

Driving Directions to Insights to Health

Village Offices, Suite 302

2929 SW Multnomah Blvd.

Portland, OR 97219

(503) 501-5001

Insights to Health is conveniently located in charming Multnomah Village, approximately 4 miles south of Downtown Portland, and very close to I-5 as well as SE Portland. Below are directions from various areas of Portland and surrounding environs. Please let us know at (503) 501-5001 if you need any clarification!

If you are traveling FROM the NORTH on I-5:

- From I-5 headed South, take the **Multnomah Blvd (EXIT 296B)** exit.
- The off ramp will merge directly into Multnomah Blvd.
- From the exit, the clinic is located approximately **0.6 mi ahead, on your right** in the **Village Offices**. You will pass the U.S. Army Reserve Center on your right. The clinic is only a short distance past this landmark.
- If you arrive at the first stoplight at SW 31st Ave, you have gone about 1 block too far.
- Our parking lot is on the East side of the building. You'll find stairs and an elevator just inside the front door, and our office is located on the **3rd floor**, directly to the right of the stairs or elevator, in **suite 302**.

If you are traveling FROM the SOUTH on I-5:

- From I-5 headed North, take the **Taylor's Ferry Rd (EXIT 295)** exit.
- You will come to a stop sign at the end of the off ramp. From there, **travel 0.3 mi** on SW Taylor's Ferry Rd through a neighborhood **to a stop sign** at SW 26th Ave.
- Turn **left onto SW 26th Ave**.
- You will soon pass under the I-5 freeway. At 0.3 mi from the stop sign, SW 26th Ave merges slightly to the left into SW Spring Garden St.
- **At 0.4 mi** you will come to your next **stop sign** at SW 30th Ave. Turn **right onto SW 30th Ave**.
- Go **0.1 mi**, to the end of SW 30th Ave. SW 30th Ave will intersect with SW Hume St.
- Turn **left onto SW Hume St**.
- Go about **1 block to a stop sign**, and then turn **right onto SW 31st Ave**.
- Proceed **1 block to the stoplight at Multnomah Blvd**.

- Turn **right onto Multnomah Blvd.** The clinic is about **1 block ahead on your left** in the Village Offices.
- Our parking lot is on the East side of the building. You'll find stairs and an elevator just inside the front door, and our office is located on the **3rd floor**, directly to the right of the stairs or elevator, in **suite 302**.

If you are travelling FROM HILLSDALE/CAPITOL HWY (Route 10):

- On Capitol Hwy (Route 10), drive through the shopping area of Hillsdale.
- **Fork left at the stop light** at the end of the shopping area (Noah's Bagels is on your right.), **staying on Capitol Hwy.**
- **Fork left again just past the Mittleman Jewish Community Center** (on your right), still staying on Capitol Hwy. Within a few blocks you will see a colorful sign welcoming you to Multnomah Village.
- In about $\frac{1}{4}$ mile, **turn left on SW 31st Ave.** (between the pink stucco Multnomah Center and the brick Loaves and Fishes—well before the center of the Village).
- At the **first stop light**, turn **left on Multnomah Boulevard.**
- **One block later**, look for the large sage green office building, and **turn left into the Village Offices parking lot.** We are on the **3rd floor**; turn right out of the elevator or stairs to **Suite 302**.

From DOWNTOWN:

SURFACE STREETS:

- Take **Naito Parkway South**, which **becomes Barbur Boulevard.**
- Go through the tunnel south of downtown and **continue 2.0 miles and turn right at the entrance to Route 10.**
- On Capitol Hwy (Route 10), pass Terwilliger Blvd and **drive approximately $\frac{1}{2}$ mile, through the shopping area of Hillsdale. Fork left at the stop light at the end of the shopping area** (Noah's Bagels is on your right), staying on Capitol Hwy.
- **Fork left again just past the Mittleman Jewish Community Center** (on your right), still staying on Capitol Hwy. Within a few blocks you will see a colorful sign welcoming you to Multnomah Village.
- **In about $\frac{1}{4}$ mile, turn left on SW 31st Ave.** (between the pink stucco Multnomah Center and the brick Loaves and Fishes—well before the center of the Village).
- At the **first stop light**, turn **left on Multnomah Boulevard.**
- **One block later**, look for the large sage green office building and **turn left into the Village Offices parking lot.** We are on the **3rd floor**; turn right out of the elevator or stairs to **Suite 302**.

From DOWNTOWN:

HIGHWAY:

- Take **I-405 South to 1-5 South** and **travel approximately 3 miles**.
- Take exit 296B, Multnomah Blvd. The off ramp will merge directly into Multnomah Blvd.
- From the exit, the clinic is located approximately **0.6 mi ahead, on your right** in the **Village Offices**. You will pass the U.S. Army Reserve Center on your right. The clinic is only a short distance past this landmark.
- If you arrive at the first stoplight at SW 31st Ave, you have gone about 1 block too far.
- Our parking lot is on the East side of the building. You'll find stairs and an elevator just inside the front door, and our office is located on the **3rd floor**, directly to the right of the stairs or elevator, in **suite 302**.

From SE PORTLAND:

FROM CENTRAL SE PORTLAND:

- Take **SE Powell Street West across the Ross Island Bridge**.
- At the end of the bridge, **keep straight onto Barbur Boulevard** and go **through the tunnel**.
- **Continue 2.0 miles** to the entrance to **Route 10**, on your right.
- Turn **right on Route 10/Capitol Hwy** and drive through the shopping area of Hillsdale. **At the intersection with Beaverton Hillsdale Hwy** (Noah's Bagels on the left), **continue STRAIGHT on Capitol Hwy**. (Do not fork right.) **Continue** approximately $\frac{1}{2}$ mile.
- **Fork left at the stop light at the Cider Mill Lounge, staying on Capitol Hwy**. Within a few blocks you will see a colorful sign welcoming you to Multnomah Village.
- In about $\frac{1}{4}$ mile, **turn left on SW 31st Ave**. (between the yellow stucco Multnomah Arts Center Building and Loaves and Fishes—well before the center of the Village).
- At the **first stop light, turn left on Multnomah Boulevard**. One block later, look for the large sage green office building
- Turn **left into the Village Offices parking lot**. We are on the **3rd floor**; turn right out of the elevator or stairs to **Suite 302**.

FROM SELLWOOD:

- **Cross the Sellwood Bridge**, heading West.
- **Bear right on Macadam Ave** (Route 43) and **travel 0.5 miles**
- Turn **left on SW Taylors Ferry Rd** and **travel 0.8 miles**
- Turn **right on SW 2nd Ave** and **travel 0.1 miles**
- Turn **left on SW Carson Blvd** and **travel 0.2 miles**
- Turn **right on SW Terwilliger Blvd** and **travel 0.5 miles**

- Turn **left on SW Barbur Blvd** (Route 99) and **travel 0.7 miles**
- Turn **right on SW Multnomah Blvd** and **travel. 0.5 miles**
- Arrive at 2929 SW Multnomah Blvd.—the Village Offices.
- Our parking lot is on the East side of the building. Climb to the **3rd floor**. We are in **Suite 302**, directly to the right of the staircase or elevator.