Navigating Capitol Hill

House and Senate Buildings: Senate Office Buildings (Russell, Dirksen, Hart) are north of the Capitol. Union Station is the closest Metro station. House Office Buildings (Rayburn, Longworth, and Cannon) are south of the Capitol. Capitol South is the closest Metro station. Capitol South is the Metro station to take to the Tuesday Congressional Breakfast in Rayburn HOB (Room B 338-339).

Getting to meetings: Do your best to get to meetings a few minutes early, and let staff know your group has arrived. If you get separated from your group and are running late, call ahead to your next appointment and let them know. Call the Capitol Switchboard (202-224-3121) to reach offices.

Quick Tip: The Hill has ears! Remember you are generally surrounded by staff and members of Congress in elevators and hallways. Stay positive in your comments about your meetings.