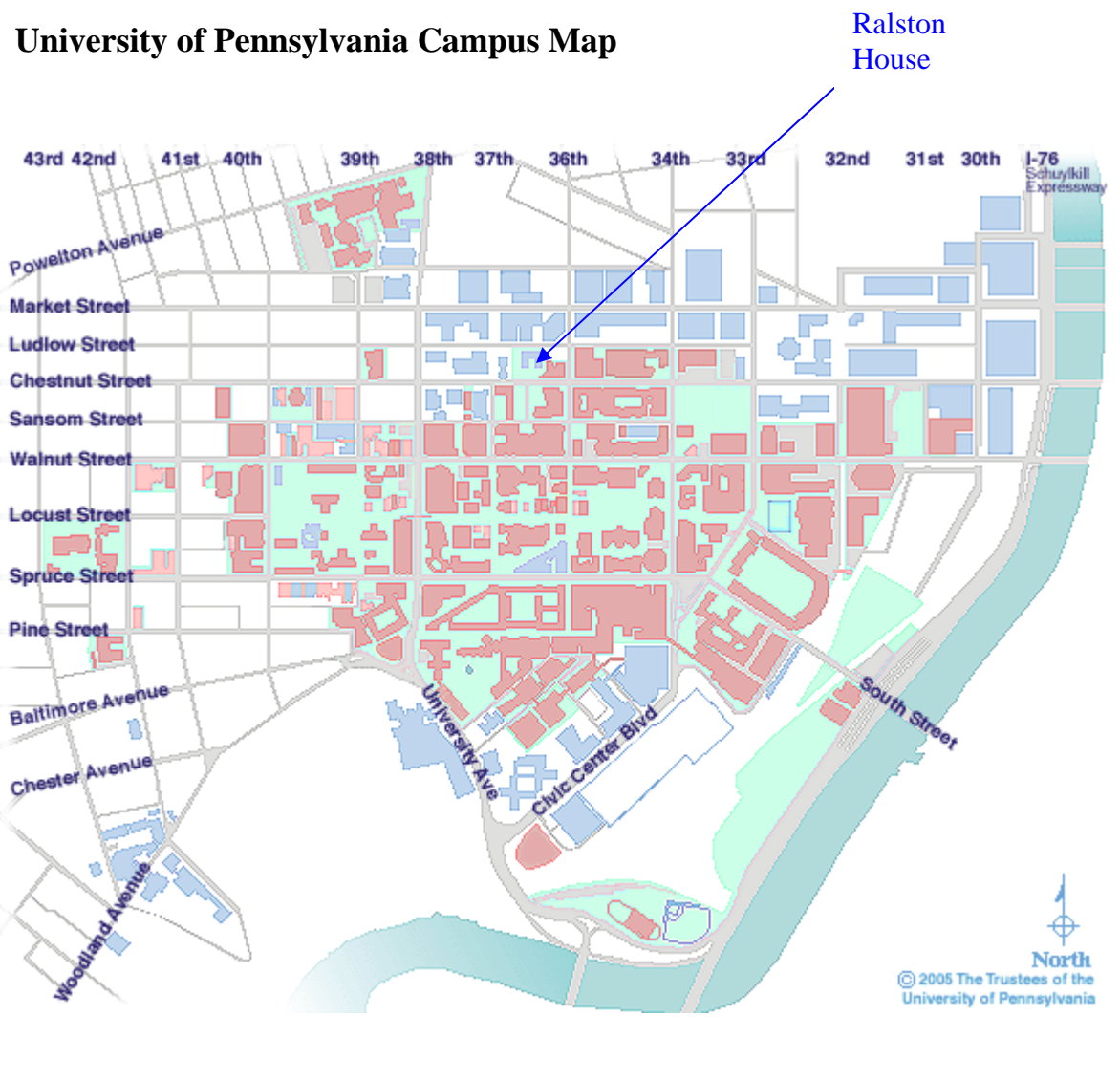


**Directions:**

Ralston Wellness Center  
Ralston House  
3615 Chestnut Street  
near Penn's campus

Here's a general look at Penn's campus and the location of Ralston House.

The building is located on the northern edge of Penn's campus at 3615 Chestnut Street.





