

# Travelling by train

- Tips and thoughts from the PhD Council –

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# Train travel recipe

## 1) Define your route:

### [European Interrail website](#)

- Go to “Seat reservations” tab → add the details of your trip → click on “continue without logging in”
- The prices are for seat reservations with interrail pass (not for full tickets)
- If you change the minimum required transfer time the connections will change

### [Deutsche Bahn website](#)

- Can also be useful to define your route, although I prefer the Interrail webpage

## 2) When you have found your best route... check if it's better to get an interrail pass or buy directly train tickets:

- Interrail pass cost: 4 days /month (194€ < 28 yrs old; 258€ +28 yrs old), also 5 days /month, 10 days / 2 months, etc.  
<https://www.interrail.eu/en/interrail-passes>
- If you go to Italy and come back, almost for sure it's cheaper to take an interrail pass and book the required reservations.
- If you go to Paris and come back, or to CERN and come back, it's better to buy the train tickets directly.

# Train travel recipe

## 3) Buy tickets / do the reservations:

[Deutsche Bahn website](#) (National railway company from Germany)

- Useful to reserve trains in most european countries

[SNCF](#) (National railway company from France)

- Useful to reserve trains in or passing through: Belgium, France and Spain

[The Trainline](#) (General website for train reservations)

[SBB](#) (Swiss Federal Railways)

[Thalys](#) (High speed train between The Netherlads – Belguim – Paris)

[Night jet](#) (from ÖBB, Austrian Railways)

- It's **better to reserve all trains through the same company**. In case there is a delay or cancellation, they have to ensure that you arrive at your final destination, and not just to an intermediate place.
- **If you have an interrail ticket**: book reservations through [Interrail website](#) and download the app to add your pass.

# Useful routes

- Going to CERN by train

- Route 1: (~8 hr)

- Amsterdam – Paris (Thalys train)
- Paris – Genève (TGV train)

- Route 2 (night train): (~13 hr)

- Amsterdam – Basel (ÖBB Nightjet)
- Basel – Bern
- Bern – Genève

- Going to **Gran Sasso** by train

- Route 1 (night train): (~18 hr)

- Amsterdam – Basel (ÖBB Nightjet)
- Basel – Milano (Eurocity)
- Milano – Roma

- Route 2: (~16 hr)

- Amsterdam – Basel (Intercity express)
- Basel – Milano (Eurocity)
- Milano – Roma

- Going to **VIRGO** by train

- Route 1 (night train): (~18 hr)

- Amsterdam – Basel (ÖBB Nightjet)
- Basel – Milano (Eurocity)
- Milano – Firenze
- Firenze – Pisa

- Route 2: (~16 hr)

- Amsterdam – Paris (Thalys train)
- Paris – Genève (TGV train)
- Genève – Milano (Eurocity)
- Milano – Pisa (Intercity)

- Route 3: (~17 hr)

- Amsterdam – Basel (Intercity express)
- Basel – Milano (Eurocity)
- Milano – Firenze
- Firenze – Pisa

## My experience

KM3NeT meeting Salerno - June 2023: (Interrail ticket) \*

Amsterdam – Zürich (Nigh jet) – Milano - Salerno  
Salerno – Milano (Nigh train) – Basel – Frankfurt – Amsterdam

\* I lost my first train to return, but as I had interrail I could book new reservations

KM3NeT meeting Genova and Rome – October 2022: (Interrail ticket)

Amsterdam – Basel (Nigh train) – Milano – Genova  
Genova – Roma  
Roma – Milano – Basel – Amsterdam (Nigh jet)

To go home... (no interrail ticket if I book early)

Amsterdam – Paris (Thalys) – Barcelona (TGV)  
or  
Amsterdam – Paris (Thalys) – Latour de Carol  
(In the Pyrenes, by night train)



KM3NeT meeting Salerno - June 2023



going home...



KM3NeT meeting Genova - October 2022

## Other general tips and thoughts

- Buy tickets as early as possible, night and fast trains get sold-out fast and the price increases
- Best prices around 3 months in advance
- **Night trains** are very convenient if you go far
  - o Some european night trains that might be useful:
  - o More information about night trains in this [link](#)
  - o I have had a good experience with the Nightjet, french night trains and italian night trains (which were the most comfortable ones)

- o ÖBB Nightjet:
  - Amsterdam – Utrecht – Frankfurt – Passau – Linz – Vienna
  - Amsterdam – Utrecht – Frankfurt – Basel – Zurich
  - Amsterdam – Utrecht – Frankfurt – Munich – Innsbruck
- o Berlin Night Express:
  - Berlin – Hamburg – Malmö – Stockholm
- o Intercités de Nuit:
  - Paris – Latour de Carol (France border with Spain, Pyrenees)
  - Paris – Portbou (France border with Spain, Mediterranean coast)
  - Paris – Briançon (France border with Italy)

## Other general tips and thoughts

### - Let's not romanticise to much travelling by train:

- It can be tiring if you go far → plan some time off before and after to rest before your meeting or work starts
- Sometimes there are cancellations and delays → try to relax, Nikhef pays if at the end you have to book another train or take a plane.
- Travel time also counts as working hours!
- It's a good place to read or write, not so much for things that need good internet connection...

Others thoughts...

Example: I go to ICRC23 in Japan this summer and I will take a direct flight from Paris.

- If you have to take a plane: Try to take direct flights, it really makes a difference in terms of CO2 emissions!
- A good compromise is to combine train and plane if the place is far and/or not well communicated
- I would say, always prioritize low carbon footprint over price → How do we encourage it and set some guidelines?

# Without the Earth we can't do Physics

