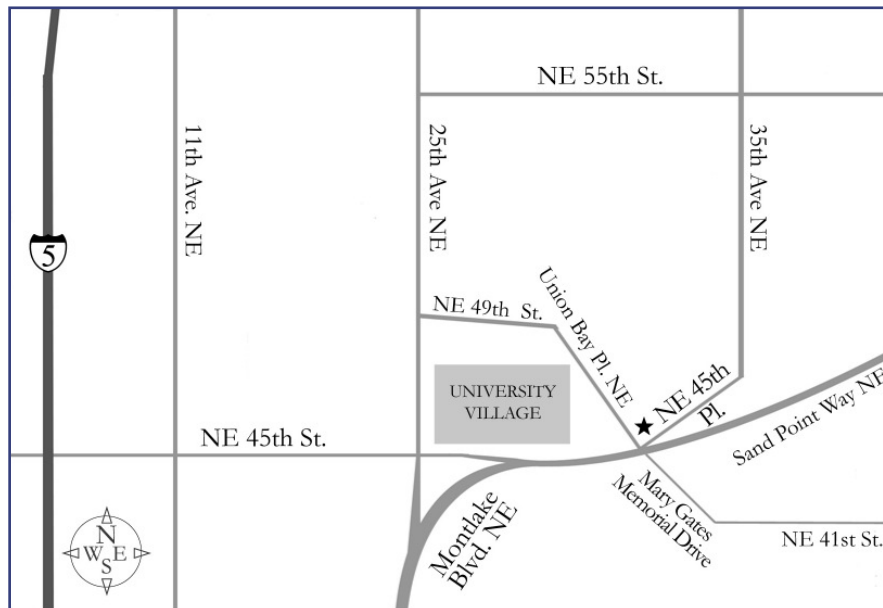


# THE POLYCLINIC FAMILY MEDICINE SAND POINT



The Polyclinic Family Medicine Sand Point  
3216 NE 45th Place, Suite 200  
Seattle WA 98105  
**Phone: 206.525.4000**

## DRIVING DIRECTIONS

### Northbound I-5:

- Exit NE 45th St./NE 50th St. (Exit 169)
- Follow signs for NE 45th St./Univ. of Wash., merging to the right, eventually onto 7th Ave. NE
- Turn right onto NE 45th St.
- Continue on NE 45th St. , driving past the UW and down the viaduct.
- Follow NE 45th St. through left turn lights as it becomes NE 45th St./Montlake Blvd.
- Turn slight left onto NE 45th Pl. (Tip: there are two left turn lanes at the intersection of NE 45th St./Montlake Blvd., Mary Gates Memorial Drive, Union Bay Pl. NE, and NE 45th Pl. - make sure you are in the slight left turn lane rather than the hard left turn lane).

### Southbound I-5:

- Exit NE 50th St./NE 45th St. (Exit 169)
- Follow signs for NE 45th St./Univ. of Wash., staying to the left, eventually onto 5th Ave. NE
- Turn left onto NE 45th St.
- Continue on NE 45th St. , driving past the UW and down the viaduct.
- Follow NE 45th St. through left turn lights as it becomes NE 45th St./Montlake Blvd.
- Turn slight left onto NE 45th Pl. (Tip: there are two left turn lanes at the intersection of NE 45th St./Montlake Blvd., Mary Gates Memorial Drive, Union Bay Pl. NE, and NE 45th Pl. - make sure you are in the slight left turn lane rather than the hard left turn lane).

**PARKING:** Patients can park in one of two parking lots. 1. Enter the front lot by taking an immediate left off NE 45th Place. 2. Enter the back lot by taking a left off NE 45th Place just before the overhead bridge. Pay close attention- these left turns come up fast and it's a very busy intersection!

**BUS ROUTES:** #25, #65, #75