



TRAVEL GUIDE

Congratulations on your choice to visit Blue Titan, located on the beautiful island of Hawaii..... Just kidding, you're stuck in New Jersey. But don't worry, it's not so bad. Blue Titan is located in scenic North Jersey only 40 minutes from the capital of the world, New York City! Hiking, fishing, the New Jersey Shore, bagels, pizza, Italian Delis and 24 hour diners galore, all available to you if you possess the strength to leave your hotel room after a full days training.

LOCATION



That's us. The blue square. Parking is located off of Franklin Ave so make sure you enter by the red arrow! And no, that's not a rainbow, it's the color made when crushed souls and sweat evaporate from students in the mat rooms.

AMENITIES:

Blue Titan has Wi-Fi, a microwave, two showers and four bathrooms. We sell protein shakes, water, Gatorade and apparel. Within walking distance is a Quik-Chek (think 7-11 for you west coast people) and a handful of restaurants. Everything else you might need is only a short drive away.

AIRPORT:

For this trip, you have the honor and pleasure of using one of the world's best airports in one of the world's safest cities...Newark Airport (EWR) in Newark, New Jersey. Just to be safe, though, keep anything you care about hidden and locked up at all times and don't talk to strangers.

DIRECTIONS:

Really? Ok, well in the unlikely event you don't have access to GPS or a cartograph, I would suggest using the subway, a taxi or an uber because getting lost in Newark is likely to result in you ending up on the TV Show "Naked and Afraid". Just remember, Exit 37 off of Route 80 and the parking lot to the school is off of Franklin Ave and not on Main Street! It's free and there is plenty of space!

HOTELS:

We recommend two locations. If you have a little extra money, stay at the **Hilton Garden Inn (375 Mt Hope Ave Rockaway NJ)**. It is 1 mile away, has a government rate because of a local military base, fitness center, restaurant and..bonus..is located in an enormous mall complex so you can buy all the "I LOVE NJ" t-shirts you can fit in your luggage. If you need to save a little cash, the **Hampton Inn (350 Morris Ave, Denville, NJ)** is a great deal. Free breakfast, close proximity and located right next to a Dunkin Donuts. Win Win if you ask me! Create an account with www.hotels.com and book online - it's usually the cheapest way to go.

WHAT TO DO:

New York City - Take the train from Denville, the bus from Rockaway (www.lakelandbus.com) or drive in (but prepare to sell your kidneys to afford the bridge tolls and parking). There is far too much to list out. If you've never been, visit the Statue of Liberty & the World Trade Center memorial.

The Rockaway Mall - A dozen restaurants and a few hundred stores in this enormous mall complex. All the food you can eat and swag you can buy. It's 1 mile from the school and very safe.

The Jersey Shore - Take the Garden State Parkway to exit 98 and follow the traffic. Point Pleasant is family friendly, has an aquarium and kid-friendly water park, a boardwalk and is less than 90 minutes from the gym. No - it's not the Jersey shore from TV. Most of the state denies that place actually exists.

HOW TO GET AROUND:

Rent a car. Public transportation is not what it is in NYC. Your best bet is to rent a vehicle for your trip. If you need to save cash, travel or train with a partner and split the costs.