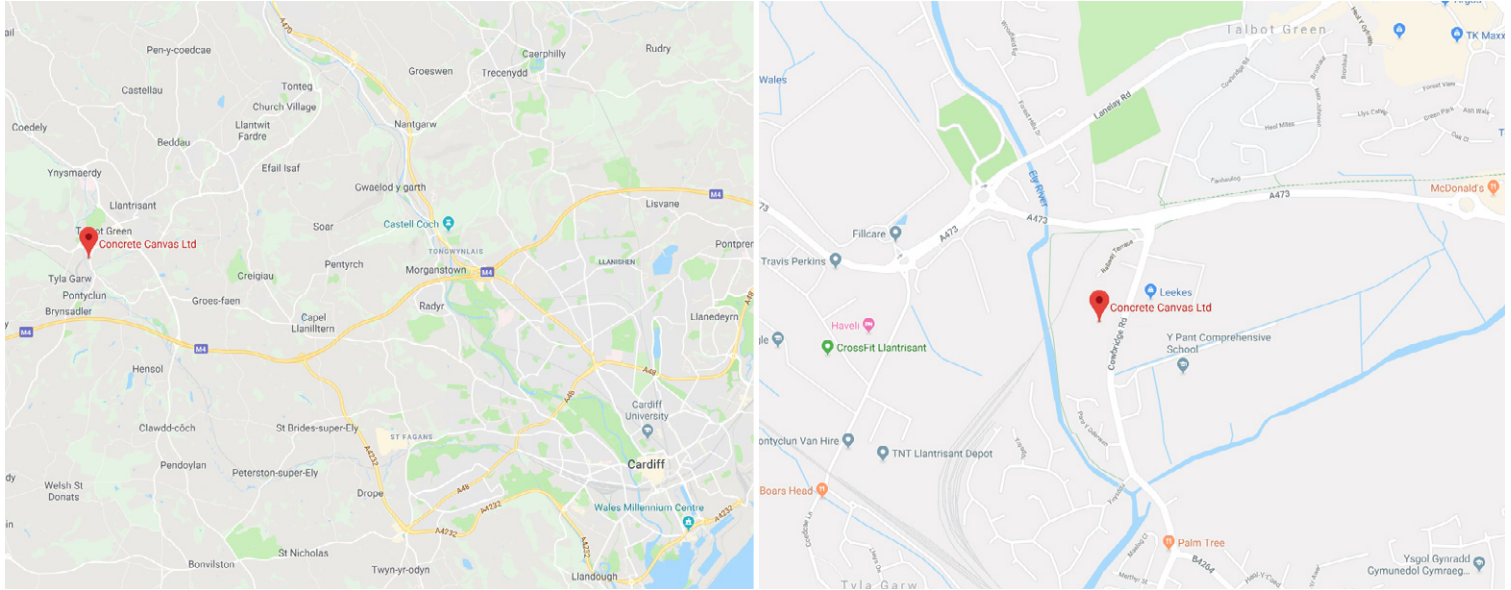


Directions to Concrete Canvas from the M4



From the M4, exit at Junction 34 (Miskin Interchange), take the A4119 exit to Llantrisant/Rhondda. After approximately 1.7 miles, at the roundabout, take the 1st exit onto the A473. Passing the retail park (Glamorgan Vale Retail Park), you will see a McDonalds at the next roundabout, at the roundabout, take the 1st exit and stay on A473, turn left onto Cowbridge Road, at the traffic lights.

We can be found on the right directly opposite Leekes Llantrisant and Y Pant Comprehensive School.

Postcode for Sat-Nav: CF72 8HL

By Public Transport from Heathrow Airport

- **RailAir 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.

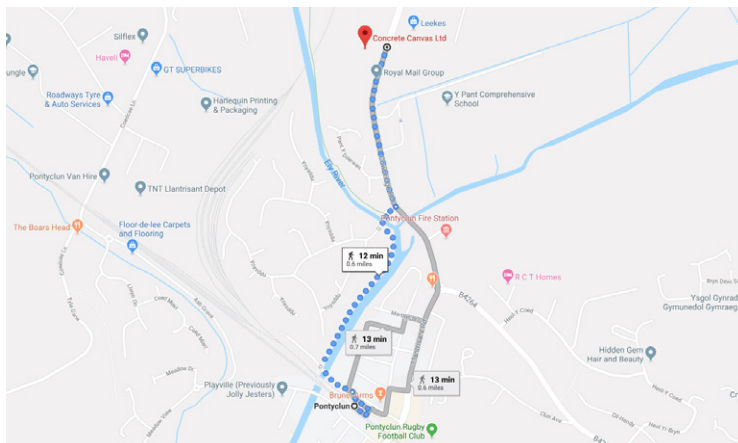
- By Coach**

The T9 service is a direct link to Cardiff Bay and Cardiff City Centre. The bus stop is located directly outside the terminal. Services are available up to every 30 minutes, with free travel on weekends. The bus journey takes approximately 45 minutes.

