Welcome to Brussels!
This accessibility sheet helps you finding your way to our various buildings in the centre of Brussels. 

Main buildings' addresses:
- **Botanic Building (BOTA)** Boulevard Saint-Lazare 10 1210 Brussels
- **Boreal** rue du Progrès 55 1210 Brussels
- **Central Plaza (PLAZA)** Rue Cardinal Mercier 6 1000 Brussels
- **Horta/Parc (UPTOWN)** Montagne du Parc 3 1000 Brussels
- **Manhattan Center (MAN)** Avenue du Boulevard 21 1210 Brussels
- **Marais (DOWNTOWN)** Rue des Boîteux 10 1000 Brussels
- **Rue Royale (RR)** Rue Royale 20-30 1000 Brussels

**Coming from train station Brussels South ("Bruxelles Midi"): Thalys, Eurostar...**

<table>
<thead>
<tr>
<th>Your destination</th>
<th>Transport</th>
<th>Frequency peak hours</th>
<th>Freq. slack hours</th>
<th>Journey duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;Uptown&quot; and &quot;Downtown&quot; buildings</td>
<td>Train to Brussels Central Station. exit &quot;Ravenstein&quot;</td>
<td>34 trains/h</td>
<td>25 trains/h</td>
<td>3 min.</td>
</tr>
<tr>
<td>&quot;North&quot; buildings</td>
<td>Train to Brussels North Station. Botanic: exit &quot;Rue d'Aerschot&quot; Manhattan and Boreal: exit &quot;Rue du Progrès&quot;</td>
<td>34 trains/h</td>
<td>25 trains/h</td>
<td>7 min.</td>
</tr>
</tbody>
</table>

**Coming from Brussels Airport (Zaventem)**
The train station of the airport is located on level -1 under the main airport building.

<table>
<thead>
<tr>
<th>Building</th>
<th>Transport</th>
<th>Frequency peak hours</th>
<th>Freq. slack hours</th>
<th>Journey duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;Uptown&quot; and &quot;Downtown&quot; buildings</td>
<td>Train to Brussels Central Station. exit &quot;Ravenstein&quot;</td>
<td>4 trains/h</td>
<td>4 trains/h</td>
<td>23 min.</td>
</tr>
<tr>
<td>&quot;North&quot; buildings</td>
<td>Train to Brussels North Station. Botanic: exit &quot;Rue d'Aerschot&quot; Manhattan and Boreal: exit &quot;Rue du Progrès&quot;</td>
<td>4 trains/h</td>
<td>4 trains/h</td>
<td>15 min.</td>
</tr>
</tbody>
</table>

**Public transport: personalised route and timetables:**

- Train timetables [www.sncb.be](http://www.sncb.be) - +32 (0)2 528 28 28
- Within Brussels (bus, tram, metro): [www.stib.be](http://www.stib.be) or +32 (0)70 23 2000

**Coming by car**

Door-to-door itinerary [www.maps.google.be](http://www.maps.google.be)

Parking: Attention: check at least one day in advance with your contact the possibility to book a parking space for you.