

# For us, flexibility starts en route



## By Car

- From Frankfurt: Take the B43 to exit F-Schwanheim/F-Unterschweinstiege. Take the Steigenberger Hotel/Parkhaus MAC exit from the traffic circle.
- From Cologne/Mannheim: Take the A3 to the Kelsterbach exit. From there take the B43 (from there see "From Frankfurt").
- From Würzburg: Take the A3 to the Frankfurt-Sued exit, from there take the B43 towards "Frankfurt Flughafen"(from there see "From Frankfurt").
- From Kassel/Darmstadt: Take the A5 to "Frankfurter Kreuz". From there continue towards "Frankfurt Flughafen" on the B43.

## By Plane

From Terminal 1 or from Terminal 2 of Frankfurt Airport, you can use the complimentary shuttle bus service of the MAC/Steigenberger Airport Hotel (transfer time 5-8 minutes). You can find the bus station at the Terminal area B – please have a look for the hotel bus signs. The Steigenberger bus runs every 20 minutes.

## By Train and Bus

At Terminal 1, after disembarking from the train, either at the ICE Train Station "Frankfurt Flughafen" or at the Rapid-Transit-Station, you can use the complimentary shuttle bus service of the MAC/Steigenberger Airport Hotel (see above: "By Plane").

The canteen in the basement of the MAC is open to all course participants daily from 7:30 to 10:30 h and from 11:30 to 14:30h. You may pick up a guest card from one of the vending machines at the entrance to the canteen for a 5 Euro deposit. Charge up your card using cash.

If you want to return your card, use the vending machine and any value on the card will be paid to you, along with the 5 Euro deposit. Enjoy your meal!

As the prices in the canteen are at a high level, you might as well purchase food at the gas station, on the LH Base or at various supermarkets.

