

PLANTING HOPE, FEEDING FUTURES




Getting Around the Capitol


How do I find my senator or representative's office?

Lobby visits will take place in three Senate and three House office buildings. On the **Senate** side, the buildings are **Russell, Dirksen, and Hart**. The House buildings are **Cannon, Longworth, and Rayburn**. Room numbers are posted near the elevators in each building. The House buildings have a unique room numbering system that identifies both the building and room number. For example, if the room number is a three-digit number, the room is in Cannon; four-digit numbers beginning with "1" are in Longworth; and four-digit room numbers beginning with "2" are in Rayburn. Ask any Bread for the World staff or volunteer for help if you're confused.

 **Russell:** 2 Constitution Ave NE, Washington, DC

 **Dirksen:** 50 Constitution Ave NE, Washington, DC

 **Hart:** 120 Constitution Ave NE, Washington, DC

 **Cannon:** 27 Independence Ave SE, Washington, DC

 **Longworth:** 15 Independence Ave SE, Washington, DC

 **Rayburn:** 45 Independence Ave SE, Washington, DC

How do I get around Capitol Hill?

All House and Senate buildings have security immediately upon entry. You will be asked to place your bags through a baggage screening device. You will also walk through a metal detector. Plan for potential delays getting through security when you enter the House or Senate office buildings. Guards may search purses and bags. To save time, please remove all items from your pockets before going through the metal detector. It is impossible to predict how intense the security screening will be on any given day. Make sure you leave plenty of time to negotiate security and get to your meetings on time.

Once you're in one of the Senate buildings, you can walk through well-lit tunnels to other Senate buildings (just ask the friendly guards where the tunnels are). You can do the same to get from one House building to another House building. But you can't use tunnels to go from House to Senate buildings or vice versa. You'll need to walk outside to do that.

What transportation is available?

Participants will walk to House and Senate office buildings for their visits with their members of Congress. Museum of the Bible is about a 15-minute walk from the Rayburn House Office Building, and about a 25-minute walk from the Dirksen Senate Office Building. For those who need or prefer to take a taxi, they are typically available to hail outside or call by phone. Rideshare apps, such as Uber and Lyft, are also commonly used.

Where can I purchase refreshments?

A boxed lunch will be provided to you before you leave for Capitol Hill. There are also cafeterias in the lower levels of the Dirksen and Hart buildings (Senate side) and Rayburn and Longworth buildings (House side)—though some of these may be restricted to Capitol Hill staff at certain hours. There are also several restaurants on Pennsylvania Avenue SE behind the Library of Congress, as well as at Union Station—about a 10-minute walk from the Russell Senate Office Building.

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