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. <u>Metro (www.wmata.com for determining train and bus schedules)</u>

Farragut West (Blue and Orange Lines) Between 17th and 18th 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> <u>20036</u>

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. <u>Parking</u>

- Parking Calculator for best rates: <u>http://washingtondc.bestparking.com/index.php#1</u>
- 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

• <u>1825 K Street</u>

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

• <u>LAZ parking</u>

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

• <u>Central Parking</u>

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

• <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 <u>www.parkmobile.com</u> 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!

• <u>On L St. Between 19th and 18th St.</u> 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

• <u>On 19th Street between L & M Streets (Staples to Rumors) and 19th Street</u> 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!