

## Directions and Parking for the 2007 Insights event:

Insights guests have three parking options: (1) hotel parking –north of Embassy Suites at an hourly rate, (2) metered street parking (3) STRESS FREE and NO FEE, we recommend you take advantage of the free parking we have arranged for our Insights guests at Principal Park (located at One Line Drive, Des Moines, home of the Iowa Cubs). A shuttle will transport you to and from the event beginning at 11:00 am.

### Directions to the Iowa Cubs at Principal Park:

Address: Principal Park , One Line Drive , Des Moines, IA 50309

Principal Park is located south of downtown Des Moines off of Martin Luther King Parkway.

On I-235, take the Third Street exit and go south following the marked signs.

### Directions to the Embassy Suites Des Moines - On the River:

Address: 101 East Locust Street, Des Moines, Iowa, USA 50309

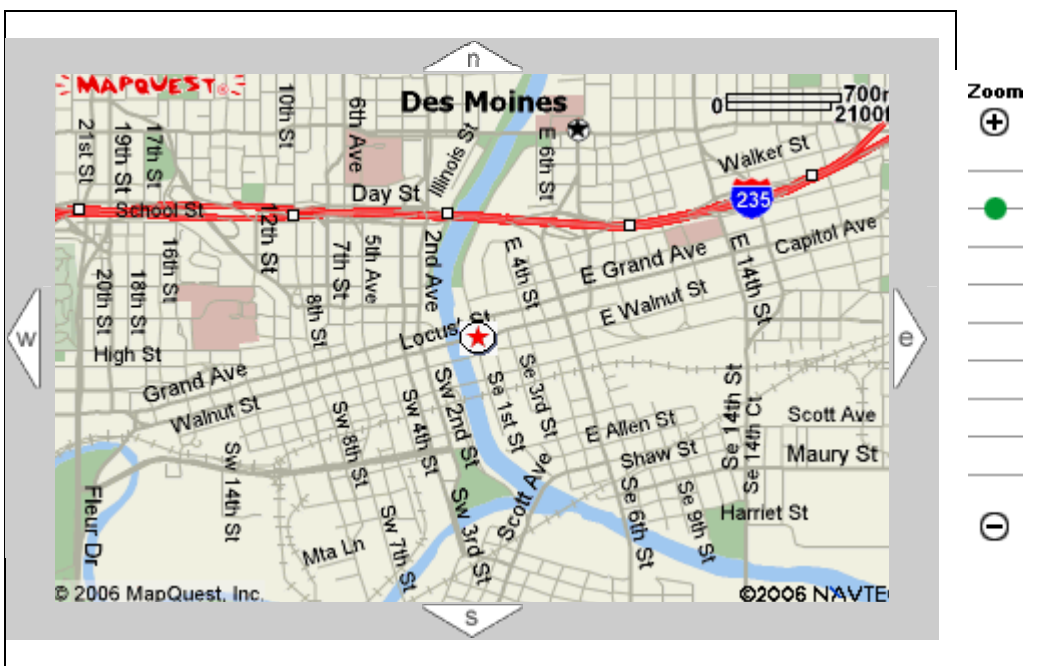
Phone: 515-244-1700

From I-35N or I-80E - Take I-235E to the Penn Avenue exit turn left from the exit ramp going south. When you reach Locust Street turn right and continue 6 blocks, Embassy Suites is on the left hand side of the road.

From the Airport - Exiting the airport parking lot turn left onto Fleur Drive, then turn right onto Grand Avenue exit ramp- it will turn into Locust Street. Continue East through downtown Des Moines on Locust Street, cross the bridge to East Locust. Embassy Suites on the River is on the right side of the road.

From I-35 S or I-80W- Take I-235W to the SE 14th Street exit. Turn left off the exit going South for approximately 3 blocks until you reach Grand Avenue. Turn right on Grand Avenue and go west for 13 blocks, turn left on East 2<sup>nd</sup> and turn right at East Locust. Embassy Suites is on your left hand side and the parking lot is to the right. (There is a parking fee for this lot.)

### Local Map with Hotel Marked:



**Questions?** Contact the Chrysalis Foundation at phone: 515-255-1853.