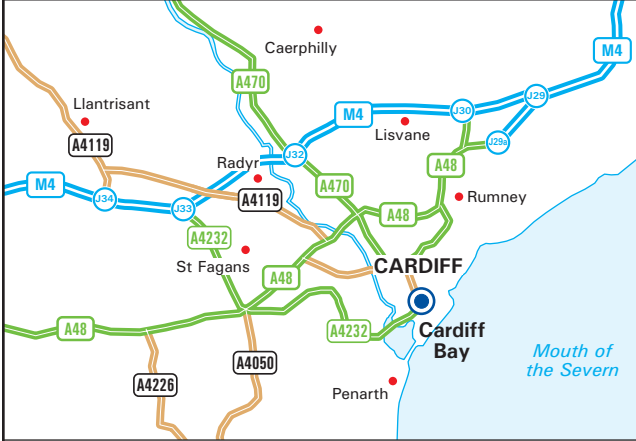




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**From the M4**

- Leave the M4 at Junction 29 (signed Cardiff (E&S) & A48M).
- Join the A48M and continue onto the A48 for 4 miles.
- Leave the A48 at the Llanederyn 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 second exit (signed Docks) and continue on Rover Way.
- Proceed straight across a level crossing and the next two roundabouts.
- At the third roundabout (after incline), take second exit (signed City Centre).
- Go straight over the next roundabout.
- At the next roundabout, take third exit onto Portmanmoor Road (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.



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