



Arriving by car

From **M4** (E or W): leave at **J33** (signposted Cardiff West, Barry and Penarth) and follow the **A4232** dual carriageway for about three miles. Then take the slip road signposted to Barry.

This leads to a large roundabout; take the **A4050** to Barry (straight over the roundabout). The Copthorne Hotel is a landmark to look out for on your right.

Follow the Barry road through five small roundabouts until the one signposted to The Docks and Penarth (**A4231**) on the left. Take this left turn.

Follow this road, continuing over the roundabout by the Lidl supermarket to the next roundabout by the McDonalds restaurant. Continue straight across it, taking the exit signposted Sully.

Arriving by rail

There are frequent fast trains to Cardiff Central Railway Station from London (Paddington) and other UK centres. Check with your local station for timetables. From Cardiff, take a taxi from outside the station to the office (eight miles).

Arriving by air

There are scheduled flights to Cardiff Wales Airport from several British and European cities.

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