

We look forward to welcoming you to our Treforest Clinic and here are the directions and map below.  
**Please do not rely on your Satnav**

## How to find us

Our Insight Workplace Health Treforest Clinic is located in Treforest Industrial estate, 1 mile from the A468 exit of the A470

## Via Car

1. Follow the M4 to Junction 32
2. At Junction 32 take the A470 exit to Merthyr Tydfil/ Cardiff/ Caerdydd
3. Follow the A470 for approximately 2 miles
4. Take the A4054/A468 exit towards Treforest Industrial estate
5. At the roundabout take the 1st exit onto Caerphilly Rd/ A4054
6. At the next roundabout take the 2nd exit onto Caerphilly Rd/ A4054
7. Follow the A4054 for approximately half a mile until you see the pottery on your left
8. Turn right into the junction where you will see orange box dispatch hub in front of you
9. Our clinic is located inside the blue Business in focus building on the right hand side.  
Park in the small car park located beside the building and enter via the front.

## Via Train

### From Cardiff

Transport for Wales Train from Cardiff Central Station towards Treherbert

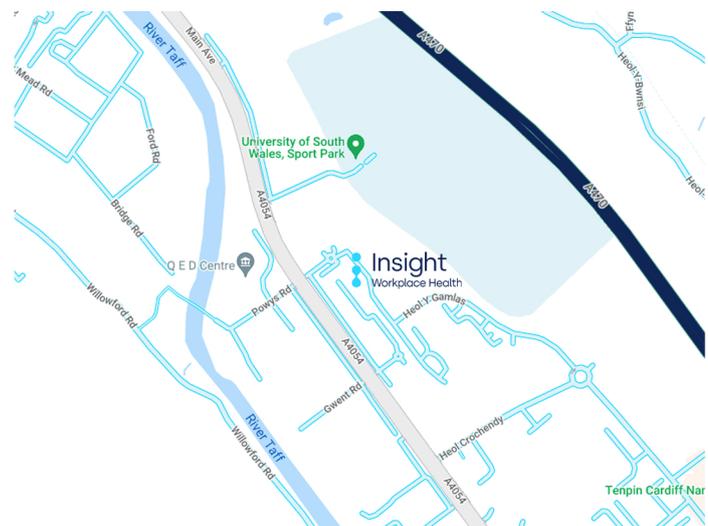
### From Pontypridd

Transport for Wales Train from Pontypridd Train Station towards Treforest

For up-to-date timetables please use the following link:

### Traveline Cymru

<https://www.traveline.cymru>



 what3words middle.twins.path

 Insight Workplace Health (Treforest)  
Google Maps

Insight Health Screening Ltd  
Trading as:  
Insight Workplace Health  
Business Development Centre  
Main Avenue  
Treforest Industrial Estate  
Pontypridd  
CF37 5UR

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 [info@insightworkplacehealth.co.uk](mailto:info@insightworkplacehealth.co.uk)  
 [insightworkplacehealth.co.uk](http://insightworkplacehealth.co.uk)



When you reach the blue Business in Focus building, press E on the intercom.

Please don't enter the medical room until you have been greeted by a member of our team, as there may be an appointment taking place.



Insight Health Screening Ltd  
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