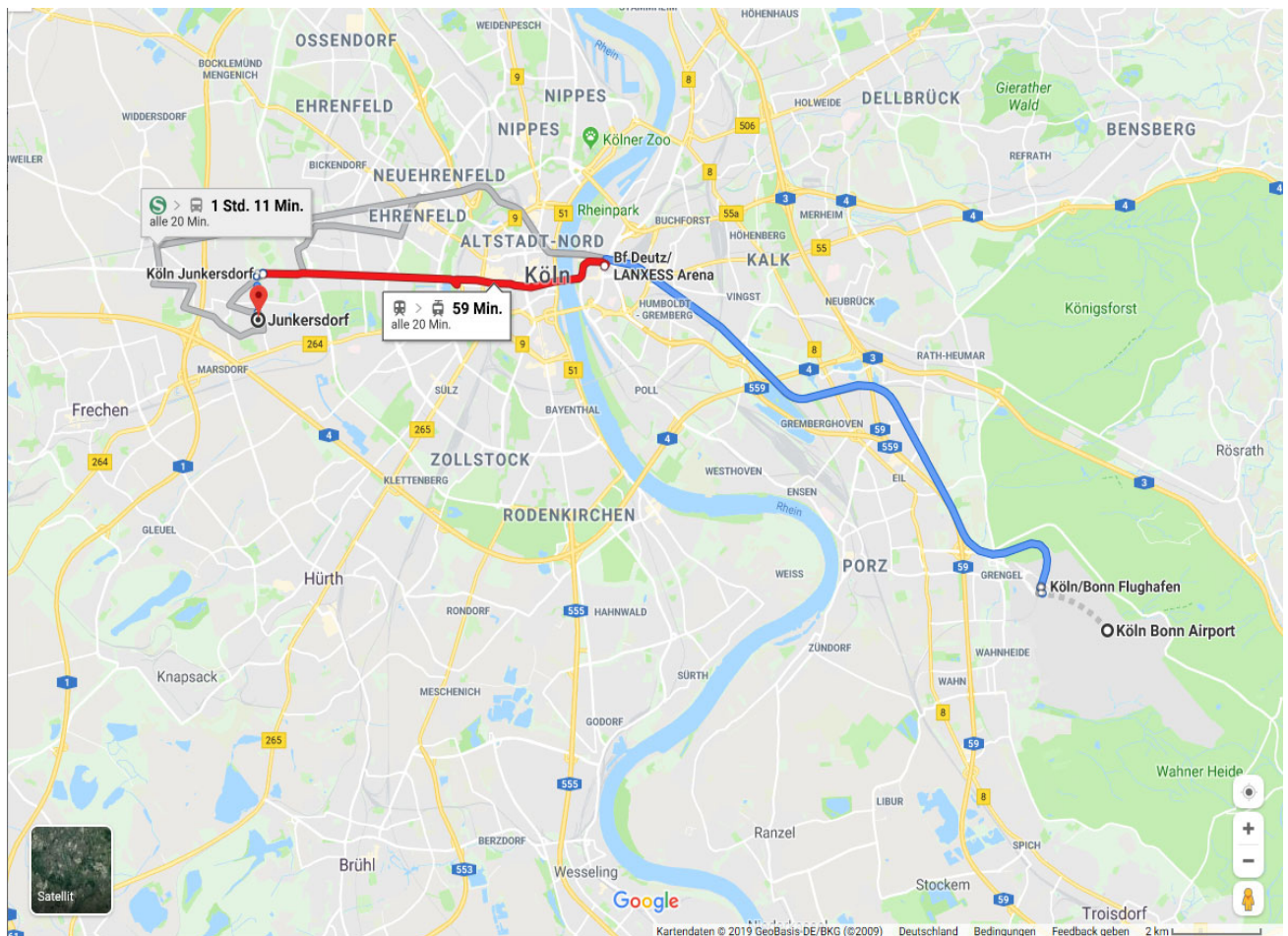


Directions to the German Sport University Cologne (GSU)

From Cologne-Bonn Airport to the GSU (approx. 1 hour)

1. Take the suburban train line **S19 (direction Düren/Sindorf)** from the **Cologne-Bonn Airport train station** to the train station “**Bf Deutz/ LANXESS Arena**”.
2. The metro station “**Bf Deutz/Messe**” is connected to the train station “**Bf Deutz/LANXESS Arena**”. Follow the descriptions at the station to find the metro. It is a 5 min walk.
3. Take the **metro line 1 (direction Weiden West/Junkersdorf)** from “**Bf Deutz/Messe**” to the station “**Junkersdorf**”.
4. The GSU is right next to station “**Junkersdorf**”.



blue = S19, red = line 1

From Düsseldorf Airport to the GSU (approx. 1 hour-1 ½ hours)

1. Take the train line **RE 1 (direction Aachen Hbf)** or **RE 5 (direction Koblenz Hbf)** from the **Düsseldorf Airport train station** to the train station “**Bf Deutz/ LANXESS Arena**”. Make sure that you already buy a ticket at the Sky-Train station (you need to take the Sky-Train to get to the Train station and catch the RE 1 or RE 5).
2. The metro station “**Bf Deutz/Messe**” is connected to the train station “**Bf Deutz/LANXESS Arena**”. Follow the description at the station to find the metro. It is a 5 min walk.
3. Take the **metro line 1 (direction Weiden West/Junkersdorf)** from “**Bf Deutz/Messe**” to the station “**Junkersdorf**”.

