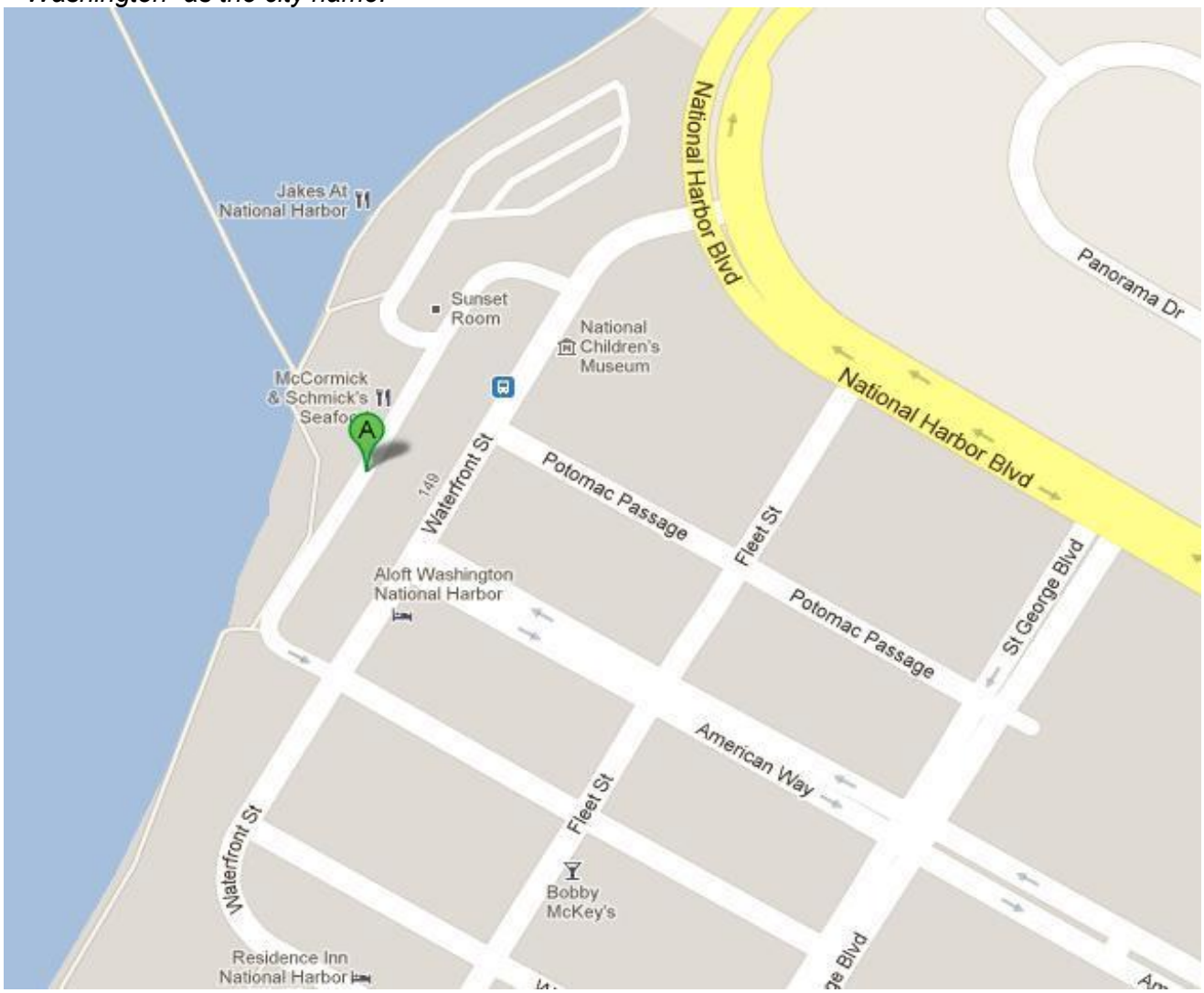
STEP OUT® | WALK TO STOP DIABETES℠

American Diabetes Association.

Registration will be located on National Plaza (this road will be closed) where the “A” is located on the map below. The address is **137 National Plaza, National Harbor, MD 20745.** If this address isn’t located within your GPS system you may use Rosa Mexicana as a landmark- **143 Waterfront St., National Harbor. MD**. Once you arrive and park walk toward Rosa Mexicana and Bond 45 on Waterfront street, make your way down the stair cases located beside those restaurants and you’ll see Step Out registration.

