



DC Spring Retreat Cheat Sheet

This document will give you basic pointers on how to navigate DC for our Spring Retreat. It will go over the following topics:

[Buying a SmarTrip Card](#)

[Navigating the DC Metro/Resources for Tourism](#)

[Getting to Congressional Offices](#)

[Food and Amenities near the hotel](#)

[Getting to the Hotel from Your Arrival Point](#)

If you click any of the above list items, it will take you to that item's place in the document.



Before you go

- ☐ Download the Lyft or Uber apps
- ☐ Bring comfortable shoes

Thank you!

Buying a SmartTrip Card

To enter and exit the metro, you will need a SmartTrip card. At any of the metro stops, you can buy one from a fare vending machine like the one below. You can use your SmartTrip cards for trips on the metro or bus. We recommend you put \$15 bucks on to start and refill as needed.

Metrorail fares vary based on the time, day, and distance you ride. The AM Peak Fares (5 – 9:30AM) and the PM Peak Fares (3 – 7PM) can range from \$2.25 - \$6.00. Off-Peak Fares (9:30AM – 3PM and 7 – 9:30PM) can range from \$2.00 - \$3.85.



Cards cost \$2 + the value you want to add to the card.

For example, if you wanted a card with \$15 on it, it would cost \$17

Depending on your travel needs, for \$28 you can purchase a 3-Day Unlimited Pass

It activates the first time SmartTrip is tapped at a fare gate, expires at the end of the last operating day, and has no time restrictions (valid for peak and off-peak fares)



Navigating the DC Metro

Below is a map of the Metro System. For our purposes, we will only need to use the Red Line. We will use **New York Ave-Gallaudet U**, or NoMa for short, to get to and from our hotel. We will be using **Union Station to go to and from the Capitol**.

Also highlighted here are potential points of interest and how to access them.

POINTS OF INTEREST

African Art Museum	Smithsonian
Air and Space Museum	L'Enfant Plaza
American Art Museum	Gallery Place
American History Museum	Smithsonian
Audi Field	Navy Yard-Ballpark
Botanic Gardens	Federal Center SW
Bureau of Engraving & Printing	Smithsonian
Capital One Arena	Gallery Place
Capitol Building	Capitol South
Chinatown	Gallery Place
Constitution Hall	Farragut West
Convention Center	Mt Vernon Sq
Corcoran Gallery	Farragut West
D.C. Armory	Stadium-Armory
Entertainment & Sports Arena	Congress Heights
FedEx Field	Morgan Boulevard
Federal Bureau of Investigation	Metro Center
Folger Shakespeare Library	Capitol South
Freer Gallery	Smithsonian
Hirshhorn Museum	L'Enfant Plaza
Holocaust Museum	Smithsonian
Iwo Jima Memorial	Rosslyn
Jefferson Memorial	Smithsonian
Library of Congress	Capitol South
Lincoln Memorial	Foggy Bottom-GWU
Lisner Auditorium	Foggy Bottom-GWU
Martin Luther King Jr. Mem'l	Smithsonian
Masonic Temple	King Street-Old Town
Nat'l Academy of Sciences	Foggy Bottom-GWU
National Archives	Archives
National Building Museum	Judiciary Sq
National Gallery of Art	Archives
National Geographic Society	Farragut North
National Institutes of Health	Medical Center
National Law Enforcement Museum	Judiciary Sq
National Museum of African American History and Culture	Smithsonian
National Museum of the American Indian	L'Enfant Plaza
National Portrait Gallery	Gallery Place
National Postal Museum	Union Station
National Shrine of the Immaculate Conception	Brookland-CUA
National WWII Memorial	Smithsonian
National Zoo	Woodley Park
Nationals Ballpark	Navy Yard-Ballpark
Natural History Museum	Smithsonian
Phillips Collection	Dupont Circle
Renwick Gallery	Farragut West
RFK Stadium	Stadium-Armory



Have time between meetings? Try out the DC Circulator.

