



CNEHA 2016 - OTTAWA, ONTARIO Hotel and Travel Information

WHERE TO STAY

A block of rooms has been reserved for CNEHA's 2016 annual meeting at the historic **Lord Elgin Hotel** in the heart of downtown Ottawa for the nights of Thursday, October 6 through Sunday October 9, 2016. A discounted nightly rate of CAD \$139 plus tax is available if booked before September 6, 2016.

Lord Elgin Hotel

100 Elgin Street, Ottawa, ON K1P 5K8

Tel: (613) 235-3333 / Toll Free: 1-800-267-4298

lordelginhotel.ca

This historic 355-room hotel features a Normandy-type copper roof and is a modern adaptation of the [French Chateau style](#). The hotel overlooks the [National Arts Centre](#), heart of the performing arts in Ottawa, and [Confederation Park](#), host to many community festivals. Stroll through the park to the [Rideau Canal](#), a UNESCO World Heritage Site and an all-season activity hub – the longest skating rink in the world in winter and a favoured route for boaters, cyclists and pedestrians in summer. The hotel



combines historic charm and modern day convenience, including wifi, a new fitness club, a large indoor pool, sauna, whirlpool, Starbucks coffee, and [Grill 41 Restaurant and Lounge](#). It is a short walk to many important landmarks including [Parliament Hill](#), [the Rideau Canal](#), [the National Gallery](#), [the Byward Market](#), [the National War Memorial](#), [the Bytown Museum](#), and [the Rideau Centre](#).

The discounted conference rate is CAD \$139 plus tax per night, double occupancy. Rooms can be booked online by visiting the hotel website at lordelginhotel.ca and entering the group code **160610CNHA** on the booking page. You can also call 1-800-267-4298 or email reservations@lordelgin.ca and quote the group code **160610CNHA**. Be sure to make your room reservation before September 6, as after this date, these rooms will be released to the public.

For those on a budget, the [HI-Ottawa Jail Hostel](#) offers shared and private rooms starting at CAD \$29, including breakfast. The hostel is located in a 150-year-old jailhouse just a 15 minute walk from the conference. You can even sleep in a former jail cell!

WHERE TO EAT

A list of recommended dining options near the conference will be included in your registration package. The following breakfast recommendations are provided for those arriving early to the conference.

- The hotel restaurant, [Grill 41](#), offers a buffet breakfast for CAD \$18.50 and à la carte options.
- A [Starbucks coffee shop](#) is located on the ground floor of the Lord Elgin Hotel.
- For a true Canadian experience, [Tim Horton's](#) coffee shops are located around the corner from the hotel at 161 Laurier Avenue and inside Ottawa City Hall at 161 Elgin Street.
- [Dunn's Famous Deli](#) at 220 Elgin Street offers all-day diner-style breakfasts starting at 6 am.
- The [SconeWitch](#) at 150 Elgin Street (entrance on Gloucester) serves coffee, sweet and savoury scones and other items starting at 7 am on weekdays and 8 am on Saturday and Sunday.
- The [Manx Pub](#) at 370 Elgin Street offers a legendary brunch on Saturdays and Sundays only, starting at 10 am.
- A [Sobey's grocery store](#) is five minutes away at 193 Metcalfe and is open from 7 am to 11 pm.

HOW TO GET HERE

By Car

When possible, please confirm directions using your GPS or smartphone app. Downtown Ottawa has many one-way streets, so please pay attention to signs.

Arriving to Ottawa by car on Highway 417 W from the east (Montreal, etc.)

- Follow Highway 417 West into Ottawa to exit 118 for Nicholas Street.
- Follow Nicholas Street north to the Mackenzie King Bridge.
- Turn left to take the Mackenzie King Bridge to head west to Elgin Street.
- Turn left onto Elgin Street. The Lord Elgin Hotel (100 Elgin Street) will be on the right.
- The parking garage for the National Arts Centre will on the left (east) side of the street (24 hour maximum charge \$20).

Arriving to Ottawa by car on Highway 416 N from the south (Syracuse, etc.)

- Follow Highway 416 North towards Ottawa to exit 75B for Highway 417 East.
- Follow Highway 417 East to exit 120 for Kent Street.
- Head north on Kent Street to Slater Street.
- Turn right onto Slater Street to head east to Elgin Street.
- Turn right onto Elgin Street. The Lord Elgin Hotel (100 Elgin Street) will be on the right.
- The parking garage for the National Arts Centre will on the left (east) side of the street (24 hour maximum charge \$20).

