



2025 CAF Summer Camp Venue Information & Welcome Package

LAND ACKNOWLEDGEMENT

We acknowledge and respect the Lək'wəŋən (Songhees and X̱wsepsəm/Esquimalt) and W̱SÁNEĆ Peoples on whose territories we live, learn, work, and practice Aikido.

WELCOME

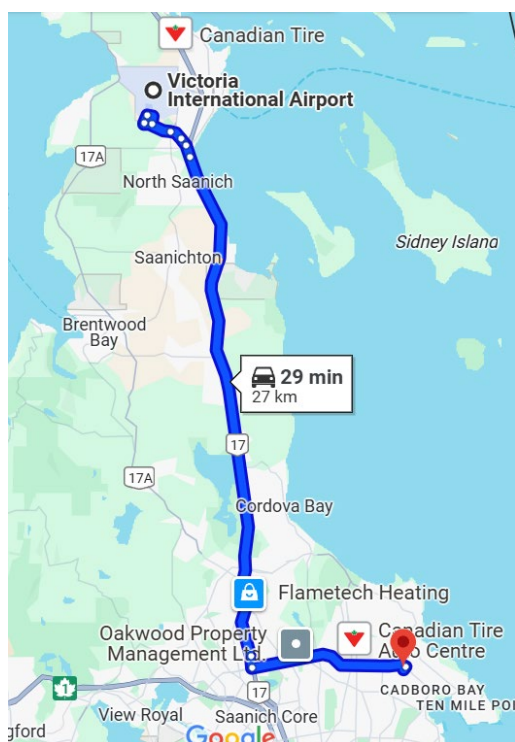
- Welcome to your comprehensive guide for the upcoming 2025 CAF Summer Camp at the University of Victoria's Centre for Athletics, Recreation and Special Abilities (CARSA) building. This document contains essential information to help you navigate campus, find amenities, and explore Victoria during your stay.

ABOUT CARSA BUILDING

- CARSA contains a 2,100-seat performance gym, a huge multipurpose fieldhouse, a two-level fitness weight training area, a Peninsula Co-op Climbing Centre, dance space, dedicated TRX and spin classrooms, yoga studios, squash and racquetball courts, a rowing ergometer centre, a sports injury clinic and a snack bar/refreshment facility. The facility is a world-class sports and recreation facility with over 190,000 sq. ft. of floor space, built to LEED Gold standards, and completed in 2015.
- **Address:** on the grounds of the University of Victoria, 3800 Finnerty Rd, Victoria, BC. The road that runs in front of the building is called Gabriola Road.



GETTING TO CARSA



BY CAR

- **Route:** From Victoria International Airport (YYJ), follow the signs to Victoria or City Centre. This will take you onto Highway 17 (Patricia Bay Highway). Drive south for about 29 km. Take Exit 7 (McTavish Road/University of Victoria exit) and follow the signs to UVic. The total driving distance is approximately 27–29 km and the drive typically takes about 28–29 minutes, depending on traffic.
- **Destination:** The CARSA building is located on the University of Victoria campus, accessible from the main ring road.

BY BUS

<https://www.bctransit.com/victoria/>

Overview: There is no direct bus from the airport to UVic, but you can get there using BC Transit buses with one or two transfers. The journey takes about 1 hour and 50 minutes to 2 hours, depending on connections.

Check out their UMO app if you think you may use transit at other times throughout camp

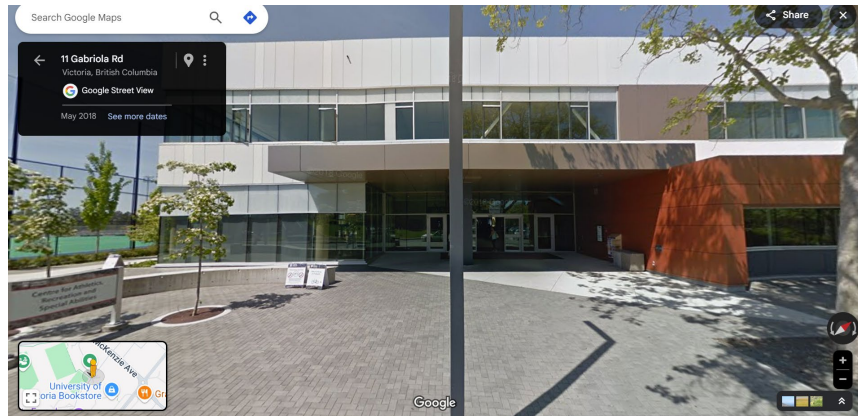
<https://www.bctransit.com/umo/how-to-use-the-app/>

