

active ergonomics

3 East Road, Penallta Ind. Est.
Hengoed
Mid Glamorgan
CF82 7SU

www.active-ergonomics.co.uk



From M4

- Leave the M4 at Junction 28 (signed Newport, A48, Risca, Brynmawr & A467).
- Join the A4072 (Forge Road) towards Risca and Brynmawr and continue for 0.6 miles.
- At the roundabout junction, take the third exit and join the A467 towards Risca.
- Continue along the A467 for 5.2 miles until the "Full Moon" roundabout. Take the 3rd exit, and join the A467 towards Newbridge.
- Continue for a further 3.3 miles until the roundabout junction with the A472 at Newbridge.
- Take the first exit onto the A472.
- Continue for 2.8 miles (passing straight over 1 roundabout).
- At the next roundabout take the second exit following signs for Ystrad Mynach. Continue straight over the next roundabout.
- At the roundabout with the A469, take the second exit onto the A472.
- Turn right at the next roundabout and take the first exit at the next roundabout, remaining on the A472.
- Pass under 2 rail bridges and at the next roundabout, take the third exit onto the Penallta Link Road.
- Continue for approximately one mile up the hill and turn right onto West Road. Turn right onto East Road.
- Our building is located on the left hand side (see inset).

By Train

- Hengoed receives services from Cardiff Central, Cardiff Queen Street and Caerphilly. Taxis are available at the station.

