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## Hotels and Motels In the Area

### **Distance from FRTI**

**The Golden Bear Inn 510-525-6770 , 800-525-6770 [www.goldenbearinn.com](http://www.goldenbearinn.com)**

*1620 San Pablo Ave, Berkeley, CA 94702* **1.25 miles**

Across the street from Café Fanny, this is a clean, quiet, inexpensive place to stay. There are cottages (starting ~\$200/night) and many regular rooms available. Prices for a Room with one queen bed start at ~ \$100; with 2 queen beds, at ~ \$120. The cottage has two bedrooms, full kitchen, living room, dining area. It is small but can sleep up to six people comfortably. AAA, AARP, senior and military discounts available upon request.

**Rose Garden Inn 510-549-2145 [www.rosegardeninn.com](http://www.rosegardeninn.com) 2.75 miles**

*270 Telegraph Ave, Berkeley, Ca 94705*

This turn of the century mansion has 40+ rooms, which include complimentary breakfast and wine and cheese served each evening. Rooms are \$109 and up.

**Double Tree 510-548-7920, [www.doubletree.com](http://www.doubletree.com) 1.25 miles**

*200 Marina Blvd. Berkeley, Ca*

Located on the waterfront, this hotel has regular and marina view rooms available. Prices vary, depending upon date/availability. It has two swimming pools, sauna, Jacuzzi and on site restaurant.

**Woodfin Hotels – 510-601-5880. [www.woodfinhotelemeryville.com](http://www.woodfinhotelemeryville.com) 3.25 miles**

*Emeryville, CA*

Located close to the freeway. Many amenities. Prices vary, starting ~\$200. Parking, on-site restaurant, spa, WiFi, etc.

**French Hotel 510-548-9930 no web site 2.5 miles**

*1538 Shattuck Berkeley, Ca 94709*

Located on Shattuck Ave ~ 13 blocks from the Berkeley Conference Center. Features one of the best cafes in Berkeley. \$115 for a Queen bed.

**La Quinta Inn 510-849-1121 [www.laquinta.com](http://www.laquinta.com) 0.5 miles**

*920 University, Berkeley, Ca 94703*

Located at University and 9<sup>th</sup> Ave, this hotel is the closest one to Feldenkrais Resources. They also have a swimming pool. Provide discounted rate for activities held at Rudramandir (Ask for the “Rudra discount”). Discounted rate from \$130. Continental Breakfast included.

**Holiday Inn Express 510-548-1700 [www.hiexberkeley.com](http://www.hiexberkeley.com)**

*1175 University Ave, Berkeley CA*

Added to the list because it came highly recommended. Continental Breakfast included and airport shuttle service available. Rates vary.