

Assume you start with 1,000 points in one of the programs to the right. You can turn them into X number of points in one of the programs below.

	Ultimate Rewards	Membership Rewards	Starwood Preferred Guest	SPG with Bonus	ThankYou Rewards	HawaiianMiles
<i>AeroMexico Club Premier</i>		1000				
<i>Aeroplan (Air Canada)</i>		1000	1000	1250		
<i>Air Berlin</i>		416*	1000	1250		
<i>Air China Companion</i>		416*	1000	1250		
<i>Air France KLM Flying Blue</i>		1000	1000	1250		
<i>Air New Zealand & Air Points</i>		6*	15	19		
<i>Alaska Airlines Mileage Plan</i>		416*	1000	1250		
<i>Alitalia MilleMiglia</i>		1000	1000	1250		
<i>All Nippon Airways (ANA) Mileage Club</i>		1000	1000	1250		
<i>American Airlines Aadvantage</i>		416*	1000	1250		
<i>Amtrak Guest Rewards</i>	1000					
<i>Asia Miles (Cathay Pacific)</i>		1000	1000	1250		
<i>Asiana Airlines</i>		416*	1000	1250		
<i>Best Western Rewards</i>		1000				
<i>British Airways Executive Club (Avios)</i>	1000	1000	1000	1250		
<i>China Eastern Airlines</i>		416*	1000	1250		
<i>China Southern Airliens' Sky Pearl Club</i>		416*	1000	1250		
<i>Choice Priviliges</i>		1000				
<i>Delta Air Lines SkyMiles</i>		1000	1000	1250		
<i>EL AL Israel Airlines Matmid Points</i>		20				
<i>Emirates Skywards</i>		416*	1000	1250		
<i>Etihad Airways</i>		416*	1000	1250		
<i>Frontier Airlines EarlyReturns</i>		1000				
<i>Hawaiian Airlines HawaiianMiles</i>		1000	1000	1250		
<i>Hilton HHonors</i>		1500	2000**	2500**	1000	2000
<i>Hyatt Gold Passport</i>	1000					
<i>Iberia Plus</i>		1000				
<i>IHG Priority Club Rewards</i>	1000					
<i>Japan Airlines (JAL) Mileage Bank</i>		416*	1000	1250		
<i>JetBlue Airways TrueBlue</i>		800				
<i>Korean Air SKYPASS</i>	1000					
<i>LAN LANPASS</i>		833*	2000	2500		
<i>Marriott Rewards</i>	1000					
<i>Miles and More (Lufthansa, Swiss, etc.)</i>		416*	1000	1250		

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<i>Qatar Airways</i>		416*	1000	1250		
<i>Saudi Arabian Airlines Alfursan</i>		416*	1000	1250		
<i>Singapore Airlines KrisFlyer</i>		1000	1000	1250		
<i>Southwest Airlines Rapid Rewards</i>	1000					
<i>Starwood Preferred Guest</i>		333				
<i>Thai Airways Royal Orchid Plus</i>		416*	1000	1250		
<i>The Ritz-Carlton Rewards</i>	1000					
<i>United Airlines MileagePlus</i>	1000	208*	500	625		
<i>US Airways Dividend Miles</i>		416*	1000	1250		
<i>VARIG Smiles</i>		208*	500	625		
<i>Virgin America Elevate</i>		500				
<i>Virgin Atlantic Flying Club</i>		1000	1000	1250		

*To transfer from Membership Rewards to several programs, you must first transfer to SPG. These numbers assume a 5,000 Starpoint bonus for every 20,000 points.

**To transfer from SPG to Hilton, you must first transfer to Hawaiian Airlines.