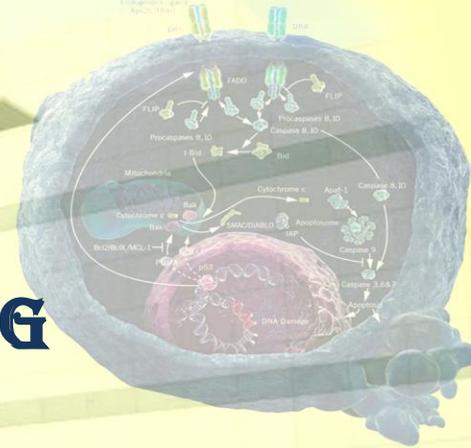




ICyS
IRISH CYTOMETRY SOCIETY



5TH ANNUAL MEETING OF THE IRISH CYTOMETRY SOCIETY

TRAVEL AND ACCOMMODATION GUIDE

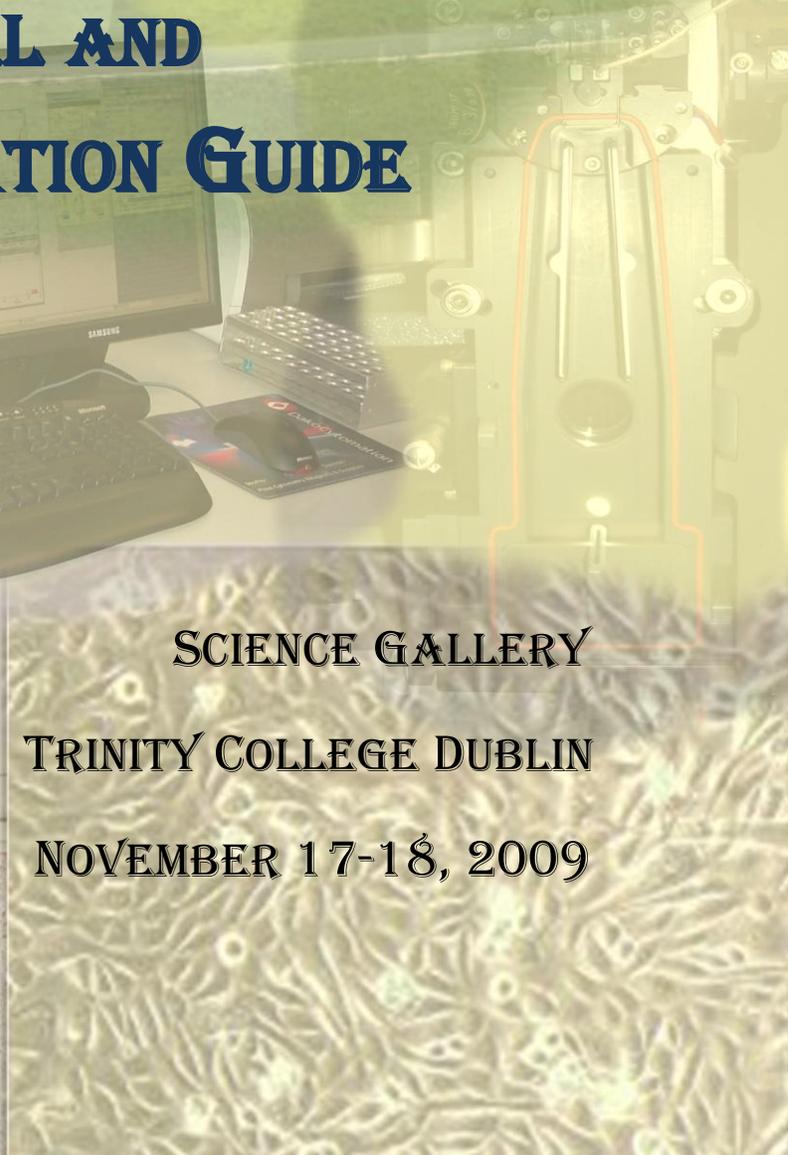
GOLD SPONSORS:

