

Inova Rehabilitation Center at Inova Mount Vernon Hospital – Introduction to Vestibular Rehab Course Information

1. Hotel Information:

- a. TownePlace Suites by Marriott Alexandria Fort Belvoir
8632 Woodlawn Ct, Alexandria, VA 22309
703-619-6060 or 1-888-236-2427
- b. Many others within a few miles from the hospital.

2. Airport: Reagan National Airport (DCA)

3. Airport Transportation Information: <http://www.flyreagan.com/dca/parking-transportation>

4. Driving directions to hotel and course site:

- a. **Travel time Airport to Hotel:** 9.3 miles (20 minutes driving)
- b. **Travel time Hotel to Course Site:** 3.5 miles (10 minutes driving)
- c. **Travel time Course Site to Airport:** 10.3 miles (23 minutes driving)
- d. **Driving directions from the Beltway:** Take Exit 177A South - Fort Belvoir. Stay in the right-hand lane and immediately take the service road parallel to Rte. 1 (sign for Ft. Hunt Road). At the traffic light, turn left onto Ft. Hunt Road. At the fourth traffic light turn right onto Sherwood Hall Lane. Turn left at the first light onto Parker's Lane.
- e. **Driving directions from the South:** Take 95 North to exit #161. Follow Rte. 1 North for 10 miles. After passing the Multiplex Cinema on your left, take the next right onto Sherwood Hall Lane. After passing the fire station on your right, turn right onto Parker's Lane.
- f. **By Subway/Bus:** Take the yellow line subway to Huntington Metro Station and pick up a Fairfax Connector bus number 151, 161, or 162 to the hospital.

5. Dining Information:

- a. Sherwood Gourmet Deli: 7900 Andrus Rd Suite 3
- b. Noodles & Company: 7702 Richmond Highway
- c. Five Guys: 7622 Richmond Highway
- d. Moe's Southwest Grill: 7698 Richmond Highway
- e. Many others along Richmond Highway!

6. Location of Course:

- a. Inova Mount Vernon Hospital
2501 Parkers Lane, Alexandria, VA 22306
- b. Free parking is available at Inova Mount Vernon Hospital. It's easiest to park in the Blue Parking Lot. Enter through the Blue Lobby. You will check in with security on your left (show ID). Take the stairs or elevator to the second floor. Follow signs to Engh Conference Rooms 1 and 2.

7. See IMVH Campus Map (Floors 1 and 2)