



Travel and Accommodations to the Upledger Institute Clinic

Airports:

- **Palm Beach International (PBI):** 20 minutes
 - Directions to Upledger Institute Clinic:
 - Get on I-95 N in West Palm Beach from James L Turnage Blvd.
 - Follow I-95 N to FL-786 E/PGA Boulevard in Palm Beach Gardens.
 - Take exit 79A from I-95 N
 - Continue on FL-786 E/PGA Boulevard. Drive to Prosperity Farms Rd

- **Fort Lauderdale–Hollywood International Airport (FLL):** 45 – 60 minutes
 - Directions to the Upledger Institute Clinic
 - Get on I-595 W from Terminal Dr
 - Follow I-95 N to FL-786 E/PGA Boulevard in Palm Beach Gardens.
 - Take exit 79A from I-95 N
 - Continue on FL-786 E/PGA Boulevard. Drive to Prosperity Farms Rd

Accommodations:

All rates are subject to change. These are hotels in our area that are recommended by the institute. Many participants have found lodging through www.airbnb.com and www.vrbo.com.

- **The Doubletree Palm Beach Gardens**
 - 4431 PGA Blvd, Palm Beach Gardens, FL 33410
 - 561.622.2260
 - <http://doubletree3.hilton.com/en/index.html>
 - High Season \$194.00 single/double
 - Mid Season \$87.00 single/double
 - Low Season \$82.00 single/double
 - **Hotel has complimentary shuttle to and from The Upledger Institute.** When you check in please let the front desk know that you will need the shuttle so they can work out a time with others staying at the hotel that will also need transportation.



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– **Hampton Inn**

- 4001 RCA Blvd, Palm Beach Gardens, FL 33410
- 561.625.8880
- www.hamptoninn1.hilton.com
 - High Season \$189.00 single/double
 - Mid Season \$124.00 single/double
 - Low Season \$104.00 single/double
 - To get the above rates, you must call the hotel directly. *PRICES MAY CHANGE*. In February and March there are no discounted rates.
 - Hotel amenities include free high-speed wireless, refrigerator and microwave in all rooms.
 - Complimentary expanded continental hot breakfast buffet complimentary manager's reception every Monday – Thursday evenings 5pm-7pm.
 - The Hampton Inn **does not have shuttle service** to The Upledger Institute Clinic

– **The Holiday Inn Express Juno Beach**

- 13950 US Highway 1, Juno Beach, FL 33408
- 561.622.4366
- www.hiejuno.com
 - High Season \$159.00 single/double
 - Mid Season \$139.00 single/double
 - Low Season \$89.00 single/double
 - The hotel **does not have complimentary shuttle** to The Upledger Institute.
 - The hotel is walking distance to the beach.