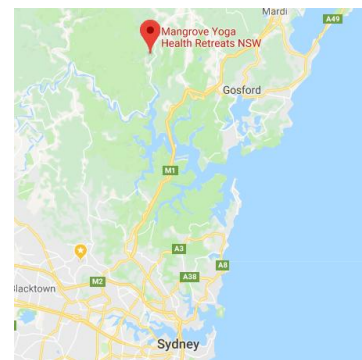


Transport Information Guide for Mangrove Yoga Centre

The Silent Kriya Yoga Residential Retreat — Australia, 12-15 April 2018, will be held at [Mangrove Yoga Centre](https://www.healthretreatsnsw.net.au/), which is located in a secluded valley and is not easily accessible by public transport. The “Transport Information Guide” explains various options to assist you in deciding the best way for you to travel to the retreat venue.



Mangrove Yoga Centre

Website: <https://www.healthretreatsnsw.net.au/>

Address: 300 Mangrove Creek Road, Mangrove Creek NSW 2250

Phone: [+61 \(0\)2 4377 4499](tel:+610243774499)

Email: mangrove@mangroveyoga.org

More details are also available at: <https://www.healthretreatsnsw.net.au/transport-arrival-information>

By own car:	See the “Driving Directions” on the Mangrove Yoga Centre Website at: https://www.healthretreatsnsw.net.au/how-to-get-here
By carpooling:	Australia Kriya Yoga Association (AKYA) will assist with carpool matching where required, subject to availability. To register for carpooling (either as a Driver or a Passenger) If you have a spare seat/s in your car or you require a ride, please register by contacting Athena (AKYA): Mobile: 0416 146 937 Email: blessingsxox@gmail.com
By public transport:	<u>Getting to Mangrove Yoga Centre</u> Mangrove Yoga Centre is not directly accessible by public transport. To travel by public transport from Sydney airport you will need to: <ol style="list-style-type: none"> 1. Purchase train ticket from either domestic or international airport to Gosford (Estimated cost: Single off-peak \$19.75; Peak \$22.30) NOTE: An Opal card must be bought when using public transport in Sydney. An Opal card is the only ticket you need to travel on all public transport in Sydney and surrounds – including Sydney's Airport Train. Opal cards are free smartcard tickets you keep and reuse – they can be bought at airport train stations and money is added via a “top-up machine” or ticket booth. <ol style="list-style-type: none"> 2. From either the domestic or international terminal, catch the train to Central Station (approx. 10 minutes) 3. At Central Station, change trains to the Central Coast & Newcastle Line for the train to Gosford (approx. 1 hour 20 mins) 4. At Gosford Station, catch bus number 32 from Bay 6. The first bus is at 3:22pm. It will arrive at Mangrove Creek Road at 4:30pm. 5. Then wait at the set down point for a free pre-arranged pickup. If you intend to travel by bus you must inform the Mangrove Yoga Centre in advance so that they can arrange for a car to pick you up at the designated set down point. Should you miss the bus or change your travel arrangements, you must notify them immediately. NOTE: If you travel to the Centre by bus from Gosford, you will not arrive before the retreat officially commences on 12 April (Retreat Registration is at 3pm). Another option is to pre-arrange a group shuttle from Gosford (see below).

	<p><u>Departing Mangrove Yoga Centre</u></p> <p>There are no public transport buses operating on Sunday 15 April (the day the retreat ends). Alternative transport options on this day are either:</p> <ul style="list-style-type: none"> • Pre-arrange for the Mangrove Yoga Centre to drive you to Gosford at a charge of \$40 per person each way – see https://www.healthretreatsnsw.net.au/how-to-get-here • Pre-arrange a shuttle (as a group) – contact Athena (AKYA) (see below) • Pre-arrange a shuttle (as an individual) – to arrange, contact the suggested shuttle company (see below) • Pre-arrange carpooling if available - contact Athena (AKYA) to check availability and to arrange carpool matching (see above)
By shuttle from/to the airport (as a group):	<p>Based on demand, AKYA can organise group shuttle buses from and to the airport. The cost will depend on the number of passengers per bus and company available. A range of chauffeur-driven bus companies will be used.</p> <p>Estimated cost: \$28-70.</p> <p>Travel time: Approx. 2 hours, 112 km</p> <p>To register for this group shuttle from/to the airport, contact Athena (AKYA):</p> <p>Mobile: 0416 146 937 Email: blessingsxox@gmail.com</p>
By shuttle from/to Gosford (as a group):	<p>Based on demand, AKYA can organise group shuttle buses from and to Gosford. The cost will depend on the number of passengers per bus and company available. A range of chauffeur-driven bus companies will be used.</p> <p>Estimated cost: \$15-30.</p> <p>Travel time: Approx. 40 mins, 37 km</p> <p>To register for this group shuttle from/to Gosford, contact Athena (AKYA):</p> <p>Mobile: 0416 146 937 Email: blessingsxox@gmail.com</p>
By shuttle from/to airport (as an individual):	<p>Coastwide Airport Transfers</p> <p>Estimated cost: \$115 one-way</p> <p>Travel time: Approx. 2-2.5 hours depending on traffic</p> <p>To pre-book a shuttle, contact: info@coastwideairporttransfers.com.au Phone: 02 4367 7145 Website: https://www.coastwideairporttransfers.com.au/</p>
Uber or Taxi from/to Gosford	<p>Travel time: Approx. 40 mins, 37 km</p> <p>To arrange, contact either:</p> <ul style="list-style-type: none"> • Uber – Estimated cost: \$58-78, website: https://www.uber.com/en-AU/ • Central Coast Taxis – Estimate cost: \$85-120, phone 131 008, website: http://centralcoasttaxis.com.au/

NOTE: All prices are listed in AUD.