

## 2023 SMCR Conference in Bethesda, Maryland

**NOTE:** *The Society for Menstrual Cycle Research is not recommending or endorsing any one mode of travel, airport, or transportation service. SMCR is also not responsible for changes in prices from the estimates available to us at the time this information was compiled. We are merely trying to offer options to conference attendees that they can further research on their own so that they can make informed choices.*

### Baltimore/Washington International Thurgood Marshall Airport (BWI)

#### Shuttle

*Bethesda Shuttle* (<https://www.bethesdashuttle.com/>)

Bethesda Shuttle is a local small business that offers convenient door-to-door service between Montgomery County/NW DC and Ronald Reagan, Dulles, and BWI airports. They provide shuttle transportation to and from the conference site (Hyatt Regency Bethesda) for all three airports in the DC area.

Estimated time: 45-60 minutes

Price: \$85 (for 1-2 person from the same location, add \$5 for each person up to 4; between 5:30am-9pm) For groups of 5 or more please call +1-202-590-7516 for pricing. Additional charges apply for service outside above hours. Additional charges of \$10 apply during rush hour. 6:30-9:30am and 2:30-6:30pm. RESERVATION REQUIRED.

\*Additional Info: Masking is mandatory in the vehicle, and passengers exhibiting flu-like symptoms are kindly requested to refrain from entering the vehicle. (According to the webpage)

#### *Other shuttle options:*

- Super Shuttle: Call +1-800-258-826 for reservations
- Airport Shuttle: Call +1-800-776-0323 for reservations
- Awards Limousine Service: Call +1-301-656-9644 to make a reservation

#### **Cab/Rideshare**

When it comes to estimating cab/rideshare prices for transportation to and from the airports and the conference hotel, please note that prices may fluctuate depending on the specific time of arrival and other factors. The following information is meant to provide rough estimates and actual prices may vary. It is recommended to check on the Uber/Lyft app for the most up-to-date pricing information.

#### *Taxi*

The taxi stands are located just outside of the baggage claim area on the Lower Level of the BWI Marshall Airport terminal near doors 5 and 13. Please note that this service is available from BWI Marshall Airport only. For cab service to BWI Marshall Airport, please consult your local cab company. BWI Marshall Airport taxicabs are prohibited from charging flat rate. (Price is unspecified on the airport website)

### *Uber & Lyft*

Estimated Time: 45-60 minutes

Estimated Price: \$65-\$70 (normal car with 3-4 passengers max) \$80-\$100 (Premium or XL with 4-5 passengers max)

\*Tip: If you plan to use a rideshare service to travel to the conference site, it is recommended to compare prices on multiple apps and choose the most cost-effective option. Based on past experiences, when comparing prices for the same ride at the same time on both Lyft and Uber, Lyft often tends to be slightly cheaper than Uber.

### **Public transport**

#### *MARC train & Metrorail*

Estimated Time: 2hr 15 min

Itinerary: (1) Take the airport free shuttle to the BWI MARC/Amtrak Station. (2) Ride two stops and arrive at BWI Marshall MARC Station. (3) Take MARC Train 401 from BWI Thurgood Marshall to Washington Union Station. (4) Walk 5 mins to the Union Station Metrorail Station and take Redline towards Shady Grove. (5) Ride 11 stops and arrive at Bethesda Station. (6) Walk 2 min and arrive at Hyatt Regency Bethesda.

\*The MARC train is scheduled and do not operate 24-7. You can look up the schedules on the following website: <https://www.mta.maryland.gov/schedule/timetable/marc-penn>

Fare:

MARC Train: \$6-\$9

Metrorail: \$2

#### **Time of Operation (Metrorail)**

- Monday through Thursday from 5am to midnight
- Friday from 5am until 1am
- Saturday from 7am to 1am
- Sunday from 7am to midnight