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SCIENCE GALLERY

TRINITY COLLEGE DUBLIN

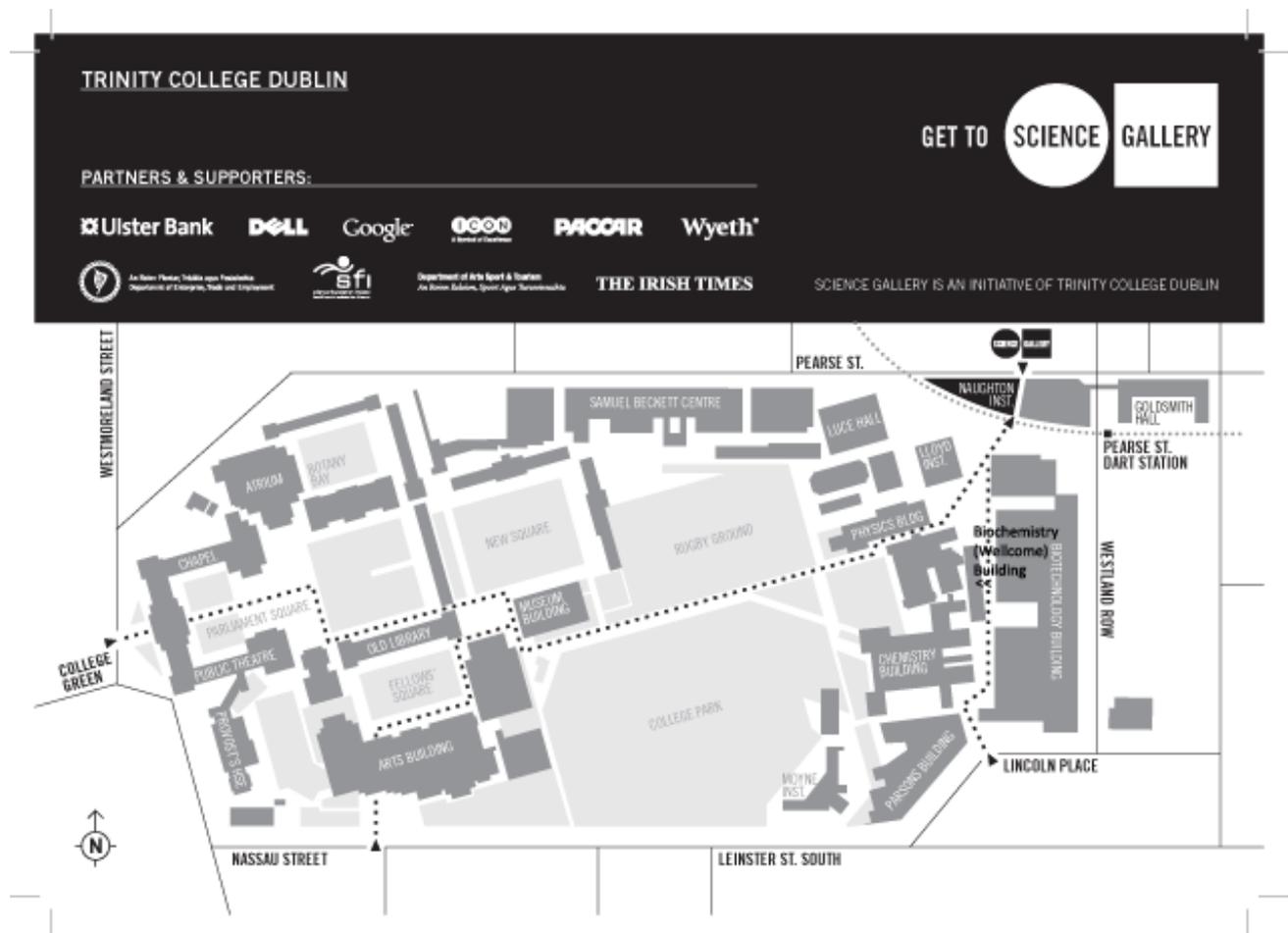
NOVEMBER 17-18, 2009

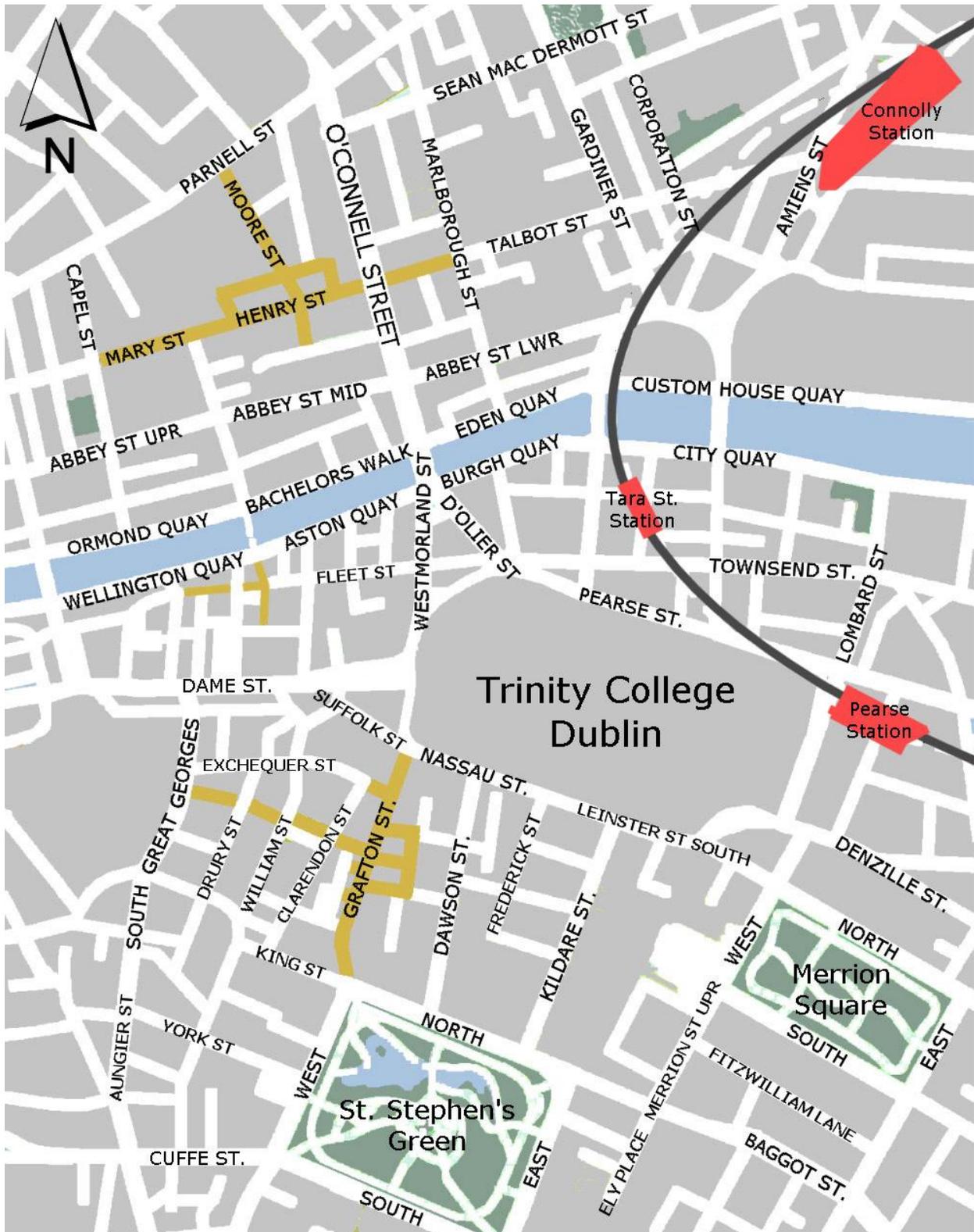


The **V Meeting of the Irish Cytometry Society** will take place primarily in the **Paccar Theatre of the Science Gallery** (<http://sciencegallery.com>).

Company Tutorials and workshops will take place in the **Seminar Room** and the **FRED Room** of the **Biochemistry (Wellcome) Building**, 2 minutes away. The **UK-Ireland Core Managers Meeting** will be held in the **Seminar Room, Biochemistry (Wellcome) Building**.

The Science Gallery and the Biochemistry Welcome Building are both situated in the main campus of Trinity College Dublin (<http://www.tcd.ie>). TCD is a beautiful old campus, situated in the heart of Dublin city centre. The campus is set in an attractively landscaped complex of modern and aged architectural buildings, accommodating student residences and numerous leisure and sporting facilities.





Travelling to TCD

By Air

Dublin is well served by Dublin International Airport, which is located north of Dublin city centre.

www.dublinairport.com/flight-information/destinations-and-airlines

Travelling from Dublin Airport to city centre (TCD)

There are frequent connecting buses from the airport to the city centre, including a special shuttle service which brings passengers directly to Busáras (Central Bus Station, Dublin).

