

We would like your stay in the Washington, D.C. area to be as pleasant as possible and offer the following information to assist you in making that happen.

Although you will visit the Genetics & IVF Institute for morning monitoring and for your procedures, you should have ample free time to explore and relax. This packet contains all sorts of practical information for your visit, as well as a guide to some of the countless cultural, historical and gastronomical offerings of our beautiful national capital.

WHERE TO STAY

VA vs. DC

The first thing to decide when choosing accommodations for your visit is whether to stay in northern Virginia (near The Institute) or downtown in Washington, DC. In most cases, you will spend little time at GIVF. Staying in DC means the city is at your feet; dining and entertainment are plentiful, and readily accessible on foot, by short car ride or via Metro. Hotel rates are generally comparable in both places but you save the cost of a rental car in DC, a must in northern Virginia.

If your visit to the area is very brief (2-3 days or less) and you plan to have very little free time to explore, then you might consider staying at a hotel local to GIVF.

Hotels vs. Corporate Apartments

To save money on dining out, particularly if you choose to stay outside of the Washington, DC limits where there are fewer restaurant options and limited operating hours, you might consider reserving a suite with a fully equipped kitchenette. Suites or corporate apartments are roomy and can accommodate families comfortably for a long visit. Traditional hotels tend to be slightly more upscale than suite accommodations, depending on price range.

Ask For Help!

Accompanying this packet is a separate [Accommodations Comparison Chart](#). This document lists several accommodations options both in Virginia and Washington, DC. with information as to their price range, room types and amenities.

This list is by no means comprehensive. There are many additional options to explore if needed.

TRANSPORTATION

Airports

Ronald Reagan Washington National Airport (DCA) is located approximately 30 minutes away by car from the Institute. It is extremely convenient from Washington, D.C., by car or Metro.

Dulles International Airport (IAD) is located approximately 30 minutes away by car from the Institute. Driving is the best way to access Washington, D.C. from Dulles. Depending on the time of day and traffic, the trip will take from 30 – 90 minutes.

Baltimore-Washington International Airport (BWI) is an alternative about 60-90 minutes driving from the Institute. Baltimore is about 45-75 minutes away from Washington, D.C. Fares through BWI are often less expensive than those through DCA or IAD due to its distance from DC.

If you are searching for tickets on-line, the airport code WAS will search all Washington area airports at once.

Car Rentals

For transportation between your lodging and the Institute, we recommend that you rent a car for your stay.

The following companies are among those offering services at Ronald Reagan and Dulles airports.

Budget Rent A Car	800-527-0700
Thrifty Rent A Car	800-367-2277
Avis	800-331-1212
Hertz	800-654-3131
National Car Rental	800-227-7368

Private Car Service / Limousine

ABC Limousine	703-941-4900
Affordable Airport Shuttle	703-578-6666
Airport Connection Sedan Services	703-533-5500
Corporate Car Service, Inc.	703-536-2277
Dominion Limousine	703-359-0800
Red Top Executive Sedan Service	703-522-3300
Reston Limousine	

Contact Christina Diederich at 703-478-0500 ext 510
or cdiederich@restonlimo.com.

Mention Genetics & IVF Institute for a 10% discount.

Rock Creek Limousine	703-575-4445
Sundown Transportation (BWI to Fairfax)	443-822-8747

Taxi Cabs

Each airport has exclusive agreements with selected taxicab service vendors. Catching a cab is easy – just stand in the taxi line. You do not need to tip the attendant.

Red Top Cab (operates 24 hours a day)	703-522-3333
Diamond Cab	703-549-6200
Yellow Cab	703-549-2500
Diamond Transportation (handicap vans available)	703-548-6500

Metro (Underground)

The metro is clean and user-friendly, and usually runs on time. There are five lines (Blue, Orange, Red, Yellow and Green). The Institute is located about 1 mile from the Dunn Loring station on the orange line.

One-way fares are generally \$1.60, \$1.95 or \$2.15. Hold on to your ticket – you're required to pass it through the turn-styles upon entering and exiting the system. Use small bills to buy metro tickets from the kiosk since you'll receive your change in quarters.

You can also purchase weeklong farecards. For more information about Metro, including rail and bus service, visit www.wmata.com.

