

## COURSE LOCATION: 2213 HARBOR BAY PARKWAY, ALAMEDA, CA

**ProBalance Harbor Bay** is located in the Venture Commerce Center at the north corner of Harbor Bay Parkway and North Loop Road, along the bayfront portion of Harbor Bay Parkway. For individuals traveling in from long distances, our Harbor Bay Location is conveniently located 10 minutes away from the Oakland Airport. This location can also be easily reached from San Francisco utilizing the Harbor Bay Ferry and the Harbor Bay Shuttle Service during commute hours.

### FROM OAKLAND AIRPORT

1. Exit Airport
2. Take first Exit Ramp on the Right  
(Ron Cowen Parkway) 0.3 mi
7. Slight left onto Harbor Bay Pkwy  
Destination will be on the right 1.3 mi

### TAXIS

Friendly Cab  
510-536-3000 or 800-244-0400

Veteran's Cab  
510-533-1900

### SCHEDULED VANS AND BUSES

A-1 Express Shuttle Service	(888) 698-2663
Air-Transit Shuttle	(510) 568-3434
American Shuttle Express	(408) 259-9500
Bay Airporter Express	510) 234-9759

### FROM BERKELEY

1. Take I-80 W/I-580 E to San Francisco
2. Keep left at the fork and merge onto I-580 E/I-80 W,  
Continue to follow I-580 E 2.7 mi
3. Slight right onto I-880 S (signs for Alameda) 10.2 mi
4. Take exit 35 for 98th Ave 0.3 mi
5. Turn right onto 98th Ave 0.8 mi
6. Continue onto Airport Dr 0.3 mi
7. Slight right onto Ron Cowan Pkwy 0.4 mi
9. Slight left onto Harbor Bay Pkwy  
Destination will be on the right 1.3 mi

### FROM SAN FRANCISCO AIRPORT

1. Head north 121 ft
2. Keep right at the fork 0.5 mi
3. Keep right at the fork 0.2 mi
4. Take the ramp onto US-101 S 6.9 mi
5. Take exit 414B for Fashion Island Blvd  
toward Hayward 0.3 mi
6. Follow signs for CA-92 E/Hayward and  
merge onto CA-92 E 12.4 mi
7. Take exit 25B-26A-B for  
Interstate 880 N toward Oakland 1.5 mi
8. Merge onto I-880 N/Interstate 880 7.4 mi
9. Take exit 35 for 98th Ave toward  
Oakland Airport 0.3 mi
10. Turn left onto 98th Ave 0.9 mi
11. Continue onto Airport Dr 0.3 mi
12. Slight right onto the ramp to  
Ron Cowan Pkwy 0.4 mi
13. Slight right onto Ron Cowan Pkwy 1.3 mi
14. Slight left onto Harbor Bay Pkwy  
Destination will be on the right 1.3 mi

