

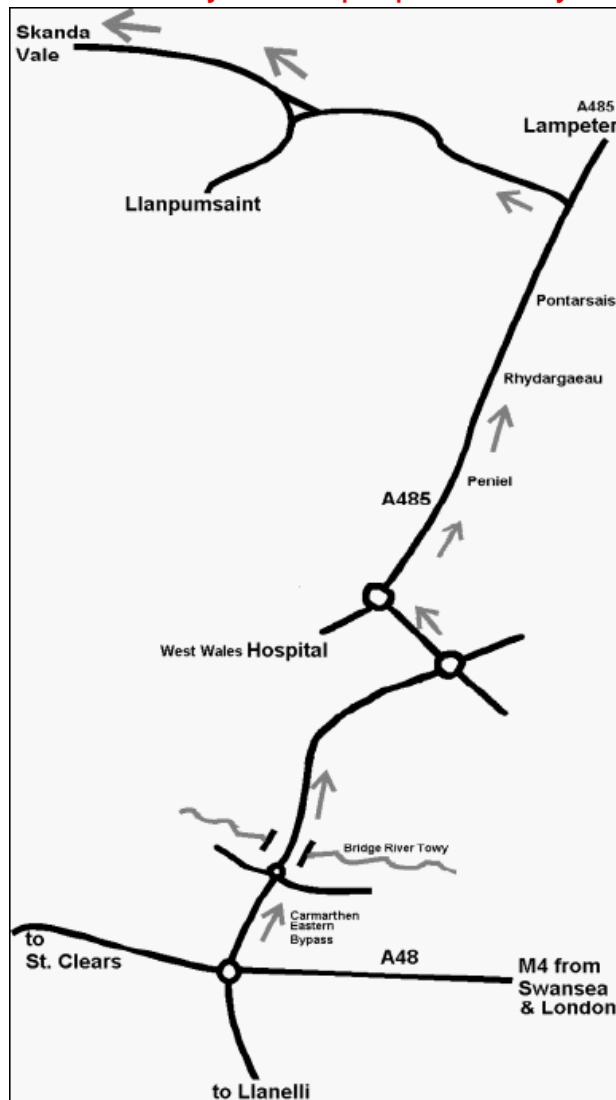
How To Get to Skanda Vale

Directions for Cars and Minibuses with no more than 17Seats (No Coaches)

This route is too narrow for bigger vehicles (i.e. Coaches) which are likely to get damaged, will block all traffic to and from the Community and cause inconvenience and potential danger to our neighbours.

- **Take the M4 to the end of the motorway (approx 4 hours from London) i.e the Pont Abraham Service Area.**
- **At this roundabout take the 2nd exit onto the A48(signposted Carmarthen)**
- **Continue on the A48 to Carmarthen**
- **At the end of the A48 dual carriage way take the 3rd exit onto the Carmarthen Eastern Bypass, A40 (signposted Town Centre, Llandeilo)**
- **At the next roundabout take the 2nd exit onto the A40 (signposted Llandeilo & Hospital A&E)**
- **At the next roundabout take the 1st exit onto the A485 (signposted Lampeter)**
- **At the next roundabout take the 2nd exit onto the A485 (signposted Lampeter)**
- **Continue on the A485 for 5 miles entering through the villages of Peniel, Rhydargaeau and Pontarsais.**
- **Turn first left after the Stag and Pheasant Pub at the sign indicating Skanda Vale / Llanpumsaint.**
- **Follow this single track road for about 2 miles.**
- **At the next junction, which has a triangle of grass in the middle, turn right and follow the sign for Skanda Vale over a small bridge, continue for another 2 miles until the end of the road where you will see a sign "Welcome to Skanda Vale".**

Please make sure you are prepared for your journey.



Bring a copy of these directions and map as well as a good road atlas

Please drive very slowly when entering and leaving the Ashram.

Please do not knock on people's doors asking for directions. It is unfair to disturb our neighbours especially in the early morning or late evening.