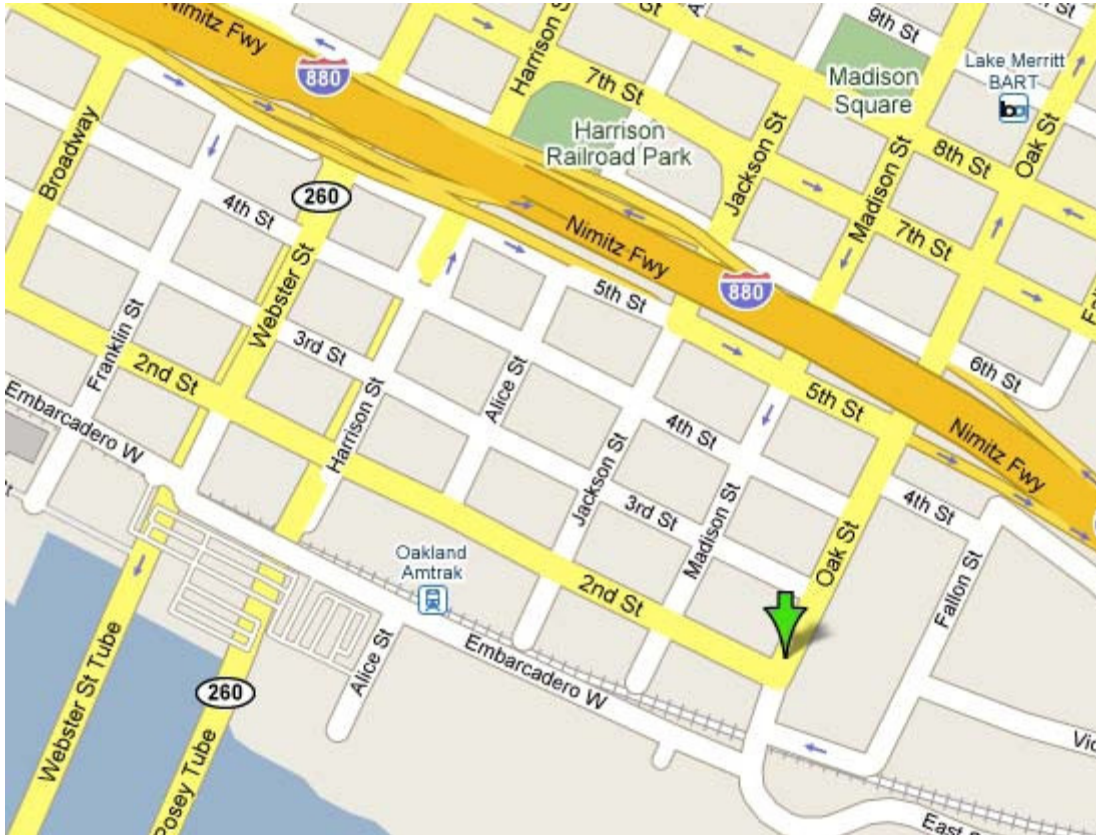


# Visitor's Guide

Welcome to Prevention Institute.

We are delighted to have you visit our offices.

**221 Oak Street, at the corner of 3rd street near Jack London Square**



**Our office is located on the second floor, with stair-only access. Prevention Institute is a dog-friendly environment and we frequently have a dog in the office.**

If you have special considerations, please let us know and accommodations can be made.

## DIRECTIONS

### Public Transit

#### **BART** (<http://www.bart.gov>)

Prevention Institute is a few short blocks from the **Lake Merritt Bart** station, on the Fremont and Dublin Pleasanton lines.

- Exit at the Lake Merritt station
- Exit through the Oak and 8th staircase
- Walk down Oak St to 3rd St

#### **Ferry** (<http://www.eastbayferry.com>)

The Ferry from San Francisco arrives and departs frequently to **Jack London Square**.

- Take the Ferry to Jack London Square

- Turn Right onto Embarcadero Way (becomes 1st St)
- Walk eight blocks. Turn Left onto Oak St

**Bus** (<http://www.actransit.org/riderinfo/nextbus.wu>)

A number of bus lines stop within a few blocks of the office.

## **Driving**

### ***Driving from San Francisco/ San Francisco International Airport***

- Take I-80 E/101 N (Bay Bridge)
- Merge onto I-580 E
- Merge onto I-980 W toward DOWNTOWN OAKLAND (quick exit on right)
- Take the JACKSON ST exit
- Go Straight on 5th St two blocks to OAK St
- Turn Right on Oak St
- Go Straight two blocks to 3rd St
- Prevention Institute is located at 221 Oak St (at the intersection of 3rd and Oak streets)

