

Parking:

- From Terwilliger, turn on to SW US Veterans Hospital Road. You will see where to turn by a sign that says Portland VA Medical Center.
- Go past Day Use and employee lots (Lots 1 and 9 on the map) to the stop sign, do not turn into the parking lot entrance to the left of the stop sign this is for employees only. Go straight after the stop sign and take the next left toward the Visitor/Patient Parking, and left again into the parking structure (designated by the yellow circle "entrance to P" on the map).
- If an attendant asks you the reason for your visit, please say you have a Research appointment at the NCRAR.
- Inside the parking structure, go all the way to the end of the first row of parking places. As you go around the end and start heading back up the other side, take the first right into a single lane marked "Additional Parking". Park in this section if possible (this is Lot 3 on the map). Please allow extra time for parking because spaces are limited.

Finding NCRAR:

- Immediately to your right as you enter Lot 3 you will see a sliding glass door that says "Mental Health". After you have parked, go through this door to the elevators inside. This is parking level P2 and these are the elevators you will need to access our facility. Take these elevators down to level P5. We are the only facility on this level.
- If you end up in the main hospital building instead (building 100 on the map), you need to get to building 104 to find the elevators. You can go to the first floor, go out the main doors and cross the street. Look for the entrance to Primary Care – the elevators you need are just past the doors for Primary Care. Or, you can go to the second floor and find your way to the Skywalk (see map). Once you cross the Skywalk, you will find the elevators you need if you follow the hallway to the left. Take the elevators to P5.
- On level P5, you will take a left out of the elevator and see two big glass doors. This is the **National Center for Rehabilitative Auditory Research (NCRAR)**.

Directions to Portland VA Medical Center:

OR	From the West:	From the Northwest:
• Take I-5 South to	• Travel East on US-	• Travel Southeast on Hwy
Terwilliger Blvd exit.		30 (St. Helens Road)
 Stay in the right hand 	-	towards City Center,
lane and go right at the	signs to Salem/The	following signs to I-405
top of the exit (Barbur	Dalles.	South.
Blvd).	 Pass through the Vista 	 Take I-405 South, get in
 At the first light, take a 	Ridge Tunnel, following	the right lane after the
left onto Terwilliger	signs to I-405 South.	US-26/Sunset Hwy exit
Blvd.	 Stay in the right lane 	and then exit at 6th Ave.
 Go through the light at 	and take the 6th Ave	 Stay in the right lane
Capitol Hwy.	exit and follow signs to	and follow signs to the
 Follow Terwilliger Blvd. 	VA Hospital.	VA Hospital.
approximately 2-2.5		
miles to VA Hospital.		
From the Southeast:	From the East:	From the South:
• Travel North on	• Travel West on I-84 to	 Travel North on I-5;
McLoughlin Blvd. or	the junction of I-5	take the Terwilliger Blvd.
West on Powell.	South.	exit and turn left.
 Cross the Willamette 	 Follow I-5 across the 	 Follow Terwilliger Blvd.
River via the Ross Island	Willamette River via the	approximately 2.5 miles,
Bridge and take City	Marquam Bridge.	crossing Barbur Blvd.
Center exit.	 Take 6th Ave exit and 	and Capital Hwy.
 Follow Corbett as it 	get in the left lane	 Follow signs to VA
turns into Kelly, Arthur,	immediately and turn	Hospital/OHSU.
and Caruthers.	left on College.	
 Stay in the far left lane 	 Turn left on Broadway, 	
 Stay in the far left lane so that you will be able 	 Turn left on Broadway, stay in the right lane 	
so that you will be able	stay in the right lane	
so that you will be able to turn left on 6th Ave.	stay in the right lane and follow signs to VA	
	 Take I-5 South to Terwilliger Blvd exit. Stay in the right hand lane and go right at the top of the exit (Barbur Blvd). At the first light, take a left onto Terwilliger Blvd. Go through the light at Capitol Hwy. Follow Terwilliger Blvd. approximately 2-2.5 miles to VA Hospital. From the Southeast: Travel North on McLoughlin Blvd. or West on Powell. Cross the Willamette River via the Ross Island Bridge and take City Center exit. Follow Corbett as it turns into Kelly, Arthur, 	 Take I-5 South to Terwilliger Blvd exit. Stay in the right hand lane and go right at the top of the exit (Barbur Blvd). At the first light, take a left onto Terwilliger Blvd. Go through the light at Capitol Hwy. Follow Terwilliger Blvd. approximately 2-2.5 miles to VA Hospital. Travel North on McLoughlin Blvd. or West on Powell. Cross the Willamette River via the Ross Island Bridge and take City Center exit. Follow Corbett as it turns into Kelly, Arthur, Take 6th Ave exit and get in the left lane immediately and turn Take 6th Ave exit and get in the left lane immediately and turn

By Bus:

- TRI-MET bus #8 runs about every 20 minutes from Downtown to the VA Hospital. Go to <u>www.trimet.org</u> to find arrival times or to plan your route with the Trip Planner.
- You should get off the bus at the Veteran's Hospital main entrance (the second stop on US Veterans Hospital Road). Do not go into the main hospital lobby, instead walk across the street to the building opposite (BLDG 103 on map). Before entering the building, turn right and walk down the sidewalk that runs alongside the building. You will enter through automatic glass doors at the end of the sidewalk. Go past the entrance to the Primary Care Clinic to the elevators. Take the elevator to P5.
- You will take a left out of the elevator and see two big glass doors. This is the National Center for Rehabilitative Auditory Research (NCRAR).