





By bus

Line	Itinerary	Frequency Peak hours	Frequency Low traffic	Travel time to...
Bus stop DGHR Domaine Militaire (400 m walking distance)				
Bus 57 (STIB)	North Station (Gare du Nord) - Van Praet - DGHR Domaine Militaire - Hôpital militaire	6 buses/h	/	North Station (Gare du Nord): 22'
Bus 47 (STIB)	Before 9 am and after 4 pm: Heembeek - DGHR Domaine Militaire - Hoogveld - Vilvoorde Station (train)	10 buses/h	3 buses/h	Heembeek: 8' Vilvoorde Station (train):15'
	Between 9 am and 4 pm: De Brouckère - WTC (North Station) - Heembeek - DGHR Domaine Militaire - Hoogveld - Vilvoorde Station (train)	/	3 buses/h	North Station (Gare du Nord): 22' Vilvoorde Station (train):15'
Bus stop Hôpital Militaire (rue Bruy) (Distance: 800 m)				
Bus 53 (STIB)	Hôpital Militaire - Pagodes - Bockstael - Val Maria - Jette Station (train) - UZ Brussel	6 buses/h	4 buses/h	Bockstael: 22'
Bus stop Hôpital militaire (Indringingsweg) (Distance: 800 m)				
Bus 820 (De Lijn)	Dilbeek - Jette - Expo - Hôpital militaire - Vilvoorde Station (train) - Zaventem	4 buses/h	2 buses/h	Bruxelles/Brussel Expo: 24' Vilvoorde Station (train):15'
Bus stop Diegemstraat (Distance: 2 km)				
Bus 58 (STIB)	Vilvoorde Station (train) - Diegemstr. - Schaerbeek Station (train) - North Station (Gare du Nord)	4-5 buses/h	4 buses/h	Ijzer/Yzer: 24'

► Timetables and door-to-door itinerary:

- Within the Brussels Region: www.stib.be - 070 23 2000
- Coming from the Flemish Region (Flanders): www.delijn.be - 070 220 200
- Coming from the Walloon Region: www.infotec.be - 010 23 53 53 (TEC Brabant Wallon)



By train

Coming from...	Parcours
Vilvo(o)rde + bus 47 or bus 820	Distance: 3,5 km. Line: Charleroi-Sud – Brussels South Station (Gare du Midi) – Antwerp Central Station (Antwerpen Centraal) IR- and omnibus trains
Brussels North Station (Gare du Nord) + bus 57 or bus 47	Brussels North Station (Gare du Nord) is easily accessible by train from all over the country. From Brussels North Station (Gare du Nord) on, take STIB bus 57 (peak hours) or STIB bus 47 (off-peak) to reach the zonings in approximately 22 minutes.
Buda + bicycle	Distance: 2 km. Line: Brussels South Station (Gare du Midi) – Antwerp Central Station (Antwerpen Centraal) One omnibus train every hour + extra trains at peak hours.
Haren + bicycle	Distance: 4,4 km. Line: Halle – Brussels » Luxembourg » Station (Gare du Luxembourg) – Mechelen Frequent omnibus trains.
Haren Sud + bicycle	Distance: 4,2 km . Line: Brussels South Station (Gare du Midi) – Leuven Two CR trains every hour.

► Timetables: www.b-rail.be - 02 528 28 28



Cycling

The zonings can be reached via two different Regional Cycling Routes (Itinéraires Cyclables Régionaux - ICR): the ICR called **KC**, along the canal from North to South and the ICR called **MMB** which leads to the (Pont) Van Praet Bridge where it connects with many other Cycling Routes. Both (Brussels) Cycling Routes are also connected to the (Flemish) Cycling Routes of Vlaams-Brabant. Please find the recommended cycling routes from the train stations on the flip side.

► More information about the ICR and the Brussels Cycling Map on www.velo.irisnet.be.



By Car

Leave the Circular motorway (Ring) at **exit nr 6 (Koningslo-Vilvoorde)**.

Coming from G(h)ent, Charleroi or Mons, turn right into the **Indringingsweg/N209** (direction Koningslo) and just after that slightly to the left into the **avenue de Tyras**.

Coming from Antwerp(en), Leuven, Liège or Namur, turn right into the **Indringingsweg/N209**, almost immediately followed by a U- turn (just to stay on the same road: **Indringingsweg/N209**). After leaving the tunnel under the motorway: turn slightly to the left into the **avenue de Tyras**,

► To plan your route: www.mappy.be / www.viamichelin.be / www.maps.google.be