MAPS & DIRECTIONS



Northern Virginia, Washington, D.C. – GIVF is located at the red dot



The Institute is conveniently located at 3015 Williams Drive in Fairfax, Virginia, near the intersection of Route 50 and the Beltway (I-495).

From Reagan Airport:

Take the ramp onto George Washington Memorial Parkway. Exit on the left toward US-50 W. Slight right at Washington Blvd. At the traffic circle, take the first exit onto S. Arlington Blvd. Take the ramp onto Arlington Blvd/US-50 W. In about 10 miles, go through the underpass under Gallows Road and then turn right at the first stoplight onto Williams Drive. Park in the back of the building and enter through the double glass doors.

From Dulles Airport (portions toll road – bring small bills and change):

Take the Dulles Toll Road for about 12 miles. Exit VA-267 E toward I-495 S. Take Exit 50 to Route 50 West (Arlington Boulevard). Go through the underpass under Gallows Road and then turn right at the first stoplight onto Williams Drive. Park in the back of the building and enter through the double glass doors.

From Washington, D.C.

Follow signs for I-66 W. Exit onto Route 50 West (Arlington Boulevard). Go through the underpass under Gallows Road and then turn right at the first stoplight onto Williams Drive. Park in the back of the building and enter through the double glass doors.

From Baltimore Airport:

Leave the airport on I-195 W. Take exit 2B for MD-295 S (Baltimore/Washington Parkway) toward Washington. After about 18 miles, exit onto I-495 N toward Silver Spring/Baltimore. After about 25 miles, exit onto Route 50 West (Arlington Boulevard). Go through the underpass under Gallows Road and then turn right at the first stoplight onto Williams Drive. Park in the back of the building and enter through the double glass doors.

Washington, D.C. Map



THINGS TO DO

Whether you choose to stay near the Institute in northern Virginia or in Washington, D.C., I hope you will take advantage of your free time to explore our beautiful region and its many unique features, so many of which offer free admission.

Washington, D.C. is not far from its Fairfax suburb, where the Institute is located. It is accessible by car or Metro. The city itself is divided into four quadrants. For tourism purposes, you will spend most of your time in Northwest (NW) DC and perhaps some time in Northeast (NE).

Museums, monuments and historical sites

- Smithsonian Museums - These national treasures are located in close proximity downtown and feature free admission. For more information, visit www.si.edu.
 - National Gallery of Art
 - Natural History Museum
 - American History Museum
 - Air and Space Museum
 - American Indian Museum
 - Portrait Gallery
 - Hirshhorn Museum and Sculpture Garden
 - Renwick Gallery
 - Freer and Sackler Galleries of Art
 - National Zoo (located on the red metro line in Woodley Park)

- The National Mall – Washington’s most famous landmarks are located along the grassy area between the Lincoln Memorial and The U.S. Capitol.
 - Washington Monument and Reflecting Pool
 - Lincoln Memorial
 - Jefferson Memorial and Tidal Basin (Cherry Blossom Festival in spring)
 - World War II Memorial
 - Vietnam Veterans Memorial
 - Franklin Delano Roosevelt Memorial
 - Iwo Jima Memorial
 - Korean War Memorial
 - Theodore Roosevelt Island (across the river from Georgetown – take a kayak or a cab)
 - Arlington Cemetery (in Virginia – take the metro).

- The Newseum – A compelling tribute to the living history of journalism located at 6th St. and Pennsylvania Ave. Admission fee.

- The Holocaust Museum – Go first thing in the morning to pick up your free ticket. Then amuse yourself elsewhere and return at your appointed time.

- The White House – 1600 Pennsylvania Ave.
- The U.S. Capitol Building – Now has a free visitor center.
- The National Cathedral - Located on fifty-seven acres overlooking Washington D.C., the cathedral was first proposed after the American Revolution as a representation of our country's heritage of religious freedom and faith. The guided tours there are fascinating.
- The Phillips Collection – See Renoir's "The Boating Party" and other wonderful pieces in this Dupont Circle museum, with an admission fee.
- Ford's Theatre – Take the fascinating tour of the place Lincoln was shot.
- Georgetown University – A beautiful and historic campus.
- Arlington National Cemetery - Immediately across the Potomac River from the Lincoln Memorial. Provides a remarkable setting for reflecting on the commitment by men and women for the preservation of the U.S. Also in the cemetery is the Tomb of the Unknown Soldier and Arlington House, once home to Robert E. Lee and Mary Custis Lee.

