

## How to find us

Directions to Shiatsu Wales...

You can also view a map of where we are by clicking [here](#). But please note - google Maps does not allow me to re-position the marker! Check out the full directions.

How to get to us by car

PLEASE

NOTE:

these directions can't easily be combined with SatNav, as different SatNavs will bring you via different routes. If you follow SatNav please be aware that it will bring you to a point quite a bit further downhill from us, as it is a big postcode. Once the SatNav says you have arrived at your destination, drive up the hill on the B4321 away from the sea and follow the directions below from \*\* onwards.

From  
the North

From  
Aberystwyth follow the 487 south towards Cardigan. After approximately 25 miles (this is very approximate, based on journey time &ndash; about 35 minutes from Aberystwyth) you will pass through Plwmp and then a long straight stretch of road, at the end of which is a large green road sign indicating a right turn to Llangrannog. Take this right turn.

You  
are on the B4321. Follow this road down towards the sea; you will pass through the outskirts of Pontgarreg. A quarter of a mile after Pontgarreg there is a crossroads (with a bus shelter on the left and a sign to the Urdd Centre and dry ski slope). Pass straight through the crossroads. Our house is the first house you can see on the left after the crossroads, about three hundred yards further on, a large cream house with tall chimneys, set down from the road and with two parking spaces. (If you get as far as the 20 mile an hour limit and the Welcome to Llangrannog sign you have gone too far, turn around and we are the first house on the right on your way back).

The front porch facing the sea belongs to our upstairs tenant. Our entrance is back along the side of the house, by the gas canisters!

For the Church Hall, where the courses are held, keep on down the road, towards the sea, and you will enter the upper village of Llangrannog through a very narrow road past the church, which is on your right. The Church Hall is the first building on the right past the church, a stone building set back from the road, and is entered at the top of a flight of stone steps. There is a strip of parking spaces a few yards along on the right, and a large free car park a hundred metres along the turning to the left opposite the Hall.

From  
the South

Follow national routes to Cardigan. At the roundabout at Cardigan, take the A487 in the direction of Aberystwyth.

You will go through various villages of which the last two are Sarnau and Brynhoffnant. Slow down as you reach Brynhoffnant - there is a large green road-sign indicating a left turn to Llangrannog; the turn is immediately after the pub on the left, and you don't see it till you're right on top of it. Follow this road down towards the sea (enjoy the view at the hairpin bend) and keep going till you reach the T-junction opposite the church in the village. (There is a free car park on the left about a hundred metres before the junction, if you are heading for the Church Hall).

At this point you are facing the Church Hall, where the courses are held.

If you are coming to Brynderwen, turn right here and drive past the church and up the hill.

**\*\*After**  
about three hundred yards you will come to a large disused quarry on the left with a 30 mph sign, as this is where the speed limit changes, and a red speed limit stripe across the road. Our house is the first on the right after the quarry.

The front porch facing the sea belongs to our upstairs tenant. Our entrance is back along the side of the house, by the gas canisters!

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 £50.00. There are buses from Aberystwyth station down to Brynhofnant, from where we can pick you up.