CSCR 35th Annual State Conference: Helping Hearts Thrive for Thirty-Five!

April 30 – May 2, 2020

Conference Location(s):
John Muir Health Walnut Creek
& Embassy Suites by Hilton Walnut Creek

The Keynote and Welcome Reception (Thursday Evening) will be held at
The Embassy Suites by Hilton Walnut Creek
1345 Treat Blvd.
Walnut Creek CA 94597

The main conference (Friday and Saturday) will be held at
John Muir Health - Walnut Creek Campus
1601 Ygnacio Valley Rd.
Walnut Creek CA 94598

Lodging Information

Embassy Suites by Hilton Walnut Creek, CA
1345 Treat Blvd. Walnut Creek CA 94597

Single Rate 169.99 // Double Rate 179.99

Reservations:
By Phone: call 1-800-498-7397 and identify group affiliation with the California Society for Cardiac Rehab (CA SOCIETY CARDIAC REHAB)

Last day to reserve rooms is March 30, 2020

Hotel parking rate is $27.00/day however you can park at the Pleasant Hill BART station for as low as $3 per day. The hotel can also provide guidance on this upon arrival. You can read more about using BART parking here https://www.bart.gov/guide/parking
Directions to the Conference Center (Friday May 1, Saturday May 2)
John Muir Hospital- Walnut Creek 1601 Ygnacio Valley Rd. Walnut Creek, CA 94598

Please note that on-site PARKING is VERY LIMITED
John Muir Hospital has requested that conference attendees carpool or use Uber to get to/from the hospital.

If you drive/carpool- DO NOT park in the parking garage on campus.
Use the Employee lot on La Casa Via Drive. Permits are not required.

From Hotel to 1601 Ygnacio Valley Rd:
- Head south toward Oak Road and turn right onto Oak Road
- Oak Road turns into N Civic Dr.
- Use left 2 lanes to turn left onto Ygnacio Valley Rd
- Turn right onto La Casa Via.
- The hospital is on the left.
- DO NOT park in the parking structure.
- Continue to the employee lot just past the hospital.
- Walk to the main hospital entrance.
- Take the stairs down to the Ball Auditorium.
- JMH and CSCR Staff will help direct you to the conference center.

Driving From North
- Take I-680 South
- Take exit 47 for N Main Street toward Walnut Creek
- Keep right at the fork and follow signs for North Main St. South and merge onto N Main St.
- Merge onto N Main St. (Pass Taco Bell on the left)
- Use left 2 lanes to turn left onto Parkside Dr.
- Turn right onto N Civic Drive.
- Use left lanes to turn left onto Ygnacio Valley Rd.
- Turn right onto La Casa Via.
- The hospital is on the left.
- DO NOT park in the parking structure.
- Continue to the employee lot just past the hospital.
- Walk to the main hospital entrance.
- Take the stairs down to the Ball Auditorium.
- JMH and CSCR Staff will help direct you to the conference center.

Driving From South
- Take I-680 North.
- Take exit 46B for Ygnacio Valley Rd.
- Use right lanes to turn right onto Ygnacio Valley Rd.
- Turn Right onto La Casa Via.
- The hospital is on the left.
- DO NOT park in the parking structure.
- Continue to the employee lot just past the hospital.
- Walk to the main hospital entrance.
- Take the stairs down to the Ball Auditorium.
- JMH and CSCR Staff will help direct you to the conference center.
Directions to the Host Hotel, Thursday Evening Keynote Location (April 30, 2020)

From JMH Hospital - Walnut Creek

Head West on Ygnacio Valley Road
Turn right onto N Civic Drive.
Continue onto Oak Rd (Civic turns into Oak Rd.)
Turn left at Coggins Dr.
Hotel is on the left.

Driving From North

- Travel on I-80
- Exit to I-680 South
- Take Exit 48 toward Treat Blvd/Geary Rd
- Keep right to continue toward N Main Street
- Keep left at the fork, follow signs for Treat Blvd.
- Turn Left onto N Main St.
- Turn Left onto Treat Blvd.
- Turn Left onto Oak Rd.
- Turn Left at Coggins Dr.
- Destination is on Left.

Driving From South

- Travel on I-680 North
- Take exit 48 for Treat Blvd toward Geary Rd.
- Keep right to continue onto Treat Blvd, follow signs for Silicon Valley College.
- Merge onto Treat Blvd.
- Turn left onto Oak Rd.
- Turn left onto Coggins Dr.
- Destination is on your left.

FLYING

Option 1. San Francisco International Airport and Bay Area Rapid Transit (BART)

Arriving in SFO traveling to Pleasant Hill via BART:
Take Yellow Line BART train toward Antioch
Exit at Pleasant Hill/ Contra Costa Centre BART Station
See walking directions to hotel.

Departing to SFO via Pleasant Hill Bart Station:
Take Yellow Line BART Train toward SFO International Airport

For pricing, routes and hours check on the Bart website.
https://www.bart.gov
https://www.bart.gov/guide/airport/sfo
Option 2. Oakland Airport and Bay Area Rapid Transit (BART)

Arriving at OAK traveling to Pleasant Hill via BART:
Walk to Coliseum BART Station on site
Take the Orange Line train toward Richmond
Exit at 19th St. Oakland Bart Station (Change trains)
Take Yellow Line train toward Antioch
Exit at Pleasant Hill/Contra Conta Centre BART Station, Pleasant Hill
See walking directions to hotel.

Departing to OAK via Pleasant Hill Bart Station:
Walk to at PH Bart station
Exit at MacArthur Bart Station Oakland (Change trains)
Take Orange line train toward Warm Springs/South Fremont
Get off at Colesium Bart Station
Walk to OAK Airport

For pricing, routes and hours check on the Bart website.
https://www.bart.gov
https://www.bart.gov/guide/airport/oak

Walking Directions from Pleasant Hill BART Station to Embassy Suites Pleasant Hill
BY TRAIN

There is a train station located in Martinez, CA (Amtrak MTZ). This station is about a 15-20 min Uber ride to our host hotel. You can check the Amtrak website for routes and rates. https://www.amtrak.com/home.html

BART Map
Directions to the Friday Evening Networking Event May 1, 2020
Ruth Bancroft Garden: 1552 Bancroft Rd. Walnut Creek, CA 94598

Turn right onto Oak Road
Turn left onto Treat Blvd
Turn right onto Bancroft Rd.
Make a U-turn at Stratton Rd.
Gardens are on the right.

Please note PARKING IS LIMITED at the gardens. Please Uber or Carpool.
CSCR will provide an Uber discount code.