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.