

Travel directions / Routebeschrijving

Conference Hotel Guldenberg
Guldenberg 12 / Postbus 53
5268 ZH Helvoirt, NL
Phone +31-(0)411-642424 / Fax +31-(0)411-642432

From July 23, 5.00 p.m. until August 5 2010, 5 p.m. you can reach the Kushi Institute at the phone number above.
Van 23 juli 17uur tot 5 augustus 17uur kan het Kushi Instituut bereikt worden op bovenstaand telefoonnummer.

By airplane to Amsterdam Schiphol airport and then take a train to Den Bosch

From the airport, take a direct train going to 's-Hertogenbosch (= Den Bosch).

Trains leave every 30 minutes and take 1h 7min.

On the arrival days (July 24 and July 30) we will arrange a shuttle service between 's-Hertogenbosch train station and Conference Hotel Guldenberg (costs are € 5,00 per person).

Arrival Sunday July 24 - Kushi Institute shuttle bus will leave from 's-Hertogenbosch train station every half hour starting at 2.30 p.m., the latest bus will leave at 6 p.m.

Arrival Saturday July 30 - Kushi Institute shuttle bus will leave from 's-Hertogenbosch train station every half hour starting at 4.00 p.m., the latest bus will leave at 6 p.m.

Approximate costs for taxi Schiphol – Guldenberg are Euro 140.

Approximate costs for taxi Den Bosch – Guldenberg are Euro 32,70.

Approximate costs for train Schiphol – Den Bosch are Euro 14,40.

By airplane to Eindhoven airport and then take a train to Den Bosch

From this airport, take a bus nr. 401, to the train station in Eindhoven.

This bus is going every 30min, costs approx. Euro 2 and the trip takes 20min.

From Eindhoven train station, take a direct train going to 's-Hertogenbosch (= Den Bosch).

Trains leave every 15 minutes, and take approximately 20min. and costs Euro 5,80.

On the arrival days (July 24 and July 30) we will arrange a shuttle service between 's-Hertogenbosch train station and Conference Hotel Guldenberg (costs are € 5,00 per person).

Arrival Sunday July 24 - Kushi Institute shuttle bus will leave from 's-Hertogenbosch train station every half hour starting at 2.30 p.m., the latest bus will leave at 6 p.m.

Arrival Saturday July 30 - Kushi Institute shuttle bus will leave from 's-Hertogenbosch train station every half hour starting at 4.00 p.m., the latest bus will leave at 6 p.m.

Approximate costs for taxi Eindhoven – Guldenberg are Euro 100.

Approximate costs for taxi Den Bosch – Guldenberg are Euro 32,70.

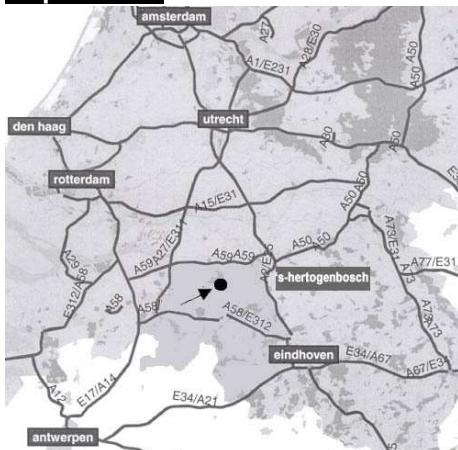
By car to the Conference Hotel Guldenberg

Coming from the direction of Groningen, Utrecht, Amsterdam, Arnhem, Maastricht: you go to 's-Hertogenbosch (= Den Bosch) highroad A2. Coming from the direction of Paris, Brussels, Antwerp you go to Tilburg. Helvoirt is located on the N 65 in between Tilburg and 's-Hertogenbosch. From these directions you take exit Helvoirt - Nieuwkuijk.

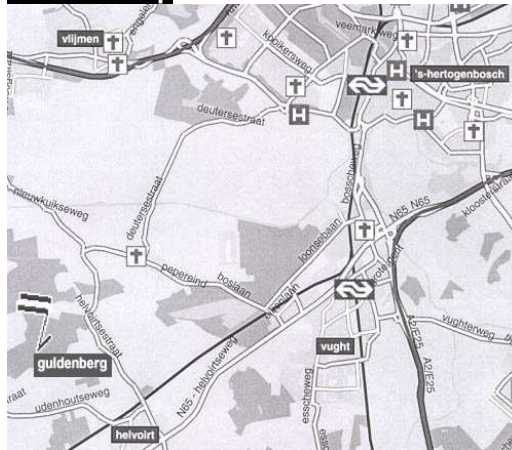
You drive in the direction of Nieuwkuijk. After 3 kilometers you see a sign "Conference Hotel Guldenberg".

Turn left here. After approximately 900 meters you will see (on the right sight) the entrance road of Conference Hotel Guldenberg.

Map Holland



Detailed map



By public transport to the Conference Hotel Guldenberg

Take the train to 's-Hertogenbosch (see train schedules).

On the arrival days (July 24 and July 30) we will arrange a shuttle service between 's-Hertogenbosch train station and Conference Hotel Guldenberg (costs are € 5,00 per person).

Arrival Sunday July 24 - Kushi Institute shuttle bus will leave from 's-Hertogenbosch train station every half hour starting at 2.30 p.m., the latest bus will leave at 6 p.m.

