

Metro/Driving/Parking Instructions
ASHP Headquarters
4500 East-West Highway, Suite 900, Bethesda, MD 20814 // Phone (301) 657-3000

Directions using Metro

- Red Line to Bethesda Metro Station
- Exit the Metro station at the street level, cross Wisconsin Avenue and continue onto East West Highway
- ASHP is located on your right (0.2 miles)



Directions to ASHP from PA/NJ/NY

- From 95 South
- Use the right 2 lanes to take exit 27 W to merge onto I-495 W toward Silver Spring
- Take exit 33 for MD-185/Connecticut Ave toward Kensington/Chevy Chase
- Continue on MD-185 S/Connecticut Avenue. Drive to MD-410 W/State Hwy 410 W in Bethesda
- Use the left 2 lanes to turn left onto MD-185 S Connecticut Avenue
- Turn right onto MD-410 W/State Hwy 410 W
- Turn left onto Waverly Street
- Parking garage is on the left under our building (which is the corner of Waverly and Pearl)

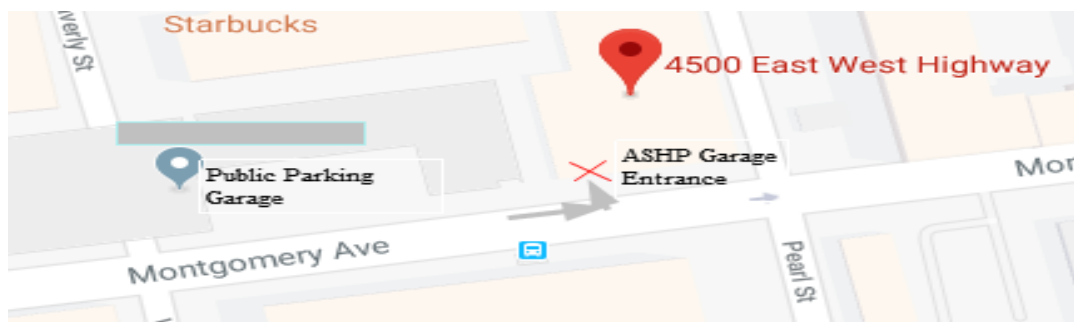
Directions to ASHP from Frederick, MD

- Take I-270 S
- Use right 2 lanes to merge onto I-495 E toward College Park/Silver Spring
- Take the MD-185/Connecticut Avenue exit toward Chevy Chase/Kensington
- Turn right on MD-185 S/Connecticut Avenue (signs for Connecticut Ave 185 S/Chevy Chase)
- Turn right onto MD-410 W/State Hwy 410 W
- Turn left onto Waverly Street
- Parking garage is on the left under our building (which is the corner of Waverly and Pearl)

Directions to ASHP from Virginia

- Get on 495 North
- Keep right at the fork to continue on 495 North
- Take the MD-185 S/Connecticut Avenue exit toward Chevy Chase/Kensington
- Turn right on MD-185 S/Connecticut Avenue (signs for Connecticut Ave 185 S/Chevy Chase)
- Turn right onto MD-410 W/State Hwy 410 W
- Turn left onto Waverly Street
- Parking garage is on the left under our building (which is the corner of Waverly and Pearl)

The entrance to the parking garage is located on the left of the Montgomery Avenue side of the building immediately following the entrance to the Montgomery County Public Parking Garage. Please note our building is located between the light at Waverly and Pearl Streets. Please bring your parking ticket upstairs with you so it can be validated before you leave.



Should you not be able to park in our building, please proceed to the Montgomery County Public Parking Garage. This garage is located directly next to our building. The cost of parking is \$1.00 per hour and this is metered parking. You can pay with coins or with the following apps:

Park Now

[Apple Store](#)
[Google Play](#)

Parkmobile

[Apple Store](#)
[Google Play](#)

Proceed to the lobby and let security know that you are here for ASHP and they will scan you for the 9th Floor, where reception will greet you and call the staff member you are here to visit.