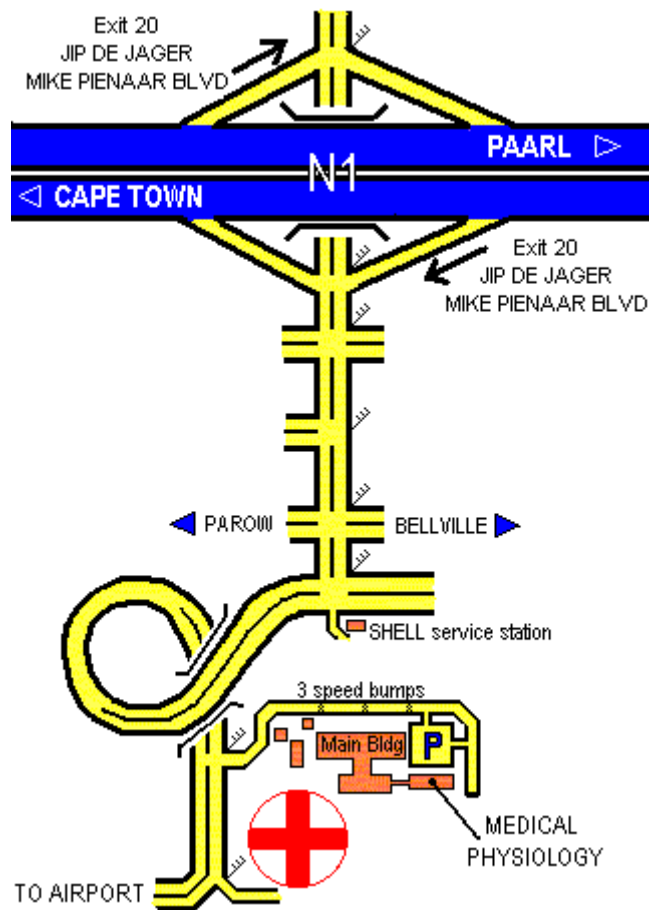


DIRECTIONS:

TO THE PHYSIOLOGY DIVISION
TYGERBERG CAMPUS

FROM THE WATERFRONT (CAPE TOWN CITY)

- ➡ On leaving the Waterfront/harbour (via the East or Town exit) turn LEFT at the traffic lights onto the N1 (direction PAARL).
- ➡ Keep following the "N1" highway to "PAARL".
- ➡ Soon after the speed limit changes from 80 km/hr to 120 km/hr (soon after Exit 7), you will see the Tygerberg Hills in front of you in the distance (12 km).
 - These are the only hills on the Cape Flats. They cannot be mistaken, or confused with anything else. There is a tall TV mast on one of the crests of these hills - just in case there is any remaining doubt about their identity.
- ➡ Follow the N1 to the Tygerberg Hills.
- ➡ The order of the Exits from the N1 (coming from Cape Town) is 7, 10, 15, 18, 20 for some inexplicable reason.
 - The numbering seems to represent approximate distances from the City.
- ➡ Exit 20 (the one you want) is labelled "Jip de Jager, & Mike Pienaar Blvd".
- ➡ After turning off the N1 (at Exit 20), turn right at the first traffic lights to go under the N1 in a southerly direction, down MIKE PIENAAR BOULEVARD (Route M16).
- ➡ Keep to the lane marked with the aeroplanes, and follow the signs to "Cape Town International Airport". Other reassuring directions include "Tygerberg Hospital", the "MNR/MRC", and "M16".
- ➡ At the bottom end of Mike Pienaar Boulevard (1.7 km from the N1), one reaches what is essentially a T-junction (see sketch below):



- There is a Shell petrol station at the T-junction, on the opposite side of the road (to the front and slight to the left as you wait at the traffic lights to turn right). Beyond the Shell Petrol station, on the other side of the railway line you can see the Faculty of Health Sciences Buildings partially obscuring the red-brick Hospital Buildings behind them.

➡ You turn **RIGHT** at the T-Junction.

- Keep following the signs to the "Hospital", "MNR/MRC", and "Cape Town International Airport".

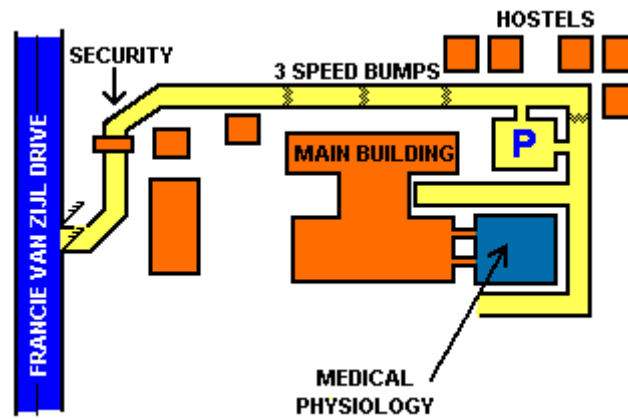
➡ This road (the continuation of the M16) which starts out very broad and user-friendly, suddenly, after a few 100 m, becomes very narrow and curves very sharply to the right.

- This is a very dangerous curve.

➡ The road loops right round under itself, taking you through a full 310 degrees.

➡ As soon as you emerge from the loop, the entrance to the Faculty of Health Sciences is on your left.

➡ There are traffic lights on Francie van Zijl Drive at the entrance to the Faculty of Health Sciences grounds.



- ➡ Report at the Security booms, explaining that you have come to visit the PHYSIOLOGY DIVISION (in the FISAN BUILDING.)
- ➡ Drive on through the Faculty of Health Sciences grounds. You have to cross 3 speed bumps before you attempt to look for parking. **THIS IS VERY IMPORTANT.**
 - Please do not park before having crossed the third speed bump or you will get hopelessly lost, particularly if you are thereby tempted to enter the Main Building!
- ➡ After the third speed bump the road automatically curves to the right. Park anywhere in that vicinity (under the trees, or in the Visitors' Parking Bays immediately in front of the building).
- ➡ You will now be in front of the "BIOCHEMIE, ANATOMIE en FISILOGIE" Building.
- ➡ We are on the top (5th) floor of that Building.
- ➡ The Secretary's Office is towards the left as you come out of the lifts.