

TRAVEL AND ACCOMMODATIONS
INNER COUNSELOR RESIDENCY
Updated November, 2007

BED AND BREAKFASTS Located in Lawrence, KS.
Call for current and seasonal Rates:

CHRISTOPHER'S HOUSE: 785-841-9999

HALCYON HOUSE: 1000 Ohio Street, Lawrence, KS 785-841-0314

VICTORIAN VERANDA COUNTRY INN: 1431 N. 1900 Rd. Lawrence, KS. Just down the road from the Sonrisa Center (10 minute drive). 785-841-1265 This charming place is near a railroad track, if you are a light sleeper.

MAKE RESERVATIONS PROMPTLY! Lawrence is a University town and space can be at a premium on some weekends.

MEALS: The seminar provides lunch, snacks, and materials for a \$75.00 fee. You're on your own for other meals.

HOTELS -Prices are estimates.

First Choice! MARRIOTT SPRINGHILL SUITES: Lawrence KS On the Kaw river. Walking distance to Lawrence shops and restaurants. All rooms are suites with a couch that makes into a bed. Weekday and weekend rates are listed below. Spring - summer rates \$10 higher beginning in March

King Suite: One King bed: \$69 - 79 Queen Suite: Two Queen beds: \$79 – 89

Whirlpool Suite: One CA King bed: Whirlpool tub in room: \$139 – 149 785-841-2700

Second Choice! ELDRIDGE HOTEL: Located in historic downtown Lawrence- 701 Massachusetts. Fine in-house restaurant and close to other interesting restaurants and shopping. PHONE: 785-749-5011. 2-room Suite w/double bed - \$99.00 Very Charming.
HOLIDOME: A Holiday Inn with indoor pool and restaurants. PHONE: 785-841-7077 or 800-465-4329.

HALLMARK INN BEST WESTERN: 730 Iowa, Lawrence. 785-841-6500

HAMPTON INN: 785/841-4994 2300 W. 6th Single - \$85.00 Double - \$85.00

BEST WESTERN: 785/841-6500 730 Iowa Single - \$59.95 Double - \$64.95

AMERICA'S BEST VALUE INN: of Lawrence 785/749-4040 15 MINUTES TO SONRISA Located at the East Exit of I-70 Turnpike, across from Tanger Mall. Phone: 785-749-4040 1130 North Third Single – RATE RANGE: \$59 - \$71.

SUPER 8: 785/842-5721 515 McDonald Drive Single - \$63.99 Double - \$68.99

TRAVELODGE: 801 Iowa, Lawrence. 785-842-5100

DAY'S INN: Nice quality motel. Good restaurant. PHONE: 785-843-9100

KOA CAMPGROUND: 785/842-3877 Open All Year Full Hookups - \$26.00 Water/Elec. - \$23.50 Tent Sites - \$20.00 Cabin (No cooking or bathroom) - \$40.00 Bathhouse on Site 10% off with KOA Value card

If you cannot find room in any of these hotels, please contact Cynthia Perry at onlynow@mac.com or Ann Nunley at ann4847@earthlink.net

GENERAL TRAVEL INFORMATION

AIR TRAVEL: Fly into MCI (Kansas City Missouri International) Airport. It takes an hour to drive to Lawrence from MCI. **PLAN TO ARRIVE THE DAY OR EVENING BEFORE YOUR CLASS BEGINS.**

SHUTTLE from MCI to Lawrence:

Midwest Transportation : Toll free number: 888-467-3729. There is door-to-door service within Lawrence. They pick you up close to when your flight arrives and will deliver you anywhere in Lawrence. They also pick you up anywhere in Lawrence and take you back to the airport. Cost is \$60.00 round trip. If you are staying at Sonrisa West and wish to be delivered and picked up from there, the roundtrip cost is \$70.00.

CAR RENTALS ARE ALSO A POSSIBILITY. CHECK WITH YOUR TRAVEL AGENT. If you do not have a car, you will need to arrange travel from the airport to your motel in Lawrence and then daily from your motel to the Sonrisa farm 10 miles North of Lawrence. Usually we can help with this.

ARRIVAL: Plan to arrive at MCI (Kansas City) at least three hours before the starting time of your seminar or workshop session.

DEPARTURE: Plan departures from MCI no sooner than three hours after the end of your final seminar or workshop. If that is not possible, a next-day departure would be best.

AS SOON AS YOU HAVE YOUR FLIGHT AND ACCOMMODATIONS INFORMATION, email it to Cynthia Perry

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