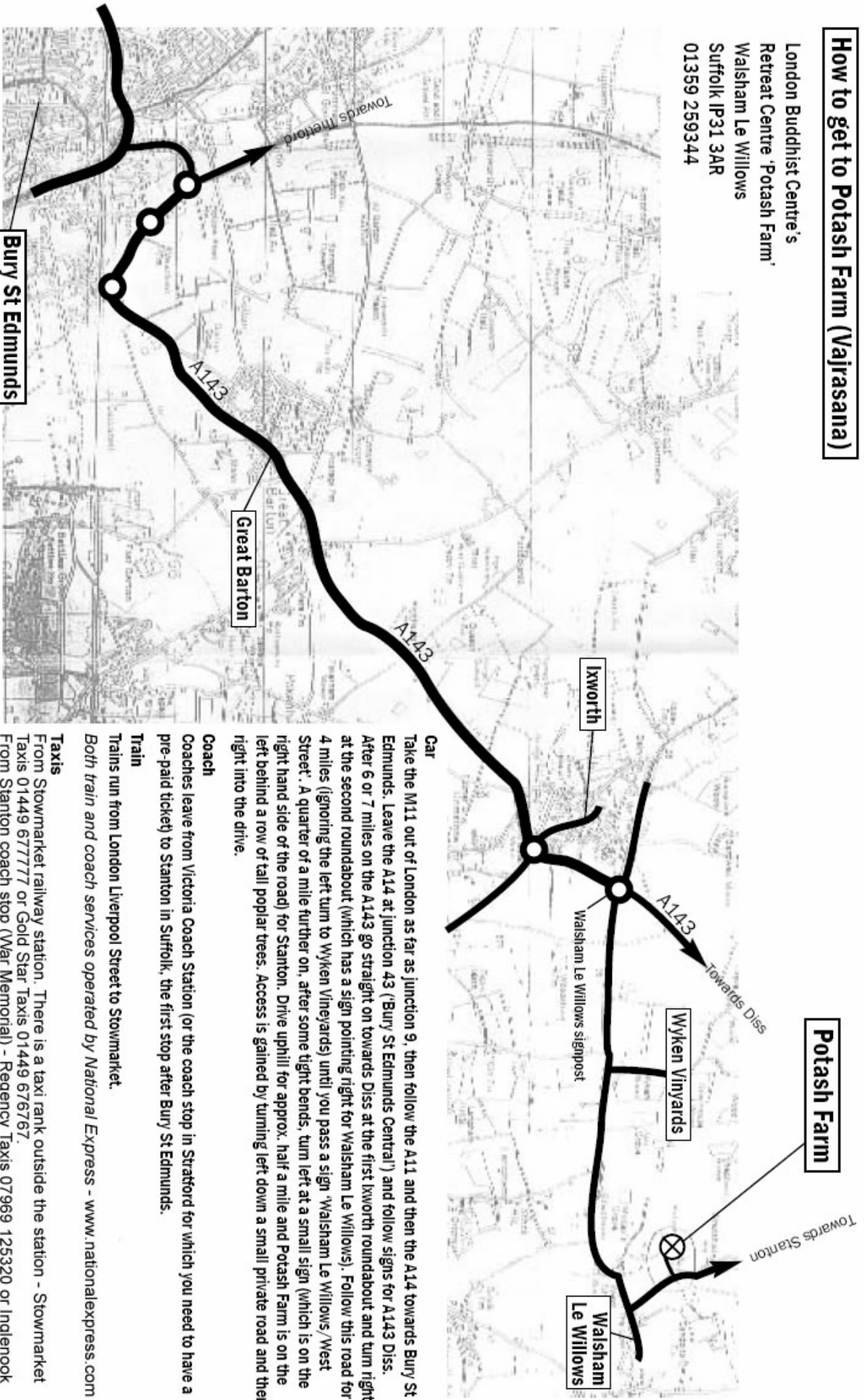


## How to get to Potash Farm (Vajrasana)

London Buddhist Centre's  
Retreat Centre 'Potash Farm'  
Walsham Le Willows  
Suffolk IP31 3AR  
01359 259344



### Car

Take the M11 out of London as far as junction 9, then follow the A11 and then the A14 towards Bury St Edmunds. Leave the A14 at junction 43 ('Bury St Edmunds Central') and follow signs for A143 Diss. After 6 or 7 miles on the A143 go straight on towards Diss at the first Ixworth roundabout and turn right at the second roundabout (which has a sign pointing right for Walsham Le Willows). Follow this road for 4 miles (ignoring the left turn to Wyken Vineyards) until you pass a sign 'Walsham Le Willows/West Street'. A quarter of a mile further on, after some tight bends, turn left at a small sign (which is on the right hand side of the road) for Stanton. Drive uphill for approx. half a mile and Potash Farm is on the left behind a row of tall poplar trees. Access is gained by turning left down a small private road and then right into the drive.

### Coach

Coaches leave from Victoria Coach Station (or the coach stop in Stratford for which you need to have a pre-paid ticket) to Stanton in Suffolk, the first stop after Bury St Edmunds.

### Train

Trains run from London Liverpool Street to Stowmarket.

Both train and coach services operated by National Express - [www.nationalexpress.com](http://www.nationalexpress.com)

### Taxis

From Stowmarket railway station. There is a taxi rank outside the station - Stowmarket Taxis 01449 677777 or Gold Star Taxis 01449 676767.  
From Stanton coach stop (War Memorial) - Regency Taxis 07969 125320 or Inglebrook Chauffeur Cars 07818093808