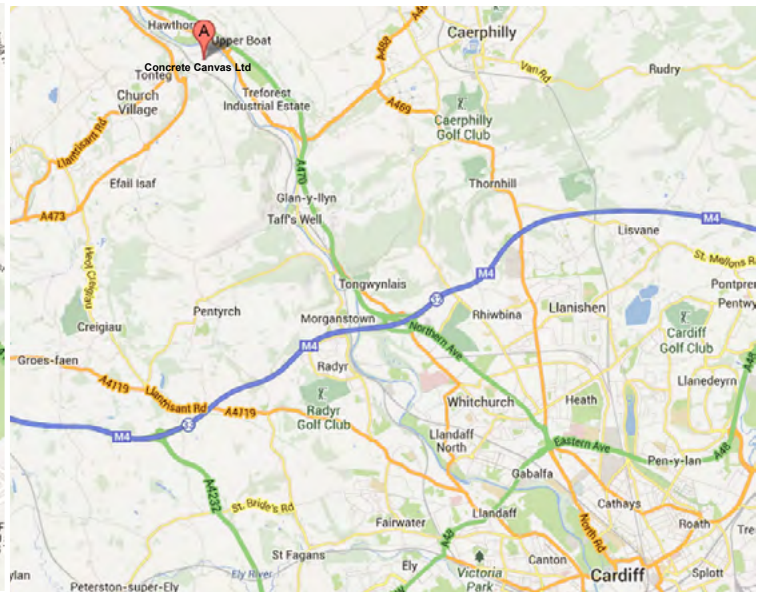


Directions to Concrete Canvas from the M4



From the M4, exit at Junction 32, onto the A470 towards Merthyr Tydfil. Carry on for 5 miles and come off at the 3rd exit sign posted to the A4054 and Rhydyfelin.

Take the exit off the roundabout sign posted for Tonteg, drive over the bridge and turn immediately right. Take the 1st left at the Vauxhall garage into Severn Road. At the end of Severn Road, follow the road round to the right past PB Gelatins. Concrete Canvas is the last unit on the right.

Postcode for Sat-Nav: CF37 5SP

By Public Transport from Heathrow Airport

- **Rail-air Bus from Heathrow to Reading ⇒ Train from Reading to Cardiff Central**

RailAir tickets for just the coach journey can be purchased at Heathrow or you can buy a combined rail & coach fare. The RailAir coach to Reading departs Stands 1 and 2 at Heathrow Central Bus Station roughly every 20 minutes. Journey time from Heathrow to Reading Station is around 45 minutes.

Trains leave Reading Station for Cardiff Central roughly every 30 minutes throughout the day. Average journey time is 1 hour 30 minutes.

- **Heathrow Express to Paddington ⇒ Train to Cardiff Central**

The Heathrow Express departs from Terminals 1, 3, 4 & 5 to Paddington station every 15 minutes. Average journey time is 15 minutes.

Trains depart Paddington Station for Cardiff Central Station every 30 minutes throughout the day. Average journey time is 2 hours 10 minutes.

- **National Express bus direct from Heathrow to Cardiff Central**

National Express coaches depart Heathrow Central Bus Station roughly every hour throughout the day. Average journey time to Cardiff Central is 3 hours.

Train tickets are available from www.thetrainline.com. Coach tickets are available from www.nationalexpress.com

By Public Transport from Bristol Airport

- **By Coach**

Greyhound coaches operate a regular service to Cardiff Bus Station from outside the terminal. Average journey time is 1 hour 40 minutes. Tickets can be purchased on the coach, or pre-booked from www.greyhounduk.com.

- **Airport Flyer Express Link ⇒ Bristol Temple Meads Train Station ⇒ Cardiff Central Train Station**

A bus service to Bristol Temple Meads operates every 10 minutes from the airport. Average journey time is 30 minutes and tickets can be purchased from the driver.

