Guide to Washington, DC, and Capitol Hill

Schedule of Events

March 7, 2023

- 4:00-5:00 PM: Advocacy Orientation and Review
  1539 Longworth House Office Building
- 5:30-7:30 PM: A Night with #MoCrazyStrong, Reception and Brief Movie Screening
  2322 Rayburn House Office Building

March 8, 2023

- Hill meetings are being scheduled throughout the day. Individual agendas will be sent out to members.
- Throughout the day, you will have the option to get an updated headshot and team photo on Capitol Hill! RW Photography will be available on March 8th in D.C. to take individual and team photos. 100% of the proceeds will benefit NASHIA. Sign up for pictures here.
- 10:00 AM: Administration for Community Living Office Hours
  188 Russell Senate Office Building
- 4:00 PM: Advocacy Day Debrief and Reception
  Bullfeathers On the Hill, 410 First St SE, Washington, DC 20003

Transportation

Uber and Lyft:

Uber and Lyft are the most popular ride share apps in the country. Their apps are available on both IOS and Microsoft 365 cell phones. Ride prices are determined by their algorithm and vary based on time of day.

Taxi:

There are three main taxi services in the DC area:

- Yellow Cab Co of DC: (202) 544-1212
- DC Taxi Service: (202) 412-7049
- Taxi Transportation Service: (202) 398-0500
Metro:

Washington DC has a metro service that runs:

- Monday - Thursday, 5 a.m. until 12 a.m.
- Friday, 5 a.m. until 1 a.m.

If you are leaving from the Residence Inn Arlington Capital View, you will be boarding at the Crystal City Metro Station.

To get to the House Office Buildings, you will board the metro at the Crystal City stop and take the **YELLOW LINE** to L’Enfant Plaza. You will then get off the train, walk downstairs, and get on any **Blue, Orange, or Silver Line**. You will take these lines towards Largo or New Carrollton. You will take the train two stops to **Capitol South**. There, you will get off and exit the Metro system.

To get to the Senate Office Buildings, you will board the metro at the Crystal City stop and take the **YELLOW LINE**. You will ride the Yellow Line for 5 stops and get off at Gallery Place. From there, you will go upstairs and take the **Red Line** towards Glenmont for 2 stops and get off at **Union Station**, where you will exit the Metro system.

**Please note**, when in the metro station, if you use the escalator, **do not stand on the left side**. The left side is for walkers and the right side is for standers.

Below is a map of the entire metro line.
Metro Map:
House and Senate Offices:

Both chambers of Congress have three office buildings for members and staff. On the House side, the three buildings are Longworth, Rayburn, and Cannon. On the Senate side, there is Hart, Dirksen, and Russell.

Building Entrances:

**Bold = 24-hour Entrance**

- Cannon House Office Building - Entrance on New Jersey Avenue, SE, south of the Terrace at the intersection with Independence Avenue.
- **Longworth House Office Building - Main entrance, Independence and New Jersey Avenues.**
- Rayburn House Office Building - Main entrance, Horseshoe Drive off South Capitol Street.
- Russell Senate Office Building - Delaware entrance on ground level closest to Constitution Avenue.
- **Dirksen Senate Office Building - First Street and C Street entrance.**
- Hart Senate Office Building - Second Street entrance.

Building Layout:

The three House buildings and the three Senate buildings are connected by tunnels. Once you enter one of the House Office Buildings or one of the Senate Office Buildings, you are free to flow between the three buildings using the underground systems. There will be signs pointing you to where you need to go if you go to the lower levels of each building.

House Office Building Numbering:

**Cannon House Office Building (CHOB)**

- Any three-digit room number.
- The first digit indicates the floor.
- Example: 327 CHOB is on the third floor of Cannon.

**Longworth House Office Buildings (LHOB)**

- Four-digit room numbers beginning with “1”.
- The second digit indicates the floor.
- Basement room numbers begin with a “B”.
- Example: 1223 LHOB is on the second floor of Longworth.
Rayburn House Office Building (RHOB)

- Four-digit room numbers beginning with “2”.
- The second digit indicates the floor.
- The Basement room numbers begin with a “B”.
- Example: 2449 RHOB is on the fourth floor of Rayburn.

Senate Office Building Numbering:

For Senate offices, you will need to know the building as well as the room number. In all buildings, the first digit indicates the floor.

Dirksen Senate Office Building (DSOB)

- Three-digit room numbers proceeded by “SD”.
- Example: SD 145 is on the first floor of Dirksen.

Hart Senate Office Building (HSOB)

- Three-digit room numbers proceeded by “SH”.
- Example: SH 320 is on the third floor of Hart.

Russell Senate Office Building (RSOB)

- Three-digit room numbers proceeded by “SR”.
- Example: SR 216 is on the second floor of Russell.

Entering the Buildings:

When you enter the Congressional office buildings, you will have to walk through a metal detector. Much like at an airport, you will be asked to remove all metal objects from your person and put them through a scanner. This sometimes includes belts, jewelry, and shoes, though you can wait for a Capitol Police Officer to ask you to do so. Once you are through you are free to head to your meeting.
The star indicates where Bullfeathers is for the Advocacy Debrief mentioned in your schedule on March 8.

**Things to do Around the Capitol**

While we know that your time is limited, here are a few suggestions of things to consider if you have spare time while you are visiting DC.

**Tour the Capitol:**

- You may request a tour of the Capitol through your Member of Congress or your Senator’s office. They will have a “Request Tour” tab on their website.
Explore the National Mall:

- The Mall has many museums that free to the public.
- It also has the Lincoln Memorial, Washington Monument, Vietnam Memorial, WWII Memorial, and MLK Monument on the tidal basin.
- You are likely coming during peak Cherry Blossom season, so there will be blooming flowers across the tidal basin.

Places to Eat:

Sit-down Restaurants Near the Hill

- Talay Thai (House Side)
- Bullfeathers (House Side)
- Union Pub (Senate Side)
- The Monocle (Senate Side)

Fast Casual Restaurants Near the Hill:

Union Station has:

- Chipotle
- Subway
- Cava
- Chick-Fil-A
- McDonalds
- Einstein’s Bagels

Navy Yard has:

- Chipotle
- Cava
- Whole Foods
- Wise Guy Pizza
- &Pizza