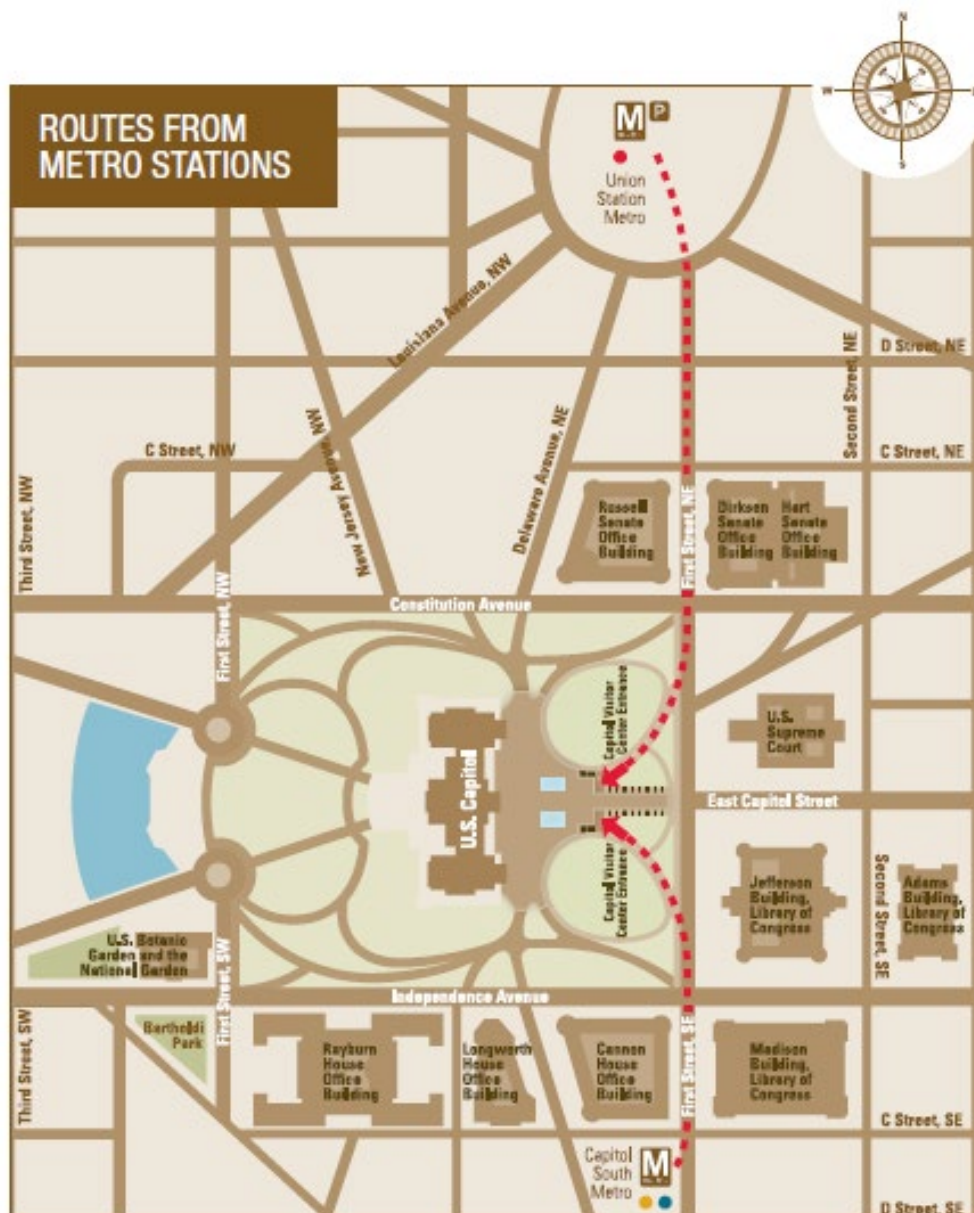
The DC Circulator provides public transportation to the District's main attractions and most lively neighborhoods for business, culture and entertainment at a cost of only \$1. The system consists of six distinct routes across Washington, DC. Each stop is serviced every 10 minutes, providing simple, fast and affordable transit to residents, commuters and visitors around the nation's capital.

Learn more here: <https://dccirculator.com/circulator-map-and-information-guide/>

Getting to Congressional Offices

Taking the metro, the Senate Office Buildings are roughly 19 minutes from the hotel (17 minutes walking + a 2-minute metro ride), and the House Office Buildings are about 29 minutes from the hotel (27 minutes walking + 2-minute metro ride).

We recommend taking a Lyft or an Uber when visiting House Office Buildings. The House Office Buildings are about a 14-minute drive from the hotel; the Senate Office buildings are about a 9-minute drive. If you choose to do so, please **remember to include the name of the building in your request** (e.g. Cannon House Office Building as your destination) and request a ride well in advance of your meeting, as pick-up will likely take some minutes.



If taking a rideshare, try to carpool with members. A standard Lyft or UberX can accommodate up to 4 people, and an UberXL or LyftXL can fit up to 6.



