

General Information for Traveling in Canada

For general information on traveling to Canada for those who live out of the country, go to <http://www.canada.travel> and select your country of origin

Hours

Onsite check-in will be November 6th from 3:00 pm – 5:00 pm.

Retreat Sessions:

November 6th

7:00 pm – 11:55 pm

November 7th – 11th

10:00 am – 11:55 pm

November 12th

Free day (optional side trip to the falls, see info below)

November 13th – 16th

10:00 am – 11:55 pm

Scheduled end time: November 16^h at approximately midnight.

Please arrange your flights and airport transportation to accommodate these hours.

Hours may vary

Lodging & Conference Venue

This is a residential retreat. In-person registration quoted does not include food or lodging fees. The room rate for this event is \$99 per room per night.

All in-person participants are strongly encouraged to stay onsite and will receive a \$200 download credit if they do. To be eligible, please follow the booking instructions below.

Quoted room rates are based on Single or Double Occupancy, Standard Accommodation. Please note guest room rates are subject to all applicable taxes (13% HST and 3% DMF).

For each additional person over the age of 16 years, a \$25.00 per person room supplement will be applicable.

To reserve a room, contact the Americana Reservations Department at 1.800.263.3508 and quote the following group name: Universal Soul Service Corp. by October 5th.

Americana Conference Resort and Spa

8444 Lundy's Lane
Niagara Falls, ON L2H 1H4
Canada

Check-In time is 4:00 pm, unless rooms are available earlier. The water park may be enjoyed after 1:00 pm while waiting for check-in. Check out time is 11:00 am. You may stay after checking out to enjoy the water park until it closes.

Waves Waterpark

One of the features of the Americana Conference Resort and Spa is a 25,000 square foot indoor water park with a wave pool and water slides. You may wish to bring swimwear to enjoy this feature. Additional charges may apply.

Roommate Information

If you would like to find others with whom to share a room, please send your name and email address to jaylene3396815@hotmail.com. Jaylene will circulate a list of those seeking roommates and it will be up to you to make arrangements, if you choose, with those on the list. Jaylene offers this service as a volunteer in service to others. It is up to you to consider your choices well and act responsibly in your agreements.

Airport Information

By air, you have to fly into Toronto, Ontario or Buffalo, New York.

Toronto's airport "Pearson International" is about 80 miles/125 kilometers away (about one hour, twenty minutes drive) and may be an easier destination for travelers arriving from outside North America.

Buffalo's Airport "Buffalo/Niagara International" is about 25 miles (41 kilometers) away (35 minute drive) and may be less expensive for participants coming from the USA.

Airport Shuttle Information:

Hotels do not provide courtesy shuttles to or from the airports.

One of our wonderful Universal Servants, Vicky Swan, has offered to support participants in this retreat by coordinating airport travel. If you will be flying into either Buffalo or Toronto, please contact Vicky by clicking [here](#)

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so she can help with your transportation to and from the Americana. The Shuttle Service charges according to the number of people in the group, so we can assist you in minimizing your cost by grouping you with other retreat attendees who arrive around the same time. You can help each other if you are able to wait an hour or so, if necessary. It's also more fun when you travel with other participants! You will be responsible for payment at the time of pickup. The amount may change from what we confirm with you if someone must change his or her travel plans. We cannot be responsible for this, but will make every effort to get you the best rate.

Alternately, you can make your own arrangements to rent a car, take a shuttle bus, or arrive by taxi. More information is available at the Niagara Falls Live ["transportation link"](#).

Bus and Train Information

Trailways Bus Service and Amtrak/VIA train service is available directly to cities of Niagara Falls.

Rental Car Information

You may find that a car is not necessary on-site at the Americana Resort. Many participants will find the Airport Shuttle a more economical choice. Others may choose to have a car to take advantage of lower priced restaurants off the property.

If you wish to rent a car, services are available at both the Buffalo International and Toronto Pearson airports.

How to get to the Americana:

From Toronto about 80 miles/125 kilometers (about one hour, twenty minutes drive):

Take QEW Niagara to the Lundy's Lane/Dorchester Road exit (Exit 30B).

Keep right off exit 30B and follow to Montrose Road.

