



MASTERS CENTER
FOR TRANSFORMATION

Ashland Travel Info

AIRPORT

Rogue Valley International – Medford Airport (MFR)

20 minutes to Ashland

Hub cities: Portland, OR, Seattle, WA and San Francisco, CA

LOCAL TRANSPORTATION

Rogue Valley Towncar Service

Service is by reservation only. 541-772-3472 (\$35 each way) Private sedan/limo transportation.

Cascade Airport Shuttle

Service is by reservation only. 541-488-1998 (\$28 each way). May include stops for other passengers.

Shawn's Ride Share large van that has both local and round trip to SF Bay area shuttles

www.shawnsrideshare.com, [541-708-1628](tel:541-708-1628)

departs Ashland on Thursdays & Sundays

departs bay area on Fridays & Mondays

TLC Taxi - 541-772-6288. Ashland local & airport transportation.

G2G Taxi – 541-245-4545. Ashland local & airport transportation.

AIRPORT RENTAL CARS

Avis – 541-773-3003 / 800-331-1212

Budget – 541-773-7023 / 800-527-0700

Hertz – 541-773-4293 / 800-654-3131

National – 541-779-4863 / 800-227-7368

Enterprise – 541-772-0573 / 800-261-7331

ASHLAND ACCOMMODATIONS

Below we have included specific recommendations for lodging in Ashland, many of which are in walking distance to our workshop location.

Many of the lodgings in Ashland are in the downtown & historic area. This area is generally very flat and easy walking. There is a stretch of about 3 blocks going to our location that is a somewhat steep upgrade.

For a more general list of accommodations, the Ashland-based Oregon Shakespeare Festival (OSF) offers a wonderful resource list on their website link below. Alternately, you may be interested in a VRBO vacation-rental-by-owner residence and the link is provided below.

OSF RESOURCE:

http://www.osfashland.org/visit/accommodations/index.aspx?gclid=CMKxuciRoK4CFWgZQgod_i4--A

VRBO ASHLAND: <http://www.vrbo.com/vacation-rentals/usa/oregon/southern-oregon/ashland>

HOTELS, MOTELS, COTTAGES, INNS:

Palm Motel - (541) 482-2636 (\$89 - \$120)

simple, small rooms but cute, walking distance 1 mile

1065 Siskiyou Blvd, Ashland, OR, 97520

palmcottages.com

Flagship Inn - (800) 547-6414 (\$64-\$119)

Basic motel – walking distance ¾ mile

1193 Siskiyou Blvd, Ashland, OR, 97520

<http://www.ashlandflagshipinn.com/>

Oak Street Cottages - (541) 488-3778 (\$210 - \$300)

(these are not available for the April 2013 Breakthrough dates)

Cottages accommodate 6-12. Walking Distance - 1.75 miles

171 Oak Street, Ashland, OR, 97520

oakstreetcottages.com

Plaza Inn & Suites - (541) 488-8900 (\$89 - \$175)

Nice hotel. Walking distance – 2 miles

98 Central Avenue, Ashland, OR, 97520

plazainnashland.com

Lithia Springs Inn - 541) 482-7128 (\$150 - \$395)

Pricy, but a real treat with breakfast, afternoon tea and evening wine tastings included

(on the outskirts of town) need transportation - 4 miles

healing spa waters in every room & bungalow

2165 West Jackson Road, Ashland, OR, 97520

www.ashlandinn.com/

Stratford Inn - (541) 488-2151 (\$89 - \$250)

Basic motel – walking distance 1.5 miles

555 Siskiyou Boulevard #1 Ashland, Oregon 97520

www.stratfordinnashland.com/

RESTAURANTS

A great Ashland restaurant guide:

<http://www.annaeatsashland.com/Restaurants.html>

A few of our favorites, but there are so many other good restaurants here:

Sauce – 541- 482-5863 / 1640 Ashland St

a healthy eating café, meat and vegetarian, (\$8-\$12)

walking distance from our house

Dragonfly – 541- 488-4855 / 241 Hargadine Street (\$10-\$20)

Wide variety, Latin/Asian fusion, healthy eating, meat and vegetarian

Kobe – 541-488-8058 / 96 North Main St. (\$10-\$20)

Japanese cuisine

Peerless – 541-488-6067 / 265 Fourth St. (\$18-\$35)

Sophisticated neighborhood restaurant

Ashland Food Co-op – 541-482-2237 / 237 N. First St.

Healthy grocery with organic deli, steam table hot meals, salad bar, prepared take-out

Tabu – 541-482-3900 / 76 N. Pioneer (\$10 - \$15)

Nuevo Latino Cuisine

Great mahimahi fish with sweet potato fries!

And best flan EVER

VACATION IN ASHLAND

For those who are arriving early and/or staying on after the workshop, Ashland is a wonderful vacation spot for a wide variety of activities for adults and families. For outdoor adventures there is kayaking, hiking, skiing, tennis, biking and boating all within a short drive from downtown Ashland. Equipment rental is available. Wilderness hiking is just a short walk from the downtown area.

Lithia Park in downtown Ashland is a lush and beautiful park with a mountain fed cascading creek that runs down through the center of town. It is a lovely place for picnics, Frisbee, sunbathing, strolling, hiking, meditating and even cooling off in the chilly waters.

Ashland is home to the internationally acclaimed Oregon Shakespeare Festival, which attracts international visitors to Ashland February through October. Featuring contemporary and traditional plays, OSF has something for everyone. Visit the OSF website to review the plays available and to purchase tickets. Advance purchasing is highly recommended. Be sure to catch the free Green Show performances on the lawn just outside the theatre Tues-Sun evenings in the summer months.

Ashland also boasts a variety of wonderful restaurants, music, art, and spas. You can find a full listing of all Ashland restaurants and links to their menus at:

<http://www.passport2ashland.com/component/mtree/where-to-eat.html> .

Reservations at dinner are a must so you are not disappointed!