Neighborhoods to explore

Washington is a walker's city. Take a stroll through its diverse neighborhoods to experience the variety of flavors the city has to offer.

- The Mall – Be a tourist! (see museums and historical sites, above)
- Georgetown – Shops, restaurants and charming historic homes beside the Potomac River on the very west edge of the city.
- Dupont Circle – A lively, colorful spot centered on a fountain surrounded by benches where one can watch the world pass by.
- Adams Morgan – North of Dupont Circle on Connecticut Ave. Known for its casual bars and nightlife.
- Eastern Market – Located on the blue/orange metro lines in NE DC. A large farmers' market with a crafts/antiques fair on weekends. Good restaurants and quirky shops.
- Old Town Alexandria – A charming, historic town on the other side of the Potomac River in Virginia. Located on the blue/yellow metro lines (King Street station).

Arts and entertainment

- The Kennedy Center for Performing Arts – A free shuttle stops every few minutes in front of the Foggy Bottom metro station on the blue/orange lines.
- Studio Theatre – Excellent stage plays, located on the corner of 14th and P Streets, NW.
- The Warner Theatre, The National Theatre and the Shakespeare Theatre – Downtown.
- U Street, NW – A section of no-cover jazz clubs, such as U-Topia and Twins.
- Birchmere – A casual, live music venue in Alexandria, Virginia, about 20 minutes from the Institute.
- Wolf Trap Farm for the Performing Arts – Covered amphitheatre with lawn seating. Offers excellent music, dance and theatre performances. Located in Vienna, Virginia, about 15 minutes from the Institute.
- Verizon Center – Sports arena in downtown D.C.

Outdoor activities

- For biking, hiking and kayaking, visit the Georgetown waterfront, Theodore Roosevelt Island or Rock Creek Park.
- Skyline Drive – A beautiful road high in the Shenandoah National Park overlooking the Shenandoah Valley and the Appalachian Mountain range. The park, approximately 90 minutes west of Fairfax, provides hiking, biking, fishing, and camping in addition to fantastic views of scenery and wildlife.
- The Great Falls of the Potomac - A remarkable waterfall in an 800-acre park located 14 miles upriver from Washington in Virginia, approximately 30 minutes by car from the Institute.

Movie theatres

Nearest the Institute:

Cinema Arts Theatre	(703) 978 - 6991
Tyson's Corner 16	(888) AMC - 4FUN

In Washington, D.C:

Regal Gallery Place	(202) 393 - 2121
Landmark's E Street Cinema	(202) 452 - 7672
AMC Loews Georgetown	(202) 342 - 6033

Outside city limits

- Mount Vernon - George Washington's home estate, a self-contained community, overlooking the Potomac River.
- Manassas National Battlefield Park (Bull Run) – Civil War battlefield sit.
- Annapolis and Baltimore – Take a day trip to visit these Maryland sites, both offering harbor views, seafood (including famous crabs) and shopping.
- Charlottesville and Monticello – Two hours south of Fairfax, a beautiful, charming town featuring the renowned University of Virginia and Monticello, Thomas Jefferson's ingenious home.

PLACES TO EAT

Near the Institute

There are several shopping centers within blocks of the Institute that offer restaurants, coffee shops and grocery stores.

Sweetwater Tavern	(703) 645 – 8100
Casual, diverse, American	
*See DISCOUNTS section	
Five Guys Burgers and Fries	(703) 560 - 3483
Cheap, fast food	
Four Sisters	(703) 539 - 8566
Vietnamese	
Yorktown 50	(703) 560 - 8117
Sandwich shop	
Silver Diner	(703) 204 - 0812
Casual, inexpensive	
Panera Bread	(703) 207 - 0145
Sandwiches, soups	
Starbucks Coffee	(703) 645 - 9182
Safeway Grocery Store	(703) 269 - 2244

In Washington, D.C.

Washington, D.C. is increasingly renowned for its culinary delights. World-class chefs such as Michel Richard and José Andres have brought their art to the District, and many others have followed. Whether it's fine dining or "cheap eats" you're looking for, it's hard to go wrong in Washington. Below is just a small sampling of what we have to offer. Contact the concierge if you need help determining what best suits you.

