

Thank you for interest in our upcoming iRest® immersion to be held in Kailua, Hawaii on the island of Oahu August 24-26, 2018. This document includes details about the event location, the schedule, and helpful travel tips if you are coming from off island.

The immersion will be held at the Mid Pac Country Club. You can find details about the location at <http://www.mpcchi.org/>

Address for Immersion

Mid Pac Country Club
266 Ka'elepulu Drive
Kailua, Hawaii 96734

Schedule: August 24-26, 2018

Friday, August 24th

Registration 5:00 - 6:00PM

Program 6:00-8:00PM

Saturday, August 25th

9:00AM - 4:00PM Saturday (w/ 60 minute lunch midday)

Sunday, August 26th

9:00AM - 5:00PM Sunday (w/ 60 minute lunch midday)

Lunch is not provided. There are, however, restaurants and cafes nearby that are a quick drive (or a long walk) from the event site. You are welcome to bring your lunch and enjoy the beautiful grounds at Mid Pac or take a short walk and have lunch at the beach while you enjoy this beautiful view of the Mokulua Islands (pictured to the right).



Travel Information

1. **Air Travel:** Fly into Honolulu, Hawaii on the island of Oahu. Most all of the major airlines, including international flights, fly into Honolulu as do some of the smaller airlines. You might also check out Alaska or Hawaiian Airlines, two of the smaller airlines which often have great rates, especially from the West Coast of the U.S.

2. Lodging:

- The immersion will take place in Kailua, on the Eastern side of Oahu. Mid Pac Country Club is in the seaside town of Kailua, specifically located in a neighborhood called “Lanikai.” There are lots of hotels in Waikiki and Honolulu which are about a 30-45 minute drive from Mid Pac depending on where you stay and traffic. Please note, there are *no hotels* in East Oahu. You can, however, find lodging in this area via [AirBnB.com](https://www.airbnb.com) or [VRBO.com](https://www.vrbo.com). We recommend using these sites and searching for vacation rentals in Kailua or Lanikai if you prefer nearby accommodations.

- Other recommended sites to search for nearby lodging are:

<http://www.beachhousehawaii.com>

[/https://lanikaibeachrentals.com/](https://lanikaibeachrentals.com/)

3. **Military Lodging** - If you are a military ID card holder (or sponsored by someone who is), you can find discount lodging at the following locations. They are listed in general order of proximity to the training site:

Marine Corps Base Hawaii

<http://mccshawaii.com/lodging/>

Bellows Air Force Station

<https://www.bellowsafs.com/lodging-rentals>

Navy Lodge Peal Harbor

https://www.navy-lodge.com/lodge_page.html?p_lodge_number=19

Fort Shafter Lodging

<https://www.ihg.com/armyhotels/hotels/us/en/fort-shafter/mftra/hoteldetail>

Inn at Schofield Barracks

<http://www.innatschofield.com/wahiawa-hotel-general-information.php>

Pililaau Lodging at Pokai Bay

<http://pililaauarmyrecreationcenter.com/>

If you have further questions about the location, schedule, or travel for this event, please contact Christina Finley at christina@warriorsatease.org.

If you have questions specifically related to iRest, please contact Stephanie Lopez at stephanie@irest.us.

Thank You & Aloha!

Warriors at Ease

www.warriorsatease.org