A1
From A1 North, join A19.
Leave A19 for A1058 Coast Road
Leave Coast Road at junction signposted "Benfield". At the top of the exit ramp, turn left at the lights. Immediately turn left again onto Industry Road where we're a short way down on the left side.
Thru' Tyne Tunnel
A1(M)
From A1 South, join A194(M)
Stannington
Cramlington
Seaton Sluice
Seaton Delaval
Seaton Burn
Dudley
Seghill
Dinnington
Wideopen
Ponteland
Hazlerigg
Backworth
Whitley Bay
Killingworth
Shiremoor
Cullercoats
Holystone
Forest Hall
Tynemouth
North Shields
South Shields
Wallsend
Newcastle upon Tyne
Jarrow
Newburn
Ryton
Crawcrook
Byker
Hebburn
Blaydon
Metrocentre
Gateshead
Bill Quay
Felling
Boldon Colliery
Cleadon
Whitburn
East Boldon
Winlaton
Winlaton Mill
Whickham
Windy Nook
Team Valley Trading Estate
Witherwack
Rowlands Gill
Sunniside
Marley Hill
Wrekenton
Lamesley
Castletown
Monkwearmouth
Sunderland
Armstrong
Birtley
Washington
South Hylton
Pennywell
Barnes
Hendon
Tunstall
Hobson
Ouston
Thorney Close
Penshaw
Farringdon
Ryhope
Beamish
Pelton
Stanley
Leadgate
Annfield Plain
Grange Villa
Chester-le-Street
Seaham