In addition to restaurants, Washington has CVS Pharmacies on almost every corner, many of which are open late or all night, where you can pick up medicines, snacks and other items at your convenience.

GEORGETOWN / FOGGY BOTTOM / DUPONT CIRCLE / WEST END

Upscale

1789 Restaurant
Mie N Yu
Filomena Ristorante
Bourbon Steak
Citronelle
Hook
Morton's Steakhouse
Sequoia
Blue Duck Tavern
Westend Bistro
Circle Bistro
Marcel's
The Hay-Adams Hotel
Ruth's Chris
Kinkead's
Tabard Inn
Eola
Komi
Obelisk

Mid-range

Clyde's of Georgetown
Dean and Deluca (café and market)
Neyla
Peacock Café Taj
of India Founding
Farmers Sette
Osteria
McCormack and Schmick's Seafood
Firefly
Al Tiramisu
Hank's Oyster Bar

Casual

Uni – A Sushi Place
SweetGreen
Saigon Bistro
Kramer Books & Afterwords
Café La Ruche
Bistro du Coin
The Tombs
Julia's Empanadas
Annie's Steakhouse
BGR: The Burger Joint
Pizzeria Paradiso
Tackle Box
Meiwah
Le Pain Quotidien
Port of Piraeus (weekdays)
Couscous Café (weekdays)
Patisserie Poupon
Georgetown Cupcake
Thomas Sweet Ice Cream

DOWNTOWN / CHINA TOWN / EASTERN MARKET

Upscale

DC Coast

Zola

Brasserie Beck

Café Atlantico

Central Michel Richard

Indique

Rasika

Oceanaire

Oyamel

The Palm

Ris

Teatro Goldoni

Tenh Penh

Mid-range

Cork

Matchbox

Rosa Mexicano

Jaleo

Belga Café

Zatinya

Casual

Marvin

Penang

Cosi

Busboys and Poets

Moby Dick Kabob

Ben's Chili Bowl

Peregrine Espresso

ADDITIONAL RESOURCES & DISCOUNTS

Bookstores

Kramer Books
1517 Connecticut Avenue, DC
Open early to late 7 days a week
Free internet access
202 387-1400

Borders
11054 Lee Highway, Fairfax, VA
Free wireless internet
703 359-8420

Childcare services

Babysitting:
Locate a Falls Church babysitter at <https://www.seekingsitters.com>

Daycare:
Kaye Care Child Care Center
384 N. Washington St., Falls Church, VA
703 237-9454
Weekly rates available
Ages 2 1/2 to 5 Years
Planned programs, qualified teachers and aides, lunches and snacks

Dry Cleaning

USA Cleaners
2030 M Street, DC
202 429-2497
Mention GIVF and receive 10% dry cleaning services.

Yorktown Cleaners
8120 Arlington Boulevard
Falls Church, VA
703 560-0065

Energy Work

Reiki sessions with master Robert Rhyne – *discounted rate for GIVF patients.*
202.288.8955

Exercise

Flow Yoga Studio
<http://www.flowyogacenter.com>
1450 P Street, DC
202 462-3569
New students get 2 classes for \$20.

Sun and Moon Yoga Studio
<http://www.sunandmoonstudio.com/>
3811 Lee Highway, Arlington, VA
703 525-9642

Joy of Motion Dance Center
www.joyofmotion.org
Hailed “the area’s most comprehensive dance institution” by The Washington Post, this nonprofit arts organization is dedicated to providing unparalleled learning and performance opportunities that reinforce the principle that “Dance is for Everyone.”
Take a dance or exercise class at any of the three locations and receive the special \$12 professional rate when you request promotional code Mgivf10.

Florists

Caruso Florist
1717 M Street, DC
202 223-3816

Pan Am Florist
<http://www.panamflorist.net/>
8636 Lee Highway, Fairfax, VA
703 208-1120
Open 7 days a week

Food delivery

Peapod by Giant Food - groceries
<http://www.peapod.com/>

Seamless Web – restaurant meals
<http://www.seamlessweb.com>

Internet cafes / free wireless internet

Although many coffee shops in both northern VA and DC offer free wireless access for your laptop, your hotel business center is your best bet for access to a computer.

