

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 (list to follow). You are always 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 34-45 minute drive from Lanikai depending on where you stay and the 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/>

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/>

3. Rental Car

If you plan on renting a vehicle, there are several companies at the Honolulu airport and in Waikiki where you can rent a car. There are several shuttle services listed below, as well as local cab companies, Uber and Lyft to offer you rides to/from the airport to Waikiki and Kailua.

King Airport Shuttle	www.kingairportshuttle.com
Aloha Airport Shuttle	www.alohaairportshuttle.com
Oahu Airport Express	www.oahuairportexpress.com

There is ample, free parking at Mid-Pacific Country Club designated for GUESTS.

Dining in Lanikai and Kailua

We have a 60-minute lunch scheduled on Saturday and Sunday. There is an on-site restaurant at the Mid-Pacific Country Club for your dining pleasure. Due to time constraints, it is suggested you either plan to eat at the on-site restaurant or purchase food from one of the local markets/restaurants and bring it with you to enjoy either on the Country Club grounds, or a short walk away on Lanikai Beach. There are several suggestions listed where you can purchase ready-made items, with vegetarian/vegan options, as well as sit-down restaurants you may enjoy for dinner, or lunch if you are extending your stay beyond the Immersion dates. This list is by no means exhaustive, but provides a few options to consider.

Lanikai:

Kalapawai Market

306 S Kalaheo Ave, Kailua, HI 96734

To-go items as well as take-out orders for breakfast and lunch are available:

<http://www.kalapawaimarket.com/wp-content/uploads/2005/12/Kalapawai-Market-Menu-630-7PM.pdf>

Buzz's Steakhouse in Lanikai

<http://www.buzzsoriginalsteakhouse.com/lanikai/>

Available for lunch and dinner, sit-down only, reservations highly recommended

Kailua:

In the town of Kailua, approximately a 10-min drive from Lanikai, there are a number of restaurants, coffee shops, and two other grocery stores including Safeway and Times Supermarket.

Leahi Health

481 Kuulei Road, Kailua, HI 96734

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

Vegetarian take-out with vegan and gluten-free options

Whole Foods Market

629 Kailua Road, Suite 100, Kailua, HI 96734

<https://www.wholefoodsmarket.com/stores/kailua>

The Beet Box Cafe

46 Ho'olai Street, Kailua, HI 96734

<https://www.thebeetboxcafe.com/menu>

Vegetarian dine-in/take-out with vegan and gluten-free options

Down to Earth

201 Hamakua Drive, Kailua HI 96734

<https://www.downtoearth.org/our-stores/store-locations/kailua-oahu>

Local Organic & Natural Food store & take-out cafe

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