Step-by-Step Directions:

- **From the Airport:** Walk or take a local shuttle to the bus stop at James White Blvd at Resthaven Dr.
- **First Bus:** Board the #72 bus (Sidney/Victoria) toward downtown Victoria. Ride to Douglas St at Gorge Rd E / Hillside Ave, or to Royal Oak Exchange depending on your chosen transfer point.
- **Frequency:** Hourly
- **Duration:** About 47 minutes to downtown, or 33 minutes to Royal Oak Exchange.
- **Transfer:**
 - **Option 1 (Downtown Transfer):** At Douglas St at Kings Rd, transfer to the #4 bus (UVic/Downtown) and ride to the UVic Exchange or Ring Rd at Bob Wright Centre. The #4 runs every 20 minutes and takes about 19–20 minutes to reach UVic
 - **Option 2 (Royal Oak Transfer):** At Royal Oak Exchange, transfer to the #39 bus (UVic/Royal Oak) and ride to UVic Exchange. This leg takes about 24 minutes and the #39 runs hourly

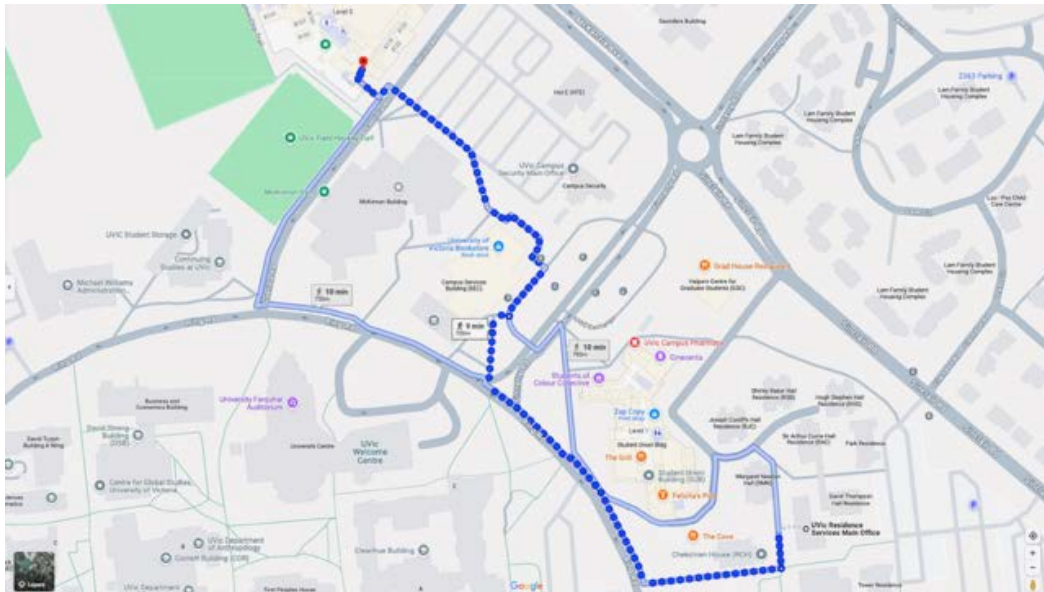
- **Arrival:** Get off at UVic Exchange or Ring Rd at Bob Wright Centre. CARSA is a short walk from the main bus exchange on campus.
- **Fare:** The total fare is about \$8–\$9 (two separate \$3 fares for each bus, or a \$5 day pass may be available)
- **Time:** Total travel time is approximately 1 hour 51 minutes to 1 hour 55 minutes, including transfers

CARSA MAIN ENTRANCE



- From the Main Entrance (pictured above), pass through Security by letting them know that you are here for the Aikido Summer Camp. Then head to the Northwest Corner of Level 2, where the Seminar will be held (see red star on next page).
- Change Rooms are on the main floor, past the Front desk, past the exercise equipment and down the hall.

Below is a map showing the walking route from the cluster housing to CARSA



WI-FI ACCESS

For Visitors & Guests

- **Network:** "UVicStart"
- **Access:** Free registration required with valid email address; provides 24-hour access
- **Process:**
 1. Connect to UVicStart network
 2. Register with your email address
 3. Check email for login credentials
 4. Access valid for 24 hours

PARKING

<https://www.uvic.ca/security/parking/index.php>

CARSA includes a 4-storey above-grade parkade accessible via Level P3 off Vikes Way at McKenzie Ave. Administrative offices and parking access are available via Level P3 of CARSA Parkade. Additional campus parking lots are available throughout UVic. Parking is \$10/day or \$36 for a 7-day permit, and payable at kiosks with your license plate (or via <https://www.honkmobile.com>).

