






# The Train Zone map



 Always train
  Usually train
  Train possible

-  Where are you travelling to?
-  Train Zone
-  Legend





# Where are you travelling to?



**Are you travelling within Europe for work in the near future? This map provides insight into destinations that are easy to get to by train.**

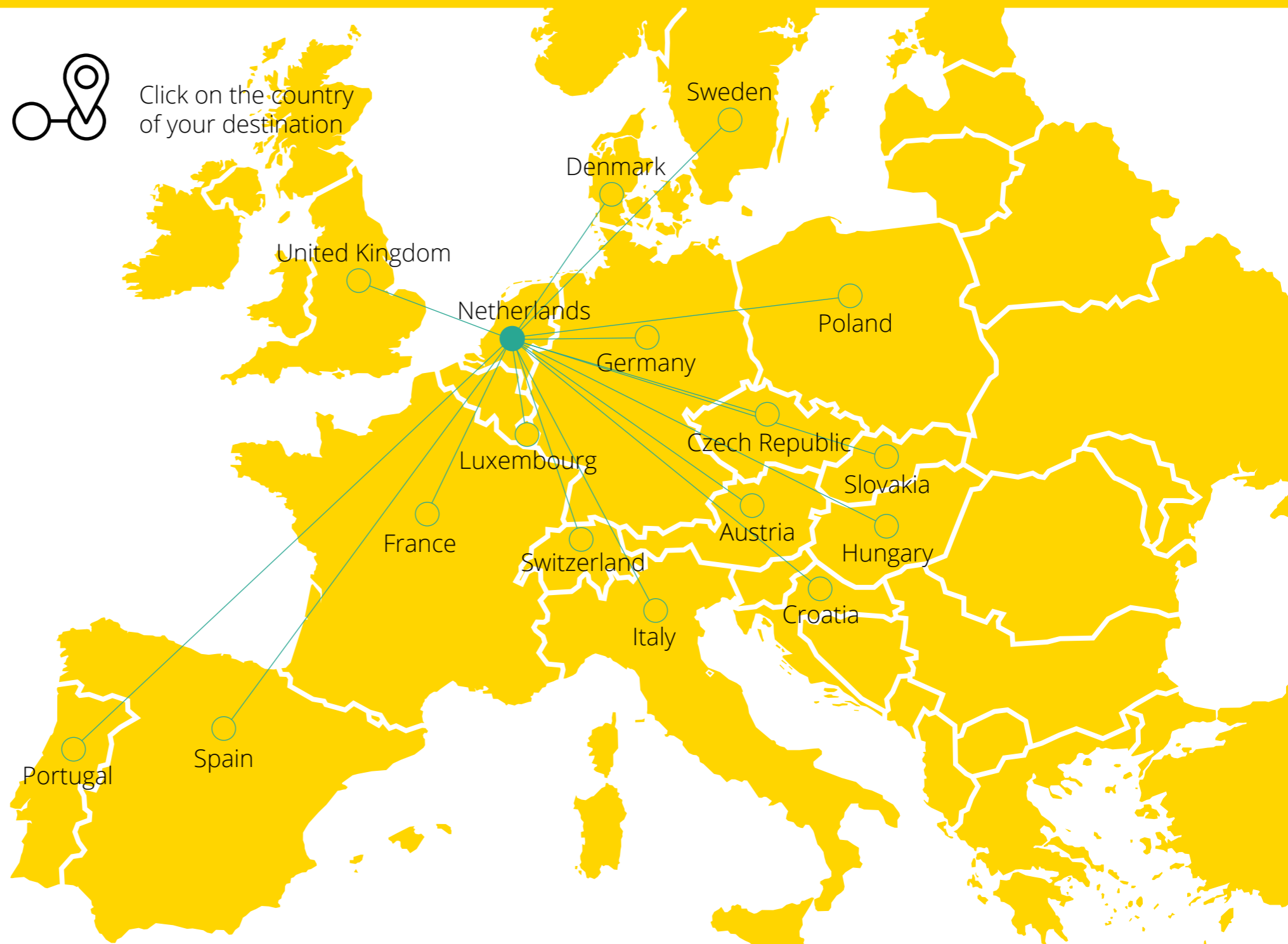
Click on the country of your destination. You will enter a page with an overview of destinations within the country you have selected. For each destination you will find information on:

- The total travel time from the centre of Utrecht to the centre of the city you are visiting;
- The level of comfort on your journey and how many times you have to transfer;
- The CO<sub>2</sub> emission of your journey.

