

**1. How can I get to NNMC by Transit?**

The Washington Metropolitan Area Transit Authority (WMATA) through its Metrorail Red Line serves the Bethesda National Naval Medical Center (NNMC) with a stop at the Medical Center Metro Station.

NNMC presently operates a Metro Line Shuttle from the Medical Center Metro Station bus area to Building 10 on the NNMC campus for patients, visitors and staff (as space permits). From Building 10, the Green Line Shuttle, Red Line Shuttle and the Medical Swing Space Shuttle reach other areas of NNMC. Jeff Miller, NNMC Transportation Program Manager at 301-319-4706 can provide additional information, route map and schedule to NNMC employees.

WMATA also operates Metrobus Routes J1, J2, and J3 as the Bethesda-Silver Spring Line, and the J7 and J9 as the I-270 Express from Lakeforest Transit Center in Gaithersburg, that all serve the Medical Center Station and NNMC.

The Montgomery County Ride On Bus System also serves NNMC and the Medical Center Station with Ride On Routes 30, 33, 34, 42, and 46, and the Ride On Route 70 Express from the Milestone Park & Ride lot, that all serve the Medical Center Station and NNMC. For information on Ride On schedules go to [www.montgomerycountymd.gov](http://www.montgomerycountymd.gov) and click on Ride On. Or call Ride On's Transit Information center at 240-777-RIDE (7433).

ADA Services are provided by WMATA with elevators at all Metro Stations, WMATA and Ride On lift equipped buses, and "Metro Access" paratransit services.

**2. How can I get to NNMC by MARC Commuter Train Service?**

The Maryland Transit Administration (MTA) thru its MARC Commuter Rail Service offers commuter rail service on the Brunswick Line from Martinsburg, Duffields and Harpers Ferry, West Virginia; Brunswick, Fredrick, Monocacy and Point of Rocks in Frederick County; and Upper Montgomery County. All of the trains stop at Rockville; where at transfer to the Metrorail Red Line can be made to reach the Medical Center Metro Station. Return PM MARC service is available from Rockville. You may also take the Ride On Route 46 and use your MARC Weekly or Monthly Ticket to ride free. Also at this time, for an additional \$80 above the MARC Monthly Ticket price to Rockville, you can get a TLC card which gives you unlimited Metrorail, Metrobus and Ride On travel.

Several of the MARC trains on the Brunswick Line stop at the Kensington MARC Station where a transfer can be made to the Ride-On Bus Route 33 to reach NNMC. Return PM MARC service is available at Kensington.

ADA accessible MARC Stations on the Brunswick Line are located at Martinsburg, West Virginia; Brunswick, Point of Rocks, Germantown, Rockville, and Silver Spring in Maryland; and Union Station in Washington, DC.

For additional information on MARC schedules, fares and other services, call 1-800-325-RAIL (7245). For TTY information 1-410-539-3497. Also [www.mtmaryland.com](http://www.mtmaryland.com) or for train status [www.marctracker.com](http://www.marctracker.com)

The same MARC service can help BRAC spouses and dependents reach jobs in Montgomery County and Washington, DC as well.

### 3. Is MTA Commuter Bus service provided to NNMC?

At this time, MTA offers Commuter Bus Service on the 991 Line from Hagerstown in Washington County, and from the Monocacy MARC Station and Urban Park & Ride in Frederick County to Montgomery County. All of the buses on 991 Line stop at the Shady Gove Metro Station where a transfer to the Metrorail Red Line can be made to reach the Medical Center Metro Station at NNMC. MTA Commuter Buses are ADA lift equipped.

MTA also operates Commuter Bus Service, on the 915 and 929 lines, from Columbia and Scaggsville/Maple Lawn in Howard County, and Burtonsville in Montgomery County to Silver Spring where transfers can be made to the J1, J2, and J3 Metrobus routes to reach NNMC.

### 4. Where can I get additional Rideshare, Carpool, Vanpool and Transit Information on getting to NNMC?

For additional and specific Rideshare, Biking, Park & Ride, Transit and ADA services, please contact the following individuals or organizations in part supported by MTA:

#### Montgomery County

Montgomery County Commuter Services

Go to [www.montgomerycountymd.gov/commute](http://www.montgomerycountymd.gov/commute) for a wide range of information on **Better Ways to Work.**

Or email [mcdot.CommuterServices@montgomerycounty.gov](mailto:mcdot.CommuterServices@montgomerycounty.gov)

For personalized assistance during the hours of 7 a.m. to 5 p.m. contact: TRiPS Commuter Store at 240-773-TRiPS (8747)

Frederick County

Dorothy Dalphon  
Community Relation manager  
TransIT Services of Frederick County  
301-600-3543  
[ddalphon@fredco-md.net](mailto:ddalphon@fredco-md.net)

For NNMC personnel On Base

Please contact your NNMC Transportation Program Manger, Jeff Miller at 301-319-4706.

5. Can I walk or bike?

A sidewalk exists along the NNMC side of Wisconsin Avenue, and a bike path exists on the NIH side of Wisconsin Avenue. Montgomery County DOT is reviewing the completeness of the sidewalk and bike network in conjunction with the Maryland-National Capital Park and Planning Commission and the State Highway Administration.

6. What about the Guaranteed Ride Home Program?

Persons working at NNMC that carpool, vanpool, take transit, walk or bike to work could be eligible for the Guaranteed Ride Home (GRH) Program offered by Commuter Connections in the Washington Area.

For more information on GRH please contact Commuter Connections at 1-800-745-RIDE (7433), TDD 1-800-828-1120, or Montgomery County Commuter Services at 240-773-8747, or Jeff Miller (NNMC) at 301-319-4706.

7. Please note that all information can be subject to change.

When you are ready to travel, please contact the web sites, email addresses and phone numbers provided for the latest information.

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