

SICB Notes from the Underground

Annual Meeting 2015, West Palm Beach, FL

Palm Beach Convention Center

WELCOME TO WEST PALM BEACH

Make sure to download (google play or itunes) the SICB meeting app to keep up to date on all of the changes. Any changes to the program that happened after it went to print will be on the app.

Getting To West Palm Beach and to the SICB Meeting Site (Palm Beach Convention Center)

The conference will be held at the Palm Beach Convention Center (<http://www.pbconventioncenter.com/>). SICB will be providing shuttles to and from the convention center from SICB hotels as follows:

Route 1 - RED- Hyatt Place

7:00am-9:00am every 15 minutes

3:00pm-7:00pm every 30 minutes

8:00om-10:00pm every 30 minutes

Route 2 - BLUE - WPB Marriott

7:00am-9:00am every 15 minutes

3:00pm-7:00pm every 30 minutes

8:00om-10:00pm every 30 minutes

Route 3 - YELLOW -Springhill Suites & Homewood Suites

7:00am-9:00am every 30 minutes

3:00pm-7:00pm every 30 minutes

8:00om-10:00pm every 30 minutes

Route 4 - ORANGE - Courtyard, Hilton Garden Inn, Hampton Inn, Stay Inn

7:00am-9:00am every 30 minutes

3:00pm-7:00pm every 30 minutes

8:00om-10:00pm every 30 minutes

Route 5 – GREEN - Embassy suites

7:00am-9:00am every 15 minutes

3:00pm-7:00pm every 15 minutes

8:00om-10:00pm every 15 minutes

Route 6 – PURPLE - Holiday inn

7:00am-9:00am every 30 minutes

3:00pm-7:00pm every 30 minutes

8:00om-10:00pm every 30 minutes

Airport: There are many options for getting to West Palm Beach and most people will fly into the West Palm Beach International Airport (WPB). You will need to check with your hotel to determine if it offers free shuttle service (all SICB contracted hotels provide a complimentary airport shuttle). Another option is to fly into Fort Lauderdale International Airport (FLL) or Miami International Airport (MIA) and take the intercity train to West Palm Beach.

Intercity Train from Fort Lauderdale or Miami: Connect to the three major South Florida airports with Tri-Rail. Tri-Rail is the easiest way to travel in South Florida for business or pleasure with direct and convenient bus connections to the Fort Lauderdale/Hollywood International Airport, Miami International Airport and Palm Beach International Airport terminals. Fares as low as \$2.50, onboard luggage racks on all trains and free parking at all train stations. Use the following link for more information and train schedule: <http://www.tri-rail.com/>

Driving: If you drive to West Palm Beach, there you may have to pay a parking fee at your hotel. Additionally, Palm Beach County Convention Center offers self-parking and valet services at prevailing rates.

Staying in West Palm Beach (Hotels below offer complimentary shuttle to and from WPB airport)

West Palm Beach Marriot; <http://www.marriott.com/hotels/travel/pbimc-west-palm-beach-marriott/>

Embassy Suites; <http://www.eswestpalmbeach.com/>

Hampton Inn; http://www.hilton.com/search/hp/us/fl/west_palm_beach

Hilton Garden Inn; <http://hiltongardeninn3.hilton.com/en/hotels/florida/hilton-garden-inn-west-palm-beach->

[airport-PBIPBGI/index.html](#)

SpringHill Suites West Palm Beach I-95; <http://cwp.marriott.com/pbiwi/sicb/>

Homewood Suites Hilton; http://homewoodsuites.hilton.com/en/hw/groups/personalized/P/PBICHTW-SIC-20150102/index.jhtml?WT.mc_id=POG?

Stay Inn West Palm Beach Airport; <https://bookings.ihotelier.com/bookings.jsp?groupID=1336412&hotelID=75568>

What to do while you are in [West Palm Beach](#)

Check out this link too...[Things to do](#)

While in West Palm Beach- make sure to check out "City Place" which is a very nice large outdoor shopping mall and eating area near the convention center and near most of the hotels. There are lots of restaurants open for lunch and dinner. There is a ridiculous amount of shopping opportunities.

From City Place you can walk north to Clematis street- which is the main strip with restaurants and many bars and clubs in the evening. This is the area that we will be exploring during the SICB Pub Crawl (Make sure you have your tickets for this fun adventure).

Here is a website that offers some opinions on the dining opportunities in West Palm Beach:

<http://www.10best.com/destinations/florida/palm-beach-west-palm-beach/restaurants/>

In addition, I recommend the following:

Roccos Tacos and Tequila Bar; <http://www.yelp.com/biz/roccos-tacos-and-tequila-bar-west-palm-beach> great Mexican food and authentic margaritas.

Tequila Cowboy; <http://tequilacowboywpb.com/about-tc/>; for Mechanical Bull Riding

West Palm Beach Improv; <http://palmbeach.improv.com/> See the web page for big name headliners

The Breakers hotel; <http://www.thebreakers.com/> North on the Island which is beautiful and is worth a look around; if just for an evening cocktail as it is quite expensive. [Echo](#) is a very nice Asian restaurant on the island.

GETTING AROUND IN WEST PALM BEACH

THE FREE DOWNTOWN WPB TROLLEY (MOLLY'S TROLLEY)

Use this as it is very simple and FREE!

[Map of Trolley Route](#)

There are 2 routes in Downtown West Palm Beach: The Yellow Line & Green Line. Both routes are FREE and the trolley picks up passengers every 10 minutes at designated trolley stops located in downtown West Palm Beach and is handicapped accessible. This is a convenient way to visit all of your favorite Downtown shops, restaurants, and attractions.

The **Yellow** Line Travels to City Place and Clematis Street. The City Place stop is located in front of Macy's on Rosemary Avenue. Clematis Street stops are located in the center of each block from Rosemary Avenue to Flagler Drive.

The hours of operation for the Yellow Line are:

7 days a week

Sunday - Wednesday: 11am- 9pm; Thursday - Saturday: 11am- 11pm

The **Green** Line Travels to the Tri Rail Station to Downtown to make it even easier to visit our attractions.
The hours of operation for the Green Line are

7 days a week

Monday - Friday: 7am-6pm; Saturday- 9am -6pm; Sunday - 11am - 6pm

Scenic road trip: drive the 5 miles to the north end of the island and you will not regret it! The houses are amazing and the road is along the ocean. Beach parking is cheaper, or even free the further away from the beach you park- check side streets to avoid the \$5 per hour fee.

Macarthur Beach state park is well worth a look- and only about 20 minutes' drive north from your hotel. They have a very nice information center, and a large bridge over the intracoastal leading to a protected natural beach and dune system. There is a nice rock reef for snorkeling

If you want to go SCUBA Diving (full service with rentals) Hunter Hines (graduate student) would recommend:

The SCUBA Club, Inc; <http://www.thescubaclub.com/> This is a great organization and works with my University doing courses and providing SCUBA certification as part of our Biology program. You might be able to ask for an educator of PBA discount. JD is the contact there.

Additional West Palm Beach Information

<http://www.visitpalmbeach.com/Individual-Adventures/Visitor-Information-Center-135.aspx>

Thanks to **Hunter Hines**, a graduate student at the Smithsonian Marine Station who provided suggestions for the Notes from the Underground.