TRANSPORTATION & DIRECTIONS

FROM VICTORIA INTERNATIONAL AIRPORT (YYJ)

- **By Taxi/Rideshare:** Approximately 20-25 minutes, costing \$50-70 CAD
- **By Public Transit:** BC Transit Routes 70, 72, 87, and 88 serve the airport with connections to downtown Victoria and UVic. Total journey time approximately 1h 55m with transfers (see details above)
- **Driving:** Take Highway 17 south, then Exit 7 for McKenzie Avenue. Turn left on McKenzie, then right on McGill Road (main UVic entrance). Journey takes about 30 minutes (see details above)

FROM SWARTZ BAY FERRY TERMINAL

- **By Public Transit:** Take BC Transit Route 72 to downtown Victoria, then Route 4 to UVic. Journey time approximately 1h 33m. Direct Route 76 operates on limited schedule (Fridays, Sundays, and holiday Mondays) directly to UVic
- **By Taxi:** Approximately 30 minutes, costing \$55-65

FROM CLUSTER HOUSING TO CARSA

- The Cluster neighbourhood is located on the outskirts of campus, bordered by parking lots and separate laundry facilities. CARSA is centrally located on campus - approximately a 10-15-minute walk from Cluster Housing via campus pathways.

CAMPUS TRANSIT

- Over 16,000 people use transit to get to campus each day, with over 1,100 buses arriving and leaving daily. BC Transit Routes 4, 7, 11, and 14 serve UVic directly

LAUNDRY ACCESS

FOR CLUSTER HOUSING RESIDENTS

- Paid self-service laundry facilities are located nearby in the Cluster neighbourhood

GENERAL CAMPUS

- Coin-operated laundry facilities are available in-residence buildings across campus. Bring quarters or check if card payment is accepted.

OFF-CAMPUS LAUNDROMAT NEAR UVIC

Squeaky's Laundromat- Highly Recommended Address: 3601 Shelbourne St. Phone: 250 721-2420 Hours: Monday to Friday 8:30 AM to 6 PM, Saturday and Sunday 9:00 AM to 4 PM (Last wash load at 90 minutes before close).

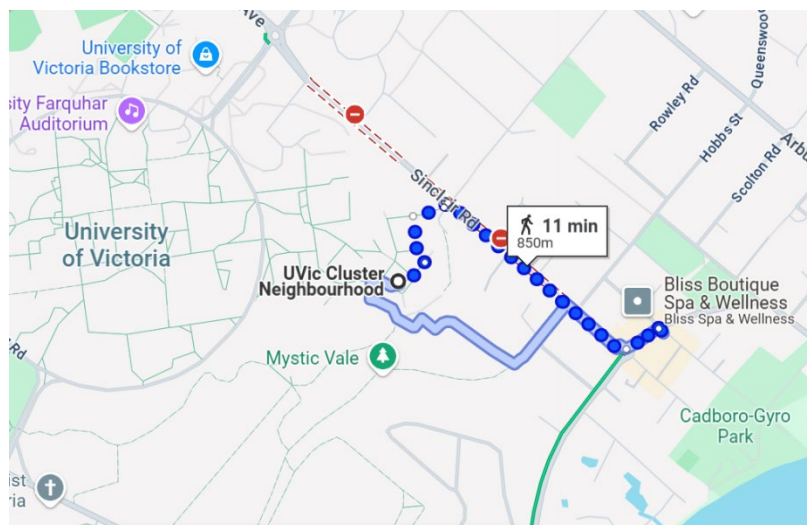
FOOD & DINING

ON-CAMPUS DINING OPTIONS

- **The Cove** one of the largest Passive House kitchens in North America, this brand-new carbon neutral dining facility features a 700-person seating capacity across two levels with an open concept, food court with a few food kiosks (7:30am-2pm)
- **Student Union Building:** *The Munchie Bar* Coffee, sandwiches and snacks; *The Grill:* to-go burgers and wraps; *Health Food Bar:* to-go wraps and smoothies. *Bean There Café:* bagels, muffins, coffee (Mon-Fri 7am-5pm)
- Felicita's Pub (19+ licensed venue in Student Union Building. 19+ with 2 pieces of ID required; Mon-Fri 11:30am-10pm)
- UVic Bookstore Starbucks (near bus loop; Mon-Fri 7:30am-7pm, Sat-Sun 10:30am-5pm)
- The Grad House Restaurant (Grad Students' Society pub and restaurant - open to all Wed - Fri 11:30am-9pm)