### ***Driving from Berkeley and points North***

- Take I-80 W (toward San Francisco), Stay in left hand lane
- Merge onto I-580 E
- Merge onto I-980 W toward DOWNTOWN OAKLAND
- Take the JACKSON St exit
- Go Straight on 5th St two blocks to OAK St
- Turn Right on Oak St
- Go Straight two blocks to 3rd St
- Prevention Institute is located at 221 Oak St (at the intersection of 3rd and Oak streets)

### ***Driving from East (Contra Costa and parts of Oakland)***

- Take I-680 toward SAN JOSE
- Merge onto CA-24 W toward OAKLAND/LAFAYETTE
- Merge onto I-980 W toward DOWNTOWN OAKLAND
- Take the JACKSON St exit
- Go Straight on 5th St two blocks to OAK St
- Turn Right on Oak St
- Go Straight two blocks to 3rd St
- Prevention Institute is located at 221 Oak St (at the intersection of 3rd and Oak streets)

### ***Driving from the South Bay/ Oakland Airport***

- Take I-880 N
- Take the OAK St exit toward LAKESIDE Dr
- Turn Left onto OAK St
- Go two blocks to 3rd St
- Prevention Institute is located at 221 Oak St (at the intersection of 3rd and Oak streets)

## **WHEN YOU ARRIVE**

### **Car Parking**

- *You are welcome to park in the spots along the 3rd St side of Prevention Institute*
- *Free parking is also available in 2- and 4-hour allocations (non-meter) nearby*
- *Free unlimited parking may also be available behind the Peerless Coffee building; to access this area, go up 4th St, turn Right, and then turn Right again at the next block*

### ***Bike Parking***

- You may park and lock your bike along the front rail of the ramp to our main entrance on Oak St, or you are invited to bring your bike inside our office

### ***To enter the Building***

Once you have been buzzed in, enter through the interior glass door directly in front of you and proceed up the inner stairway to the waiting area at the top of the stairs.

After visiting [Prevention Institute's building](#), enjoy a walk along the waterfront and visit vibrant [Jack London Square](#), Oakland's historic fruit and vegetable district and home to diverse shops and restaurants.

## **TRAVEL LOGISTICS**

### ***Airport to Hotel Transportation***

Ground transportation information is available in the baggage claim/arrival areas of all airport terminals. Services to The Waterfront Plaza Hotel in Oakland's Jack London Square include door to door shuttle, taxi, and public transportation via BART.

### ***Door to Door Shuttle***

Shuttle service is available at the Door to Door Reservation Shuttle Stops. From Terminal #1 (all airlines except Southwest), exit the baggage door, cross the street to the Second Island and look for bus shelter #4B indicating "Door to Door Reservations". From Terminal #2 (Southwest Airline), exit the baggage door, cross the street to the Second Island and go down a few small steps. Turn LEFT and look for bus shelter #4G indicating "Door to Door Reservations". ***Reservations are recommended.***

Bayporter Express, (877) 467-1800 or (415) 467-1800

East Bay Airporter, (510) 812-3564

American Airport Shuttle, (415) 202-0733

Shuttle service from the airport to The Waterfront Plaza Hotel will take approximately 45 minutes and cost around \$25.

### ***Taxi***

Taxis depart from the designated taxi zones. Designated taxi dispatchers are stationed at the taxi zones to assist passengers with questions or concerns. The ride takes approximately 30 minutes and costs around \$30-35.

Friendly Cab, (510) 536-3000

Veteran's Cab, (510) 534-8585

### ***Bart/Public Transit***

You can board AirBART from the airport to the Coliseum/Oakland Airport station at bus shelter #3. You may pay the \$3 fare on-board with exact change *only*. From the Coliseum/Oakland Airport BART station, you must board the Richmond-Fremont train to Oakland City Center/ 12<sup>th</sup> Street. Tickets are available at the station for \$1.50. From the Oakland City Center/12<sup>th</sup> Street station, it is less than a mile to The Waterfront Plaza Hotel via foot, bus, cab, or hotel shuttle (510-836-3800 or 800-729-3638).

## **WATERFRONT PLAZA HOTEL**

### ***Luxury Oakland Accommodations on the Water***

Luxury Oakland accommodations on the Oakland Harbor, in the heart of historic Jack London Square, the Waterfront Plaza offers a uniquely luxurious experience. As our guest, you will enjoy our private fitness center, valet parking, heated pool and sauna, high speed Internet access, chartered boat services, private boat docking facilities and spectacular views of San Francisco.

Our experienced concierge staff is on hand 24-hours a day to assist you in all your leisure activities. And the Waterfront Plaza is no more than 20 minutes from the Bay Area's major professional and leisure destinations:

- Twenty-minute ferry ride to San Francisco from our back door
- Ten blocks from the Oakland Convention Center
- Three-minute ride to downtown Oakland (including BART) with our complimentary shuttle service

We're also conveniently located near the area's transportation outlets:

- Ten blocks from BART
- Ten-minute drive from Oakland International Airport
- Five-minute walk to Amtrak
- Convenient access to Interstates 80, 880, 580, 980 and Highway 24