



### From Newport, Bristol and the East (M4 Westbound)

Distance	Directions
	<b>M4; J29 (A48(M))</b> Branch left (signposted Cardiff E and S) to join A48(M)
2.1	<b>A48</b> End of Motorway. Keep forward A48
5.2	<b>A48</b> Junction with A469/A470. Keep forward through underpass (signposted Cardiff West)
1.0	<b>A4119</b> Branch left to join A4119. At lights, turn left (A4119 signposted City Centre)
0.7	<b>Und</b> At lights, turn left onto Cathedral Road
1.1	<b>Und</b> Drive past a small shopping area, past Edwardian houses on both sides. On your right... <b>Arrive at CRG!</b>

### Notes:

### From Swansea and the West (M4 Eastbound)

Distance	Directions
	<b>M4; J33 (A4232)</b> At roundabout take 3rd exit (A4232 signposted Cardiff West, Barry)
3.5	<b>A48</b> Culverhouse Cross (Junction with A48/A4050). Branch left, at roundabout take 1st exist (A48) signposted City Centre
2.3	<b>A4161</b> Junction with A4161. At roundabout take 1st exit (signposted Newport, Merthyr)
0.4	<b>Und</b> At lights, turn right onto Caewal Road
0.1	<b>B4488</b> Turn left into Pencisely Road B4488
0.5	<b>A4119</b> At lights, continue forward onto Penhill Road
0.2	<b>Und</b> Bear right onto Cathedral Road
1.0	<b>Und</b> Drive past a small shopping area, past Edwardian houses on both sides. On your right... <b>Arrive at CRG!</b>

### From Pontypridd, Mid and North Wales

Distance	Directions
	<b>A470; junction with M4 (J32)</b> Keep on A470 signposted Cardiff City Centre
2.1	<b>A48</b> At 'Cross Inn' lights bear left, then right: proceed to roundabout (not over flyover). At roundabout take 4th exit (signposted Cardiff Airport) to join A48
1.0	<b>A4119</b> Junction with A4119. Bear left, then turn left at lights (signposted City Centre; A4119)
0.7	<b>Und</b> At lights, turn left onto Cathedral Road
1.1	<b>Und</b> Drive past a small shopping area, past Edwardian houses on both sides. On your right... <b>Arrive at CRG!</b>



25 Cathedral Road  
Cardiff CF11 9TZ  
Tel: 029 2034 3218

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