Mail and copy services

US Post Offices: mail only
Open Mon-Fri, 9am-6pm

3001 Prosperity Avenue, Fairfax, VA
703 207-7600

2001 M ST, DC
800 ASK-USPS

UPS Stores: packaging, shipping, documents

2100 M Street, DC
202 775-4302
Open Mon-Fri 9 am - 6:30 pm / Sat 10 am - 5 pm

8116 Arlington Blvd, Falls Church, VA
703 846-9656

FedEx Office: mail, copy, computer/internet access

1 Dupont Circle, DC
202 775-9500

8190 Strawberry Lane, Falls Church, VA
703 280-0125

Pet Care Services

Daycare/boarding: Petsmart
Pet Hotel
<http://petshotel.petsmart.com/>

Dog parks:

120 Cherry Street Southeast, Vienna, VA
703 255-6360
viennava.gov

Rose Park - Unofficial dog park in Georgetown.
26th & O St., DC

17th Street Triangle Park
17th St. NW between S St. and New Hampshire Ave, DC

Meridian Hill/Malcom X Park
2330 15th St., DC

Dog walking:

Contact concierge Marin Rose to find a dog walking service near your hotel.

Grooming:

DogSpaw
105 North Virginia Avenue, Falls Church, VA
703 237-3650

Pet sitting:

Pawticulars
202 546-7387
\$50/ day for dogs, \$20/visit for cats

Fur Get Me Not offers a full range of services: www.furgetmenot.com

Veterinary Clinics / Animal Hospitals

Dupont Veterinary Clinic
2022 P Street, DC
202 466-2211
Monday-Thursday 8:00am-8:00pm
Friday 8:00am-6:00pm
Saturday 9:00am-5:00pm
Sunday 10:00am-1:00pm

CityPaws Animal Hospital
1823 14th Street, DC
202 232-7297
Mon, Tues, Thurs: 7:00am - 7:00pm
Wednesday: 7am - 1pm
Friday: 7:00am - 5:00pm
Sun: Closed
Sat 8:00 am - 12: 00 pm

SouthPaws Veterinary Specialists & Emergency Center
8500 Arlington Boulevard, Fairfax VA
703 752-9100

Restaurants

Port of Piraeus at Lafayette Center (21st Street and M Street, NW Washington, DC)
www.portofp.com
Mention GIVF concierge Marin Rose and get a 10% discount on your entire order.

Salons and spas

TC International Salon
hair, nails and waxing
3690 King Street, Alexandria, VA
703 379-6397

Charmed Salon
hair only
1134 19th Street, DC
202-822-8808

PR@Partners
hair, nails and waxing

2033 K Street, DC
202 862-3870
10am – 7pm Monday
10am- 7:30pm Tuesday
10am- 8pm Wednesday-Friday
9am – 6pm Saturday
11am - 7pm Sunday

1913 Chain Bridge Road, Mclean, VA
703 556-3303
7am – 9:30pm

Nusta Spa
1129 20th Street, DC
202 530-5700

Elizabeth Arden Red Door Salon / Spa
8075 Leesburg Pike, Vienna, VA
703 448-8388
reddoorspas.com

Tours

DC Ducks
<http://www.dcducks.com/>
800 213-2474
Land and water tours on the boats with wheels.
\$35 each

Bike the Sites bicycle tours

Bike and Roll Washington DC
Old Post Office Pavilion
1100 Pennsylvania Ave, DC
202 842-2453

Union Station
50 Massachusetts Ave NE, DC
202 962-0206

Bike and Roll Alexandria
One Wales Alley, Alexandria, VA
703 548-7655

City Segway Tours
DC@CitySegwayTours.com
877 734-8687 OR 202 626-0017

CONTACTS

Genetics & IVF Institute
3015 Williams Drive
Fairfax, VA 22031

800-552-4363 (toll-free) or 703-698-7355 Main

Please note that morning monitoring hours for infertility patients are:
Monday to Friday 7:00am to 9:00am
Saturday, Sunday, and Major Holidays 7:30am to 9:30am

Jennifer Machovina, RN – Director, Donor Egg Program
703-698-1704
jmachovina@givf.com

Christal Hardy – Clinical Case Manager
703-289-1976
chardy@givf.com

Kristy Bahr – Clinical Case Manager
703-289-1766
kbahr@givf.com

Jan Mazraani – Clinical Case Manager
703-289-1768
jmazraani@givf.com

Karla V. Navorio
703-698-7345
knavorio@givf.com