

Directions & Map to NUNM's Helfgott Research Institute

Helfgott Research Institute: 503.552.1751 NUNM: 503.552.1555

From PDX airport

- Take 205 *SOUTH* towards Portland
- Merge onto 1-84 west towards Portland
- Merge onto I-5 south towards Salem
- Follow the directions below "From the north via I-5"

From the north via I-5

- Travel *SOUTH* on I-5
- You will cross the Willamette River on the Marquam Bridge
- The bridge will fork, take the *LEFT* fork 405/26 towards Beaverton
- Take the first exit, Exit 1B (SW 4th Avenue)
- Turn *RIGHT* at first light onto SW Lincoln
- Turn *RIGHT* at first light onto SW 1st Avenue
- Helfgott is immediately on your *LEFT*

From the north via I-405

- From I-405, take Exit 1C (SW 6th Avenue)
- Stay in left lane and follow signs for 6th Ave/City Center
- Turn *LEFT* onto SW 6th Avenue
- Turn *RIGHT* onto SW Harrison
- Turn *RIGHT* onto SW 1st Avenue
- Helfgott is located one block on the *LEFT*

From downtown Portland

- Proceed *SOUTH* on SW Naito Pkwy
- Turn *RIGHT* onto SW Sheridan Street
- Turn *RIGHT* onto SW 1st Avenue
- Helfgott is located one block on the *RIGHT*

From the south via I-5

- Travel *NORTH* on I-5 and take Exit 299B on the left for I-405 N toward U.S. 26
- Merge onto I-405 N
- Take the first exit, Exit 1B (SW 4th Avenue)
- Turn *RIGHT* at first light onto SW Lincoln
- Turn *RIGHT* at first light onto SW 1st Avenue
- Helfgott is immediately on your *LEFT*

From the south via SW Barbur Blvd.

- Travel *NORTH* on SW Barbur Blvd. in the middle lane
- Watch for the SW Hamilton intersection (this has two traffic signals 100 ft apart)
- Soon after the road will Y, be prepared to continue towards the left (staying on Barbur)
- Travel several blocks, and just past Lair Hill Park turn *RIGHT* on SW Hooker St.
- Take the second *LEFT* onto SW 1st Avenue
- Helfgott is located four blocks on the *RIGHT*

From the south via SW Macadam or Sellwood Bridge

- Travel *NORTH* on SW Macadam
- Turn *LEFT* on SW Boundary (just past SW Sweeney)
- Turn *RIGHT* onto SW Corbett
- Follow Corbett – it will curve left, go under a bridge, then curve right to merge onto SW 1st Avenue
- At the next signal (next to 7-Eleven), proceed straight
- Helfgott is located two blocks on the *RIGHT*

From the west via Hwy 26

- Start out on Hwy 26 *EAST* towards Portland
- Pass through the Vista Tunnel and stay in the center lane to exit onto SW Market Street
- Continue straight on Market Street
- Turn *RIGHT* onto SW 1st Avenue
- Helfgott is located two blocks on the *LEFT*

From the east via Powell Blvd. / Hwy 26

- Proceed *WEST* on Powell Blvd.
- Upon crossing the Ross Island Bridge, follow the signs for Hwy 26
- As you exit the bridge the road briefly becomes 3 lanes, stay in the middle lane
- Turn *RIGHT* at the next light onto SW 1st Avenue
- Helfgott is located two blocks on the *RIGHT*

Public Transportation via Tri-Met

Many bus routes stop near Helfgott and the NUNM campus. Visit www.trimet.org to plan your trip.

