



Travelling By Car

From the East

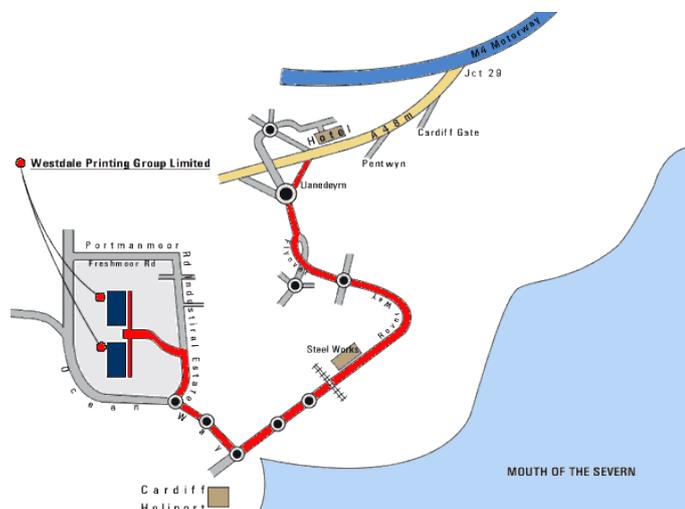
- M4 from Newport/Bristol- at **Junction 29** take the left fork onto the **A48 (M)**. Then follow 'central route' below.

From the West

- M4 from Bridgend/Swansea- exit motorway at **Junction 30**, take **third** exit off roundabout signposted **Cardiff Gate**.
- Go straight over next roundabout towards **City Centre/A48**.
- Move into right hand lane, and at next roundabout, take **second exit** signposted **A48 City Centre/Docks**. Then follow 'central route' below.

Central Route

- Follow the **A48**, take the exit signposted **Cardiff East & Docks** and turn left at the roundabout.
- Move into the **right hand lane** and go over the **flyover**.
- At the roundabout take the **2nd exit** signposted **Docks** and follow **Rover Way** past East Moors steel works.
- Proceed straight across a level crossing and the next two roundabouts.
- At the third roundabout (after incline), take **2nd exit** signposted **City Centre**.
- Go straight over the next roundabout.
- At the next roundabout **Portmanmoor Road Industrial Estate** is on your right (look for large signpost).
- Turn into the estate, take the **first left** and follow the road to the end.
- **WESTDALE PRESS** is the **last building on your left**.





Travelling By Train or Coach

Cardiff is very accessible via public transport. From London, a train journey on average takes just over two hours and by coach, three and a half. There are up to 45 trains a day from London Paddington alone and coaches run every 45 minutes. There are also great links to the North from both road and rail with trains running directly from Cardiff Central to Manchester Piccadilly.

Cardiff Central Station and Cardiff Queen Street Station are closest to Westdale and are both less than a 10 minute drive away. Cardiff Coach Station is situated just outside Cardiff Central Station and so just as easy to get to. Where possible, we will arrange to collect you from the station but if we are unable to, there is a taxi rank to the right of the main entrance at Cardiff Central.