



Heworth Way, Greenlane Industrial Estate, Pelaw, NE10 0UW  
Telephone Number 0191 4384702

## Directions from Sunderland to Pelaw NE10 0UW

### **Take Cumberland Street to St Marys Way/A183**

1. Head northwest toward Middle Street
2. Continue on to Cumberland Street

### **Follow A1231, A19 and A184 to Shields Road/A185 in Gateshead**

3. Turn left onto St Mary's Way/A183
4. At the roundabout take the 2<sup>nd</sup> exit onto Silksworth Road/A1231
5. At the roundabout take the 4<sup>th</sup> exit onto Trimdon Street/A1231
6. At the roundabout take the 3<sup>rd</sup> exit onto Trimdon Street West/A1231
7. At the roundabout take the 3<sup>rd</sup> exit and stay on A1231
8. Use the left 2 lanes to turn onto Wessington Way/A1231
9. At the roundabout take the 2<sup>nd</sup> exit and stay on Wessington Way/A1231
10. At the roundabout take the 2<sup>nd</sup> exit and stay in Wessington Way/A1231
11. At the roundabout take the 2<sup>nd</sup> exit and stay in Wessington Way/A1231
12. At the roundabout take the 2<sup>nd</sup> exit and stay in Wessington Way/A1231
13. At the roundabout take the 3<sup>rd</sup> exit onto the A19 ramp to Southshields/Newcastle
14. Merge onto A19
15. Slight left toward Newcastle road/A184
16. Slight left toward Newcastle road/A184

### **Continue on Shields Road/A185 Drive to Greenlane**

17. At the roundabout take the 3<sup>rd</sup> exit onto Shields Road/A185
18. At the roundabout take the 2<sup>nd</sup> exit onto Green Lane
19. Follow the road round to the right and AAT will be on the Left hand side