Dublin Bus offers many routes throughout Dublin, including an AirLink express bus to Heuston and Connolly Rail Stations www.dublinbus.ie

Airlink service will bring you direct to/from Dublin City Centre or Rail/Bus Stations to/from Dublin Airport.

Aircoach offers services from Dublin Airport to the City Centre, South Dublin and Greystones on a 24 hours basis each day. Their City Centre service stops at most of the major hotels around Dublin City and their Greystones service stops at key locations in the Dublin South / North Wicklow area.

For more information please visit: <http://www.dublinairport.com/to-and-from/by-bus/>

Taxis are available from the forecourt on the Arrivals level road. A taxi dispatcher is available at the taxi rank if you require any further information or assistance

By Bus

Bus Éireann

Bus Éireann provides a nationwide bus service, with most major areas having a regular link to Dublin. The majority of Dublin services terminate in Busáras (Central Bus Station, Dublin), a short walk from O'Connell Street. For further information please visit www.buseireann.ie

Dublin Bus Most of these buses provide direct services to city centre. For timetable information please visit www.dublinbus.ie and search for "Trinity College Dublin".

By Train

Dublin is served by two main railway stations: Connolly and Heuston Stations. It is a short walk from Connolly Station to Trinity College. There are frequent connecting services from Heuston Station to the city centre.

