

Wakefield MA (nr. Boston) Travel & Hotels

Nov 4, 2015

Venue: Four Points by Sheraton Wakefield Boston Hotel & Conference Center

1 Audubon Rd., Wakefield, MA 01880

Phone: 1-781-245-9300

www.fourpointswakefieldboston.com

The hotel is well-located in that it is a short walk from Whole Foods, which is in the middle of an very nice outdoor mall with all kinds of shops, restaurants and even a bowling alley. It is about 25 minutes from the airport, when there is little traffic. (And late afternoon, returning to the airport, most of the traffic should be going the other way.)

For making reservations for our classes, you can call and let the front desk know you are with the VortexHealing group, OR you can make your reservation online with one of the links below. Going online is our preferred option, because when we use the online system, as soon as the block runs out of rooms, an email is sent to their sales dept, which alerts them to put more in. If you get an error message, meaning that at least one day in the block is unavailable, try again in a few days. If you still get an error, email Ric.

*** Note that in time frame of February to March, Gailynn's Angelic Heart, Ric's Inner Veil, and Lorraine's Presence class each have their own link are all given back-to-back but each have their own block for sleeping rooms. If you are staying for more than one of these, you need to make 2 reservations and then call the hotel to have them keep you in the same room throughout.

Links for Reservations:

I-Point class (Jan 31-Feb 7)

<https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1511022301&key=18C267C9>

Angelic Heart (Feb 27-29)

<https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1511022313&key=34AFAB9D>

Inner Veil (Mar 1-4)

<https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1511022314&key=86A963A>

Presence (Mar 5-7)

<https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1511022382&key=1AD189C6>

Genetics, Earthshift and/or DNA's Core Program classes (spans April 24-May 2)

<https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1511022321&key=2299CD9>

Awakening the BodyMind (Dec 4-10)

<https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1511022324&key=695016D>

Hotel Rates, Rooms & Facilities:

For classes for 2016, the price for a room at the venue varies with the time of year. For Dec 2016 it is \$119 + tax; for Jan/Feb 2016 it is \$99+tax; and for all other 2016 classes is it \$109 + tax. Suites are \$50 more. All rooms include one free breakfast, with an optional \$10/day charge for any additional breakfasts. *Please arrange with your roommate in advance how you want to handle breakfast to avoid conflicts over this once you arrive.*

Note that our group rate expires a month before class starts. It is at the hotels discretion as to whether to grant that rate closer to class time. Also be aware that hotels near Boston can get booked up, so do make your reservations early. You don't need to have registered for the class first to make a hotel reservation.

Rooms have either a King bed or two double beds. All have a free WiFi, phone, TV, on-demand movies, coffee/tea maker, and a hairdryer. Suites have a king bed, min-frig, microwave, and most have a pullout sofa. If it doesn't have a pullout sofa, a rollaway can be brought in free of charge. If you want one with a pullout sofa, request it when you make your reservation.

Central Reservations will not see our special rates for refrigerators, microwaves & rollaway bed. So, don't worry about the rate for one of these quoted to you by central reservations. It will be sorted when you check in, as our special rates for these will be in the on-site computer system.

Refrigerators are usually \$10/night, but we have gotten them discounted to a single fee of \$25, for the entire stay. Same for microwaves. They are available on-demand, on a first-come-first-serve basis. But if you need a refrigerator for medical reasons, let them know when you make your reservation. And it doesn't hurt to request one anyway, when making your reservation.

Rollaway beds can be put in either king rooms or those with two double beds. Their cost is usually \$20/night, but is discounted to us at \$10/night.

Staying at the hotel gets you free access to Boston Sports Club, a quick two-minute walk from the hotel. There you have access to regular work-facilities, an Olympic-sized, basketball courts, and saunas and steam rooms. The Club is open Mon-Thu 5am-10pm, Fri 5am-9pm, Sat & Sun 7am-9pm.

The hotel also has a free shuttle that will operate within 5 miles of the hotel, based on availability.

Travel:

By Air: Fly into Boston Logan Airport. Then either take a **taxi** to the hotel (about \$60 +tip) to the hotel), or follow the *public transportation* option described in detail below, which is not too difficult. For Logan Airport information: <http://www.massport.com/Logan/default.aspx>

If you are going to rent a car, you also have the option of flying into Pease Int'l Airport in Portsmouth New Hampshire (50 miles away), or MHT in Manchester, New Hampshire (45 miles away). Southwest Airlines flies into MHT and Boston Logan Airport.

