

## Directions to the Seattle Quality of Life Group Research Office in Fremont

The address is: 146 N Canal St,  
Suite 313 Seattle, WA 98103

### From I-5 Northbound

- Take EXIT 167 – on the left toward Aquarium/Seattle Center
- Turn RIGHT onto Fairview Ave N
- Turn LEFT onto Valley St
- Turn SLIGHT RIGHT on Westlake Ave N
- Turn SLIGHT RIGHT on 4<sup>th</sup> Ave N (over the Fremont Bridge)
- 4<sup>th</sup> Ave N becomes Fremont Ave N
- Turn SLIGHT LEFT onto Fremont PI N
- Turn SLIGHT LEFT onto N 36<sup>th</sup> St
- Turn LEFT onto Phinney Ave N
- Turn RIGHT onto N Canal St
- End at 146 N Canal St

### From I-5 Southbound

- Take EXIT 169 – toward NE 50<sup>th</sup> St/ NE 45<sup>th</sup> St
- Take the ramp towards NE 45<sup>th</sup> St/University of Washington
- Take a slight left onto 5<sup>th</sup> Ave NE
- Turn LEFT onto NE 45<sup>th</sup> St
- Turn LEFT onto Stone Way N
- Turn RIGHT onto N 34<sup>th</sup> St
- N 34<sup>th</sup> St becomes N Canal St
- End at 146 N Canal St

### From UW/Health Sciences, follow Pacific/Northlake/NE 34<sup>th</sup>

- From downtown Seattle, follow Westlake across Fremont Bridge. Turn left at 35<sup>th</sup> Street ( 2<sup>nd</sup> signal after the bridge), left at Phinney and right at North Canal Street.
- From SeaTac Airport, follow signs to I-5 North. Follow instructions from #1 above.

We are the second building (grey), next to the Indoor Sun Shoppe. You may park on the street nearby.

Our office is on the third floor, Suite 313, right next to the elevator.

Bus Information: The closest bus stop to the office is on 36<sup>th</sup> & Phinney. Metro route 28 serves this stop. The next closest is on Fremont Ave N & 34<sup>th</sup>, about a half-mile away, and routes 26, 28, 74, and 31 serve this stop. Please see <http://transit.metrokc.gov> for more detailed information.