

TRAVEL INFORMATION FOR COURSES HELD IN NORTH CAROLINA

ACCOMMODATIONS in CLEMMONS, NC (5 minutes from training site)

Holiday Inn Express – Exit 184

6320 Amp Drive

336-778-1500 – You MUST call this number to get the discounted rate

Ask for **NES Corporate Rate** \$70.00 – breakfast included

Call early as often the rooms are booked!

Closest Hotels to the NES Office

Both of these hotels are located within yards each other. Approximately ½ mile 4 minutes away from NES office.

The Village Inn Golf and Conference Center

6205 Ramada Dr

Clemmons, NC 27012

(336) 766-9121

Room rate \$62.00 per night no breakfast included

Hotel has a full service restaurant, breakfast cost approximately \$7.00

Super 8 Motel

6204 Ramada Dr.

Clemmons, NC 27012

(336) 778-0931

Room Rate \$60.50 per night Continental Breakfast Included

ACCOMMODATIONS in Winston– Salem, NC (15 minutes from training site)

Courtyard by Marriott – Exit 189

1600 Westbrook Plaza Drive

336-760-5777

The Hampton Inn (Hanes Mall Blvd) – Exit 189

1990 Hampton Inn Court

(336) 760-1660

1-800-Hampton

La Quinta – Exit 189 – pet friendly

2020 Griffith Road (off Stratford Road)

Phone 336-765-8777

Toll Free 1-800-531-5900

Fairfield Inn – Exit 189 – pet friendly/\$25 deposit

1680 Westbrook Plaza

Phone 336-714-3000

Toll Free 1-800-228-2800

Driving from Piedmont Triad International Airport (PTI) to Hotels in

Winston-Salem: (Driving time is 35-40 minutes).

Exit the airport to Bryan Blvd and follow Route 68 South. Take I-40 West toward Winston-Salem.(where I-40 splits take left fork) Follow I-40 W and **exit 189**, Stratford Rd.

Driving from Piedmont Triad International Airport (PTI) To Holiday Inn

Express in Clemmons: (Driving time 40-45 minutes)

Exit the airport to Bryan Blvd and turn left on Route 68. Take I-40 West toward Winston-Salem (where I-40 splits take left fork) Follow I-40 W and **exit 184**, Clemmons. Turn right onto Lewisville-Clemmons Rd to Amp Rd, Turn right.

Driving from Charlotte International Airport to Hotels in Winston-Salem:

(Driving time approximately 1. hour and 30 minutes) Exit the airport to I-85 N to I-77N to I-40E. Exit 189, Stratford Road.

To the Holiday Inn Express in Clemmons: (Driving time approximately 1 hour 20 minutes) From I-40 eastbound take the Lewisville-Clemmons Exit, Exit 184, and turn left. Turn right on Amp Rd.

Directions from Airport to Village Inn and Motel 8

Piedmont Triad International Airport: I-40 West toward Greensboro. Take Exit 184 towards Clemmons, turn left onto Lewisville Clemmons Road, left onto Ramada Drive.

Hwy 421

Take Hwy 421 to Lewisville-Clemmons exit. Lewisville-Clemmons road to Ramada Drive. We are at the corner Lewisville-Clemmons Road and Ramada Drive. 6204 Ramada Drive

Hwy 52

Take Hwy 52 to I-40 west, exit 184. Turn left at top of exit onto Lewisville-Clemmons Rd. Left onto Ramada Drive. 6204 Ramada Drive.

I-40

East or West on I-40 to Exit 184 towards Clemmons, turn left onto Lewisville Clemmons Road, turn left immediately onto Ramada Drive.

SHUTTLE SERVICE

Limo service is available from Greensboro for \$90.00 round trip (tip not included) or Charlotte \$300 round trip (tip not included) Cash only unless arrangement is made in advance for credit card. To book the shuttle call: Mike White, Metropolitan Limousine Service at 336-749-0173 or e-mail ametrolimo@aol.com.

Please schedule transportation at **least three days before your expected arrival** date.

Directions to Integrative Life Solutions Office from Winston Salem:

From I-40 W take the Lewisville-Clemmons Exit 184 and turn left on the Lewisville-Clemmons Road. Go through 3 stoplights (**just past Stadium Dr and BP gas station**). **Turn right onto Cephis Drive**. Proceed to the end of the road, just before the day-care center. Turn left onto Neudorf Road and left into the 2nd parking lot. Integrative Life Solutions is in Suite G, **Building #7**

Directions to Integrative Life Solutions Life Office from Charlotte

From I-40 E take the Lewisville-Clemmons Exit 184 and turn right on the Lewisville-Clemmons Road. Go through 3 stoplights and turn right on Cephis Drive. and proceed to the end of the road, just before the day-care center. Turn left onto Neudorf Road and left into the 2nd parking lot. Integrative Life Solutions is in Suite G, **Building #7**

MEALS AND DINING

We will provide coffee, tea, water and snacks during the training. Lunch and dinner will be your responsibility. There are many fine local restaurants close to the hotels and training site. For more details, go to: www.winstonsalem.com, Information Center, Visitor Information.