4. The GSU is right next to station "Junkersdorf".

From Frankfurt Airport Long-Distance Train Station to the GSU (approx. 1 ½-2 hours)

1. Take the train line **ICE** (**ATTENTION**: the directions differ from each other. You have to check, if the ICE stops in **Cologne "Bf Deutz/ LANXESS Arena"**.)
2. The metro station "**Bf Deutz/Messe**" is connected to the train station "Bf Deutz/LANXESS Arena". Follow the description at the station to find the metro. It is a 5 min walk.
3. Take the **metro line 1 (direction Weiden West/Junkersdorf)** from "**Bf Deutz/Messe**" to the station "**Junkersdorf**".
4. The GSU is right next to station "Junkersdorf".

Directions to the Dorint Hotel Heumarkt

From Cologne-Bonn Airport to the Dorint Hotel Heumarkt (approx. 1 hour)

1. Take the suburban train line **S19 (direction Düren/Sindorf)** from the **Cologne-Bonn Airport train station** to the train station **“Bf Deutz/ LANXESS Arena”**.
2. The metro station **“Bf Deutz/Messe”** is connected to the train station **“Bf Deutz/LANXESS Arena”**. Follow the description at the station to find the metro. It is a 5 min walk.
3. Take the **metro line 1 (direction Weiden West/Junkersdorf)** from **“Bf Deutz/Messe”** to the station **“Heumarkt”**.
4. The Dorint Hotel is right next to station **“Köln Heumarkt”** (3 min walk).

From Düsseldorf Airport to the Dorint Hotel Heumarkt (approx. 1 hour-1 ½ hours)

1. Take the train line **RE 1 (direction Aachen Hbf) or RE 5 (direction Koblenz Hbf)** from the **Düsseldorf Airport train station** to the train station **“Bf Deutz/ LANXESS Arena”**. Make sure that you already buy a ticket at the Sky-Train station (you need to take the Sky-Train to get to the Train station and catch the RE 1 or RE 5).
2. The metro station **“Bf Deutz/Messe”** is connected to the train station **“Bf Deutz/LANXESS Arena”**. Follow the description at the station to find the metro. It is a 5 min walk.
3. Take the **metro line 1 (direction Weiden West/Junkersdorf)** from **“Bf Deutz/Messe”** to the station **“Heumarkt”**.
4. The Dorint Hotel is right next to station **“Köln Heumarkt”** (3 min walk).

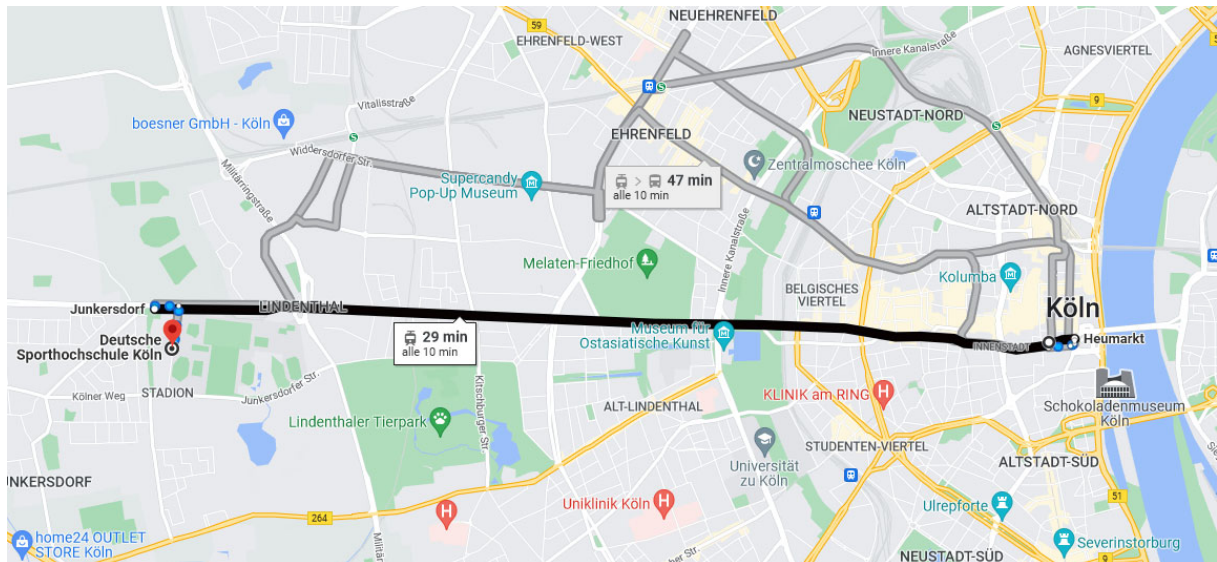
From Frankfurt Airport Long-Distance Train Station to the Dorint Hotel Heumarkt (approx. 1 ½-2 hours)

1. Take the train line **ICE (ATTENTION: the directions differ from each other. You have to check, if the ICE stops in Cologne “Bf Deutz/ LANXESS Arena”.)**
2. The tram station **“Bf Deutz/Messe”** is connected to the train station **“Bf Deutz/LANXESS Arena”**. Follow the description at the station to find the metro. It is a 5 min walk.
3. Take the **metro line 1 (direction Weiden West/Junkersdorf)** from **“Bf Deutz/Messe”** to the station **“Heumarkt”**.
4. The Dorint Hotel is right next to station **“Köln Heumarkt”** (3 min walk).

Directions from the Dorint Hotel Heumarkt to the GSU

By train

1. Leave the hotel to your left and walk down Augustinerstraße until you reach the **metro station “Heumarkt”** (approximately 300m).
2. Take the **metro line 1 (direction Weiden West/Junkersdorf)** from **“Heumarkt”** to the station **“Junkersdorf”**.
3. From the metro station **“Junkersdorf”** it is only a short walk to the GSU (3 min).



Blue = walk, black = line 1 (metro)