

## Housing and Ground Transportation Information

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

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### HOUSING INFORMATION

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#### SAN RAFAEL LODGING

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**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

<https://embassysuites.hilton.com/en/es/reservations/index.jhtml?hotel=SFORFES&corporateCode=02638419>.

**Or call 1-800-EMBASSY (362-2779)** (Mention Corporate ID is **2638419**). Long-term stay rate for 14 or more days based upon availability. King suites can sleep up to 3 guests, Queen/Queen suites sleep up to 5. Refrigerator, microwave, complimentary cooked to order hot breakfast (6am-9am), evening reception (5pm-7pm), saline indoor pool, fitness center. One mile SE. 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.

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

[www.extendedstayamerica.com/hotels/ca/oakland/francisco-blvd-east](http://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](http://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](mailto:yeshineumann@gmail.com)

**Our Downstairs Guest Suite** 415-459-5352 [samuelganz@comcast.net](mailto: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](http://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](http://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

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**Best Western Novato Oaks Inn, 215 Alameda Del Prado, Novato.** 1-800-625-7466 or 415-883-4400 [www.novatooaksinn.com](http://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](http://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](mailto: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](mailto:lindawosskow@comcast.net) or 415-895-5066.

### **CORTE MADERA LODGING**

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**Best Western Corte Madera Inn, 56 Madera Blvd, Corte Madera.** 415-924-1502 or 1-800-777-9670 [www.cortemaderainn.com](http://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](http://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](http://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**

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

[www.marriott.com/hotels/travel/sfoll-courtyard-san-francisco-larkspur-landing-marin-county](http://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**

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**Private Residence.** Nancy Grover, 415-453-3549, [ngrover5@gmail.com](mailto: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](http://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

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### **MILL VALLEY LODGING**

**Tam Valley Bed & Breakfast, Mill Valley.** Marty, 415-383-8716, [www.tamvalley.net](http://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.

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### **SAUSALITO LODGING**

**Marin Headlands Hostel, Fort Barry, Building 941, Sausalito.** 415-331-2777  
[www.norcalhostels.org](http://www.norcalhostels.org)  
76 dorm beds, 8 private rooms. [www.norcalhostels.org](http://www.norcalhostels.org)

### **Websites for Lodging Options:**

[www.maps.google.com](http://www.maps.google.com)

[www.tripadvisor.com](http://www.tripadvisor.com)

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

[www.couchsurfing.com](http://www.couchsurfing.com) for the adventurous and frugal

[www.homeaway.com/vacation-rentals/california/the-bay-area/r982](http://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](http://www.vrbo.com)

[www.airbnb.com](http://www.airbnb.com)

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### **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](http://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.