**Ralston House**, pictured left, is a red brick building, set back from the street and surrounded by greenery and trees. It is accessible from Chestnut Street, which is a one-way street, running west-east. 36<sup>th</sup> Street is one-way, running south.

There are two sidewalks leading to Ralston House main entrance. The first is via stairs found just past the Penn Center for Rehabilitation & Care, indicated by the ◆. The second walkway is located just past the Lutheran Church Center, indicated by the ▲.

The Wellness Center is located on the first floor of Ralston House. The guard will direct you.

Parking is notated below by the bright aqua 'P.'



**Visitor Parking Information:**

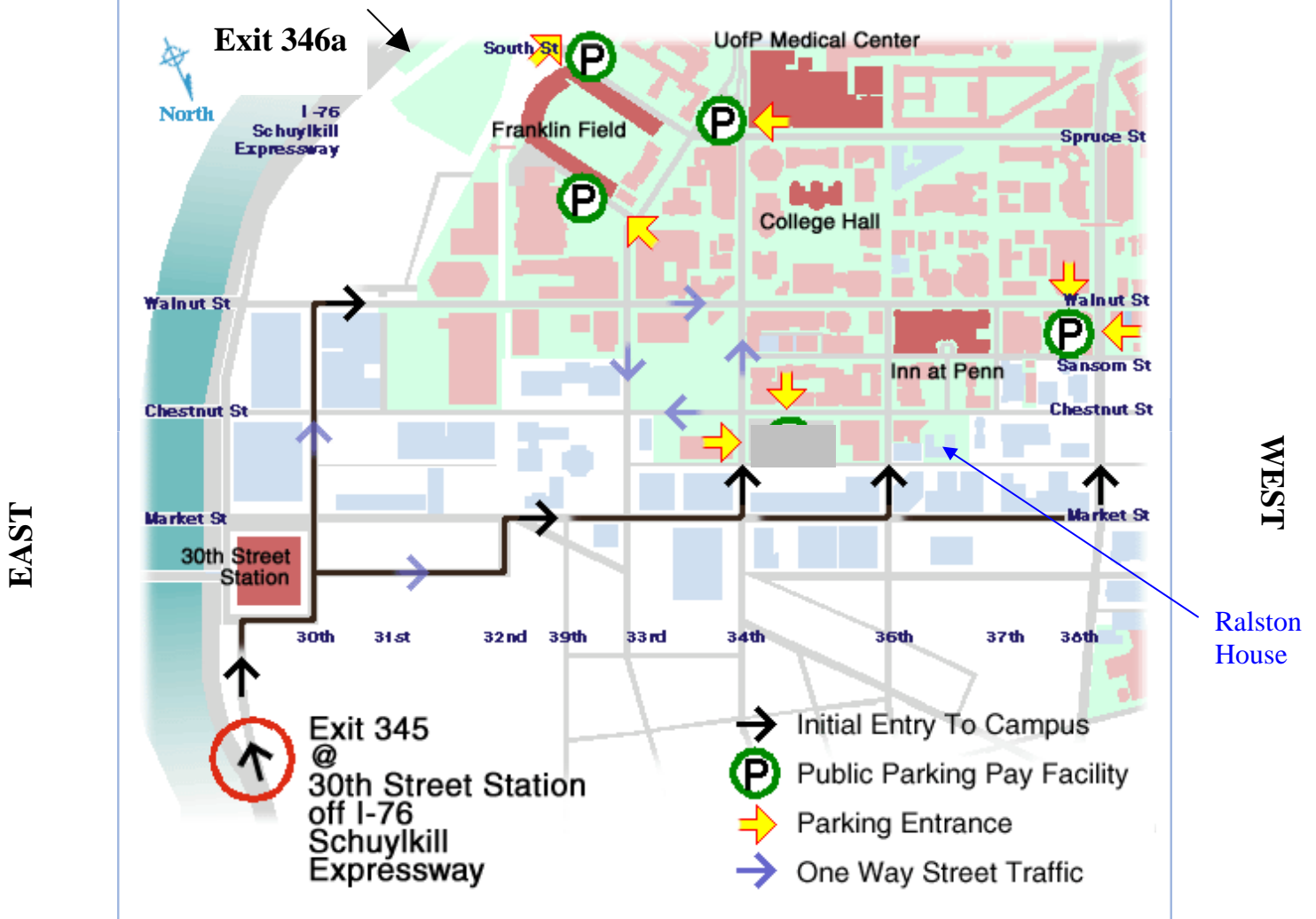
The closest public parking facility to Ralston House is at 38<sup>th</sup> and Market Streets – this is a public lot and not a Penn facility. The public parking lot formerly at 34<sup>th</sup> and Chestnut is now closed for construction. Parking, albeit limited, is available at the Sheraton Hotel at 36<sup>th</sup> and Chestnut Streets. There is an additional parking facility at 38<sup>th</sup> and Walnut.

