

Spinal Cord Injury & Disorders Center

(at the Minneapolis VA Medical Center)
One Veterans Drive, Minneapolis, MN 55407

Directions to the MVAMC

From the East (St. Paul): Take 35E south to West 7th/Highway 5 exit. Turn right at the top of the exit ramp. Continue on 5 to the Fort Snelling exit and stay to the right as you follow the exit around. You will “Y” into traffic coming from the Mendota bridge. Move to the right and exit on 55 west. As you exit on 55 west, it will “Y” almost immediately. Stay to the left and go straight through the stoplight. You will be on Minnehaha. Follow Minnehaha to the stoplight in front of the VA and turn left into the parking lot. If you miss the “Y” continue to the next stoplight (54th) and turn left. Go to stop sign (Minnehaha) and turn left again. Go to the stoplight in front of the VA and turn right into the parking lot.

From the Southeast: Take 35E to 110 west. Take the 55 west/Fort Snelling exit. Go to the far righthand lane as soon as you exit to continue on 55 west. Go over the Mendota Bridge, move to the right lane and exit to follow 55 west. As you exit on 55 west, it will “Y” almost immediately. Stay to the left and go straight through the stoplight. You will be on Minnehaha. Follow Minnehaha to the stoplight in front of the VA and turn left into the parking lot. If you miss the “Y” continue to the next stoplight (54th) and turn left. Go to stop sign (Minnehaha) and turn left again. Go to the stoplight in front of the VA and turn right into the parking lot.

From the North: Take 35W south to 62 east. *Follow directions below.

From the South: Take 35W north to 62 east. *Follow directions below.

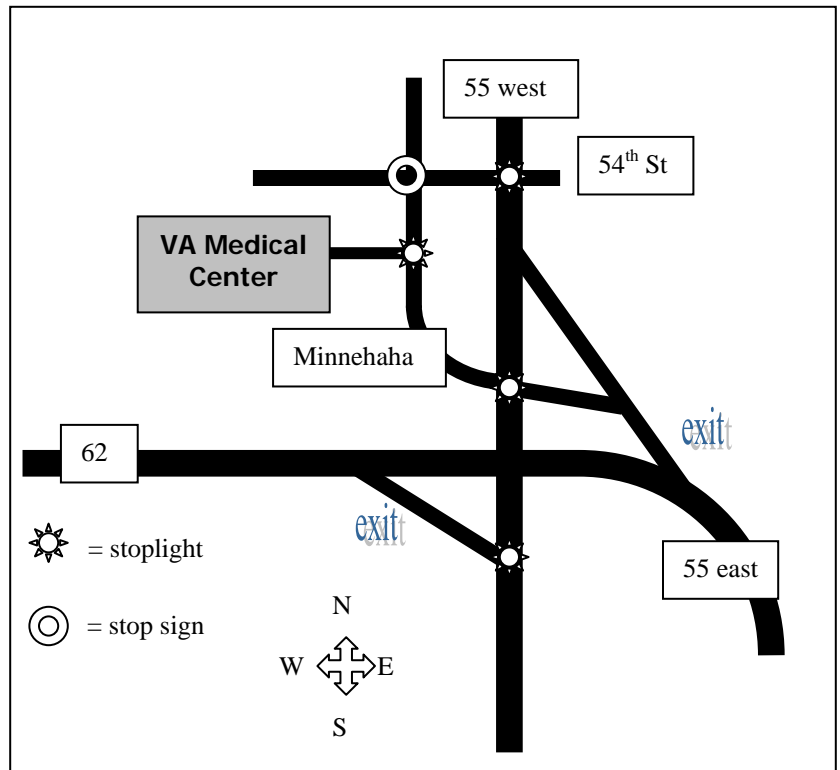
From the West: Take 494 east to 35W north. Take 62 east. *Follow directions below.

***Directions, continued:** Get into the right lane on 62 and exit on 55 west. At the top of the exit ramp, turn left to continue on 55 west. Go to the stoplight (Minnehaha) and turn left. Follow Minnehaha to the stoplight in front of the VA and turn left into the lot.

Light Rail Transit: The LRT line stops right in front of the VA Medical Center. Feel free to utilize the park and ride lots and take the LRT to the VA Medical Center. Go to the LRT website for information about where to park, fares, and how to ride:

<http://www.metrocouncil.org/transit/rail/index.htm>

For All: Please park in the Visitor Lot as indicated in the map on the next page. Parking is free. Walk outside to the Spinal Cord Injury Center entrance. Enter and look for a sign to the classroom.



Parking and Walking to the Spinal Cord Injury Center

Please park in Visitor Parking as indicated.