CADBORO BAY VILLAGE DINING

Well-suited for walking access: note the construction areas shown in red on the map)



Located just a short distance from both UVic and CARSA, Cadboro Bay Village offers an eclectic mix of shops and services near the seaside, with quaint cafes, boutique shops, and specialty food markets against a backdrop of salty sea air and majestic mountains. This charming village provides excellent dining options within easy reach.

Smugglers Cove Pub Cozy British Style tavern with a 2nd floor deck

offering global comfort fare and many draft beers. Located at 2581 Penrhyn St, this neighbourhood pub features a welcoming atmosphere with their famous hand-made Smugglers burger with cheddar and mushrooms, and highly recommended hand-cut fries and gravy. Open 7 days a week, 12 noon to 9:00pm. Phone: 250-477-2688

Thai Lemongrass Restaurant Incredible and truly authentic! Husband and wife team. She is Japanese and runs the kitchen, he is Canadian and runs the front. AMAZING! Stunning presentation as well! Located at 2560 Sinclair Ave, Thai Lemongrass takes great pleasure in serving the most authentic Thai food in Victoria with chefs formally trained in Thailand.

Moka House Sandwiches, pastries and coffee to-go or to sit in. Nice outdoor seating.

Matsuki An Quality sushi and other Japanese dishes in the Village.

Sedona Restaurant and Lounge Located on the corner of Cadboro Bay Rd and Bowker Ave Victoria BC (Oak Bay, BC), offering farm-to-table ingredients with everything made in-house. Features a dog-friendly patio and excellent wine selection. Open Wednesday-Sunday from 4pm.

GROCERY SHOPPING

UVic Campus Pharmacy In the Student Union Building (Mon-Fri 9am-5pm)

Peppers Foods Gold Medal Winner for Best Grocery Store in BC and Canada 2 years in a row, located at 3829 Cadboro Bay Road Victoria, BC. Prioritizing locally and ethically sourced products, Peppers Foods is the neighbourhood grocer, where you can find anything from fresh local seafood, to produce and meat from the Cowichan Valley.

Cascadia Liquor Store For a great selection of local and international wines (and always dependable suggestions from the friendly staff)

OTHER NEARBY OPTIONS

- Thrifty Foods (BC-only supermarket with focus on BC-made products)
- Save-On-Foods
- Whole Foods Market
- Fairways Market

LOCAL SPECIALTY STORES:

- Red Barn Market (Island Raised, Island Made, and Island Grown philosophy)
- For Good Measure (locally-owned bulk products store)
- Urban Grocer (neighbourhood store with fresh and organic produce focus)

LOCAL PUBS & NIGHTLIFE

ON-CAMPUS

- Felicita's ("Fel's") - Campus pub known for cheap eats, wide variety of drinks, weekly karaoke and musical bingo (19+ with 2 pieces of ID required; Mon-Fri)
- The Grad House Restaurant - On-campus pub and restaurant (Wed-Fri)
- Cinecenta Movie Theatre, on campus <https://www.cinecenta.com/>

OFF-CAMPUS VICTORIA PUBS

- **Smugglers Cove Pub** Cozy British Style tavern with a 2nd floor deck offering global comfort fare and many draft beers. Located at 2581 Penrhyn St
- **Irish Times Pub** - Named one of the top Irish pubs outside of Ireland by the Irish Times newspaper (Government Street)
- **Bard & Banker, Garrick's Head** (Government Street)

VICTORIA TOURIST ATTRACTIONS & HISTORIC SITES

MUST-SEE HISTORIC ATTRACTIONS

- **Inner Harbour & Downtown Core**
- Inner Harbour - Victoria's primary tourist draw with sailboats, yachts, floatplanes, buskers, and whale watching boats, framed by wide pedestrian streets and flower displays
- Legislative "Parliament" Buildings - Historic legislative building with guided tours, unique historical anecdotes, and beautiful gardens
- Fairmont Empress Hotel - Historic hotel with grand tea room and Victorian elegance, built in 1908

MUSEUMS & CULTURAL SITES

- Royal BC Museum - World-class museum showcasing British Columbia's natural and human history, voted #1 in Top 10 Museums in Canada three times by TripAdvisor
- Craigdarroch Castle - Victorian-era mansion completed in 1890, showcasing opulence and grandeur