An interactive map that lists each Penn parking facilities' hours of operation is available at <http://www.business-services.upenn.edu/parking/map.html>.

**Driving Directions to PENN campus:**

Accessible via I-76 Schuylkill Expressway, Exit 345 (formerly Exit 39) - which brings you to 30<sup>th</sup> Street Station - or Exit 346a – which brings you right to the South Street and Convention Avenue parking. Please note that the orientation of this map places North at the bottom of the page and South at the top.

**Driving to Penn : Schuylkill Exit 345 on to 30th St. or Exit 346a on to South Street (LEFT LANE)**



**From the New Jersey:**

Take the New Jersey Turnpike to exit 4 for Route 73 North. Proceed on Route 73 North to I-295 South. From I-295 South, take exit 26 of I-76 West. Cross over to Philadelphia via the Walt Whitman Bridge. This section of I-76 is also called the Schuylkill Expressway. Take Exit 345 for 30<sup>th</sup> Street, and follow the signs for 30<sup>th</sup> Street Station, then Market Street. Make a left onto Market Street (a right will take you into Center City) and proceed down to the parking facility of your choosing.

**\*\*MISSED THE LEFT TURN?** See below.

**From the Northeast Extension, Pennsylvania Turnpike (I-476):**

Take the Pennsylvania Turnpike Northeast Extension, South to the PA Turnpike, East-West Interchange. Remain on I-476 (The PA Turnpike, northeast extension portion of I-476, terminates at the PA Turnpike east-west interchange). Continue on I-476 South, approximately 3.6 miles to Exit 16A, I-76 East (Schuylkill Expressway). Take I-76 East approximately 12.6 miles to Exit 345, 30<sup>th</sup> Street Street. Turn right at the top of the ramp, following the road around 30<sup>th</sup> Street Station. At the first light, turn right and take 32<sup>nd</sup> street around. At the next light, Market Street, turn right again and proceed to the parking facility of your choice.

**From the Northwest:**

Take the Pennsylvania Turnpike to Exit 326, Valley Forge Interchange. Take I-76 East (Schuylkill Expressway) approximately 17 miles to Exit 345, 30<sup>th</sup> Street. Turn right at the top of the ramp, following the road around 30<sup>th</sup> Street Station. At the first light, turn/bear right and take 32<sup>nd</sup> street around. At the next light, where 32<sup>nd</sup> Street ends, turn right and proceed to the parking facility of your choice.

**From the North:**

Take I-95 South to I-676 Westbound toward Center City. From I-676 exit in less than two miles taking "exit only" ramp towards the airport marked I-76 East. Proceed less than a mile to Exit 345, 30<sup>th</sup> Street Station. Turn right at the top of the ramp, following the road around 30<sup>th</sup> Street Station. At the first light, turn right and take 32<sup>nd</sup> street around. At the next light, where 32<sup>nd</sup> Street ends, turn right onto Market Street and proceed to the parking facility of your choice.

**From the South:**

Take I-95 North to Exit 13 signed "291 West to I-76". Follow 291 West across (Platt) Bridge to 26th Street, which leads directly onto I-76 West. Take I-76 West 3-4 miles to Exit 345, 30<sup>th</sup> Street Station. Exiting will bring you to Market Street, with the Post Office building on your immediate left at the intersection. Make a left onto Market Street (a right will take you into Center City) and head down Market Street to the parking facility/lot of your choosing.

**\*\*MISSED THE LEFT TURN?** If you missed the left turn, proceed straight, staying in the middle lane, and then bear to your left as you go under the bridge/rail lines, going behind and wrapping around 30<sup>th</sup> Street Station. As you wrap around the station, stay to

your right. At the first light, you will make a right (or bear to your right) onto 32<sup>nd</sup> Street. Follow this road (32<sup>nd</sup> Street) until it intersects with/dead ends into Market Street; make a right onto Market and proceed to the parking facility of your choosing.