- 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 between £30-£45, with an average journey time of 25 minutes. A taxi to the Concrete Canvas offices costs around £50. Average journey time is around 35 minutes.

By Public Transport from Cardiff Central Train Station



- By Train**

Trains run from Cardiff Central to Pontyclun numerous times an hour, with no stops on most services. Average journey time is 12 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 35 minutes.

Accommodation near Concrete Canvas Ltd. - In order of budget.

- Premier Inn (Llantrisant) - 3* - 8min/2.0 mile Drive to CCHQ** **TripAdvisor Rating - Excellent 4.5**

Hotel is situated between a restaurant and Costa coffee shop, free parking and Wi-Fi. Bookings can be made from any good travel website, or directly through www.premierinn.com

- Llanerch Vineyard - 5* - 7min/2.4 mile Drive to CCHQ** **TripAdvisor Rating - Excellent 4.5**

Llanerch is a stylish farmhouse in the Welsh countryside with 11 guestrooms, restaurant & lounge, cookery school, and vineyard. Free Wi-Fi & parking. www.llanerch.co.uk

- Vale Resort - 4* - 10min/3.5 mile Drive to CCHQ** **TripAdvisor Rating - Very Good 4.0**

The Resort is home to a 143 bedroom hotel, Wales' largest spa, two championship golf courses and an award-winning AA rosette restaurant. Facilities provide guests with the opportunity to work-out or relax with a swim. www.valeresort.com

- Lanelay Hall Hotel & Spa - 5* - 2min/0.6 mile Drive to CCHQ** **TripAdvisor Rating - Excellent 4.5**

Lanelay Hall offers luxury, elegance and comfort. With 17 smoke-free guestrooms, Lanelay Hall is a luxury B&B with indoor pool, free full breakfast, free Wi-Fi and parking. www.lanelayhall.co.uk

- Miskin Manor Hotel And Health Club - 4* - 10min/3.0 mile Drive to CCHQ** **TripAdvisor Rating - Very Good 3.5**

The Manor is less than a mile from the M4. With 42 smoke-free guestrooms, Miskin Manor is a luxury hotel with indoor pool, free continental breakfast, free Wi-Fi and parking. www.miskin-manor.co.uk

Accommodation situated in Cardiff - In order of budget.

- Clayton Hotel (St Mary Street) - 4* - 36min/13.1 mile Drive to CCHQ** **TripAdvisor Rating - Excellent 4.5**

Clayton hotel Cardiff is a 4* city centre hotel located less than a minute walk from Cardiff Central Train Station & only a short walk from the Principality Stadium, St. David's Shopping centre & Cardiff Castle. www.claytonhotelcardiff.com

- Cardiff Marriott Hotel (Mill Lane) - 4* - 33min/16.1 mile Drive to CCHQ** **TripAdvisor Rating - Excellent 4.5**

Impeccably located in central Cardiff, the hotel is a great destination for both business and leisure travel. Located less than a 2 minute walk from Cardiff Central Train Station & only a short walk from the Shopping centre. www.marriott.co.uk

- Novotel (Atlantic Wharf) - 4* - 32min/15.9 mile Drive to CCHQ** **TripAdvisor Rating - Excellent 4.0**

A 7 min walk from Cardiff Central Train Station. Close to live sports action at the Principality Stadium, entertainment at the Motorpoint Arena and plenty of shops, restaurants and bars in the City Centre or Cardiff Bay. www.accorhotels.com

- Park Plaza (Greyfriars Road) - 4* - 34min/12.6 mile Drive to CCHQ** **TripAdvisor Rating - Excellent 4.5**

Winner of the AA Hotel of the Year award for Wales and located in the heart of city centre close to Cardiff Castle and St Davids Shopping Centre. Within a 10 min walk of Cardiff Central Train Station. www.parkplazacardiff.com

- Hotel Indigo (Queen Street) - 4* - 34min/12.6 mile Drive to CCHQ** **TripAdvisor Rating - Excellent 4.5**

Located in the heart of city centre close to Cardiff Castle and St Davids Shopping Centre. Within a 10 min walk of Cardiff Central Train Station. www.hotelindigo.com

- Radisson Blu Hotel (Bute Terrace) - 4* - 10min/3.0 mile Drive to CCHQ** **TripAdvisor Rating - Very Good 4.0**

Within close proximity of landmarks, such as Motorpoint Arena Cardiff and the Shopping Centre, guests can easily experience some of Cardiff's most well known attractions. Within a 10 min walk of Cardiff Central Train Station. www.radissonhotels.com