



# ITEC House Directions

ITEC House, Penarth Road, Cardiff, CF11 8TT  
029 20 663800

## Where to find us

ITEC House is located in a business park at the top end of Penarth Road.

We are situated on a slip road opposite Llandough Hill (near Cogan Pill).

Click [here](#) for the map.



ITEC Training Solutions Limited, ITEC House, Penarth Road, Cardiff, CF11 8TT  
Tel: (029) 2066 3800 Fax: (029) 2066 3810  
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## Public Transport

All regional train and bus services stop at Cardiff Central. From there, a link service needs to be taken. These services are within walking distance of ITEC House, details as follows;

- *Bus*  
Bus numbers 92, 93 and 94 serve the area  
(These services run from Westgate Street near Cardiff central)  
For timetable and route information, please click [here](#).
- *Train*  
ITEC House is served by Cogan railway stations.  
(Taking the train for Barry Island, normally every 15 minutes)  
For timetables, please visit the [Arriva Trains website](#).

## Travelling by car

- *From Cardiff Central Station rear car park (approximately 2 miles):*
  - Turn right onto A4160 Penarth Road;
  - Continue on Penarth Road and underneath the flyover;
  - At the mini roundabout, continue straight over (second exit);
  - Immediately take the next left into a business park passing a garage and a yellow storage warehouse;
  - Continue for approximately 50 metres and ITEC House is the building on your left, just before the snooker hall.
- *From M4:*
  - Exit the M4 to the left at junction 33;
  - At the roundabout, take the exit onto the A4232;
  - Continue on the A4232 then exit at the Leckwith Stadium slip road;
  - At the roundabout, take the second exit onto Hadfield Road;
  - Turn right onto A4160 Penarth Road;
  - Continue on Penarth Road and underneath the flyover;
  - At the mini roundabout, continue straight over (second exit);
  - Immediately take the next left into a business park passing a garage and a yellow storage warehouse;
  - Continue for approximately 50 metres and ITEC House is the building on your left, just before the snooker hall.
- Parking spaces are limited.

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