You can click-through to an information page that provides advice and best practices to successfully book train journeys.





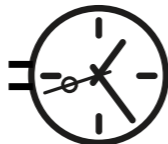

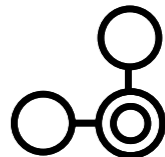




























Click on the country of your destination





# Train Zone

Information and practical tips on booking your train journey. 

| <br>destination  | <br>travel time |            |   | <br>co <sub>2</sub> emission (kg) |   | <br>number of transfers |   |
|---|---|------------|---|--|---|--|---|
| United Kingdom (1)  |                  | difference |  |                                   |  |                         |  |
|  Aberdeen   | 13:30   | 9:00       | 4:30  | 71   | 360   | 4  | 2   |
|  Birmingham   | 8:00  | 3:45       | 4:15  | 34   | 304   | 3  | 2   |
|  Cambridge   | 6:30  | 1:10       | 5:20  | 29   | 254   | 3  | 3   |
|  Cardiff  | 8:00  | 3:40       | 4:20  | 37   | 340   | 3  | 2   |
|  Edinburgh   | 11:00   | 6:30       | 4:30  | 53   | 396   | 3  | 2   |
|  Exeter   | 8:30  | 3:20       | 5:10  | 40   | 344   | 3  | 2   |
|  Glasgow     | 10:30   | 6:00       | 4:30  | 54   | 420   | 3  | 2   |
|  Liverpool   | 8:00  | 3:30       | 4:30  | 40   | 230   | 3  | 2   |
|  London  | 4:30  | 0:30       | 4:00  | 25   | 282   | 2  | 2   |
|  Manchester  | 8:00  | 3:40       | 4:20  | 43   | 320   | 3  | 2   |
|  Newcastle    | 9:00  | 4:40       | 4:20  | 46   | 220   | 3  | 2   |
|  Oxford  | 7:00  | 1:30       | 5:30  | 30   | 294   | 3  | 3   |
|  Plymouth   | 9:00  | 2:40       | 6:20  | 42   | 384   | 3  | 3   |

 Always train
  Usually train
  Train possible
  Comfortable journey
  Night train


United Kingdom (2) 


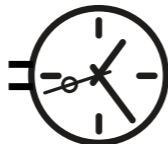

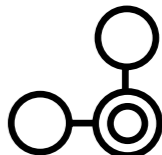

















Is your journey unfit for train travel, or do you want to explore travelling alternatives? [Go to the travel checklist.](#)





# Train Zone

Information and practical tips on booking your train journey. 

| <br>destination       | <br>travel time |            |   | <br>co <sub>2</sub> emission (kg) |   | <br>number of transfers |   |
|--|---|------------|---|--|---|--|---|
| United Kingdom (2)   |                  | difference |  |                                   |  |                         |  |
|  Southampton            | 7:30  | 2:40       | 4:20  | 31   | 304   | 3  | 2   |
|  York                   | 7:00  | 0:50       | 6:10  | 42   | 300   | 3  | 3   |
| France (1)   |   |            |   |  |   |  |   |
|  Belfort <b>C</b>     | 7:00  | 1:25       | 5:35  | 52   | 332   | 2  | 3   |
|  Cannes <b>C</b>      | 10:00   | 4:30       | 5:30  | 31   | 650   | 2  | 3   |
|  Compiègne <b>C</b>   | 5:00  | 0:40       | 5:40  | 20   | 240   | 2  | 3   |
|  Lille                | 2:50  | 3:00       | 5:50  | 15   | 176   | 2  | 3   |
|  Lyon <b>C</b>        | 6:30  | 1:50       | 4:40  | 17   | 402   | 2  | 2   |
|  Marseille <b>C</b>   | 9:00  | 4:00       | 5:00  | 29   | 516   | 2  | 2   |
|  Monaco <b>C</b>      | 11:00   | 4:00       | 7:00  | 32   | 648   | 3  | 3   |
|  Montpellier <b>C</b> | 8:00  | 3:00       | 5:00  | 26   | 648   | 3  | 2   |
|  Nantes <b>C</b>      | 7:00  | 2:30       | 4:30  | 22   | 402   | 2  | 2   |

