

## TRANSPORT

Bori Sa (Alta Garrotxa, Girona) is 160 km from Barcelona (2.5 hours by car) and 23 km from the nearest town, Argelaguer (45 minutes by car).

**-If you do not have your own means of transport, consult the transport options with the Zen Center BEFORE buying any plane ticket, etc.**

-Please, when it comes to organizing your trip keep in mind that it takes several hours to arrive to Borisa and bus schedules are limited.

-We cannot guarantee the last stretch of transport (Argelaguer-Borisa) if you arrive **TOO LATE** on the first day or leave **TOO EARLY** on the last day.

**-The retreat ends on the last day around 4pm** with informal lunch, if you do not have your own means of transport, keep this in mind when planning your return to Barcelona. (For example, if you travel, it is necessary to book a flight most late possible in the evening or even for the next day).

-Car: You can only reach Bori Sa by car. Please, if you have a car and you can take someone or you do not have transportation to Bori Sa, send us an email with your schedule availability. We will try to help you organize your trip! (Travel expenses are shared between travelers).

-Bus: ([www.teisa-bus.com](http://www.teisa-bus.com))

Route: Barcelona-Argelaguer

The bus stop is at Gran Via 658

Bus ticket price: 15€

-Pick up at the bus stop: There is no public transport from the bus stop to the Zen Center, if there were no cars available a pick-up can be organized (travel expenses are shared between travelers).

**The pick up is only made the entry day or exit day of the retreat. Please coordinate the pick up BEFORE you buy any plane ticket, etc.**

## HOW TO GET THERE (by car)

-Download detailed instructions (pdf):

[http://boricentro.kwanumzen.es/wp-content/uploads/2017/05/HowToGetThere\\_en.pdf](http://boricentro.kwanumzen.es/wp-content/uploads/2017/05/HowToGetThere_en.pdf)