



Housing and Ground Transportation Information

ABM CENTER: 4330 Redwood Hwy, Suite 350, San Rafael, CA 94903
Office: 415-472-6622

HOUSING INFORMATION

SAN RAFAEL LODGING

Barbara Rose Cottage, San Rafael 415-457-3474 drbrb@comcast.net

Fully furnished, detached quiet guest cottage with queen size bed, private bath, built-in kitchen area (gas cook top, toaster oven, microwave, refrigerator.) Separate entrance, large private sunny deck with bay views. Walking distance to Whole Foods, Peet's Coffee, and Trader Joe's. Wireless wifi. No smoking, please.

Embassy Suites 415-499-9222 fax 415-472-1315 (Mention Corporate ID is 2638419). Long-term stay rate for 14 or more days at based upon availability. Can sleep up to three. Refrigerator, microwave, complimentary hot breakfast, evening reception 5:30-7:30, pool, fitness center. One mile SE. Reserve with Lori Levy, Convention Service Manager 415-499-5908 or lori.levy@hilton.com. If problems getting preferred rate from reservations, contact Ivy Louie, group sales 415-499-5905 ivy.louie@hilton.com. Please book under the ABM rate so we can get total room numbers by the end of the year. **BLACK OUT DATES:** Preferred rates may not be available during the following special events: Marin Art Show; NASCAR June; NHRA July; IRL August; Bioneers October; New Year's Eve December 31. Hotel shuttle runs once every half hour, on the hour and half the hour when available. Shuttle will transport guests to and from hotel to Corte Madera Town Center. Reservations required. Shuttle holds up to 10 people.

Extended Stay Deluxe 415-451-1887 **San Rafael, 1775 Francisco Blvd.**

www.extendedstayamerica.com/hotels/ca/oakland/francisco-blvd-east Wireless internet access. Newly opened Extended Stay Deluxe. In-room kitchens, indoor pool, onsite laundry, continental breakfast, and single rooms with double beds or king/queen. NO shuttle service. Hotel Amenities: fully equipped kitchens, pool, hot tub, fitness center, business center, wireless internet, laundry facilities on-site, and gourmet coffee bar.

Four Points by Sheraton San Rafael. 1010 Northgate Drive, San Rafael, CA, 94903. Reserve online with special rate at: <http://www.fourpointssanrafael.com/anat-baniel> or call **866-716-8133** and **ask for SET account number 397870**. Newly renovated. Outdoor pool. Marin Steak & Spirits Company Restaurant, open for breakfast, lunch, and dinner. Sales Manager Judy Somers – Director. Rate including breakfast and if requested, a small in-room refrigerator. 0.4 miles South

Friendship Villa Inn, 1600 Lincoln Avenue, San Rafael. 415-456-4975

Cable TV, coffee maker, exterior room entrance, fully air-conditioned, kitchens. 2.4 miles SE

HomeAway.com Cottage, San Rafael. Joe Dunn 415-686-0576 marincottage@gmail.com

www.homeaway.com/vacation-rental/p191123

This is a beautiful, 20-sided shingled cottage set on more than an acre of oak trees, with views of the San Francisco Bay through the trees. The property is gated with off-street parking. This unique guest house offers one bedroom with a queen bed, and a full size sofa bed in the living room. Rate minus a 15% ABM discount. Ask about a Cash payment Discount also.



Home Share. There are two private bedrooms and also a living room with two beds that two people could stay in. One bath with deep tub as well as shower. Fresh vegetables from the garden Hot tub overlooking the ocean. It's amazingly beautiful and right on the ocean. Two minute walk to the beach. Takes 30 minutes to get to ABM center by car. Contact Yeshi at yeshineumann@gmail.com

Our Downstairs Guest Suite 415-459-5352 samuelganz@comcast.net
Features a private entrance to a tastefully appointed one bedroom, queen bed, and bath. The bathroom has a shower and is newly redone and is conveniently off of the bedroom. The charming neighborhood, which is a block from the bay, features its own private beach. The kitchenette features a small fridge, as well as a hotplate, microwave/toaster and coffee maker and kettle. Wireless cable, internet access is also included, as well as weekly maid service. Our garden provides a relaxing setting to read or just unwind. Hosted previous Anat Baniel participants. 6.2 miles SE

Panama Hotel, 4 Bayview Street, San Rafael. 415-457-3993, www.panamahotel.com
Contact person: Alberto. Special rates for Anat Baniel Method participants. Ask for 15% discount.