Turn left onto Montrose Road and follow to Lundy's Lane.

Turn Right onto Lundy's Lane and follow to the Americana Resort which is located on the left hand side just past Kalar Road.

From Buffalo about 25 miles/41 kilometers (about 35 minute drive).:

Head southwest toward Cayuga Rd/Genesee St

Continue straight onto NY-33 W/Kensington Expy

Exit onto NY-198 W/Scajaquada Expy

Keep right at the fork, follow signs for I-190 N.Niagara Falls and merge onto I-190 N (Partial toll road)

Take exit 21 for NY-384/Buffalo Ave toward R. Moses Pkwy/New York State Park American Falls

Keep right at the fork and merge onto Lasalle Expy

Continue onto Robert Moses Pkwy

Slight right toward John Daly Blvd

Turn left onto Niagara St (Partial toll road)

Turn left onto Rainbow Bridge (Toll road. Entering Canada)

Continue onto Rainbow Bridge (Toll Road)

Continue onto Newman Hill/ON-420 W (signs for Queen Elizabeth Way/Ontario 420 W)

Slight right to stay on ON-420 W

Turn left onto Montrose Rd/Regional Road 20 W/Regional Road 98 (signs for Montrose Road S/Lundys Lane)

Take the 3rd right onto Lundys Ln/Regional Road 20 W

Proceed to destination on left: Americana Conference Resort & Spa, 8444 Lundys Lane

Weather & Clothing Information

According to AllExperts.com:

...it is very unlikely that in early November you would encounter snow in Niagara Falls (which is in South-Eastern Ontario, immediately at the border with the United States)... suitable clothing should be available if needed (e.g., winter

coat or sweater/jacket combo, and possibly gloves or hats). The statistical average temperature for Niagara Falls in November is 4C/39F, however daytime highs of up to 10C/50F (sometimes even higher) are not uncommon.

Other websites range from pleasantly anticipating lingering Fall foliage to warning of cloudy, rainy, unpredictable weather, with snow possible.

Please consult www.weather.com or another reliable source for weather forecasts close to your departure date.

Conference rooms tend to have variable temperatures. Additionally, what is too cold for one person may feel too warm for another.

1. YOU WILL BE COMING IN AND OUT OF COLD & POSSIBLY SNOW INTO FORCED HEAT AND POSSIBLE DRAFTS
2. WEAR LAYERS THAT CAN BE EASILY PUT ON OR TAKEN OFF so you can be comfortable at all times during the retreat and stay healthy.
3. ALWAYS HAVE A JACKET OR SWEATER AND SCARF indoors, in case there are drafts or the heater is not working to your liking.
4. DRINK LOTS OF WATER
5. AVOID CAFFEINATED BEVERAGES AND ALCOHOL as these can dehydrate you.
6. WEAR SUNSCREEN outdoors if the sun shines.
7. MOISTURIZE
8. If you wish to enjoy Waves Waterpark, PLEASE BRING YOUR OWN SWIMWEAR
9. DRESS APPROPRIATELY FOR A RETREAT WITH A SPIRITUAL TEACHER. Out of respect for Master Sha's traditions, we ask that you cover your chest and shoulders and do not wear shorts or skirts above the knees. When in doubt, please err on the side of modesty.

Food Information

Food and Lodging Fees are not included in the registration fee quoted. The hotel and surrounding businesses offer a variety of choices for food. Please see

www.niagarafallsrestaurants.net for more information.

All students practicing the Tao techniques are encouraged to eat light, healthy meals for best results. Many may choose to reduce or eliminate meats, dairy products, sugars and starches as part of their practice.

Optional Side Trip to Niagara Falls

Saturday, November 12th, is a free day with no retreat sessions. An optional side trip to Niagara Falls is being organized by one of our Universal Servants, Vicky Swan. If you are interested, please email her at vicky3396815@gmail.com.

More Venue Information

For more information about the venue, click here to visit the [Americana Conference Resort and Spa](#) website.

For more information about Niagara Falls, you might like to visit <http://www.niagarafallslive.com>

Further Reading

[Flying into Buffalo Niagara International Airport to Visit Canada](#)

[Tips for Crossing the Canadian Border](#)