



**From the A1**

- Exit from the A1 at the junction with the A690 signed Durham and Sunderland.
- From the south take the 3rd exit at the roundabout and from the north take the 1st exit at the roundabout into the A690.
- Take the left turn off the A690 at the junction with the B1284 follow the tight bend to the roundabout on the A1284.
- Take the 2nd exit at the roundabout for the new Rainton Bridge South Business Park.
- Take the 3rd exit at this roundabout into the B1284 for the industrial estate.

**From the A19**

- Exit the A19 at the junction of the A690 signed Durham, Sunderland.
- From the south take the 1st exit and from the north take the 4th exit into the A690.
- After the A182/A1052 junction turn left at the next junction off the A690 signed Rainton Bridge.
- Turn left into Durham Road and follow this back to the roundabout.
- Take the 1st exit onto the B1284 and pass under the A690.
- Take the 1st exit for the business park.
- Take the 2nd exit for the industrial estate.

**Key:**  
 Preferred Route

<b>Key:</b>	
<b>Business:</b>	<b>Ref:</b>
Advantex	12
Chemviron Carbon	7
Citreon Parts Distributor	8
Connor Solutions	18
DLC Express Freight	12
Double Maxim	15
E Volve	14
Fire Station	5
Identec Ltd	12
Kasl Engineering	12
Mcinerney Homes	20
Moor Graphics	3
Npower	19
Rainton Meadows Arena	13
Select Interiors	12
Sumitomo Electric Wiring Systems (Europe) Ltd	16
SW Machinery	12
Tacle	1
TNT	4
TNT	11
TNT	12
To Let	2
To Let	6
To Let	17
To Let	21
To Let	22
To Let	23
To Let	24
TRW Electronics	9
TRW Electronics	10