



"The VGH Cycling Centre has raised the bar for cycling facilities in the region."

City of Vancouver Transportation Staff at site visit

Join the VGH Cycling Centre

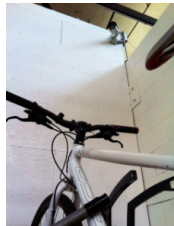
174 secure bike racks, lockers, change rooms, showers, towels, air pumps, bike stands and repair tools at 866 W.10th Ave



Street Entry



Ample Spaces



Security Cameras



Safety Training



Towels & Lockers



Yoga for Cyclists

Contact us:

Email: commuting@vch.ca

Phone: 604-785-3409

Angelo Longo, Shuttle Coordinator

Angelo.Longo@vch.ca

Navdeep Nijjar, Lead

Navdeep.nijjar@vch.ca

Kevin Shiu, Analyst/Assistant

Kevin.shiu@vch.ca

The Bett Lauridsen Commuter Centre at VGH

Since 1995, the Cambie Corridor Consortium Society (CCC) has been providing green travel options to the various health authorities in Vancouver. The Commuter Centre is located on the main floor of the Pattison Pavilion at VGH. Its mission is to reduce the number of single occupancy vehicles commuting to the Broadway/Cambie area. Bett Lauridsen, a founding member of the Cambie Corridor Consortium, was the Transportation Coordinator until 2014. Today though, Angelo Longo is the coordinator for the CCC, the responsibility of the Commuter Centre is overseen by the Transportation Services team.

Transportation Services team oversees the following programs:

- Inter-Hospital Shuttle Service
- VGH Cycling Centre
- Outdoor bike cages at VGH
- Carpooling / Car sharing
- Commuter trip planning
- Transit pass program
- Green initiatives

Scan the QR codes or click on the links to apply for access to bike storage:



[Cycling Centre](#)



[Bike Cages](#)



VGH Commuter Centre

A service provided by VGH since 1995 offering alternative transportation solutions for staff, visitors and patients. We provide information on Inter-Hospital Shuttle, PublicTransit, Cycling, Carpooling and Walking.

Funded by the Cambie Corridor Consortium – Canada's 1st Transportation Management Association.

899 W.12th Ave

Jim Pattison Pavilion – 1st
Floor Vancouver, BC V5Z 1M9
604-875-4118

Inter-Hospital Shuttle Service

Since 1996, the Commuter Centre has operated staff shuttles among various hospital sites in Vancouver. The shuttles are free of charge to staff, faculty, medical students, and on a limited basis, patients and visitors. Brochures showing the routes and times are available at the Commuter Centre, or online on the [oneVCH intranet page](#).

Shuttle Courier Service

The shuttle will take any items that would normally be sent by outside mail or courier.

All items must have one of our labels, or at the very least, sender & recipient information (including phone numbers).

Call us for information about labels. Rush packages must be handed directly to the driver and the recipient must be notified to pick them up at the destination. Any packages not picked up will be taken to the mailroom after a period of time. For any packages sent to **Womens/Childrens**, the recipient **MUST** pick up their item from the shuttle.

Inter-Hospital Shuttle Courier Service

We also offer a courier service among these same sites. Items can be delivered in as little as 20 minutes. There is **no charge** for this service. Please see the above website for details/restrictions.

Shuttle Schedule – Site Departure Times

The shuttles operate Monday to Friday

(Except stats, times are subject to traffic conditions)

St Paul Comox and Thurlow Entrance Southwest corner of parking lot South Bound	VGH North and South leaves at the Blackmore Pavilion	GF Strong 28th avenue entrance North Bound	Children's Entrance gate 11 by the Sunny hill sign North Bound
7:05	7:22	7:02	7:10
7:35	7:52	7:32	7:40
8:05	8:22	8:02	8:10
8:35	8:52	8:32	8:40
9:05	9:22	9:02	9:10
9:35	9:52	9:32	9:40
10:05	10:22	10:02	10:10
10:35	10:52	10:32	10:40
11:05	11:22	11:02	11:10
11:35	11:52	11:32	11:40
12:05	12:22	12:02	12:10
12:35	12:52	12:32	12:40
13:05	13:22	13:02	13:10
13:35	13:52	13:32	13:40
14:05	14:22	14:02	14:10
14:35	14:52	14:32	14:40
15:05	15:22	15:02	15:10
15:35	15:52	15:32	15:40
16:05	16:22	16:02	16:10
16:35	16:52	16:32	16:40
17:05		17:02	17:10

* BC Cancer Agency passengers please call the Mount St. Joseph shuttle at 604-619-0121 and arrange for pick up due to access issues and congestion in the driveway



Shuttle from MSJ to other sites: Shuttles run from MSJ between 800 & 1600. Pick up is at the main entrance at: 00/:30. The route is MSJ to BCCA to VGH to MSJ. Transfers to other sites occur at VGH. **Please note:** if you are travelling to MSJ **from** St. Pauls, please tell the driver **as soon as you get on**. He will make the necessary arrangements for the connection.

Shuttle between VGH & UBCH: The shuttle leaves VGH (Blackmore Pavilion) & UBCH (across from the main entrance) every half hour from each site, beginning at 7:05. The last shuttles leave VGH at 1635 and UBCH at 17:05. Both the northbound and southbound shuttles connect with the VGH/UBCH shuttle. If you need to connect with one of them, please tell the driver and they will call the connecting shuttle.

Seating priority: Hospital staff, medical staff, medical related grad students, and medical students **on hospital business** have seating priority. Staff/med students going to or from work or class **do not** have priority, but are welcome as space permits. Drivers reserve the right to ask non-priority passengers to give up their seat for 'at work' staff.