

## Long Beach (part of the Los Angeles metropolitan area) Venue and Travel details

**Caution: Please do not take red-eye flights to arrive on the morning of the class. If there is a delay, you may not be able to arrive in time to take the class. All class hours are required.**

### **Venue:**

The class venue is:

The Seaport Marina Hotel  
6400 E Pacific Coast Highway  
Long Beach, CA 90803-4206  
[www.seaportmarinahotel.com/](http://www.seaportmarinahotel.com/)  
562-434-8451

Long Beach is a lovely beach town near Los Angeles, so you may want to build a few extras days into your trip to enjoy the sun, sea, and sand.

### **Travel:**

There are three airports that serve Long Beach California. The airport closest to the venue is Long Beach Airport, then John Wayne International, then Los Angeles International (LAX).

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### **Long Beach Airport**

4100 East Donald Douglas Drive  
Long Beach, CA 90808  
562-570-2600  
[www.lgb.org](http://www.lgb.org)  
(JetBlue, US Airways, Alaskan/Horizon, Delta)

#### Taxis:

Taxis are available at the Taxi stand outside the terminal. Please visit Long Beach Yellow Cab's website at [www.longbeachyellowcab.com](http://www.longbeachyellowcab.com)

#### Shared Ride:

SuperShuttle 800-258-3826 [www.supershuttle.com](http://www.supershuttle.com)  
The airport website [www.lgb.org](http://www.lgb.org) has a list of other options for Ground Transportation.

#### By Car:

***From Long Beach Airport  
(5.6 Miles, approximately 13 minutes):***

Head West on E. Donald Douglas Drive toward Barbara London Dr.  
Turn right to stay on E. Donald Douglas Drive.  
Turn right at N. Lakewood Blvd.  
At Los Alamitos traffic circle, take CA-1 South/E Pacific Coast Highway  
Continue on E. Pacific Coast Highway until you reach 6400 E. Pacific Coast Highway

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**John Wayne Airport**

18601 Airport Way  
Santa Ana, CA 92707  
949-252-5200  
www.ocair.com

**Taxi:**

JWA Yellow Cab 800-535-2211

**Shared Ride:**

SuperShuttle (800)258-3826

The airport website [www.ocair.com](http://www.ocair.com) has a list of other options for Ground Transportation.

**By Car:**

***From John Wayne Airport (Orange County)  
(19.7 Miles approximately 25 minutes)***

Merge onto I-405 N. via slight right at CA-22W.  
(sign for Long Beach/CA-22 W/7th St.) the ramp to Long Beach  
Exit onto S. Studebaker Rd.  
Slight left to stay on South Studebaker Rd.  
Turn right at E. 2nd St.  
Turn left at E. Pacific Coast Highway  
Hotel located at the right hand side.

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**Los Angeles International Airport (LAX)****Taxis:**

Taxis are available on the Arrivals level of all terminals. Only licensed LA taxis can pick up from LAX airport.

**Shared Ride:**

Several companies provide 24 hour shared van service between LAX airport and surrounding areas. Here is a listing of just two of the services available:

Prime Time Shuttle: 800-473-3743

SuperShuttle: 310-782-6600

Additional information is available at

[http://www.airwise.com/airports/us/los\\_angeles/transport.html](http://www.airwise.com/airports/us/los_angeles/transport.html)

**By Car:**

***From Los Angeles Airport  
(26 Miles, approximately 30 minutes):***

Head West on W. Century Blvd toward Vicksburg Ave.  
Turn left at S. Sepulveda Blvd.  
Take the ramp onto 1-105 E.  
Take the exit onto I-405 S. toward Long Beach  
Take exit 24B for Studebaker Rd.  
Slight LEFT at SOUTH Studebaker Rd.  
Turn right at E. 2nd Street  
Turn left at E. Pacific Coast Highway  
Hotel is located on the right hand side.

## Accommodations

### **General Notes**

The Seaport Marina Hotel is the venue hotel and is giving VortexHealing a special rate. If you are planning to stay in the area, this is your best choice. If you have a car, you can find a hotel near the venue at [www.google.com maps](http://www.google.com/maps). Prices vary according to the time of year.

If you are not staying at the Seaport Marina Hotel, be aware that better prices may be had by booking as far in advance as possible and using special booking sites. You can always cancel the reservation if something better comes along unless you use a non-refundable option. **Please communicate with the class organizer before booking a non-refundable rate.** Most hotels have discount rates for AAA and some have discounts on the Internet. It is best to call the hotel directly before booking on the internet to compare prices. You can also check Expedia, Trip Advisor, Kayak, etc. or look for accommodations in personal homes on [www.airbnb.com](http://www.airbnb.com)

### Hotels:

The Seaport Marina Hotel \$69 + tax (Venue hotel: mention Vortexhealing)  
6400 E Pacific Coast Highway  
Long Beach, CA 90803-4206  
562-434-8451

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

Cable TV, mini-fridge (ask availability), wifi is extra charge

Super 8 Hotel Long Beach \$59 + tax (not walking distance)  
4201 East Pacific Coast Highway  
Long Beach, CA 90806  
562-597-7701

<http://www.super8.com/hotels/california/long-beach/super-8-long-beach/hotel-overview>  
[super8longbeach@yahoo.com](mailto:super8longbeach@yahoo.com)

Pool, wifi, refrigerator