For further information please visit www.irishrail.ie

By Ferry

Regular scheduled ferry services operate between Ireland and Holyhead through Dublin's two ferry ports, Dublin Port and Dun Laoghaire.

<http://www.stenaline.co.uk/>

<http://www.irishferries.com/>

Accommodation

Hotels

There are plenty of hotels and B&Bs to stay in which are within short walking distance to Trinity College. Some suggestions:

Trinity Capitol Hotel has rooms available from €80:

<http://www.trinitycapitalhotel.com/index.asp>

The Morgan Hotel has rooms available from €100:

<http://www.themorgan.com>

The Dublin City Hotel has rooms available from €45:

<http://www.dublin-citi-hotel.com>

The Kildare Street Hotel has rooms available from €70:

<http://www.kildarestreethotel.com>

The Holiday Inn, Pearse Street, Dublin, offers rooms from €50:

<http://www.holidayinndublin.ie>

All of these hotels are within a 5 min walking distance to Trinity and close to all the local attractions.

Bed and Breakfast

There are a number of B&B facilities in city centre.

The Lombard from €65 per night:

<http://www.thesmithgroup.ie/thelombard/accommodation.html>

DUBLIN TOURISM

For those of you wishing to extend your stay in our wonderful city!

<http://www.visitdublin.com>

Here are 10 suggestions:

1. Sample the Culture

Located in the heart of the city, Trinity College is one of Ireland's historical sites, attracting over half a million visitors each year. It is the oldest university in Ireland and has over 40 acres of cobbled squares and green spaces. The Book of Kells is a 9th Century manuscript of the gospels renowned worldwide for its rich and varied illustrations. It is on display in the Old Library in Trinity College.

www.tcd.ie/Library/

2. Party the night away!

Dublin has one of Europe's most vibrant and exciting nightlife cultures. So whether it's the traditional pubs with Irish music, or the hip and trendy bar and club scene that you're after, you'll find it all here! Dublin is also famous for its playwrights and choice of theatres so if drama's your thing why not check out what's on? Don't miss the famous Temple Bar area!!

3. Visit the Home of Guinness

Visit the Guinness Storehouse and follow the dramatic history of Guinness which began 250 years ago and watch as this icon of Irish culture unfolds before your eyes. Experience the brewing process and learn to taste Guinness for yourself.

www.guinness-storehouse.com

4. Discover Dublin

Discover more of Dublin city on one of the hop-on-hop-off bus tours which have been designed to give you the freedom to explore and experience the history and culture of Dublin at your leisure. You can join a tour from outside the hotel. If you prefer to discover the city for yourself, download an iWalk from www.visitdublin.ie to your MP3 player and take things at your own pace. If you don't want to download a walk why not try the 'Rock & Stroll' self-guided tour that stops at the many significant sites associated with Dublin's world famous musicians, rock group and pop artists.

5. Go to the Zoo

"Meet the Keeper" and learn about the many rare and endangered species that live in Dublin Zoo. Located in the Phoenix Park, Dublin Zoo has become a centre for conservation, education and study to help stem the tide of extinction. The African Plains, recently added, is worth a visit and provides a great walk through beautiful parkland, watching all the wild animals roam freely. A great day out for the family, not to be missed.

www.dublinozoo.ie

6. Sample some Art

Located on the west side of Merrion Square the National Gallery of Ireland houses the national collection of Irish Art and European master paintings. Admission to the permanent collection is free.

www.nationalgallery.ie

7. Visit a Castle

Step back in time and visit Dublin Castle in the heart of historic Dublin. Dublin gets its name from the Dubh Linn or Black Pool which stood on the site of the present Castle Gardens. The ornate 18th Century State Apartments now hosts important State functions, including Presidential inaugurations.

www.dublincastle.ie

8. Canal Stroll & Literary Ireland

Where the famous poet Patrick Kavanagh gleaned much of his inspiration the Grand Canal offers a peaceful retreat from city life - his seat remains intact outside the Mespil so have a rest and who knows what piece of literary genius might inspire you! The Irish literary tradition is one of the most illustrious in the world, famous for four Nobel Prize winners and for many other writers of international renown. A visit to the Dublin Writers Museum is well worth a visit and a special room is devoted to children's literature.

www.visitdublin.ie

9. Viking Splash

Be a Viking for the day and let the Viking guides tell you about the city centre sights and they might even teach you the Viking Roar! See Dublin by land and water in reconditioned World War II vintage amphibious military vehicles. An adventure for all the family.

www.vikingsplash.ie

10. Shopping

You can easily explore on foot the central shopping area from Stephens Green / Grafton Street and across the river to Henry Street and O'Connell Street. You will also find many extensive shopping centres throughout the city and Dundrum Town Centre is easily reached by taking the Luas (light rail system), which is located in St. Stephen's Green.

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We would also like to thank the Irish Cancer Society and the International Society for the Advancement of Cytometry for their support

