

SELF REALIZATION MEDITATION HEALING CENTRE

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TRAVELLING BY TRAIN FROM SYDNEY CENTRAL STATION

There are two options for travelling by train to the Centre:

The first option is to catch the Express Train (XPT) #427 which goes to Dubbo from Central Station every day. It leaves at 7.18am and arrives in Rydal at 10am. The train can also be boarded at Strathfield (7.30am) Parramatta (7.43am) Blacktown (7.53am) Penrith (8.06am) Katoomba (8.59am) and Lithgow (9.40am). This train returns from Rydal at 5.58pm and arrives at Central Station at 8.44pm. This train must be booked 24 hrs in advance by visiting the website www.nswtrainlink.info or calling 13 22 32 between 6.30am and 10pm. Payment is made by credit card. You can also book at your local NSW TrainLink travel centre, Sydney train stations or an accredited travel agent. Once you have paid for your ticket you can choose to have it emailed to you, collect it on board (make sure you have your reference number) or have it posted to you. For your information, there is a dining car on this train.

The second option is to catch The Blue Mountains Line to Lithgow. There are trains regularly from 'Central Station' in the centre of Sydney. You will need to purchase a ticket for your journey before you board the train. Purchase a ticket to **Lithgow** station. The 'Blue Mountains Line' trains leave from the 'country' platforms. Check the departure screens for the platform number. They leave approximately every hour (sometimes more often during the day). You will need to catch a train to Lithgow (some trains terminate at Katoomba or Mount Victoria). From Lithgow station there are taxis available to Rydal. We are happy to pick you up from Lithgow station if we are available to do. It is a 45 minute round trip and we ask for a contribution of \$10.00 (per trip) to cover costs. It is important to call us to confirm what time you will be arriving at Lithgow station, so we can be there to pick you up. It is approximately a 2.5hr trip from Central. Please note there is no food or water available on these trains.

To check timetables visit www.transportnsw.info or call 131 500.

TRAVELLING BY TRAIN FROM THE AIRPORT

There are trains every 10 minutes from the airport terminals (International and domestic) to Central Station in the centre of Sydney. They depart close to where you come out of arrivals. Just follow the train signs. You will need to purchase a ticket for your journey before you get on the train (please see information above), but you cannot leave Central Station (ie you cannot break your journey and then use same ticket).