

DC Metro Area

Sheraton National Hotel 900 South Orme St. Arlington, VA 22204

<http://www.starwoodhotels.com/sheraton/property/overview/index.html?propertyID=829>

Main Phone: (703) 521-1900

Hotel Fax: (703) 271-6626

Handicap/Wheelchair Access:

Yes, access to sleeping rooms and events space. Please ask for an accessible room if required.

Hotel Note: No food or beverages are allowed into the meeting space from off of hotel premises.

Room Rate:

We currently have a negotiated per night room rate with this hotel. The rates are seasonal and can vary from \$99- \$149 - this rate does not include taxes or hotel fees. Please contact the hotel directly to find out the rate currently available. There are 10 rooms associated with this block. The negotiated rate is based on availability until sold out or 4 weeks prior to the course start date. **To make a reservation, please call 1-800-325-3535. Please be sure to inform the hotel that you are a student with the Coaches Training Institute and that a negotiated room rate is in place.**

Travel Information:

Bus: Pentagon City Metro Station Fee \$1.10-\$3.25

Ronald Reagan National Airport (DCA)

Distance – 1 mile

Estimated Time – 10 minutes

Hotel Shuttle: Available from the airport to the hotel, and back. The shuttle operates every ½ hour at the top and bottom of the hour. This shuttle is complimentary.

Taxi: Available on a first-come, first-served basis from the airport. One-way travel is approximately \$8.

Directions

From North

Take Interstate 395 South to Exit 8 - (Washington Boulevard). Travel in the far right-hand lane for 0.25 mile and take the Columbia Pike/Navy Annex Exit. This will place you directly across from the hotel.

From South

Take Interstate 95 North to I-395. Take Exit 8A - (Washington Boulevard). Travel in the far right lane for 1.25 miles and take the Columbia Pike/Navy Annex Exit. This will place you directly across from the hotel.

From East

Take I-95 South to Interstate 495 West to George Washington Parkway. Follow the Parkway for 8 miles to I-395 South/Route 27 (Lyndon B. Johnson Exit). Stay right at the fork and take the Route 244 West Exit (Columbia Pike/Navy Annex). The hotel is on the right.

From Washington Dulles International Airport

Take Route 66 East to Route 110/Pentagon. Stay in the right lane and continue to the Washington Boulevard Exit. Continue to the Columbia Pike/Navy Annex Exit. The hotel will be directly in front of you.

Parking: There is a day parking rate of \$10 and an overnight parking rate of \$10. These rates are subject to change without notice. Please call the hotel prior to your arrival to confirm rates.

Restaurants:

On-Site: Potomac Restaurant open from 6AM to 10PM for Steak and Seafood. Potomac Lounge open from 2PM to 12AM for light fare.

Off-Site: Cafes & restaurants within walking distance