Historic Neighbourhoods

- Victoria's Chinatown - Oldest Chinatown in Canada (second oldest in North America), designated National Historic Site in 1995. Features the narrow Fan Tan Alley
- James Bay - Charming residential community with historic properties along Kingston and St. Lawrence Streets

GARDENS & NATURAL ATTRACTIONS

- **The Butchart Gardens** World-renowned garden covering 55 acres, declared a National Historic Site of Canada in 2004. Nearly 1 million people visit annually to meander along flower-lined paths. Located about 13 miles north of Inner Harbour
- Abkhazi Garden - Beautiful garden near South Oak Bay with donation-based admission
- Hatley Gardens - Filled with hundreds of unique flowers and plants from around the world
- Government House - Home of the King's representative in BC, open monthly to public

OUTDOOR ACTIVITIES & SCENIC AREAS

- Mount Douglas Park (PKOLS) – A five- to ten-minute drive from UVIC, this 188-hectare park is the largest urban forest on the Saanich Peninsula. Features over 21 kilometers of hiking trails through lush Douglas Fir and Cedar forests. The 226-meter summit offers incredible 360-degree views of Victoria, Haro Strait, Olympic Mountains, and Mount Baker. Includes a 1.3-kilometer stretch of ocean shore in Cordova Bay with tide pools and potential marine life sightings. Can be accessed by hiking trails or by driving to the summit parking lot.
- Fisherman's Wharf - Scenic harbor front with colorful floating houses, fresh seafood dining, and whale watching tours
- Beacon Hill Park - Popular park with trails, playgrounds, petting zoo, and ponds
- Fort Rodd Hill and Fisgard Lighthouse - National Historic Site with bunkers, gunner stations, and picturesque lighthouse
- Thetis Lake Regional Park - Forested park with small lakes and hiking trails

UNIQUE EXPERIENCES

- Victoria Carriage Tours - Horse-drawn tours through downtown Victoria (operating since 1978)
- Whale Watching - Guided excursions to see orca, humpback, gray and minke whales

- Victoria Butterfly Gardens - Indoor butterfly experience near Butchart Gardens
- The Bug Zoo - Downtown museum featuring bugs and spiders

BREWERIES & LOCAL BEVERAGES

Victoria is home to more than a dozen local breweries including Whistle Buoy Brewing Company, Phillips Brewing & Malting, Vancouver Island Brewing, and Driftwood Brewing Company

VICTORIA SKA & REGGAE FESTIVAL

Dates: June 18-22, 2025. One of North America's longest-running ska festivals, featuring diverse musical showcases of reggae, ska, dub, jazz, dancehall and punk from across the globe. This family-friendly event takes place primarily in Victoria's Inner Harbour with numerous free daytime shows and paid evening performances at various venues. The 2025 lineup includes major headliners like Propagandhi, The Pharcyde, and Jakobs Castle. Most shows are all ages, making it perfect for camp participants to experience authentic reggae and ska culture.

TD VICTORIA INTERNATIONAL JAZZ FESTIVAL

Dates: June 20-29, 2025. Known as "Ten hot days and nights of the coolest music in town," this is the longest-running professional music festival on Vancouver Island. The festival features over 300 musicians presenting jazz, blues, funk, world music and more across Victoria and Esquimalt. With both free outdoor performances and ticketed shows, plus educational workshops, this festival offers something for every music lover. Featured artists include internationally renowned performers like Brazilian jazz pianist Eliane Elias, GRAMMY-winning bassist Richard Bona, and the all-star quintet ARTEMIS.

EMERGENCY & IMPORTANT INFORMATION

Campus Security: Available 24/7 for emergencies and general assistance **UVic SafetyApp:** Download for emergency notifications **Non-Emergency Campus Services:** Monday-Friday, 8 a.m.-4 p.m.

USEFUL CONTACT INFORMATION

- UVic Vikes Recreation: 250-472-4000 or vikesrec@uvic.ca
- Computer Help Desk: For technical support with wifi and systems
- Food Services: eat@uvic.ca

This guide should provide you with all the essential information needed for a successful Aikido summer camp experience at CARSA. The University of Victoria campus offers excellent facilities, and Victoria itself provides a wealth of cultural and natural attractions to explore during your free time. Ask any of our local members for their own favourite spots and activities, between classes or on the Signal app.

Have a wonderful camp!