 Always train
  Usually train
  Train possible
 **C** Comfortable journey
  Night train


France (2) 














Is your journey unfit for train travel, or do you want to explore travelling alternatives? [Go to the travel checklist.](#)





# Train Zone

Information and practical tips on booking your train journey. 

| destination  |          | travel time   |            |   | co <sub>2</sub> emission (kg)   |   | number of transfers   |   |
|--|----------|---|------------|---|---|---|---|---|
| France (2)   |          |  | difference |  |  |  |  |  |
|  Paris        | <b>C</b> | 3:30  | 0:50       | 4:20  | 17  | 240   | 1   | 2   |
|  Reims        | <b>C</b> | 6:00  | 0:50       | 5:10  | 20  | 242   | 2   | 2   |
|  Rennes       | <b>C</b> | 6:20  | 1:50       | 4:30  | 17  | 484   | 2   | 2   |
|  Rouen       |          | 5:45  | 0:25       | 6:10  | 19  | 268   | 2   | 3   |
|  Troyes     |          | 6:00  | 0:20       | 6:20  | 19  | 242   | 2   | 3   |
|  Toulouse   | <b>C</b> | 9:00  | 4:00       | 5:00  | 30  | 570   | 2   | 2   |
| <b>Luxembourg</b>  |          |   |            |   |   |   |   |   |
|  Luxembourg | <b>C</b> | 6:00  | 2:00       | 4:00  | 26  | 238   | 2   | 2   |



Always train



Usually train



Train possible



Comfortable journey




Night train


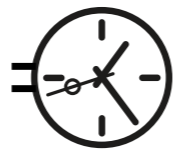

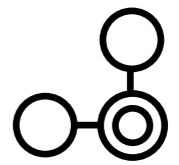
















Is your journey unfit for train travel, or do you want to explore travelling alternatives? [Go to the travel checklist.](#)





# Train Zone

Information and practical tips on booking your train journey. 

| destination  |          | travel time  |            |   | co <sub>2</sub> emission (kg)  |   | number of transfers  |   |
|---|----------|--|------------|---|---|---|---|---|
| Germany   |          |               | difference |  |                                |  |                      |  |
|  Berlin        | <b>C</b> | 6:00   | 1:45       | 4:15  | 57  | 342   | 1   | 2   |
|  Bonn          | <b>C</b> | 3:00   | 1:40       | 4:40  | 25  | 228   | 1   | 3   |
|  Bremen        | <b>C</b> | 4:30   | 0:40       | 3:50  | 37  | 218   | 2   | 2   |
|  Frankfurt    | <b>C</b> | 3:30   | 0:40       | 4:10  | 36  | 270   | 1   | 2   |
|  Freiburg    | <b>C</b> | 6:00   | 0:30       | 5:30  | 53  | 276   | 1   | 3   |
|  Hamburg     | <b>C</b> | 5:00   | 1:00       | 4:00  | 35  | 280   | 1   | 2   |
|  Hannover    | <b>C</b> | 4:00   | 0:00       | 4:00  | 35  | 250   | 1   | 2   |
|  Munich      | <b>C</b> | 7:00   | 2:40       | 4:20  | 59  | 370   | 1   | 2   |
|  Nuremberg   | <b>C</b> | 6:00   | 1:50       | 4:10  | 53  | 322   | 1   | 2   |
|  Stuttgart   | <b>C</b> | 4:45   | 0:25       | 4:20  | 50  | 300   | 1   | 2   |
|   |          |  |            |   |   |   |   |   |
|   |          |  |            |   |   |   |   |   |
|   |          |  |            |   |   |   |   |   |


 Always train  
  Usually train  
  Train possible  
 **C** Comfortable journey  
  Night train













Is your journey unfit for train travel, or do you want to explore travelling alternatives? [Go to the travel checklist.](#)





# Train Zone

Information and practical tips on booking your train journey. 