### BART RAPID RAIL

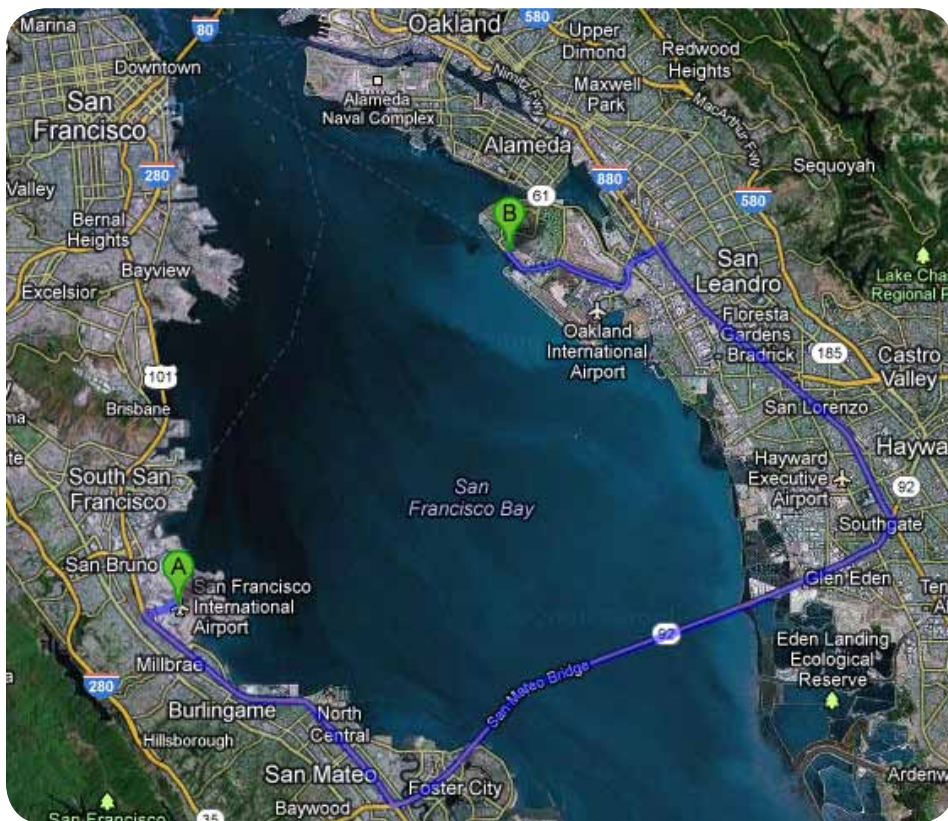
**BART** operates rapid rail service to the East Bay directly from SFO. The **SFO BART** Station is located on the Departures/Ticketing Level of the International Terminal (Boarding Area G side).

If traveling to Alameda via SFO BART, stop at the Fruitvale Bart Station and take a Bus or Taxi to Alameda (about a 15 minute car ride).



### FROM OAKLAND AIRPORT

5.3 mi, 11 mins



### FROM SAN FRANCISCO AIRPORT

33.6 mi, 43 mins

## HOTELS

**Hampton Inn & Suites**  
(11 min. walk to Studio / \$15  
cab ride from Oakland Airport)  
1700 Harbor Bay Parkway  
Alameda, CA 94502  
(510) 521-4500

**Extended Stay Deluxe**  
(22 min. walk to Studio)  
1260 South Loop Road  
Alameda, CA 94502  
(510) 769-7000

**Hilton Oakland Airport**  
(4 miles to Studio)  
1 Hegenberger Road  
Oakland, CA  
(510) 635-5000

**Courtyard Oakland**  
(4.5 miles to Studio)  
350 Hegenberger Road,  
Oakland  
(510) 568-7600

## RESTAURANTS

### HARBOR BAY SHOPPING CENTER (Harbor Bay)

Penca Azul  
(Good Mexican, near-by)  
891-B Island Dr.  
(510) 814-0560

Angelfish Japanese Restaurant  
883 Island Drive  
(510) 749-0460

China Villa  
891 Island Drive  
Alameda, CA 94502  
(510) 521-1911

### DOWNTOWN PARK STREET (Alameda Island)

*There are many restaurants on  
Park Street. Some of these include  
the following:*

C'Era Una Volta  
(Good Italian and atmosphere)  
1332 Park St # D  
Alameda, CA  
(510) 769-4828

Toomie's Thai Cuisine  
1433 Park Street  
Alameda, CA  
(510) 865-8008

Pappo  
2320 Central Avenue  
Alameda, CA 94501  
(510) 337-9100

Asena Restaurant  
2508 Santa Clara Avenue  
Alameda, CA  
(510) 521-4100  
asenarestaurant.com

Kamakura Japanese Restaurant  
2549 Santa Clara Avenue  
Alameda, CA  
(510) 521-9121

## SHOPPING

DOWNTOWN ALAMEDA  
<http://www.shopparkstreet.com/891->

ALAMEDA SHOPPING CENTER  
<http://www.alamedasouthshorecenter.com/home>

FERRIES FROM ALAMEDA TO SAN FRANCISCO  
<http://sanfranciscobayferry.com/schedules>

