

National Center for Weight & Wellness
1828 L Street NW Suite 350
Washington, DC 20036

Metro, Parking, & Walking Information

The NCWW is located in an area referred to as “the Golden Triangle.” Transportation information can be found at <http://www.goldentriangledc.com/transportation/parking>, as well as below.

Please email us if you would like to share any updates to this list that may benefit others.

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

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

One stop after Foggy Bottom

Exit metro car toward 18th street.

At top of escalator exit and walk down 18th Street and turn left on L. Look for 1828 “L” Street

We are conveniently located 450 steps from the metro entrance.

Farragut North (Red Line) [1001 Connecticut Avenue Northwest, Washington, DC 20036](http://www.wmata.com)

From top of escalator, exit building and walk along K Street toward 18th Street. Cross and continue down K Street toward 18th Street. Cross the street and turn right down 18th Street. Turn left on L Street and walk toward 19th Street. See 1828 L Street on left before you get to 19th Street. We are located 950 steps from the metro entrance.

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 www.parkmobile.com. Have your license plate number and credit card available.

Parking Garages

- **1828 L Street, NW - Monument Parking**
(This is located under our building. There is elevator access to the 3rd floor from underground parking).
(202) 833-8072

General Parking Information

Mon-Fri 7:00am - 10:00pm

Evening rate: \$6.00 after 5pm

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)
\$9 first hour, \$12 2nd hour (max \$16)
Evening Rate: \$5 after 5 PM

- **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, Dis
- **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
Hourly: \$8
- **Central Parking**
1050 Connecticut Avenue
(entrance closest to clinic is on 18th between K St and L St)
(driving down 18th from Farragut West Metro, it is on the right before you get to L).
(202) 833-2545

General Parking Information

Mon-Fri 5:30-midnight; Saturday: 6 a.m. –midnight; Sunday: 7-midnight
Evening rate: after 3 pm and Saturday/Sunday. \$8.00
Early Bird rate: \$11 by 10am.
Hourly: \$1/2 Hour \$5.00 | 1 Hour \$11.00 | 2 Hours \$14.00 (max: \$20)
Accepted Payments: Visa, Mastercard, Discover, American Express

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!

- **Across from our building:**
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
- **19th Street between L St and M St and 19th St between K St and L St**
There is no street parking M-F 7 AM- 6:30. OK after 6:30 pm
Saturday is free

C. Other parking: If you have a favorite parking option near 3 Washington Circle, you can continue to use it and walk to our building. Walking directions from 3 Washington Circle NW:

From Washington Circle, take a slight left on New Hampshire Avenue NW. Take first right onto L Street NW. Destination is just past 19th Street NW on the right. Total distance: 0.63 miles.

Ritz Carlton underground parking on 23rd Street is \$6 on Saturday. Get ticket upon entry, self-park, pay by credit card at level 2 parking machine before leaving underground parking.