

The **Return** Experience

Travel & Accommodations Guide

October 23–25, 2026 | Palm Beach County Convention Center

Preparation & Planning Essentials

Session Schedule

Thursday, Oct. 22nd: **TRAVEL DAY**

Friday, Oct. 23rd: 11:30 AM - 7:00 PM ET*

Saturday, Oct. 24th: 10:00 AM - 7:00 PM ET*

Sunday, Oct. 25th: 10:00 AM - 7:00 PM ET*

Monday, Oct. 26th: **TRAVEL DAY**

*End times are approximate and may shift based on the flow of the experience. Please keep your evenings flexible and avoid same-day departure plans.

Recommended Travel Window

Arrival Window: We strongly recommend booking your arrival flight for Thursday, October 22nd. This gives you ample time to check into your accommodations, settle in, and begin day one fully restored.

Departure Window: Sessions run deep into the evening and are planned to conclude at approximately 7:00 PM ET on Sunday, though the end time may shift with the flow of the experience. Booking your departure flight for Monday morning, October 26th, allows you to remain fully present through the final integration blocks without rushing to clear airport security checkpoints.

Air Travel & Transit Hubs

Palm Beach International Airport (PBI)	5 to 10 minutes from the venue campus.	The most frictionless option for direct commercial arrivals and private aviation.
Fort Lauderdale-Hollywood International Airport (FLL)	45 minutes south of the venue.	A major international hub offering an expansive selection of direct, non-stop domestic routes.
Miami International Airport (MIA)	1 hour and 15 minutes south.	The optimal hub for international routes and global carriers.

Bypassing Highway Traffic: The Brightline Luxury Train

If you choose to fly into Fort Lauderdale (FLL) or Miami (MIA) to capture specific direct flight schedules, there is no need to rely on highway rideshares. You can step directly onto the **Brightline luxury high-speed train**, operating an executive-class corridor straight into downtown West Palm Beach. The trip takes approximately 40 minutes from Fort Lauderdale, features complimentary Wi-Fi and premium lounges, and drops you off just three blocks from the convention center campus.

Accommodations & Stays

On-Site & Connected Hotel Staying directly on the convention campus minimizes transit time and gives you convenient access to your room during breaks. · Hilton West Palm Beach: Directly connected to the Convention Center via an enclosed walkway. IMPORTANT BOOKING NOTE Because convention hotels hold extensive room allocations for private corporate events, standard online booking systems may occasionally display 'no availability' for our exact dates. However, rooms may still be available by contacting the property directly. If the online tool shows no rooms available, please call the front desk at 561-231-6000 to complete your reservation by phone. Rooms sell out fast, so we highly advise locking in your stay early. · Downtown Hotels at CityPlace: Multiple upscale properties within a 5-to-10-minute walk, integrated into a premium dining and retail district.	Luxury Short-Term Villa & Home Rentals For attendees traveling with partners, corporate teams, or those who prefer a residential environment with a private kitchen and workspace, local luxury home rentals are highly accessible. Booking Tip: To ensure you remain within a 5-to-15-minute walk or a brief executive rideshare distance from the campus, focus searches for Airbnb or Vrbo for properties within the Grandview Heights, Flamingo Park, or Downtown West Palm Beach neighborhoods.
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A Note on Ground Logistics & Bridge Delays

The event takes place entirely on the mainland side of West Palm Beach. By choosing our recommended on-site accommodations or a stay within the downtown CityPlace corridor, your daily morning and evening commutes will remain entirely on the mainland, fully insulated from maritime drawbridges, oceanfront traffic, or island bottlenecks.

Please keep this in mind if you explore alternative lodging directly on the coast, as crossing the Intracoastal waterways can introduce unpredictable drawbridge delays during peak transit hours.

Event Logistics & Essentials

Parking	The Palm Beach County Convention Center features an attached 9-story self-parking garage with cashless payments only (\$2.00 hourly / \$30.00 daily max). The connected Hilton West Palm Beach offers overnight valet parking with full in-and-out privileges.
Recommended Attire	The attire for all three days is comfortable, casual dress. Because event spaces are heavily climate-controlled, we highly recommend bringing layers, sweaters, or light jackets to ensure your comfort.
Meal Breaks	Attendees have full flexibility to choose their dining options during intervals. The campus is directly adjacent to CityPlace, putting a diverse selection of upscale restaurants and premium quick-service spots within a 3-to-10-minute walkable radius.

Need Help With Your Planning?

If you run into any questions or need a hand mapping out your travel details, please do not hesitate to reach out to our team. We're right here to support you and make your trip as simple as possible.

Contact: hello@knowwithdrlaurie.com