



Litespeed Training Facility Information

One Bethesda Center

4800 Hampden Lane
Suite 200
Bethesda, MD 20814
T: (240) 482-3700

Parking:

There is a four level parking garage immediately under 4800 Hampden Lane. Two hour metered parking is located on the Hampden Lane side.

Metro:

The Bethesda Metro is a two block walk from Hampden Lane.

Directions:

- **From the Bethesda Metro Stop:** Walk 2 blocks south and make right onto Hampden Lane. We are located on the left; it is a red brick building next to a clock tower.
- **From NIH:** Go south on Wisconsin Avenue and turn right onto Hampden Lane. The building is located on the left. It is a red brick building next to a clock tower.
- **From NOVA:** Take I-495 North Capital Beltway toward Rockville/Baltimore crossing into Maryland. Take the MD-190 River Road exit (exit 39) toward Washington/Potomac. Go approximately 2 miles and make a left onto Goldsboro Road (MD-614). Turn right onto Bradley Boulevard / MD-191 S. Turn left onto Arlington Road. Turn right onto Elm Street. Turn left onto Woodmont Avenue. The building is located on the right. It is a red brick building next to a clock tower.
- **From DC:** Go north on Wisconsin Ave. Turn left onto Bethesda Ave. Make a right onto Woodmont Avenue. Make a right onto Hampden Lane. The building is located on the right. It is a red brick building next to a clock tower.

Airports:

Ronald Reagan National Airport is 11 miles from Hampden Lane.

Dulles International Airport is 24 miles. Although Dulles is farther it is more direct because you do not have to drive through the District of Columbia.

Hotels:

Marriott Hotel Resort Suites, Residence Inn by Marriot and Hyatt Regency Bethesda