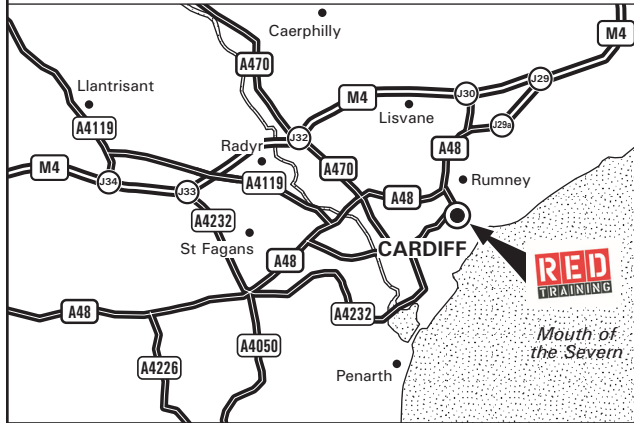




RED Training

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From the M4

- Leave the M4 at Junction 29 (signed Cardiff (E&S) & A48M).
- Join the A48(M) and continue onto the A48 for 4 miles.
- Leave the A48 at the Llanedern Interchange (signed A4161, Docks, Cardiff East), take the first exit onto the A4161 (Southern Way).
- Move into the right hand lane and go over the flyover.
- At the roundabout take the third exit (signed Tremorfa) onto Rover Way.
- At the next roundabout, take the first exit onto Ffordd Pengam.
- We are located on the right hand side (see inset).

By Train

- Cardiff is on the main London Paddington - South Wales line and is also served by trains from Reading Swindon, Bristol, Swansea and Carmarthen.

By Bus

- Cardiff bus station is located next to Central Station.
- Bus services 11, 12 & 13 stop outside the office on Ffordd Pengam.

Parking

- There is sufficient car parking available on the road outside the office on Ffordd Pengam.

