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.*

Dulles International Airport (IAD)

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: 40-50 minutes
Price: $70 (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 +1-800-258-3826 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
IAD provides a 24-hour taxi service to and from the Airport. Taxis can be found from the Terminal, Arrivals Level - Baggage Claim, customers should proceed DOWN the ramp at Doors 2 or 6. Signage inside the Terminal directs travelers to the taxi queues. Reservations NOT required.
Estimated Time: 40-50 minutes
Estimated Price: around $60 (according to the airport website)

Uber & Lyft
Estimated Time: <u>40-50 minutes</u>
Estimated Price: <u>$38-$50</u> (normal car with 3-4 passengers max) <u>$65-$90</u> (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
Metrorail
Itinerary 1
<u>Estimated Time: 94 mins</u>
Direction: First take the silver line towards Largo from the <u>Washington Dulles International Airport Metrorail</u> Station (connected to the main terminal by an indoor pedestrian tunnel with moving sidewalks), ride 18 stops and get off at <u>Metro Center</u> Metro Station. Follow signs for Red Line to Shady Grove. Ride 8 stops on the Red Line and get off at <u>Bethesda Station</u>. Bethesda Station is 40m away from Hyatt Regency Bethesda and within walking distance.
<u>Fare: $2</u>

Itinerary 2
<u>Estimated Time: 89 mins</u>
Direction: First take the silver line towards Largo from the <u>Washington Dulles International Airport Metrorail</u> Station (connected to the main terminal by an indoor pedestrian tunnel with moving sidewalks), arrive at <u>Farragut West</u> Metro Station. Follow signs for Red Line to Shady Grove. Ride 8 stops on the Red Line and get off at <u>Bethesda Station</u>. Bethesda Station is 40m away from Hyatt Regency Bethesda and within walking distance.
<u>Fare: $2</u>

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