San Rafael Inn/Travelodge, 865 Francisco Blvd. East, San Rafael. 415-454-9470
www.hotelsone.com/san-rafael-hotels-us/travelodge-in-san-rafael.html
Free parking, fitness center, spa tub, and an outdoor swimming pool. Microwaves, refrigerators, and hair dryers. 2.6 miles from ABM Center.

NOVATO LODGING

Best Western Novato Oaks Inn, 215 Alameda Del Prado, Novato. 1-800-625-7466 or 415-883-4400 www.novatooaksinn.com

Fourteen minutes north of the Anat Baniel Center. Corporate rates: single/double superior, and Deluxe/Executive rooms. Includes continental breakfast buffet each morning. Microwaves available. Heated pool, seasonal spa, business and fitness center. 2.5 miles north.

Courtyard by Marriott, Novato-Marin, 1400 N. Hamilton Parkway, Novato. 415-883-8950
www.marriott.com/hotels/travel/sfonv-courtyard-novato-marin-sonoma

Hotel is 6-minute drive to the Anat Baniel Method Center. Shuttle service available upon request and availability. Located adjacent and a few minutes' walk to Hamilton Marketplace with grocery store, unique shops, and restaurants. Hotel features The Bistro where guests can enjoy healthy food and beverage offerings in the morning and evening dinner service with cocktails. Rooms with a King Bed or Two Double Beds available. Relax and enjoy a dip in the pool or workout in the fitness center. Long-Term Stay pricing available stays of 5 nights or more. Some seasonality and availability restrictions apply. For reservations call 415-883-8950 and **ask for the "Long-Term Stay Rate."**

Private Residence, Novato. Laura, lauradora2003@yahoo.com or 415-407-3720
3 bedrooms, 2 baths. Nice open floor plan with kitchen, dining room and living room all connected. Wifi and cable TV. There is a deck, which french doors open to, from the dining room and bedroom. Minimum 1 week stay, with discount given for anything over a week. To view house on YouTube: <https://youtu.be/ORGJQNZaKLM>

Private Residence Condo, Novato. Quiet, clean bedroom in bright, mindful and peaceful home surrounded by oak trees with own bathroom including tub. Kitchen available to share. Approximately 8 miles from ABM Center. Contact Linda at lindawosskow@comcast.net or 415-895-5066.

CORTE MADERA LODGING

Best Western Corte Madera Inn, 56 Madera Blvd, Corte Madera. 415-924-1502 or 1-800-777-9670 www.cortemaderainn.com

Includes breakfast basket delivered into guest rooms daily. Microwaves available. Heated pool, two spas, workout facility. Hotel is 100% non-smoking.

Dragonfly Marin, Corte Madera. Mary O', 415-924-8787, www.dragonflymarin.weebly.com

Fully furnished quiet guest suite in private home with queen size bed and separate garden entrance, private bath, microwave, refrigerator, wireless wifi. Car necessary. Maximum 1 person, no pets or smoking. Website has photos and more information.

Marin Suites Hotel, 45 Tamal Vista Blvd., Corte Madera. 415-924-3608 or 1-800-362-3372

www.marinsuites.com Be sure to mention Anat Baniel Method when making reservation for preferred rate. Studio, 1, and 2 bedroom suites. Each room has a sofa bed, fully equipped kitchen and free wireless. Check website for possible lower rates. 6.7 miles.

LARKSPUR LODGING

Courtyard by Marriott, 2500 Larkspur Landing Circle, Larkspur. 415-925-1800

www.marriott.com/hotels/travel/sfoll-courtyard-san-francisco-larkspur-landing-marin-county

Located near San Francisco, adjacent to the Ferry that takes you to the heart of the city. Nine minute drive to the Anat Baniel Method Center. Hotel features flexible spaces for work and relaxation. Featuring complimentary high speed internet access and lobby Bistro for your convenience. Hotel rooms offer well-lit workspace featuring oversized and ergonomically designed chairs. Rooms with a King Bed or Two Queen Beds are available with every comfort and quality of service you have come to expect from our Marriott brands. We look forward to your upcoming stay. Long-term stay pricing available for stays of 8 nights or more. Some seasonality and availability restrictions apply. Ask for the "**Long-Term Stay Rate**" when making reservations.

