By Road

- We are quite easy to find, on the A48 from Carmarthen head towards the M4 (heading East), just before the start of the M4, Junction 49, you will see the Pont Abraham services and roundabout, take the first exit (A483) towards Llandilo and Ammanford.
- You will climb a steep hill and the road will widen out.
- On your left you will see a sign post towards Pen-y-groes (B4297) bear left down this road and as you come down the hill you will see the Capel Hendre Industrial Estate on your left hand side.
- Turn left onto the estate, turn immediately left and we are on the right-hand side.

- We are about 4 minutes from the end of the M4.

By Train

- Ammanford is the nearest railway station.
- We are a short taxi ride from the station.
- For further information on train times and fares please call National Rail Enquiries on 08457 484950.