# **Directions & Map to Campus**

NATIONAL UNIVERSITY OF Natural Medicine

Lost? Call Reception: 503.552.1555

## FROM PDX AIRPORT

Take 205 SOUTH toward Portland
Merge onto 1-84 west toward Portland
Merge onto I-5 south toward Salem
Follow the directions below "From the north via I-5"

## FROM THE NORTH

VIA I-5: Travel SOUTH on I-5

You will cross the Willamette River on the Marquam Bridge
The bridge will fork, take the *LEFT* fork 405/26 toward Beaverton
Take the first exit, Exit 1B (S 4th Avenue)
Turn *RIGHT* at first light onto S Lincoln
Turn *RIGHT* at second light onto S 1st Avenue
Turn *LEFT* at first light onto S Arthur Street
Stay in the left lane and proceed under the overpass
At the next stop sign, turn *RIGHT* onto S Porter Street

VIA I-405: From I-405, take Exit 1C (S 6th Avenue)
Stay in left lane and follow signs for 6th Ave/City Center
Turn LEFT onto S 6th Avenue
Turn RIGHT onto S Harrison
Turn RIGHT onto S 1st Avenue
Turn LEFT at second light onto S Arthur Street
Stay in the left lane and proceed under the overpass
At the next stop sign, turn RIGHT onto S Porter Street

# FROM DOWNTOWN PORTLAND

Proceed SOUTH on S Naito Pkwy
Tum RIGHT onto S Sheridan Street
Tum LEFT onto S 1st Avenue
Tum LEFT at first light onto S Arthur Street
Stay in the left lane and proceed under the overpass
At the next stop sign, turn RIGHT onto S Porter Street

#### FROM THE WEST

Travel EAST on Hwy 26 toward Portland
Pass through the Vista Tunnel and stay in the center lane
to exit onto S Market Street
Continue straight on Market Street
Tum RIGHT onto S 1st Avenue
Turn LEFT at third light onto S Arthur Street
Stay in the left lane and proceed under the overpass
At the next stop sign, turn RIGHT onto S Porter Street

#### FROM THE EAST

Proceed WEST on Powell Blvd. (Hwy 26)
Once on the Ross Island Bridge, get into the left lane
At the end of the bridge, continue straight (toward Barbur Blvd. exit)
and SLOW DOWN
Take the next RIGHT onto S Water Avenue

# **PARKING OPTIONS**

- 1. On-street parking is free with a two-hour limit.
- 2. Health Center parking is free and reserved for patients.
- 3. Visitor parking passes are required for the following parking lots: Academic, Administration, and Helfgott Research Institute. Passes can be obtained from Human Resources, Security, Admissions and Helfgott.

## FROM THE SOUTH

VIA I-5: Travel NORTH on I-5 and take Exit 298 (S Corbett)

At the stop sign, turn *LEFT* onto S Corbett

At the first signal, turn LEFT onto S Hamilton

Turn RIGHT onto S Barbur Blvd., and get into the middle lane Follow the sign for Naito Pkwy/Ross Island Bridge (slight RIGHT) Stay in the left lane going straight (Naito); this quickly becomes a single lane

The very next cross street is notated by right turn arrows on the pavement. This is S Porter, turn *RIGHT*.

VIA S BARBUR: Travel NORTH on S Barbur Blvd.

In the middle lane, follow the sign for Naito Pkwy/Ross Island Bridge (slight *RIGHT*)

Stay in the left lane going straight (Naito); this quickly becomes a single lane

The very next cross street is notated by right turn arrows on the pavement. This is S Porter, turn *RIGHT*.

#### **VIA S MACADAM (OR SELLWOOD BRIDGE)**

Travel NORTH on S Macadam

Turn LEFT on S Boundary (landmark: 76 gas station)

Turn RIGHT onto S Corbett

At the first signal, turn LEFT onto S Hamilton

Tum *RIGHT* onto S Barbur Blvd., and get into the middle lane Follow the sign for Naito Pkwy/Ross Island Bridge (slight *RIGHT*) Stay in the left lane going straight (Naito); this quickly becomes a single lane

The very next cross street is notated by right turn arrows on the pavement. This is S Porter, turn *RIGHT*.



#### **Public Transportation via Tri-Met**

Many bus routes stop near campus. Visit trimet.org to plan your trip.