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Per openbaar vervoer

Neem de trein naar 's-Hertogenbosch (zie onderstaande treinschema's).

Op de dag van aankomst (24 en 30 juli) zal er een pendelbusje tussen 's-Hertogenbosch train station en Conferentie Hotel Guldenberg rijden (kosten € 5,00 per persoon). Deze dienst rijdt een 2maal per uur.

Op zondag 24 juli vanaf 14.30uur tot 18.00uur.

Op zaterdag 30 juli vanaf 16.00uur tot 18.00uur.

Train schedule to 's-Hertogenbosch (= Den Bosch)

From Schiphol Airport - direct train direction Utrecht Centraal

Schiphol Airport	Departure: 1-2	13.14	13.44	14.14	14.44	15.14	15.44	16.14	16.44	Etc.
Den Bosch	Arrival: 7	14.21	14.51	15.21	15.51	16.21	16.51	17.21	17.51	

From Amsterdam Central Station - direct train direction Utrecht Centraal

Amsterdam C.S.	Departure: 5	13.08	13.38	14.08	14.38	15.08	15.38	16.08	16.38	17.08	Etc.
Den Bosch	Arrival: 7	14.06	14.36	15.06	15.36	16.06	16.36	17.06	17.36	18.06	

Bus schedule Den Bosch – Helvoirt on arrival days July 24 and July 30

From the train station Den Bosch take bus No. 139 or 140.

Get off at the bus station Helvoirt 'Oude rijksweg'

From this point it is still 3km to walk to the Conference Hotel Guldenberg.

You may walk or you may also call us on above mentioned number to be picked up by our shuttle bus (available only on arrival and departure days).

U kunt het beste gebruik maken van de buurtbus lijn 239. Tussen 8:58 uur en 17:58 uur vertrekt deze vanaf Station 's-Hertogenbosch. Op verzoek zet de buurtbus u bij onze hoofdingang af. Deze bus rijdt niet in de weekenden en op feestdagen.

Indien u op de terugweg ook gebruik van de buurtbus wenst te maken, kunt u dit aangeven bij de receptie.

Bij de stations van 's-Hertogenbosch en Tilburg kunt u ook kiezen voor bus 139 of 140 van de BBA. De bus vertrekt eenmaal in het uur en rijdt in ca. 35 minuten vanaf Tilburg en ca. 25 minuten vanaf 's-Hertogenbosch naar het kruispunt van Helvoirt.

Vanaf het kruispunt in Helvoirt is het nog ruim 3 km naar Conferentiehôtel Guldenberg. Onze borden verwijzen u naar Conferentiehôtel Guldenberg.

Voor een taxi vanaf dit punt kunt u bellen naar 0411-641282. Voor onze shuttle bus (beschikbaar alleen op aankomst en vertrek data) kunt u de telefoonnummer van het Conferentie Hotel Guldenberg gebruiken.

Voor de exacte vertrektijden van de bus kunt u de businfolijn bellen: 0900-9292.

Return Trains from Den Bosch to Amsterdam or to the Schiphol Airport

direct trains direction Utrecht Centraal

Den Bosch	Departure: 3a	8.08	8.38	9.08	9.38	Etc.
Schiphol Airport	Arrival: 5-6	9.14	9.44	10.14	10.44	

Den Bosch	Departure: 3a	7.23	7.53	8.23	8.53	9.23	Etc.
Amsterdam Central	Arrival: 8a	8.22	8.52	9.22	9.52	10.22	

For more train information, incl. prices, see: <http://www.ns.nl> (also available in English)

The don't-forget-to-bring-with-you-list

- clothing (the weather can change quickly in Holland, you can encounter both warm as well as cold days)
- comfortable, loose fitting cotton clothes for morning exercises (Do-In, Tai chi, Yoga, Nordic Walking or shiatsu classes)
- training shoes for outdoor activities
- for yoga classes: a yoga mat, yoga blocks, blankets
- two thick towels for ginger compresses (size approx. 47x90cm and 70x135cm)
- extra towels for swimming
- alarm clock
- bathroom essentials (soap, shampoo, tooth brush etc... can be purchased from our Deshima store as well)
- writing material
- bicycle if possible
- favourite music or/and instruments
- favourite book/s
- and a positive attitude!

For the students of the Art of Life School - extra

- a stainless steel vegetable cutting knife and an apron for the cooking workshops
(an assortment of high quality knives can be purchased from our Deshima Store, directly at the Conference)
- a study guide and material from previous levels, if you have done already Level I, II or III
- a digital camera (Level IV students)

For the students of the Art of Life School or otherwise, basic recommended literature

- Aveline Kushi Complete Guide to Macrobiotic Cooking
- Michio Kushi Book of Macrobiotics
 One Peaceful World
 How to See Your Health Through Oriental Diagnosis
 Macrobiotic Path to Total Health
 Macrobiotic Home Remedies
 Book of Do-In
- Wieke Nelissen Summer Conference Cook Book
- Shizuko Yamamoto Barefoot Shiatsu
- Alex Jack Let Food be Thy Medicine

For the parents with little children

- diapers, baby monitor, plastic sheet, own baby bed and baby-chair, bibs, toys, reading-books ...

For the parents with older children

- rubber boots, good rain cloths, reading-books, games, CD's, bike, sleeping bag with thin sleeping mat
(survival will be a part of the program if weather allows)...