



1. Via Metrorail System:

- Take (or transfer to) the Red Line headed towards Wheaton/Glenmont
- Exit the system at the Silver Spring station (EXIT NORTH)
- The Silver Spring station is literally next door to the Macfadden Corporate offices. Take the escalator marked "Colesville Road North" and proceed east via the underpass that runs beneath the Metro train tracks. (If you pass Starbucks and Einstein's Bagels, you are going in the wrong direction.)
- Go up the stair on your left. Walk through the plaza to 8403, which is on your left.

2. If Driving from Interstate 495 (Beltway) Dulles International Airport, Virginia:

- Follow Dulles Toll road towards Washington, D.C. to Route 495 north
- Follow 495 North to Maryland, then East towards Silver Spring and Baltimore
- Take Exit 31- Georgia Avenue (south)
- Continue south on Georgia Avenue for approximately 1 mile
- Turn right (west) at Colesville Road (Route 29)
- Proceed 2 blocks to Second Avenue and turn right. There is a McDonald's on the corner. (The street name is Wayne Avenue on the left side of Colesville Road)
- Continue up the hill and either:

1. Turn left into the parking garage for Metro Plaza-there is valet parking OR
2. Continue up Second Avenue to Cameron Street and turn right. The entrance to the public parking garage is on your left.

3. If Driving from Baltimore-Washington International Airport (BWI)

- Take Baltimore-Washington Expressway (Route 295) west towards Interstate 495 (Beltway).
- Follow 495 North, then West towards Silver Spring and Rockville.
- Take Exit 30-B, Colesville Road (Route 29 south).
- Go south on Colesville Road for approximately 2 miles.
- Turn right a Second Avenue. (This is 2 blocks after crossing Georgia Avenue). There is a McDonald's on the corner. (The street name is Wayne Avenue on the left side).
- Proceed 2 blocks to Second Avenue and turn right. There is a McDonald's on the corner.
- Continue up the hill and either:

1. Turn left into the parking garage for Metro Plaza-there is valet parking OR
2. Continue up Second Avenue to Cameron Street and turn right. The entrance to the public parking garage is on your left.