

NEW YORK METRO

Garden City Hotel
45 Seventh St, Garden City
Long Island, NY 11530
www.gardencityhotel.com

Main Phone: 516-747-3000
Hotel Fax: 516-747-1414

Handicap/Wheelchair Access: Yes

Travel Information

LaGuardia Airport in NY (LGA)
www.panynj.gov
15-20 miles from airport to hotel
30 minute drive time

John F Kennedy International Airport (JFK)
www.panynj.gov
15-20 miles from airport to hotel
20 minute drive time

Room Rate: Room Block Available

We currently offer a room block at this hotel. The Room Block is based on traditional king size bed non-smoking rooms. There are a total of **10** rooms associated with this block at a rate of \$175 a night, not including taxes. To ensure a reservation within the room block please book as early as possible. Room blocks at this hotel are active until filled or **1 month** prior to the first day of the program. You must identify that you are with The Coaches Training Institute at the time of your reservation.

Cab service:

Call ahead of time - call the Concierge at the hotel to arrange pickup
From airport: \$44.40 one way

Traveling by Subway/Railroad System:

You want to get to Penn Station. From Penn Station, get on the Hempstead line on the Long Island Railroad. The stop is Garden City. From there, the hotel is directly across the street.

**Call hotel for more travel information re arrival and departures times. The Hempstead line stops at Garden City approximately once an hour.

Restaurants:

On-site: Polo Restaurant, Atrium Café, Rein Bar and Bistro

Off-Site: Cafes, Restaurants and Fast Food within **Walking Distance**

Hotel Alternatives:

You can try www.expedia.com, www.travelocity.com or www.hotels.com.