



## **DIRECTIONS**

### **From Northern Virginia:**

#### **via 14th Street Bridge**

From Arlington cross 14th Street Bridge and follow I-395 North. Take the 3rd Street Tunnel all the way until it ends at New York Avenue. Make a right on to New York Avenue, stay in right lane and follow signs to northbound North Capitol Street and turn right on to M Street and follow to North Capitol Street. Turn left on to North Capitol Street. Continue on North Capitol Street, cross over Michigan Avenue and exit at the Irving Street, West exit. At first stoplight turn left onto the Washington Hospital Center Campus. At first stop sign, turn right and follow signs to Washington Hospital Center Parking Pavilion II.

#### **Via the Theodore Roosevelt Bridge**

From Route 50 and I-66. Cross over the Roosevelt Bridge it becomes Constitution Avenue, . Stay on Constitution Avenue, passing the Washington Monument and White House, and turn left on to 7th Street. Continue on 7th Street crossing over Massachusetts, New York, Rhode Island and Florida Avenues. 7th Street becomes Georgia Avenue. Continue on Georgia Avenue, turn right on to Irving Street. Follow Irving Street, as it bears to the left. National Rehabilitation Hospital will be on your right. Turn right at the First Street Entrance onto the Washington Hospital Center Campus. At first stop sign turn right. Follow signs to Washington Hospital Center Parking Pavilion II.

### **From Baltimore:**

#### **via Baltimore/Washington Parkway (I-295)**

Take the Baltimore/Washington Parkway (I-295) South towards Washington. Exit at New York Avenue west (Route 50). From New York Avenue, exit to the right onto South Dakota Avenue. Follow South Dakota Avenue crossing over Rhode Island Avenue, continue on South Dakota Avenue to Michigan Avenue. Turn left on to Michigan Avenue. Stay in right lane and just after passing the Shrine of the Immaculate Conception follow the road as it bears to the right onto Irving Street. Continue on Irving Street and at first stoplight turn left onto the Washington Hospital Center Campus. At first stop sign turn right. Follow signs to Washington Hospital Center Parking Pavilion II.

#### **via I-95**

Take I-95 South to I-495 West (Capital Beltway) towards Silver Spring. Take first exit, New Hampshire Avenue South. Follow New Hampshire Avenue into Washington, DC until it ends at North Capitol Street. Turn left onto North Capitol Street, and follow North Capitol Street south and exit at the Irving Street West exit. Turn left at the first stoplight onto the Washington Hospital Center campus. At first stop sign turn right. Follow signs to Washington Hospital Center Parking Pavilion II.

### **From Central/Southern Maryland**

Take I-95 (Capital Beltway) to Exit 19B, Route 50 West. Exit to the right onto South Dakota Avenue. Follow South Dakota Avenue for about 2.5 miles. Turn left onto Monroe Street, then turn left onto Michigan Avenue. Cross North Capitol Street. At the next light, turn right on First

Street onto the Washington Hospital Center campus. Follow signs to Washington Hospital Center Parking Pavilion II.

### **From Montgomery County via Wisconsin or Connecticut Avenues**

From the Capital Beltway I-495 travelling south on Wisconsin Avenue, turn left onto Western Avenue (at the District line) and take the first right onto Military Road. From Connecticut Avenue heading south, turn left onto Military Road. Follow Military Road to the intersection of Georgia Avenue where Military Avenue becomes Missouri Avenue. Cross over Georgia Avenue and continue on Missouri Avenue. Turn right onto North Capitol Street. Follow North Capitol Street south and exit at the Irving Street West exit. Turn left at the first stoplight onto the Washington Hospital Center campus. At first stop sign turn right. Follow signs to Washington Hospital Center Parking Pavilion II.

### **Public transportation:**

If you are taking the Metrorail to Washington Hospital Center, exit at the **Brookland/CUA** stop on the **RED** line. Exit the station to the right and take the **H2** (Van Ness) or **H4** (Tenley Town) bus to Washington Hospital Center. One of these two buses leaves every 10 minutes. The fare from the metro station is \$1.20. With a transfer pass the fare is 40 cents to the hospital. *For more information about metrorail or the metrobus system, please contact WMATA at 202-637-7000 or [www.wmata.com](http://www.wmata.com).*

### **Local Lodging:**

The Washington Hospital Center/MedStar Research Institute has negotiated special rates with a number of area hotels.

**Best Western New Hampshire Suite Hotel**  
1121 New Hampshire Ave., NW  
Washington, DC 20037  
202-457-0565, Toll Free Call 1-800-762-3777  
Rate: \$124-\$149 per night.

**Carlyle Suite Hotel**  
1731 New Hampshire Avenue, NW  
Washington, DC 20009  
(202) 234-3200, Toll Free 1-800-964-5377

**Courtyard by Marriott-Embassy Row**  
1600 Rhode Island Ave, NW  
Washington DC 20036  
202-293-8000

**Days Inn - Silver Spring**  
8040 - 13th Street  
Silver Spring, Maryland, 20910

(301) 588-4400, Toll Free 1-800-329-7466  
Washington Hospital Center rate is \$49.95.

**Doubletree Guest Suites, Washington DC**

801 New Hampshire Avenue, NW  
Washington DC 20037  
(202) 785-2000, Toll Free is 1-800-228-9290  
Rate \$109

**Holiday Inn Silver Spring**

8777 Georgia Ave.  
Silver Spring, MD 20910  
301-589-0800, Toll Free 1-800-HOLIDAY  
Washington Hospital Center rate is \$89.

## ABOUT MEDSTAR RESEARCH INSTITUTE

The MedStar Research Institute (MRI) is the research center of MedStar Health, the Baltimore/Washington area's largest health care delivery system. The purpose of the Institute is to conduct and support medical research that results in better treatments and prevention strategies for the major diseases affecting the communities we serve.

For more information, please visit [www.medstarresearch.org](http://www.medstarresearch.org)

## ABOUT WASHINGTON HOSPITAL CENTER

Washington Hospital Center is a 907-bed, not-for-profit, acute care teaching and research hospital based in Northwest Washington, DC. The largest hospital in the nation's capital, the Hospital Center offers a nationally ranked cardiac care program; a comprehensive cancer institute; a full range of women's services; an extensive organ transplantation program; MedSTAR, one of the nation's top trauma centers; and the most advanced adult burn facility in the region.

For more information, please visit [www.whcenter.org](http://www.whcenter.org)

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