From South King County: Southbound on I-5, take the City Center Exit 133 onto I-705 (Spur Freeway). Follow directions to Schuster Parkway, exiting at Stadium Way. Turn right onto Stadium Way. Follow approximately 1/2 mile, curving left onto Division Avenue. Continue on Division for 5 blocks. Turn left on South J Street or Martin Luther King, Jr. Way. Check Campus Map for convenient parking.

From Olympia, Southwest Washington: Northbound on I-5, take the Bremerton/Gig Harbor Exit 132. Continue over the Nalley Valley Viaduct and take the Sprague Avenue exit at right. Follow Sprague approximately 1 mile. Turn right at light onto Division Avenue. Follow Division and turn right on Martin Luther King, Jr. Way or South J Street. Check Campus Map for convenient parking.

From Gig Harbor, Kitsap County: Eastbound on Highway 16, take the Sprague Avenue Exit. Follow Sprague approximately 1 mile. Turn right at light onto Division Avenue. Follow Division and turn right on Martin Luther King, Jr. Way or South J Street. Check Campus Map for convenient parking.

Visitor Parking:
- Eastbound on Highway 16, take the Sprague Avenue Exit. Follow Sprague approximately 1 mile. Turn right at light onto Division Avenue. Follow Division and turn right on Martin Luther King, Jr. Way or South J Street. Check Campus Map for convenient parking.

MultiCare Tacoma General Hospital
Mary Bridge Children's Hospital & Health Center
Switchboard (Tacoma General) 253-403-1000
Switchboard (Mary Bridge) 253-403-1400
Patient Information 253-403-1622
Day Surgery at Baker Center 253-403-3360
Directions to MultiCare Medical Center 253-403-1835

MultiCare Regional Cancer Center
Pulse Heart Institute
Better Connected

Safe & Sound Building
1112 South 5th Street (between South 4th Street and South 5th Street)

Mary Bridge Developmental Services
1220 Division Avenue (east from Division Avenue or 4th Street)

Pain Clinic
Day Surgery at Baker Center
Mary Bridge Children's Hospital Parking
MultiCare Regional Cancer Center

Tacoma Family Medicine
521 Martin Luther King, Jr. Way

Neuroscience Center Of Washington
915 6th Avenue S.

P1
Baker Center Parking Garage
Parking Entrance on Martin Luther King, Jr. Way

P2
5th Street Parking Garage
Main Entrance on South 5th Street
(Radiation Therapy patients can enter on South J Street for reserved parking)

P3
Department Parking
Emergency Department Parking
5th Street Garage (through Alley)

Emergency Department
Main Entrance on South 5th Street
(Radiation Therapy patients can enter on South J Street for reserved parking)

Parking Garage
Entrance on Martin Luther King, Jr. Way

Mary Bridge Children's Health Center
Parking Entrance on South L Street, between South 4th Street and South 5th Street

Neuroscience Center Of Washington
3125 4th Avenue S.

From South King County: Southbound on I-5, take the City Center Exit 133 onto I-705 (Spur Freeway). Follow directions to Schuster Parkway, exiting at Stadium Way. Turn right onto Stadium Way. Follow approximately 1/2 mile, curving left onto Division Avenue. Continue on Division for 5 blocks. Turn left on South J Street or Martin Luther King, Jr. Way. Check Campus Map for convenient parking.