**in some GPS systems “National Harbor” as a city name isn’t listed. If this is the case try “Fort Washington” as the city name.*



Driving directions from Washington, DC:

- Take I-295 South for approximately 5.5 miles
- Take National Harbor Exit 1B
- Right at second traffic light onto Fleet St.
- Right onto Mariner Passage and parking garage will be on your left

Driving directions from Maryland:

- Merge onto I-495 / I-95 Capital Beltway – Inner Loop
- The lanes will divide after you pass Exit 4. Make sure stay in the right lanes in order to follow the 'Local Lanes'.
- Take National Harbor Exit 2A
- Right at second traffic light onto Fleet St.
- Right onto Mariner Passage and parking garage will be on your left

Driving directions from Virginia:

- Merge onto I-495 / I-95 Capital Beltway – Outer Loop
- As you are approaching the Woodrow Wilson Bridge stay in the right hand lanes in order to take the 'Local Lanes'
- Cross the Woodrow Wilson Bridge
- Take National Harbor Exit 2A
- Right at second traffic light onto Fleet St.
- Right onto Mariner Passage and parking garage will be on your left

**IMPORTANT NOTE: If traveling to National Harbor from VA via the Woodrow Wilson Bridge, please follow the signs that indicate "local lanes." For more information regarding local and thru lanes and general construction information, please visit www.wilsonbridge.com

Parking details

There are three parking garages that participants may use on the day of Step Out (above directions are to the Mariner Garage). Fees are listed below. The keep in mind, if the travel with more than one person in a car the parking garage fee will be less than each person paying a metro fare.

National Harbor Parking Garage Rates:
0-1 hour: $3
1-2 hours: $5
2-4 hours: $9
4-24 hours: $11
6pm to 3am Flat Rate: $11

Metro Bus Transportation

You may take a metro shuttle bus (NH1) from the **Green Line** Branch Ave. Metro station. The bus runs every half hour. Go to www.wmata.com for more information.

Saturday Schedule:

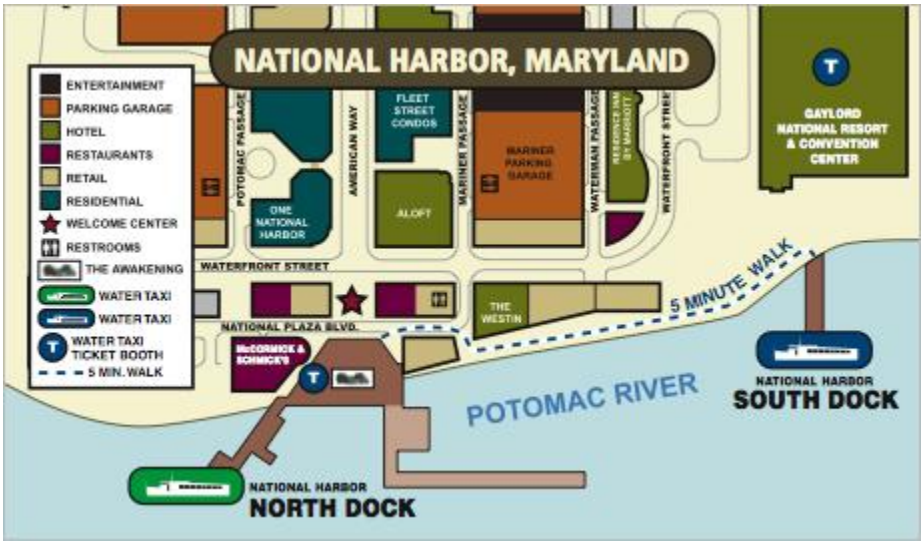
Leave: Branch Ave. & Bus Bay H	**Arrive:** St. George Blvd. & Waterfront St.
NH1- 7:55am	8:18am
NH1- 8:25am	8:48am
NH1- 8:55am	9:18am
NH1- 9:25am	9:48am

Water Taxi (Departing NH only)

The closest place to depart National Harbor on the water taxi is from the NORTH DOCK. The water taxi drops off at the Alexandria, VA Marina, where you can then pick up a free trolley to the King St.-Old Town metro on the blue/yellow line. The trip is approximately 30 minutes. To pre-order your tickets visit: Water Taxi tickets

One-Way Ticket Pricing: $8 Adult; $5 Children under 12; FREE Infants 2 and under

The Saturday departure times from the NORTH DOCK are as follows:

10:50 AM
11:30 AM
12:10 PM
12:50 PM
1:30 PM
2:10 PM
2:50 PM

For the complete water taxi schedule visit: Water Taxi Schedule