Please note: Since 2019 there is a shuttle service from Sittard on the starting day of every course and from Aachen on the starting day of every English / German course. Please read the information provided in the box.

By air
From Brussels Airport take a train to Leuven (Louvain) and change train to Genk. For further information, see below "Travelling from within Belgium".

Travelling from within Belgium
Take a train to Genk and then take bus #45 towards Maaseik. Get off at "Dilsen Kruispunt" (Hint: After the "Dilsen Boslaan" bus stop, when the bus passes in front of the Lidl Supermarket in Dilsen then press the bus stop button to get down at "Dilsen Kruispunt"). This bus runs regularly and takes approximately 40 minutes. Please see the route planner at [http://www.delijn.be (bus), http://www.b-rail.be (train)].

On the starting day of every course there is a pick up from bus stop "Dilsen Kruispunt" at 14.40 and 15.40. Please let the centre know in advance at what time you need to be picked up via info@pajjota.dhamma.org or phone +32(0)89 51 82 30. The cost is €5, payable to the driver in cash.

Travelling from the Netherlands
There are different possibilities to reach Dhamma Pajjota by public transport. On the starting day of each course we recommend taking the first route as it saves you travel time. Please note that you can not require a car/van (update August 2020). You will need to pay the driver in cash.

1) Travel to Sittard
1.1) On the starting day of every course there is a shuttle service from Sittard to Dhamma Pajjota. For more information see the information provided in the box.

1.2) At other days participants can be picked up at the ferry across the Maas river at Berg aan de Maas (Urmond). From Sittard take bus #39 to Berg aan de Maas (Urmond) and get off at "Beatrixplein" bus stop. From Sittard bus #39 leaves every hour, except for holidays. For more details and bus times, check the journey planner at: [http://9292.nl/en/]

From "Beatrixplein" bus stop, it is a walk of about 4 minutes to the ferry across the Maas River. The ferry is free for passengers on foot or with a bike. The ferry operates continuously and requires 5-10 minutes, depending on the waiting time for the crossing. The whole journey from Sittard to the ferry takes about 30 minutes. The centre car can pick you up if you inform them in advance. The cost is €5, payable to the driver in cash.

2) Travel to Maastricht
Take either one of the two different bus connections described below.

2.1) Take bus #63 in the direction of "Maastricht-Eisden" and get off at "Maasmechelen Centrum" bus stop. From "Maasmechelen Centrum", take bus #45 in the direction of "Maaseik" and get off at "Dilsen Kruispunt" bus stop. These buses run regularly. The journey time to "Maasmechelen Centrum" is approximately 45 minutes. Bus #45 waits for bus #63 in "Maasmechelen Centrum" and takes another 15 minutes to reach "Dilsen Kruispunt". For complete details and times, please visit the route planner at [www.delijn.be/]

2.2) Take bus #45 in the direction of "Hasselt" and get off at "GENK Heempark" bus stop. Go to the diagonally opposite station and from there take the bus #45 (!) again but this time in the direction of "Maaseik/Maastricht" (this bus takes a different route and passes through Dilsen) and get off at "Dilsen Kruispunt" bus stop. Please check the connection details at [www.delijn.be (Maastricht Van Hasseltkade to Genk Heempark and then Genk Heempark to Dilsen Kruispunt)]

Note: After the "Dilsen Boslaan" bus stop, when the bus passes in front of the Lidl Supermarket in Dilsen then press the bus stop button to get down at "Dilsen Kruispunt". There is a pick up from bus stop "Dilsen Kruispunt", see section Travelling from within Belgium.

Travelling from Germany
There are two possible routes to reach Dhamma Pajjota by public transport. On the starting day of each course we recommend taking the first route as it saves you travel time.

1) Take a train to Aachen.
1.1) On the starting day of every English/German course there is a shuttle service from Aachen to Dhamma Pajjota. On the starting day of ALL the courses there is a shuttle service from Sittard to Dhamma Pajjota. For more information see the information provided in the box.

1.2) At other days participants can be picked up at the ferry across the Maas river at Berg aan de Maas (Urmond). From Sittard take bus #39 to Berg aan de Maas (Urmond) and get off at "Beatrixplein" bus stop. You will find their cars and/or vans at the bus stop opposite the main exit of the railway station.

2) Take a train to Aachen. From there travel to Maastricht either by bus or by train. For the train connections to reach Maastricht, please visit [www.bahn.de/]

For the bus connections from Maastricht, please follow the bus routes information provided in the section 2) Travelling from the Netherlands.
How to get there

By public transport or bike

**Vipassana Meditation Centre**
Dhamma Pajjota
Vipassana Meditation as taught by S.N. Goenka
in the tradition of Sayagyi U Ba Khin

**By bike**
Cyclists can make use of the official bicycle path system of the province of Limburg (Kempen and Maasland counties). Dhamma Pajjota is to be found at crossroad nr. 42 on that system. [http://www.fietsnet.be/](http://www.fietsnet.be/)

From Genk Station, it's about 20 km (45 minutes). At the station, take Europalaan to the left and then follow the signs “Fietsroutenet”. From there, go by crossroads #30, #535, #565, #41, #501, #42. From Maastricht station, it's about 33 km (75 minutes) by crossroads #79, #2, #1, #10, #559, #58, #57, #56, #55, #48, #44, #42.

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**Dhamma Pajjota**
Driepaal 3
B - 3650 Dilsen-Stokkem
Belgium
Tel. +32 (0)89 518 230
Email: info@pajjota.dhamma.org

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**By foot from the bus stop**
The walk takes about an hour, partly on a sandy forest road.