National Center for **Weight and Wellness**

Where Science Meets Humanity

Transportation and Parking Information

NCWW is located 1020 19th Street NW Suite 450, Washington, DC 20036. Transportation information can be found in detail below.

I. Metro (www.wmata.com for determining train and bus schedules)

Farragut West (Blue and Orange Lines) Between 17^{th} and 18^{th} Streets NW and I and K Streets.

Exit metro and turn right down "I" St. walking towards 19th Turn Right at 19th St. Walk past K. St. Look for 1020 19th St. (If you have reached L St. you have gone too far)

Farragut North (Red Line) <u>1001 Connecticut Avenue Northwest, Washington, DC</u> 20036

Exit metro car toward L Street.

At top of escalator exit and walk down L Street and turn left on 19^{th} . Look for $1020\ 19^{th}$ St.

II. Parking

- Parking Calculator for best rates: http://washingtondc.bestparking.com/index.php#1
- Paying for parking using a credit card: one time registration at <u>www.parkmobile.com</u>. Have your license plate number and credit card available.

A. Parking Garages

• <u>1828 L Street NW (</u>Monument Parking)

(202) 833-8072 General Parking Information

Mon-Fri 7:00-22:00

Evening rate: after 5pm. \$6.00 Early Bird rate: \$10 before 10am.

Hourly: \$8 Max: \$14

Accepted Payments: credit cards, cash

• 1825 K Street

www.candcparking.com

Hours M-F 7 A-9 PM, closed weekends

Evening Rate: \$5 after 5 PM

National Center for

Weight and Wellness

Where Science Meets Humanity

\$9 first hour, \$12 2nd hour Max \$16

• LAZ parking

1910 L Street NW 202-667-3030 Hours: 6:30 AM- 10 PM Early bird \$10 After 5: \$5 flat rate V, MC, Amex, Discover

Central Parking

19th Street between L & M Streets NW Across from "Famous Luigi's" Early Bird: in by 10 a.m. \$9 All day: \$14

All day: \$14 Hourly: \$8

• <u>1909 K St NW</u>

(202) 822-8940 Mon-Fri 6am-8pm 1 Hour: \$ 9.00 Max: \$ 15.00

B. Metered and Free Street Parking:

Free street parking on weekends on streets surrounding clinic (read signs carefully!) Register for pay to park at www.parkmobile.com and receive free texts/emails when meter is about to expire. Payment is done by using cell phone and PIN and entering parking space #. No quarters required!

- On L St. Between 19th and 18th St.

 M-F 2 h parking on street 9:30-4; no time limit 6:30-10 pm

 NOTE: M-F no parking/standing 7:00 9:30 AM; 4-6:30 PM
- On 19th Street between L & M Streets (Staples to Rumors) and 19th Street between K & L (Spice Indian Bistro to Potbelly)

No street parking M-F 7 AM- 6:30. OK after 6:30 pm Saturday free

Please email Practice Manager, Rachel Stone with questions or with updated parking information that will be of benefit to other patients. Thanks!