



PILATES AT THE PILLOW® | September 29-31, 2023

The New Science and Lost Art of Joe's Contrology™

Transportation Information

Travel Information To and From Jacob's Pillow (358 George Carter Road, Becket MA, 01223)

AIRPORTS	City, State	*Distance	CAR RENTAL
Albany International Airport (ALB)	Albany, NY	1.5 hours	Enterprise
Bradley International Airport (BDL)	Hartford, CT	1.5 hours	Alamo
Logan International Airport (BOS)	Boston, MA	2.5 hours	Hertz
John F. Kennedy International Airport (JFK), LaGuardia Airport (LGA), Newark Liberty International Airport (EWR)	New York, NY	3.5 hours	

**Approximate driving time to/from Jacob's Pillow*

TRAINS

Amtrak

Line runs from Penn station in NYC to Hudson, NY-about an hour from Jacob's Pillow. Below are a few train times which might be helpful in when planning your travel. For more information and purchase tickets, go to www.amtrak.com (prices vary depending on when you book your ticket).

Penn Station to Hudson, NY — Friday, September 29, 2023

8:15am - 10:21am | 10:20am - 12:20pm | 11:20am - 1:20pm

Hudson, NY to Penn Station — Sunday, September 31, 2023

6:38pm - 8:50pm | 7:37pm - 9:55pm

Metro-North

Train service runs from Grand Central Station in NYC to Wassaic, NY or Waterbury, Connecticut—both about an hour and fifteen minutes from Jacob's Pillow. The trains for those trips are not yet posted this far in advance. For more information, go to www.MTA.info



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BUS

Peter Pan / Bonanza

800.343.9999 | www.peterpanbus.com

This line provides service from Boston, Hartford, Albany, New York City, and Springfield and arrives in Lee, Massachusetts, at the Lee Plaza, which is 8 miles from Jacob's Pillow. There is no bus terminal; tickets may be purchased online or on the bus.

TAXI SERVICE

Location	Taxi	Phone Number	Estimated fare
From Hudson, NY train station	Hudson Region Transport	518.547.7094	\$98 one way
From Wassaic, NY train station	Emerald Express Taxi	518.592.1074	\$100 one way
From Waterbury, CT train station	Brass Taxi	203.805.5656	\$125 one way
From Lee, Massachusetts Lee Plaza	Park Taxi	413.243.0020	

All taxi fees were accurate as of 1/8/19 they are subject to change and are beyond our control.

OPTIONAL Workshop on Monday, October 1, 2023

Travel to Rhinebeck from Becket, MA

- Ride share with other attendees is most likely the best option
- Please check for hotel and inn options in Kingston, Rhinebeck, and Hyde Park, NY

Please contact elaine@rhinebeckpilates.com to discuss travel options.