

## Health and Care Research Wales Support and Delivery Centre



### Address:

Health and Care Research Wales  
Support and Delivery Centre  
Training Suite  
Ground Floor, Castlebridge 4  
15 – 19 Cowbridge Road East  
Cardiff  
CF11 9AB

Tel: 02920 230457

**Nearest railway stations:** Cardiff Central (5) & Cardiff Queen Street (both walking distance).

**Nearest bus stop:** Walking distance from most Cardiff City Centre bus stops.

### Walking directions from the Cardiff Central Railway Station:

1. Head north on Central Square
2. Turn right towards Wood Street
3. Turn left onto Westgate Street
4. Follow Westgate Street past the Millennium Stadium on your left
5. Turn left onto Castle Street, take the bridge over the river and Castlebridge is on the left hand side.

### Driving directions:

**From the East** – From M4 westbound take junction 29 onto the A48(M). At the roundabout take second exit onto North Road/A470 signposted for the city centre. Continue on North Road/A470 until it becomes Castle Street. After a short distance Castlebridge is on your left hand side, past the Holiday Inn and just over the river.

**From the West & North** – Join the A470 southbound at Junction 32 of the M4. Continue along the A470 until it becomes Castle Street. After a short distance Castlebridge is on your left hand side, past the Holiday Inn and just over the river.



## Parking

Unfortunately, there is no on-site car parking unless a disabled bay is required. Please book in advance.

Sophia Gardens (2)

Cardiff Rugby Club (3)

Quay Street NCP (4)

Pay and display, CF11 9XR

All day ticket, pay at booth, CF10 1JA

Multi-storey, pay and display, CF10 1DZ