

## How to find us

Directions to Shiatsu Wales...

You can also view a map of where we are by clicking [here](#).

### How to get to us by car

#### From the South-East

Take the westbound M4 until it turns into a dual carriageway; continue on the same road, which will take you to Carmarthen, where there is a new bypass. To bypass Carmarthen, follow signs for Llandeilo first of all and then for Cardigan.

At Cardigan there is a roundabout. Take the 3rd exit, the A487 towards Aberystwyth. You will go through several villages of which the last but one is Sarnau and the last Brynhoffnant. Slow down and signal left here. You turn left immediately after the Brynhoffnant Inn, but the turn is quite sharp and you don't see it till you're on top of it.

Follow the road (mind the hairpin bend!) down into the village of Llangrannog, where you reach a T-junction.

Turn right and drive out of the village again. After just over a quarter of a mile you will pass a disused quarry on the left, where the speed limit changes from 20 to 30 mph, marked by a speed sign and a red stripe on the road. Brynderwen is the first house on the right after this, about 300 yards past the quarry. There is a flat space with room for 2 cars by the gate. Please go to the back entrance.

#### From the North

It's up to you which route you choose to Aberystwyth; the motorway goes to Chester and then you can choose the Ruthin-Bala route (beautiful) or the Welshpool-Newtown route (a shade quicker, if it's not market-day in Welshpool).

From Aberystwyth, follow signs for Cardigan (A487). You will be following the coast road south. After Plwmp there is a long straight bit of road, at the end of which is a large signpost indicating a right turn to Llangrannog on the B4321. Turn right and follow this road down (mind the hairpin bend!) and stay on the B4321 through Pontgarreg village. After half a mile you will come to a crossroads with a bus shelter on the left (the right-hand turn is signed "Urdd Centre" and "dry ski slope"). Keep straight on here; our house is the first house you can see on the left after the crossroads. Please park in the second car park and make your way to the back entrance.

## By train

There are three stations, all an hour's drive away - Aberystwyth, Carmarthen and Fishguard (which only has one train a day). From the stations it is probably simplest to take a taxi - the average cost is currently £40.00. There are buses from Aberystwyth station down to Brynhoffnant, from where we can pick you up - check out Arriva and Richards Bros.