### **Arriving by Amtrak or SEPTA trains**

- All Amtrak Northeast Corridor trains and all SEPTA Regional trains stop at the 30th Street Station. From there one can walk to campus in about 15 minutes.
- The Market-Frankford Elevated Train makes stops at 30<sup>th</sup> and Market and 34<sup>th</sup> and Market Streets. One can walk down from Market Street to access campus.
- A metered cab costs about \$5 including tip and the ride takes about 5 minutes.

### **SEPTA ([www.septa.org](http://www.septa.org))**

#### **R1, R2 & R3 Rail Lines ([Black](#))**

From 30th St Station, one may take the [R1, R2 or R3](#) rail lines, the distance of one stop, to the University City Station located at South Street and Convention Avenue (behind the Penn Tower Hotel).

- The R1 ride takes 2 minutes and runs every 1/2 hour. Fare is \$5 at peak & non-peak hours.
- The R2 ride takes 2 minutes and runs every 1/2 hour during peak hours and the fare is \$3.00. During non-peak hours, the R2 runs every hour and the fare is \$2.50.
- The R3 ride takes 3 minutes at peak hours and the fare is \$3.00. During non-peak hours, the R3 fare is \$2.50 (Check schedule for hours).
- R1, R2 and R3 prices are for tickets purchased at the station. Add \$2 to the price, if you purchase your ticket on the train.

#### **Subway/Surface Rail Lines ([Green](#))**

A subway/surface trolley car may be boarded at 15<sup>th</sup> Street and 30th Street Stations. Choose the #11, #13, #34 or the #36. [Trolleys](#) leave approximately every 5 minutes. The fare is \$2.00 (tokens and trail/transpasses may be used) and the ride takes about 5 minutes to the 36th & Sansom Streets stop. Head up 36<sup>th</sup> Street once you get off and cross Chestnut to the north side. Ralston House is the second building on the 3600 block, just past the Penn Rehabilitation & Care Center. Wawa is on the south side of the street.

#### **Market/Frankford Rail Line ([Blue](#))**

The [Market/Frankford](#) Elevated Train line runs along Market Street. The most convenient stop for Ralston House is 34th & Market. The fare is \$2; tokens and trail/transpasses may be used. Walk up Market Street from 34<sup>th</sup> Street. At 36<sup>th</sup> turn south and head down 36<sup>th</sup> Street. You'll pass the #10 Trolley stop, a rental car agency, embroidering business, and the Sheraton. With the Sheraton at your back, cross 36<sup>th</sup>

Street and proceed up Chestnut. Ralston House is the second building (red brick with lots of trees) on the 3600 block, just past the Penn Rehabilitation & Care Center. Wawa and several other shops are across the street.

### **LUCY (Loop through University City) Green and Gold Loops**

The **LUCY** runs Monday through Friday, except major holidays, between 6:00 to 9:00 am AND between 4:00 to 6:30 pm. every 10-15 minutes. The fare is \$2 (exact change is required). Tokens and trail/transpasses may be used. Both loops travel on Market Streets.

#### **To access using LUCY:**

If taking the **Green Loop**, ask the driver to let you off at 36<sup>th</sup> and Market Streets. Cross Market Street and proceed south down 36<sup>th</sup> to Chestnut. You'll pass the #10 Trolley stop, the Cittone Institute, Divine Tracy Hotel and the Sheraton. With the Sheraton at your back, cross 36<sup>th</sup> Street and proceed up Chestnut. Ralston House is the second building (red brick with lots of trees) on the 3600 block, just past the Penn Rehabilitation & Care Center. Wawa and several other shops are across the street.

If taking the **Gold Loop**, ask the driver to let you off 36<sup>th</sup> and Market Streets. Proceed south down 36<sup>th</sup> Street – past the Cittone Institute and the Divine Tracy Hotel, and turn right at the corner of 36<sup>th</sup> and Chestnut. Ralston House is the second building (red brick with lots of trees) on the 3600 block, just past the Penn Rehabilitation & Care Center. Wawa and several other shops are across the street.

SEPTA schedules are available at [www.septa.com](http://www.septa.com) or [www.septa.org](http://www.septa.org).