Ottawa International Airport (YOW) to the Lord Elgin Hotel (100 Elgin Street)

By Taxi – approximately CAD \$35-45

By Car – approximately 25 Minutes

- Head north on the Ottawa Airport Parkway, which will turn into Bronson Avenue.
- Continue north on Bronson Avenue.
- Turn right onto Chamberlain Avenue to head east.
- Turn slight left to head north on Kent Street to Slater Street.
- Turn right onto Slater Street to head east to Elgin Street.
- Turn right onto Elgin Street. The Lord Elgin Hotel (100 Elgin Street) will be on the right.
- The parking garage for the National Arts Centre will on the left (east) side of the street (24 hour maximum charge \$20).

Ottawa VIA Rail Station (200 Tremblay Road) to the Lord Elgin Hotel (100 Elgin Street)

By Taxi – approximately CAD \$15-20

By Car – approximately 10-15 minutes

- Take Tremblay Road west to the Vanier Parkway.
- Turn right to head north on the Vanier Parkway.
- Stay right and take the exit ramp for Highway 417 West.
- Head west on Highway 417 to exit 118 for Nicholas Street.
- Follow Nicholas Street north to Mackenzie King Bridge.
- Turn left to take the Mackenzie King Bridge west to Elgin Street.
- Turn left onto Elgin Street. The Lord Elgin Hotel will be on the right.
- The parking garage for the National Arts Centre will on the left (east) side of the street (24 hour maximum charge \$20).

Ottawa Central Bus Station (265 Catherine Street) to the Lord Elgin Hotel (100 Elgin Street)

By Taxi – approximately CAD \$15-20

On Foot – approximately 25 minutes

- Walk east on Catherine Street to Bank Street
- Turn left to head north on Bank Street
- Turn right to head east on Laurier Street
- Continue east on Laurier Street to Elgin Street
- Turn left onto Elgin Street. The hotel will be at the corner of Laurier and Elgin.

Public Transit

Ottawa's public transit system, OC Transpo, offers an [online travel planner](#) that can be used to determine your best route to the conference or around Ottawa

Transit time to the Lord Elgin Hotel:

Ottawa International Airport (OC Transpo Stop 3039) - about 45 minutes

Ottawa Via Rail Station at 200 Tremblay Road (OC Transpo Stop 1371) – about 25 minutes

Ottawa Central Bus Station at 265 Catherine Street – about 20 minutes by transit (or 25 minutes walk)

Bus drivers do not provide change so [exact fare](#) in Canadian currency is required.

Current fares are Adults \$3.65, Seniors \$2.70, Day Pass \$8.30.

WHERE TO PARK

The Lord Elgin Hotel offers valet parking only at a cost of CAD \$25/day.

A better option is the secure underground parking garages conveniently located under Ottawa City Hall and the National Arts Centre, just across Elgin Street from the hotel. [Parking at the National Arts Centre](#) has a \$20 maximum for each 24 hours.

The City of Ottawa offers FREE parking on Saturdays and Sundays only at the World Exchange Plaza at 45 O'Connor St, located a 7-minute walk from the Lord Elgin Hotel. Please verify any restrictions on overnight parking with the parking garage.

You can find additional information on parking options and costs near the Lord Elgin Hotel at [Parkopedia](#).

WHAT TO SEE

As Canada's capital, Ottawa is home to an abundance of national and local [museums](#) and host to a wide variety of [cultural events](#). [Ottawa Tourism](#) provides a one-stop shop for things to see and do.

For those arriving early, major museums including the [Canadian Museum of History](#), [Canadian War Museum](#), [Museum of Nature](#), [National Gallery](#) and [Bytown Museum](#) are open to the public **FREE** of charge on Thursday evenings from either 4 or 5 pm (depending on museum) to 8 pm.

WHAT TO PACK

Autumn in Ottawa is a crisp but comfortable time of year, and the fall foliage can be spectacular. Temperatures in Ottawa in early October are cool, averaging about 8°C / 47°F, with lows about 4°C / 39°F and highs about 13°C / 55°F. Days are often sunny and bright, but there may be occasional light rain. Average precipitation is about 75 mm / 3 inches for the month, with rain falling on about 11 days.

Please check [the latest forecast](#).