

MINDFUL SCHOOLS:

San Mateo Level Two Training Logistics

March 23 - 25, 2012

Level 2: Elementary School Curriculum Training

**Odyssey Middle School
201 Polhemus Road
San Mateo, CA 94402**

Hotels Nearby:

The sooner you can make your reservation the better. We recommend you look at the discount websites hotels.com and booking.com for affordable rates. Always contact your hotel directly to see if they can offer you a lower price than what is being offered on a discount website.

<i>Name/ Address/Distance from Venue</i>	<i>Contact Information</i>	<i>Price Range and Notes</i>
Howard Johnson Express Inn – San Mateo 2110 South El Camino Real San Mateo, CA 2.4 miles	Phone: (650) 341-9231 http://www.staysanmateo.com/	\$ - Room rates from \$79 - \$115 (prices available at booking.com, priceline.com, expedia.com)
San Mateo Marriott San Francisco Airport Hotel 1770 South Amphlett Blvd San Mateo, CA 3.1	Phone: (650) 653-6000 http://www.sanmateomarriott.com/	\$\$ - Room rates from \$119 (prices available at booking.com, hotels.com, expedia.com)
Stone Villa Inn San Mateo 2175 South El Camino Real San Mateo, CA 2.6	Phone: (650) 458-6556 http://stonevillainn.magnusonhotels.com/	\$ - Room rates from \$65 - \$116 (prices available at expedia.com, hotels.com, booking.com)
Best Western San Mateo/Los Prados Inn 2940 South Norfolk Street San Mateo, CA 3.5	Phone: (650) 341-3300 http://book.bestwestern.com/bestwestern/US/CA/San-Mateo-hotels/BEST-WESTERN-San-Mateo-Los-Prados-Inn/Hotel-Overview.do?propertyCode=05503&cm_mmc=GooglePlaces--BW--CA--05503	\$ - Room rates from \$105 - \$116 (prices available at booking.com, priceline.com)

Transportation

From SFO to the Odyssey Middle School is 13 miles if you take the 101 highway. SFO to the hotels listed above range between 9-13 miles.

This location is 2 miles away from the nearest bus stop. We strongly recommend getting in touch with Christina Costelo at Christina@mindfulschools.org in order to get in touch with a carpool group. On the first day of training, we will urge folks to form carpooling groups for the duration of the weekend. We also recommend getting in touch with a taxi company. You can also choose to get a rental car, which are available at SFO. We recommend you checking in with your insurance service (such as AAA) or your credit card provider as they generally have rental car discounts.

Local Taxi Services:

- Merit Tax (650) 571-0606 <http://www.merittaxi.com/>
 - Cost from SFO to hotels listed above would be around \$30
 - If you were staying at Best Western which is 3.5 miles away from the venue, for example, the charge for a taxi would be around \$11 (flat fee of \$3.10 and 3/mile)
- Serra Yellow Cab (650) 991-2345 <http://www.taxisanmateo.net/>
 - Cost from SFO to hotels listed above would be around \$30
 - If you were staying at the Best Western which is 3.5 miles away from the venue, for example, the charge for a taxi would be around \$12 (flat fee of \$3.10 and 3/mile)
 - They have a 10% discount for seniors and people with disabilities in San Mateo county

Rental Cars Available at SFO:

- Alamo Rent A Car www.alamo.com
- National Car Rental www.nationalcar.com
- Enterprise Rent-A-Car www.enterprise.com
- Budget Rent A Car www.budget.com
- Dollar Rent A Car www.dollar.com
- Hertz Rent A Car www.hertz.com

Driving Directions

From San Francisco

Take highway 280 South towards San Jose. Exit Hayne Road toward Black Mountain Road. Turn right onto CA-35 S/Hayne Road/Skyline Blvd. Turn left onto CA-35 S/Skyline Blvd. Turn left onto Crystal Springs Road. Turn left onto Polhemus Road ending at 201 Polhemus Road, San Mateo, CA.

From Interstate 5 (Los Angeles, San Jose)

Take highway 5 North towards San Francisco. Exit CA-152 W/CA 33 N toward Gilroy/Hollister/San Jose. Turn left onto CA-152 W/Pacheco Pass. Merge onto 101 N. Take CA-85 N. Exit onto I-280 N toward San Francisco. Merge onto CA-92 E toward San Mateo. Exit Ralston Avenue toward Belmont. Keep right at the fork and follow signs for Polhemus Road and merge onto Ralston. Continue onto Polhemus Road ending at 201 Polhemus Road, San Mateo, CA.

From East Bay (Berkeley, Oakland)

Take 880 S toward San Jose. Merge onto CA-92 E toward San Mateo Bridge/Jackson Street. Go over San Mateo Bridge (pay \$5 toll). Exit De Anza Blvd. Turn right onto Polhemus Road ending at 201 Polhemus Road, San Mateo, CA.

Parking

There is parking in various places around the venue. There are about 12 spaces in the upper parking lot, a few around the circle in front of the school and you can park on Polhemus Road and across the street from the school off Polhemus. If you are **interested in carpooling**, please **email us at least 10 days before the start date** so we can help you connect with someone.