Taxi: Taxis are the easiest way from airport to hotel. For trips to Wakefield, they will charge by meter rather than a fixed rate. The cost should be somewhere about \$55-\$65, depending on traffic, not including tolls & fees (~\$2.25 airport fee & \$5.25 tolls). Calling a taxi service for a pickup there will not be any cheaper and there may an extra \$3 charge that the airport charges them for doing a pickup there. The more luggage you have, or the longer your flight getting to Boston, the more attractive the taxi option will be. (*Note:* although very few cab drivers will 'take you for a ride', such drivers do exist. If you feel that you have been overcharged, it is recommended that you ask the taxi driver for a receipt showing the driver's name, the taxi company, the amount paid, and the medallion number. And then call his taxi company and/or the Massport Ground Transportation Unit Manager at 1-617-561-1659.)

For the *return trip*, you would need to call a local car service, which will charge about \$55 - \$60. You can try one of these: Wakefield Taxi 781-245-1111 // C & A Taxi 978-774-1772 // Danvers Taxi 978-774-8901 // Bostonia Taxi 617-816-9314 // Tri-City Taxi 978-922-6999 // Community Taxi 978-535-1800 // Boston Taxi (a few dollars more) 617-633-8294.

Logan Woburn Express (Shuttle): Some of you have used this in the past, when we were at the Lord Wakefield Hotel, but it isn't a good option for the Four Points Hotel, because it is 7.7

miles from the Anderson Regional Transportation Center, where the shuttle drops you off. The hotel's shuttle only goes 5 miles from the hotel, so you'd need to call a taxi, and the cost of the shuttle plus taxi to the hotel is the same as taking a taxi directly from the airport.

Train: This option is the most complex. For this option, you will take an MBTA subway train from the airport (also called the T), then a regular commuter train, and then call the hotel for its free shuttle to come and get you. Specifically, you take the Blue Line subway train at the airport going into Boston (coming back to the airport you'd take the Blue Line toward Wonderland). You get off either at State and transfer to the Orange Line heading towards Oak Grove, or you can get off at the next stop on the Blue Line, at Government Center, and transfer to the Green Line heading to Lechmere. In either case, you get off at North Station and buy a ticket for the Haverhill Line (Haverhill is its last stop), but you will be getting off at Wakefield. (Note that tickets for the commuter rail can be purchased at the ticket booth or on the train, as the ticket booths may be closed on weekends.) From there, you'd call the hotel for its free shuttle to come pick you up, or you can call a taxi, which will be ~\$12 +tip.

Be aware that commuter trains are not well designed to accommodate luggage, but most train-cars do have a small area for that. In addition, they are more expensive than the T, and they run frequently on weekdays in the morning and later afternoon, when they are also most crowded, but not so often on weekends and at other times of the day. Returning to the airport is easier because you can time your departure according the commuter train's schedule.

If you have to arrive at South Station, you would take the Red Line towards Alewife, transfer to a Green Line train at Park St, heading towards Lechmere, and get off at North Station. Another option from South Station, especially on weekends when commuter trains don't run much, is to take the Red Line from the airport all the way to the end, which is Alewife Station, in Cambridge, and then take a taxi from there to the hotel, which should be a much less expensive taxi ride than from South Station.

Bus: Buses from most major northeastern cities will go into South Station.

Car: The hotel is the exit just west of Interstate 95 & Route 1. Coming from the East, get off at exit 42, Salem Rd/Wakefield. As you come off the exit, halfway to the end of the exit, you will see the hotel on the right. So, at the end of the exit, you go right, and then right again into the hotel.

From the West, get off at exit 42, Salem Rd/Wakefield, and make a left at the light at the end of the exit. Make a left at the next light, Pleasure Island Rd / to Audubon Rd. You take that back under the highway, go through another light, and you'll see the hotel on your right.

Renting a Car: The best way to rent a car is through Autoslash.com. Once you make your reservation, they will keep looking for prices to go down and when it does, if it is with the same company, they will cancel the old reservation, automatically book the new one, and send you an email with the new reservation number.

Often, when first doing a search here, it will only show 1 or 2 car companies to choose from. If that happens, near the top of the page will be a box with this statement:

“Didn't find anything that meets your needs? [Click here](#) to submit a request and we'll get back to you via email with other options.”

Choose that, and within 24 hours, usually much sooner, you will be sent a link that will offer you other options.

The sooner in advance you make the reservation the more time Autoslash has to find better rates when sales come up.