

MINDFULNESS & COMPASSION

The Art and Science of Contemplative Practice

June 3-7, 2015

San Francisco State University

Suggested hotels near public transportation and approximate room rate estimates

SAN FRANCISCO AIRPORT (MILLBRAE BART)

The Westin SFO (\$274-282)
1 Old Bayshore Hwy,
Millbrae, CA 94030
(650) 692-3500

westinsanfranciscoairport.com

Aloft SFO (\$228-\$234)
401 East Millbrae Avenue,
Millbrae, CA 94030
(650) 443-5500

aloftsanfranciscoairport.com

The Dylan SFO (\$169-174)
110 S El Camino Real,
Millbrae, CA 94030
(650) 697-7373

dylansfo.com

Days Inn SFO (\$130-140)
2600 Sloat Blvd,
San Francisco, CA 94116
(415) 665-9000

daysinn.com

DOWNTOWN SAN FRANCISCO, UNION SQUARE (POWELL BART)

Hilton Union Square (\$271-279)
333 O'Farrell St,
San Francisco, CA 94102
(415) 771-1400

hiltonsanfranciscohotel.com

Hotel Palomar (\$279)
12 4th St,
San Francisco, CA 94103
(415) 348-1111

hotelpalomar-sf.com

Hotel Union Square (\$265)
114 Powell St,
San Francisco, CA 94102
(415) 397-3000

hotelunionsquare.personalityhotels.com

Parc 55 Wyndham (\$265)
55 Cyril Magnin St,
San Francisco, CA 94102
(415) 392-8000

parc55hotel.com

DOWNTOWN SAN FRANCISCO, FINANCIAL DISTRICT (EMBARCADERO & MONTGOMERY BART)

Hyatt Regency (\$299-359)
5 Embarcadero Center,
San Francisco, CA
(415) 788-1234

sanfranciscoregency.hyatt.com

Hotel Vitale (\$473- 495)
8 Mission St,
San Francisco, CA 94105
(415) 278-3700

jdvhotels.com

Galleria Park Hotel, Joie De Vivre
(\$281-299)
191 Sutter St,
San Francisco, CA 94104
(415) 781-3060

jdvhotels.com

HOTELS NEAR SFSU (REQUIRES CAR or TAXI)

Hampton Inn (\$186)
2700 Junipero Serra Blvd,
Daly City, CA
(650) 755-7500

hamptoninn3.hilton.com

Days Inn San Francisco at the Beach
(\$165)
2600 Sloat Blvd,
San Francisco, CA 94116
(415) 665-9000

daysinn.com

Pacifica Beach Hotel (\$189)
(650) 355-9999
525 Crespi Dr,
Pacifica, CA 94044

pacificabeachhotel.com

Best Western Plus Lighthouse (\$194)
(650) 355-6300
105 Rockaway Beach Ave,
Pacifica, CA 94044

book.bestwestern.com

Holiday Inn Express (\$199)
(650) 355-5000
519 Nick Gust Way,
Pacifica, CA 94044
ihg.com

Pacific Motor Inn (\$134)
(650) 359-7700
200 Rockaway Beach Ave
Pacifica, CA 94044
pacificamotorinn.com

AIR BNB OPTIONS NEAR SFSU

Private room, 1 bed, in Daly City (\$80)
- airbnb.com/rooms/26622?s=IzCy

Private Suite, 1 bed, In Daly City (\$92)
- airbnb.com/rooms/1126958?s=IzCy

Private room, 1 bed, in Daly City (\$99)
- airbnb.com/rooms/1076776?s=IzCy

MORE - airbnb.com/s/SFSU

DIRECTIONS BY PUBLIC TRANSPORTATION

From the Airport:

Take any San Francisco-bound BART train to the Daly City BART station. Muni and SamTrans have bus service from the Daly City BART station. Muni's 28 line and SamTrans' 3B line serve the campus 7 days a week. Obtain a transfer (good for one ride to & from BART) from the machine in the lobby before exiting the station. Exit at the 19th Ave. & Holloway Ave. stop.

From Downtown:

From downtown San Francisco, take Muni Metro M-Oceanview streetcar. The campus is also accessible by the following Muni bus lines

- 17 Park Merced to West Portal Station.
- 18 46th Ave./Zoo, Sunset and Richmond Districts, Palace of the Legion of Honor.
- 28 19th Ave. to Daly City BART station, Sunset and Richmond Districts, Golden Gate Bridge, Fort Mason (28L limited service Monday - Friday only).

29 Sunset to Ingleside, Excelsior, Bayview districts and Candlestick Park.

For more information on how to get to San Francisco State University from Muni, check out the Transit 511 Trip Planner at transit.511.org

DIRECTIONS BY CAR

From the North Bay: Take Highway 101 South, cross the Golden Gate Bridge. Take 19th Ave./Highway 1 exit. Follow 19th Ave. to the campus on Holloway Ave, turn right.

From the Easy Bay: Take I-80 West across the Bay Bridge to Highway 101 South. Take 101 South to I-280 toward Daly City. Take the Mission St./Daly City exit, bearing right onto Sagamore Street to Bro therhood Way to Junipero Serra Blvd. North. Take Junipero Serra Blvd. to Holloway Ave. Turn left on Holloway Ave. to campus on 19th Ave.

From the South Bay: Take I-280 North and exit on 19th Ave. Keep right and take Junipero Serra Blvd. to Holloway Ave. Turn left on Holloway Ave. to campus on 19th Ave.

PARKING AT SFSU

Available in Lot 20, the multi-story garage is on State Drive. From Holloway, turn right on Font Blvd. and turn right to Lake Merced. Take a right on State Drive. The fee is \$5 per day or \$1 per hour. Users must purchase a permit from the permit dispenser which is located on each level (cash only), and display the permit on the dashboard. Additional parking is available in Lot 25, off Winston Blvd. Parking in areas surrounding the campus is very limited.

Lot 20:

General paid public, visitor/guest, student parking Hours: 24-hours a days, 7 days a week.

\$4.00 for two hours

\$7.00 for the day

(Daily permits expire at midnight)

\$14.00 for two days

Level 4i Orange to 4n Orange and the roof level are restricted to staff and faculty between 7:00 a.m. and 5:00 p.m., Monday – Friday

Please Note – Exact change is required; machines do not give change. Pay stations will accept \$1, \$5 and \$10 bills as well as credit/debit cards.

PARKING MAP

http://parking.sfsu.edu/sites/sites7.sfsu.edu.parking/files/maps/614_color_map_PARKING_0.pdf

More Information:

parking.sfsu.edu

OTHER TRANSPORTATION OPTIONS

Serra Yellow Cab of Daly City - (650) 991-3881

Daly City Taxicab - (650) 994-8000

Peninsula Yellow Cab - (415) 574-6250

Uber/SideCar/Lyft - Rideshare service, available through application download on Smartphones

THINGS TO DO WHILE IN THE AREA

sanfrancisco.travel/explore

sf.funcheap.com/

sfgate.com/events/94103-san-francisco/all/2015-06-01?radius_miles=50

travel.usnews.com/San_Francisco_CA/Things_To_Do

See you in
San Francisco!