

## Planning Your Visit to the Nation's Capital

Our conference schedule builds in several hours on Saturday afternoon for you to relax and explore the Washington, DC region. Arrive early for the conference, or stay late! Some ideas for your visit:

- **Smithsonian Museums** – The showpiece of our nation's capital and together, the world's largest complex of museums. Our museums include the Museum of National History, the National Portrait Gallery, the Museum of African American History, the Museum of the American Indian, and the American History Museum. The National Zoo is nearby too!
  - Timed-entry passes are usually required, but admission is free to most of these museums downtown. These museums are accessible via Metro or a 20-minute drive.
  - Learn more at <https://www.si.edu/museums>.
- **Udvar-Hazy Air & Space Museum** – Check out the Space Shuttle Discovery, a Concorde plane, and the Enola Gay, plus hundreds of other historically significant air- and spacecraft! It also features an IMAX theater with a number of shows each day.
  - This Smithsonian museum is located near Dulles Airport, a 15-minute drive west from the hotel. Admission is free, but parking is required for \$15 per vehicle.
  - Learn more at <https://www.si.edu/museums/air-and-space-museum-udvar-hazy-center>
- **Northern Virginia Wineries** – There are 20 wineries within a 30-60-minute drive of our hotel, and many offer tours and tastings and sprawling mountain and country views. Bring a picnic lunch and enjoy a late summer afternoon!
  - More information available at <https://www.virginiawine.org/wineries/results?region=8>
- **Meadowlark Botanical Gardens** – this 95-acre public garden offers meandering walking paths and sculptures among its many gardens. In late September, highlights may include the Hosta Garden, Herb Garden, Ferns, Butterfly Garden, Container Plantings, Grasses, Chrysanthemums, Salvia, and the Cancer Garden.
  - Admission to this park is \$3-6. The park is an 8-minute drive from our hotel.
  - Learn more at <https://www.novaparks.com/parks/meadowlark-botanical-gardens>.
- **Old Town Alexandria** – Spend the afternoon walking the 18<sup>th</sup>-century streets and visiting the many small shops of this historic town located close to the Potomac River.
  - Old Town is a 20-minute drive from the hotel, and also accessible via Metro.
  - Learn more at <https://visitalexandria.com/old-town/>
- **National Harbor and MGM Casino** – If gambling is your speed, visit National Harbor, a waterfront resort featuring shops, MGM National Harbor casino. Feeling brave? Soar 180 feet above the Potomac and see the DC monuments from one of the gondolas of The Capital Wheel!
  - National Harbor is a 25-minute drive from the hotel.
  - Learn more at <https://www.nationalharbor.com/>

## Travel Information for 2022 Well Spouse Association Conference

**DoubleTree by Hilton McLean Tysons**  
1960 Chain Bridge Rd, McLean, VA 22102  
(703) 893-2100

We suggest you Google Map or MapQuest to find the best routes for travel from your specific location. Remember to click the icons for car, train, and bus to learn your options. To provide a point of reference, from the WSA Office in Freehold, NJ...

**By Car:** Travel time via I-95 S and the NJ Turnpike could be as little as 3 ½ hours from Freehold when there is light traffic. Enter the hotel address into your GPS / Google Maps / Waze and be prepared for tolls. Parking at the hotel incurs a charge of \$10 per night.

**By Train:** Amtrak's Acela or Northeast Regional trains take about 3-4 hours to travel from Penn Station to Union Station in Washington, DC. These trains can be boarded at points between Boston and Union Station. Check the Amtrak schedule to determine the stations closest to you based on the schedule (it adjusts by time of day and day of week). <https://www.amtrak.com/trains-to-washington-dc>

- **After Arriving at Union Station:** Take the Metro on a Red Line train and exit at the Metro Center stop (3 stops). There, change to a Silver Line train (headed towards Ashburn, VA), and exit at the Tyson's Corner stop. You are across the street from the hotel, and it is a 7- to 8-minute walk.

**By Plane:** The Washington, DC metro area is most directly served by Dulles Airport (IAD) and Reagan National Airport (DCA). Both airports are approximately for 15 miles from the hotel.

- **After Arriving at Dulles:** your option is taxi or car service (Uber is most common in this area), or you can take the Silver Line Express Bus from the airport to the Wiehle-Reston East metro stop, and then take the Silver Line train (headed toward Largo Town Center), and exit at the Tyson's Corner stop.
- **After Arriving at Reagan/National:** you have the option of taxi or car service, or the Metro on a Blue Line train. Take this to the Rosslyn stop where you can transfer to the Silver Line train (headed towards Ashburn, VA). Exit at the Tyson's Corner Station. You are across the street from the hotel, and it is a 7- to 8-minute walk.

**By Bus:** Larger bus companies have routes from major cities to Washington DC. OurBus is one such company – it travels from Penn Station in NYC and takes about 4 hours in light traffic. This company also has pickup locations in New Jersey. <https://www.ourbus.com/routes/>