| destination   |  | travel time   |            |   | co <sub>2</sub> emission (kg)   |   | number of transfers   |   |
|---|--|---|------------|---|---|---|---|---|
|   |  |  | difference |  |  |  |  |  |
| <b>Switzerland</b>  |  |   |            |   |   |   |   |   |
|  Basel       | <b>C</b>   | 6:00  | 1:40       | 4:20  | 53  | 332   | 1   | 2   |
|  Bern        | <b>C</b>   | 7:30  | 1:50       | 5:40  | 31  | 458   | 1   | 3   |
|  Geneva      | <b>C</b>   | 9:30  | 5:00       | 4:30  | 53  | 360   | 2   | 2   |
|  Zürich     | <b>C</b>   | 8:00  | 3:30       | 4:30  | 64  | 356   | 1   | 2   |
| <b>Austria</b>  |  |   |            |   |   |   |   |   |
|  Innsbruck |  <b>C</b> | 10:00   | 5:30       | 4:30  | 64  | 404   | 1   | 2   |
|  Salzburg  |  <b>C</b> | 10:00   | 5:20       | 4:40  | 40  | 534   | 2   | 2   |
|  Vienna    | <b>C</b>   | 10:30   | 5:35       | 4:55  | 66  | 550   | 1   | 2   |
|  Graz      |  <b>C</b> | 13:00   | 8:30       | 4:30  | 80  | 616   | 2   | 2   |


 Always train  
  Usually train  
  Train possible  
 **C** Comfortable journey  
  Night train


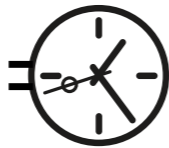

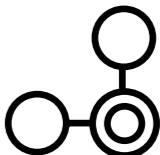













Is your journey unfit for train travel, or do you want to explore travelling alternatives? [Go to the travel checklist.](#)





# Train Zone

Information and practical tips on booking your train journey. 

| <br>destination      | <br>travel time |            |   | <br>CO <sub>2</sub> emission (kg) |   | <br>number of transfers |   |
|---|---|------------|---|--|---|--|---|
| Czech Republic  |                  | difference |  |                                   |  |                         |  |
|  Prague <b>C</b>       | 10:00   | 5:30       | 4:30  | 101  | 390   | 2  | 2   |
| Denmark   |   |            |   |  |   |  |   |
|  Aalborg              | 12:00   | 7:30       | 4:20  | 85   | 496   | 4  | 2   |
|  Aarhus <b>C</b>     | 10:30   | 6:10       | 4:20  | 72   | 228   | 3  | 2   |
|  Copenhagen <b>C</b> | 11:00   | 6:40       | 4:20  | 69   | 370   | 3  | 2   |
|  Odense              | 10:00   | 5:50       | 4:10  | 68   | 290   | 4  | 2   |
| Sweden  |   |            |   |  |   |  |   |
|  Malmö               | 12:30   | 6:20       | 6:10  | 72   | 372   | 4  | 3   |
| Hungary   |   |            |   |  |   |  |   |
|  Budapest <b>C</b>   | 13:45   | 8:45       | 5:00  | 87   | 496   | 2  | 2   |

 Always train
  Usually train
  Train possible
 **C** Comfortable journey
  Night train


Is your journey unfit for train travel, or do you want to explore travelling alternatives? [Go to the travel checklist.](#)


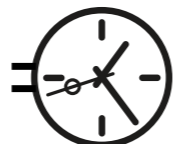

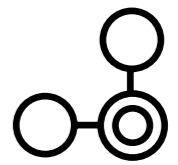























# Train Zone

Information and practical tips on booking your train journey. 

| <br>destination   | <br>travel time |            |   | <br>co <sub>2</sub> emission (kg) |   | <br>number of transfers |   |
|--|---|------------|---|--|---|--|---|
| Italy  |                  | difference |  |                                   |  |                         |  |
|  Milan <b>C</b>   | 13:00   | 8:10       | 4:50  | 69   | 482   | 2  | 2   |
|  Venice   | 19:00   | 14:10      | 4:50  | 99   | 446   | 4  | 2   |
| Spain  |   |            |   |  |   |  |   |
|  Barcelona  <b>C</b> | 12:00   | 7:00       | 5:00  | 40   | 526   | 2  | 2   |
|  Madrid <b>C</b>  | 15:00   | 9:30       | 5:30  | 73   | 614   | 3  | 2   |
| Portugal   |   |            |   |  |   |  |   |
|  Lisbon  <b>C</b>    | 24:15   | 18:15      | 6:00  | 99   | 770   | 3  | 2   |
| Poland   |   |            |   |  |   |  |   |
|  Kraków  <b>C</b>    | 18:00   | 13:10      | 4:50  | 173  | 458   | 2  | 2   |
|  Warsaw              | 17:00   | 12:00      | 5:00  | 176  | 470   | 4  | 2   |


