

Accommodation for Cycles 5Rhythms Workshop

May 17-21, 2018

Workshop Venue

Lochdale Community Hall, 490 Sperling Ave, Burnaby, BC V5B 4H3

EASY TRANSIT: Via Skytrain and/or Bus

[Click here for transit route from your location to the hall](https://tripplanning.translink.ca) <https://tripplanning.translink.ca>

Quick information:

Closest Skytrain station is Sperling – Burnaby Lake

Lochdale Hall is near corner of Sperling and Hastings Street

Downtown Vancouver to hall: 490 Sperling Avenue – approximately 30 minutes Burrard Street Station - 95B EXPRESS Bus (Hastings at Kensington Avenue) - 5- minute walk to 490 Sperling Avenue.

From Sperling-Burnaby Lake Sky Train Station – Bus 134 to Brentwood Station

Nearby amenities to workshop:

Kensington Square Shopping Centre
<http://shopkensingtonsquare.ca/shopping.html>

Including Safeway grocery store, Shoppers Drug Mart, Starbucks Coffee shop. Local cafes & restaurants in the area

Accommodation

Best Option for Price Point and Location (15- minute transit # 95B EXPRESS BUS)

Simon Fraser University Residences

Cycles special rate of \$40.00 per night plus taxes

Traditional residence style housing. Rooms are single occupancy with bed linens, towels and shared bathrooms (the toilet stalls and shower stalls each have individually locking doors, while the sink is in a shared common space). Each room is furnished with an extra-long (78 inch) single bed, a dresser, a built-in desk, a task chair, bookshelves, a small fridge, closet and Wi-Fi Internet Access. There are universally-accessible sleeping rooms and bathrooms located on each floor. A community lounge located on each floor is an ideal place for a casual meeting space for groups or a place to relax with friends. Each lounge comes with a TV, microwave and

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Wi-Fi Internet Access. Laundry facilities are located in each building. Please note: there is no air conditioning in the private residence rooms. Parking is \$5.00/night plus taxes.

Simon Fraser University Residences Rooms are available on a first come first basis (no rooms are being held)

- **Private Residence Room for \$40.00** per night plus taxes.
- Guests will be required to provide a valid MasterCard, VISA, or Discover Card during the reservation request process. A reservation is not guaranteed until we send an email confirmation of the booking (typically within 24-48 hours after the booking request form is submitted). Bookings are not guaranteed and are subject to availability.
- Guests to request for their own accommodations, refrain from making requests for multiple attendees.
- Upon arrival, we will ask guests to show us their photo ID and the credit card used at the time of the reservation request
- Guests can adjust or cancel their reservation; we require a full 24 hours' notice prior to the arrival date. Reservations cancelled within 24 hours of arrival are subject to an overnight charge.
- **Check-in/out Time:** at the Residence & Housing front desk from **3:00pm** until 5:00pm weekdays and 3:00pm until 4:30pm on weekends. Guests arriving after our office closes can contact On-Call Staff for check-in by using the access phone located outside the Residence Office at the bottom of the stairs. Check-out time is **11:00**.

Book here : <http://bit.ly/bookSFU> and by selecting: 5 Rhythms Cycles (May/16/2018 to May/21/2018) from the drop-down menu.

Important Note about private residence booking:

The online booking form will be available to make your requests until May 7, 2018 and SFU will honor the special rates until this day. However, is highly suggested that if you are interested in this accommodation to book **ASAP** as this is a holiday weekend and the rooms typically sell out quickly. After May 7, 2018 individuals can book the regular online booking system and they will be subject to the regular high season rates. However, there is no **guarantee** that any rooms will be available after May 7th.

General Information about SFU Guest Accommodations and the Surrounding Area

Getting to SFU's Burnaby Mountain campus is easy whether by car or by public transit. Directional Routes and maps are available on our website www.sfu.ca/stayhere. Meals at SFU Guest Accommodations are available in the Residence Dining Hall from our food and beverage provider, Sodexo. The Dining Hall is an all-you-care-to-eat facility where you pay the door rate and then have access to a variety of food options inside. Please note there are no in and out privileges, guests who leave and re-enter will be required to pay the door rate again.

For summer 2018, breakfast is \$5.40 plus taxes, lunch is \$9.15 plus taxes, and dinner is \$11.00 plus taxes

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Air B & B Options are available in this area:

Suggested you search for North Burnaby area, near Simon Fraser University, Lougheed Mall or Brentwood Mall. OR central Burnaby by Metrotown Mall. Each of these mall areas have a skytrain station that can help connect you to easy transit options.

Hotels within the Area:

Best Western Plus Coquitlam (Lougheed Town Centre Station)

https://www.bestwestern.com/en_US/book/hotel-rooms.62037.html?iata=00171880&ssob=BLBWI0004G&cid=BLBWI0004G:google:gmb:62037

Address: 319 North Rd, Coquitlam, BC V3K 3V8

Phone: (604) 931-9011

Public Transit: Lougheed Town Centre Station – Millennium Line to Sperling/Burnaby Lake – Bus 134

Accents Inn Burnaby (Gilmore Sky Train Station)

<http://www.accentinns.com/location/burnaby-hotel.com/>

Address: 3777 Henning Drive, Burnaby, BC V5C 6N5

Phone: (604) 473-5000 or 1.800.663.029

Public Transit: Gilmore Station to Sperling/Burnaby Lake – Bus 134

Executive Hotel Burnaby (Gilmore Sky Train Station)

<http://www.executivehotelburnaby.com/>

Address: 4201 Lougheed Hwy, Burnaby, BC V5C 3V6

Phone: 604-298-2010

Public Transit: Gilmore Station to Sperling/Burnaby Lake – Bus 134