

[Click here for a list of upcoming retreats.](#) Many retreats are held at Blue Cliff Monastery, the directions to get there are below.

Blue Cliff Monastery

Web site: <http://bluecliffmonastery.org/>

Email: office at bluecliffmonastery dot org

3 Hotel Road (now known as 3 Mindfulness Rd)

Pine Bush, New York 12566

Tel: (845) 733-5653/49

Fax: 845-733-4300

You need to register with them to let them know you are coming. Just send an email or call them.

How to get there from Toronto:

By bus:

Costs: \$183 USD ([Neon Bus](#) or [regular Greyhound](#))

+ \$23.50 for [train](#) (roundtrip off-peak ticket)

+ [\$30-\$40 for taxi (one way)] OR [\$15 (one way) the monastics can pick you up before 6pm]

Total roundtrip cost (Approximate, with monastic pickup):

\$236.50 USD ([Click here to convert to CAD](#))

Total roundtrip cost (Approximate, with taxi):

\$286.50 USD

Details:

There is a new [Neon bus](#) that goes from Toronto to New York Penn Station, it is much nicer than a regular bus and has very few stops. Once you get to New York, take the New Jersey transit train (<http://www.njtransit.com/>) to Middletown, New York (not to be confused with Middletown, New Jersey!). Alternatively you can take the [Short Line bus](#)

. If you are arriving on a Friday before 6pm, the monastics can pick you up if you email them at "office at bluecliffmonastery dot org" and ask. Otherwise, call Pine Bush taxi at 845-647-6868 the day before to arrange pickup.

By train:

Cost: \$233 CAD + \$23.50 for [train](#) + \$30-\$40 for taxi. You can get a ticket from [ViaRail](#) from Toronto to New York City. From the NYC Train Station, just hop on a transfer to Middletown, NEW YORK (make sure it's NY). If you arrive on the arrival day, the monastics can pick you up from the Middletown Train Station, granted it's before 6:00 p.m. Otherwise you can call a taxi which will cost somewhere around \$50 USD.

By plane:

Roundtrip cost: highly dependent on time of year. High mark: \$750 + \$23.50 for [train](#) + \$30-\$40 for taxi