 Always train  
  Usually train  
  Train possible  
 **C** Comfortable journey  
  Night train

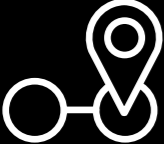
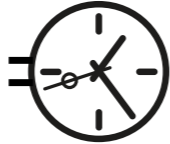

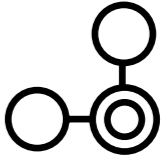











Is your journey unfit for train travel, or do you want to explore travelling alternatives? [Go to the travel checklist.](#)





# Train Zone

Information and practical tips on booking your train journey. 

| <br>destination   | <br>travel time |            |   | <br>co <sub>2</sub> emission (kg) |   | <br>number of transfers |   |
|--|---|------------|---|--|---|--|---|
| <b>Croatia</b>   |                  | difference |  |                                   |  |                         |  |
|  Zagreb   | 17:15   | 12:15      | 5:00  | 89   | 468   | 2  | 2   |
| <b>Slovakia</b>  |   |            |   |  |   |  |   |
|  Bratislava    | 19:00   | 14:00      | 5:00  | 72   | 616   | 5  | 3   |

 Always train
  Usually train
  Train possible
  Comfortable journey
  Night train

Is your journey unfit for train travel, or do you want to explore travelling alternatives? [Go to the travel checklist.](#)



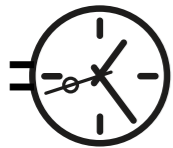


# Legend



**The Train Zone map – destinations**  
This map only displays a selection of destinations in Europe. If you have any additions or alterations, please e-mail them to [andersreizen@uu.nl](mailto:andersreizen@uu.nl).

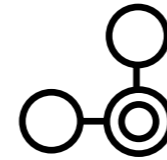
---



**Train travel time**  
The train travel times are based on the options with shortest travel time and the least amount of transfers. All journeys are calculated from the centre of Utrecht to the centre of the city you are travelling to. Current search results may differ from the travel time displayed in this document.

**Aeroplane travel time**  
Travel times by aeroplanes are based on flight duration + travel time (to and from the airport) + waiting time (check-in and customs). All journeys are calculated from the centre of Utrecht to the centre of the city you're travelling to. The travel time + waiting time are standardised to +3 hours added to the flight duration.

**Travel time disparity**  
The disparity between travel time by flying versus travel time travelling by train is calculated by subtracting the shortest travel time from the longest travel time.



**Number of transfers train**  
The number of transfers has been based on the options with shortest travel time and the least amount of transfers.

**Number of transfers aeroplane**  
The number of transfers for travelling by aeroplane include transfers to train/taxi/shuttle to get from Utrecht to the airport and from the airport to the centre of the city.

---



**CO<sub>2</sub> emission (kg) lying versus travelling by train**  
The CO<sub>2</sub> emission has been calculated with an online tool called Ecopassenger. Emissions of other pollutants are also included in the calculation. If Ecopassenger didn't have data on a destination, the CO<sub>2</sub> emission was calculated by multiplying 0.026 (WTW of Train International) or 0.297 (WTW of Aero plane Regional < 700 km) with the number of kilometers from Utrecht to the end destination. The WTW\* values are from [www.co2emissiefactoren.nl](http://www.co2emissiefactoren.nl).

---



**Comfort label**  
When the longest train journey is over an hour longer than the longest flight and has 3 or less transfers, the destination receives a **comfort label**. This label indicates that it is possible to work during your train journey.

\* WTW = Well to Wheel or source to wheel. This encompasses all emissions from energy generation to consumption.



# Tips

Are you looking to book a train journey?  
Have a look at our practical tips to make your booking process run smoothly. This page also includes stories and tips of colleagues that travel by train a lot and are in the know.