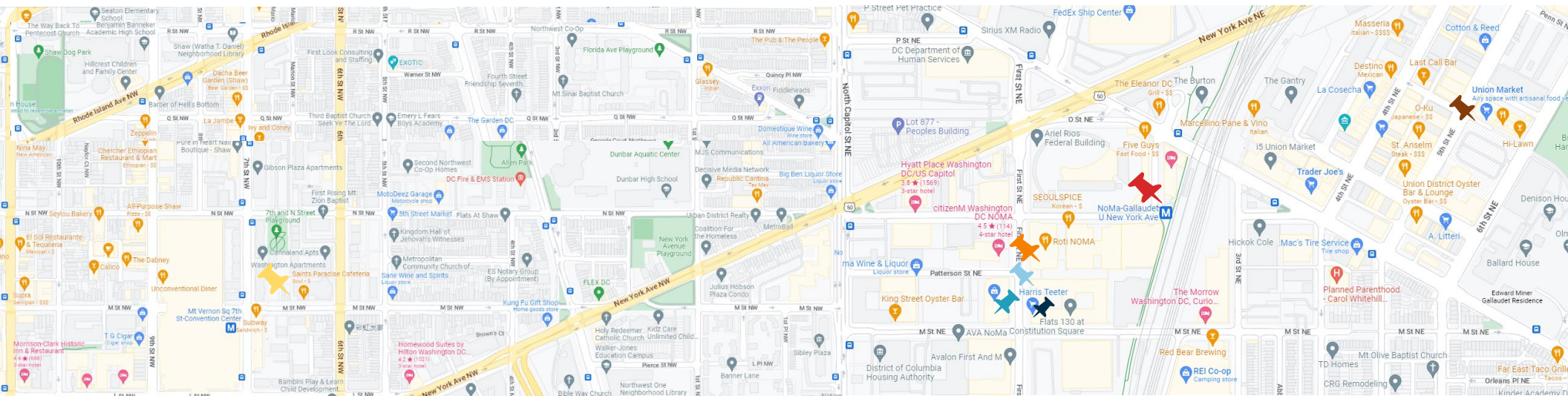
Want to get some steps in? The Senate Office Buildings are about a 20-minute walk from the hotel.

The House Office Buildings are just over a 30-minute walk.

Food and Amenities

Our hotel is situated near many great dining options and convenient shops. Zoom in on the map below and explore! We've pinned some notable and potentially interesting places, including:

- **Hilton Garden Inn (where we will be staying)**
- **CVS:** across the street from the hotel
- **Harris Teeter:** located on the same block as the hotel
- **NoMa metro stop:** the closest stop to the hotel
- **Peet's Coffee:** across the street from the hotel
- **Saints Paradise Cafeteria:** soul food restaurant operating out of a church cafeteria
- **Union Market:** a food hall and staff favorite



We are staying at the **Hilton Garden Inn DC/US Capitol**, located:

1225 First Street NE
Washington, District of Columbia, 20002, USA



Getting to the hotel

You can take a rideshare or taxi from your arrival point, or you could take the metro. As a reminder, our hotel is the **Hilton Garden Inn Washington DC/US Capitol**, located

1225 First Street NE

Washington, District of Columbia, 20002, USA

Here are ways you could take the metro (or walk) to the hotel from various points of arrival.

~ 36 min



From DCA

- Ronald Reagan Washington National Airport
2401 Ronald Reagan Washington National Airport Access Rd, Arlington, VA 22202
- Ronald Reagan Washington Natio...
 - Blue New Carrollton
✓ 20 min (9 stops)
i Extra service
- Metro Center
 - Walk
✓ About 1 min
- Metro Center
 - Red Glenmont
✓ 8 min (4 stops)
- NoMa-Gallaudet U New York Ave
 - Walk
✓ About 4 min, 0.2 mi
- Hilton Garden Inn Washington DC/U.S. Capitol
1225 First St NE, Washington, DC 20002

~ 1 hr 23 min; recommend rideshare



From Dulles

- Dulles International Airport
1 Saarinen Cir, Dulles, VA 20166
- Walk
 - ✓ About 11 min, 0.5 mi
- Washington Dulles International A...
 - Silver Largo
✓ 53 min (18 stops)
- Metro Center
 - Walk
✓ About 1 min
- Metro Center
 - Red Glenmont
✓ 8 min (4 stops)
- NoMa-Gallaudet U New York Ave
 - Walk
✓ About 4 min, 0.2 mi
- Hilton Garden Inn Washington DC/U.S. Capitol
1225 First St NE, Washington, DC 20002

~ 11 min metro; 14 min walk



From Union Station

- Washington Union Station
50 Massachusetts Ave NE, Washington, DC 20002
- Walk
 - ✓ About 4 min, 0.1 mi
- Union Station
 - Red Glenmont
✓ 2 min (non-stop)
- NoMa-Gallaudet U New York Ave
 - Walk
✓ About 4 min, 0.2 mi
- Hilton Garden Inn Washington DC/U.S. Capitol
1225 First St NE, Washington, DC 20002



- Walk for 75 ft
- 75 ft
- ↑ Head south toward Union Station Dr NE
- 82 ft
- ↪ Turn right onto Union Station Dr NE
- 194 ft
- ↪ Slight right to stay on Union Station Dr NE
- 190 ft
- ↩ Turn left onto First St NE
- 82 ft
- ↪ Turn right to stay on First St NE
i Destination will be on the right
- 0.6 mi