Trains between Bristol Temple Meads and Cardiff Central operate every 30 minutes throughout the day. Average journey time is 50 minutes. Tickets can be purchased at the station, or pre-booked from www.thetrainline.com

By Public Transport from Cardiff Airport

- **By Train**

A rail link connects Cardiff International Airport Station to Cardiff Central. Trains run every hour from Monday to Saturday and every two hours on Sundays. Average journey time is 35 minutes. A shuttle bus service is available from the airport to the airport train station, taking approximately 5-10 minutes.

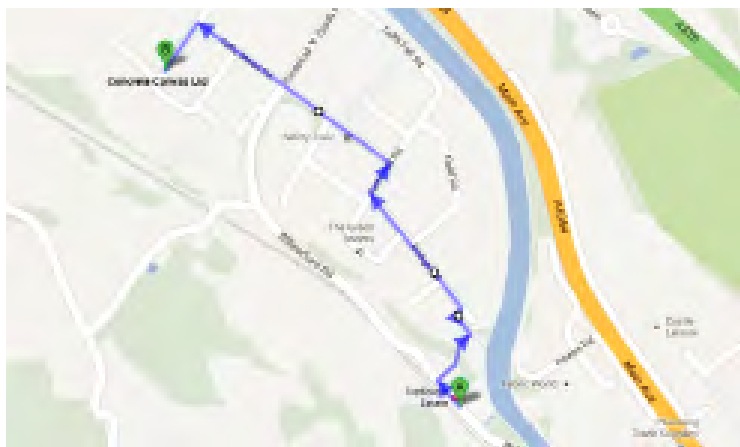
- **By Coach**

The Cardiff Bus service X91 operates between Cardiff Airport to Cardiff Central station every two hours during the day, seven days a week. The bus journey takes approximately 35 minutes from Cardiff Airport to Cardiff Central.

- **By Taxi**

Taxis are available from outside the Airport, and can be pre-booked through Checker Cars on 01446 711747. A taxi to Cardiff Central train station costs £27.50, with an average journey time of 25 minutes. A taxi to the Concrete Canvas offices costs around £50. Average journey time is around 50 minutes.

By Public Transport from Cardiff Central Train Station



- **By Train**

Trains run from Cardiff Central to Trefforest Industrial Estate every 30 minutes, (via the Merthyr Tydfil service.) Average journey time is 25 minutes.

It is a short walk from the train station to Concrete Canvas. (See Map)

- **By Taxi**

There is a taxi rank directly outside Cardiff Central Train Station. Fares range between £25 and £30. Average journey time is 25 minutes.

Accommodation near Concrete Canvas Ltd.

- **Park Inn by Radisson Cardiff City Centre - 3***

The hotel is located in the heart of Cardiff city centre, opposite the Motorpoint arena and a 5-minute walk from Cardiff Central train station. The hotel offers free Wi-Fi. Bookings can be made from any good travel website, or directly through www.parkinn.co.uk.

- **The Gwaelod-y-Garth Inn, Cardiff - 4***

Located just a 10-minute drive from Concrete Canvas, The Gwaelod-y-Garth Inn can provide three rooms of a good standard, with an on-site bar and restaurant. Rooms offer free Wi-Fi, and there are good transport links into Cardiff city centre. For more information and to book, visit www.gwaelodinn.co.uk.

- **Premier Inn Caerphilly (Corbetts) - 3***

Located just outside Caerphilly town centre, a 10-minute drive from Concrete Canvas. Hotel offers an on-site restaurant, free parking and cheap Wi-Fi, (£3 for 24 hours.) Bookings can be made from any good travel website, or directly through www.premierinn.com.

- **Cardiff Marriot Hotel - 4***

The hotel is located in Cardiff city centre, adjacent to the St.David's 2 shopping centre and a 5-minute walk from Cardiff Central train station. The hotel offers Wi-Fi for a small charge. Bookings can be made from any good travel website, or directly through www.marriott.co.uk.