SAN ANSELMO LODGING

Private Residence. Nancy Grover, 415-453-3549, ngrover5@gmail.com

Charm, rustic house and garden. European Sleepworks queen size bed, share bathroom. Sunny old-fashioned kitchen with lots of light. BBQ with several outdoor eating areas. Large garden with fountain, fruit & vegetables. Quiet street. Off street parking, secure storage for bicycle. Three blocks from downtown and shopping, coffee shops, bookstores and bus transportation hub. Close to hiking trails and bike paths (maps and books). Will consider pets. Also have smaller room with small bed with McCroskey mattress.

San Anselmo Inn, 339 San Anselmo Avenue, San Anselmo. 1-800-598-9771

www.sananselmoinn.com

Special rates for Anat Baniel Method participants. Complimentary gourmet continental breakfast. Call for details and availability – 2 bedrooms and 1 bedroom available. 3.3 miles

San Francisco Theological Seminary, 2 Kensington Road, San Anselmo. 415-451-2836 or 1-800-447-8820. 138 Bolinas. 6 bedroom house. Baird Hall - Twin rooms, shared bathrooms. 3.3 miles

MILL VALLEY LODGING

Tam Valley Bed & Breakfast, Mill Valley. Marty, 415-383-8716, www.tamvalley.net
mhartrick@comcast.net. Our stand-alone cottage is tastefully decorated with numerous amenities including remodeled marble bathroom, full kitchenette, flat-screen TV, private patio and garden, and easy parking. The cottage comfortably sleeps 4 (all in one room) with a queen size bed and a double sofa-bed.

SAUSALITO LODGING

Marin Headlands Hostel, Fort Barry, Building 941, Sausalito. 415-331-2777

www.norcalhostels.org

76 dorm beds, 8 private rooms. www.norcalhostels.org

Websites for Lodging Options:

www.maps.google.com

www.tripadvisor.com

<https://sfbay.craigslist.org/sfc/> is also a valuable source of various types of rental accommodation

www.couchsurfing.com for the adventurous and frugal

www.homeaway.com/vacation-rentals/california/the-bay-area/r982

Search by city. Nearby towns in Marin: San Rafael, Novato, Larkspur, San Anselmo, Corte Madera, Fairfax, Mill Valley, Tiburon, Fairfax, Ross, Nicasio.

www.vrbo.com

www.airbnb.com

GROUND TRANSPORTATION

Oakland Airport (OAK)

Airport Express – 707-837-8700

Children 12 & under FREE. From Marin County to OAK: Bus runs every two (2) hours, starting at 4:15am and ending at 10:15pm (i.e. 4:15am, 6:15am, 8:15am, etc.) Drop off and pick up is at the San Rafael Bus Station. From OAK to Marin County: Bus runs once every two (2) hours, starting at 6:00am and ending at 12 midnight (i.e. 6:00am, 8:00am, 10:00am, etc.) Drop off and pick up is outside the baggage claim area by terminal 1 & 2 at the safety courtesy island.

San Francisco (SFO)

Marin Airporter – 415-461-4222

From Larkspur Landing to SFO: Bus runs once every half hour, on the hour and half-hour, starting at 4:00am and ending at 11:00pm. From Central San Rafael to SFO: Bus runs once an hour at 15 minutes past the hour, starting at 4:15am and ending at 10:15pm. From SFO to Central San Rafael: Bus runs every half hour starting at 5:00am and ending at 12 midnight (i.e. 5:00am, 5:30am, 6:00am, etc.) Pick up is outside the baggage claim area at the center courtesy island. Busses stop at the "Marin/Sonoma County" sign, next to the large blue pillar labeled "Airporters."



Local Cab Companies

North Bay Taxi 415-258-2800

Radio Cab 415-457-1234

Door to Door Shuttle

Western Eagle Shuttle 415-342-6444 www.westerneagleshuttle.com

Local Transit

From the San Rafael depot/hub (At 3rd and Hetherton?) Take the 70 or 80, both of them stop at the appropriate stops. They depart on the hour and half-hour.

Get off at Terra Linda Pkwy and then walk under the overpass. There's a path that leads right to the Redwood Hwy, continue down along the road to the Centre. Can also get off at Lucas Valley, the next stop, and walk back along the Hwy to the Center.

From SFO, take the 292 into the city and get off at Mission and 1st. Walk across the street to Walgreen's for the Golden Gate Transit bus stop to catch the 70 or 80. Not sure of the exact times it comes but usually every 20-30 minutes depending upon the time of day.