

## HOW TO GET TO THE COURSE VENUE

Until the Polish Centre for Vipassana meditation has been built (in Dziadowice, near to Turek), all our courses take place at the **Conference/Holiday Centre** called **Mazur-Syrenka** which is at the following address: **Krutyn** 36, 11-710 Piecki, Warmińsko-Mazurskie voivodship.

[www.mazursyrenka.com](http://www.mazursyrenka.com)

<https://www.google.com/maps/dir/53.686268,21.429631/@52.9540794,20.375339,8z>

### Getting to the centre by MINIBUS

No buses or trains go directly to **Krutyn**.

**The nearest place** which you can get to by public transport is called **RUCIANE-NIDA**. On the day that a course starts (day 0), we organize a minibus which can pick you up from the local bus stop (PKS) by the roundabout at the junction of Dworcowa street and Mazurska street. This bus stop is next to the Tourist Information Centre and not far from the train station (PKP).

Regardless of the number of passengers in the minibus, the cost is **10 zloty per person**, and you pay the driver that money. The minibus leaves the bus stop at **14:00** and **17:40**

The minibus is a white Volkswagen which has a sign painted on its side with the words "Mazur Syrenka" and has in the front window a printed sign which says "KURS VIPASSANA".

The minibus can also stop somewhere along its route, for example, at the crossing in Zgon Zakręt. If you would like the driver to stop for you, please give him a clear signal, for example, by waving your hand.

Everybody who is present at the bus stop at the times indicated above is guaranteed a place in the minibus.

If you arrive early for the minibus, you can wait at the train station (PKP) or in one of the eating places in Dworcowa street, which is near the roundabout. Nearby are also some shops.

If your travel connection is delayed or you have some other kind of problem, please contact us on **517 629 656**.

### TRAVELLING BY BUS

From **Warsaw**, there is one direct bus to **Ruciane-Nida** in the morning. This bus leaves the Dworzec Zachodni at 144, Aleje Jerozolimskie and the journey lasts about 4 hours. In Ruciane-Nida, you can take the minibus to the course venue at 14:00 and 17:40 (as described above).

You can take buses from **Pisz** to **Ruciane-Nida** once an hour. You can also travel a few times a day from **Olsztyn**, which is about 100 km from Ruciane-Nida.

For further information on travel connections and departure times, see the [www.e-podroznik.pl](http://www.e-podroznik.pl) website or the <http://www.autobusowyrozkladjazdy.pl/> website.

## TRAVELLING BY TRAIN

<http://rozklad-pkp.pl/>

There are a number of direct trains each day to Ruciane-Nida from **Olsztyn** and **Szczytno**.

For further information on connections and timetables, please see the [www.e-podroznik.pl](http://www.e-podroznik.pl).

From Ruciane-Nida you can take the minibus to the course venue at 14:00 and 17:40 (as described above).

You can travel **from Warsaw to Olsztyn** on the:

- the TLK "Kormoran" train
- the EIC "Warmia" train (InterCity)

Both trains stop at the main station in Olsztyn (Olsztyn Główny).

## TRAVELLING BY PLANE

### **1. Szymany Airport (near to Olsztyn)**

The nearest airport is Szymany Airport, which has flights to/from **Kraków** and **Berlin**. A special bus (which runs on rails) takes passengers from the airport to the main station in Olsztyn (Olsztyn Główny), and this journey takes about 50 minutes.

For further information, please see: <http://szymanyairport.pl>

### **2. Chopin Airport in Warsaw**

The airport is at 1, Żwirki and Wigury Street, which is about 10 km from the centre of Warsaw.

It is possible to travel from the airport in a number of ways, including taking:

- the no. 175 bus, which stops near the Dworzec Centralny (Warsaw Central train station)
- the trains running on line SKM S3, (they go to the "Centrum" train station near to the Dworzec Centralny and also to the Warszawa Zachodnia station, which is next to the bus station.)

For further details, please see: [www.lotnisko-chopina.pl](http://www.lotnisko-chopina.pl)

### **3. Warsaw (Modlin) Airport (WMI)**

This airport is 36 km to the north-west of the centre of Warsaw. It is possible to travel to Warsaw by using:

- the Modlin Bus: a bus which runs from the airport to the centre of Warsaw (the Plac Defilad next to the Palace of Culture and Science). The journey takes about 40 minutes, buses run very frequently and tickets can be bought on-line. For further details, please see:

<https://www.modlinbus.pl/>

- trains run by the local train company (Koleje Mazowieckie). You can look for connections here:

<http://www.mazowieckie.com.pl/>

## CAR SHARING

We have set up a virtual notice board where those who can offer a ride in their car and those who need a car-ride can swap their email addresses:

<http://rides.server.dhamma.org/pl/index.php>

This noticeboard is run by volunteers solely for the purpose of facilitating travel arrangements to the venue for our Vipassana meditation courses. It is provided on a voluntary basis in order to make it possible for students to help each other.

The organisers of meditation courses give no guarantee to any student that car-sharing will be available in a given case. Furthermore, they do not accept any responsibility for any matter of safety during car-sharing, nor for any other matters arising out of car-sharing.

## TRAVELLING BY CAR

The centre in Krutyń is in the north-eastern part of Poland in the Warmińsko-Mazurskie voivodship in the local administrative area of Piecki. It is about 200 km to the north of Warsaw, 160 km to the west of Białystok, 240 km south of Gdańsk and 240 km east of Poznań. The following towns are nearby: Ruciane-Nida (15 km); Mrągowo (25 km) and Pisz (30 km).

**When travelling from (or through) Warsaw**, one option is take the S8 to Ostrołęka. After passing through Ostrowia Mazowiecka, take the road to Łomża, and then to Pisz and Ruciane Nida.

The second option is to take road number 61 through Pułtusk and then Sypniewo, Myszyniec, Rozogi, Karwica. After that, take road number 58, which links together Szczytno, Stare Kiejkuty, Zgon, Ruciane–Nida and Pisz.

Between Zgon and Ruciane–Nida, you need to turn left onto road number 610 (signed to Krutyń), and then drive through Rosocha and Krutyński Piecек to Krutyń. From the main road, turn into the “Mazur Syrenka” Centre and then follow the arrows on the signs which say “Vipassana meditation course”.

**Note:** Be aware that nearby is a centre with a similar name . You are looking for the centre which is called “Mazur – Syrenka”.



If you are travelling from a different city (whether **from the west, south or east**), you need to head for road number 58, [DK 58] which links together Szczytno, Stare Kiejkuty, Zgon, Ruciane–Nida and Pisz. After that, follow the instructions above.

If you are **travelling from the north**, you need to head for a place called Mrągowo and, from there, take road number 59 [DK 59] to the south to a place called Piecki. After Piecki, turn onto road number 610, [DW 610] heading for Ukta and going past Dobry Lasek, then turn right for Krutyń. From the main road, turn into the “Mazur Syrenka” Centre and then follow the arrows on the signs which say “Vipassana meditation course”.