

# CFUnited hotel and travel tips

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If you are staying at the Lansdowne Hotel for CFUnited this year here are some hotel and travel tips:

- Staying a day early or late? Ask the hotel for the same rate as the conference special rate to be extended.
- Got kids? Free child [day care](#) is available 9am - 9pm.
- Like golf? There are three courses plus a putting area to play on.
- Want to relax? Visit the onsite spa for you or your spouse.
- Free shuttle to Dulles airport if you call hotel to reserve your time and give the code word "CFUnited".
- The \$15 resort fee includes internet access and fitness club/pool use.
- There are 3 swimming pools, tennis courts, racket ball in addition to golf
- There are 3 restaurants and bars and the club house.
- \$179 room [rate special](#) ends Monday 3/15/10 - tell your ColdFusion and Flex friends so they don't miss out! Last year the hotel sold out of rooms...

More hotel info, travel tips for plane, train and automobile and what to do in Washington DC at the [CFUnited travel page](#).