



**Cedar River Clinics - Tacoma**  
1401 Martin Luther King Jr Way  
Tacoma, WA 98405  
253.473.6031 or 800.572.4223  
[www.CedarRiverClinics.org](http://www.CedarRiverClinics.org)



Located at the corner of South 14th Street and Martin Luther King Jr. Way

#### **DRIVING DIRECTIONS:**

##### **from Seattle, Bellevue or points north or East of Tacoma**

###### **from Renton / Kent / Auburn:**

- Get on I-5 South toward Tacoma
- Take Exit #133 to I-705 North toward City Center
- Follow signs for City Center - A Street, *then*
- Stay in left lane, exit at South 15th Street / Pacific Ave onto South 15th Street
- Go up the hill, about a half mile to Martin Luther King Jr Way
- Turn Right onto Martin Luther King Jr Way (mini mart on left, you turn Right)
- Go one block, Take the next Right onto South 14th Street
- Cedar River Clinics is on that corner with the entrance from 14<sup>th</sup> (not MLK)
- Parking is available on South 14<sup>th</sup>

##### **From Olympia / Lacey / Ft Lewis / Aberdeen / Port Angeles**

- Get onto I-5 North toward Tacoma
- Take the State Route 16 Exit and stay in the far right lane
- (Sprague Ave exit is closed for renovation, therefore)
- Take the Union Ave Exit
- Follow Union Ave north to South 19th Street
- Turn Right on South 19<sup>th</sup> Street
- Turn Left on Martin Luther King Jr Way
- 1401-A is on the Right, on the corner of Martin Luther King Jr Way and South 14th Street
- Parking is available on South 14<sup>th</sup>

**from Gig Harbor / Bremerton / Poulsbo / Bainbridge**

- Get on State Route 16 toward Tacoma
- Take the Union Ave Exit
- Follow Union Ave north to South 19th Street
- Turn Right on South 19<sup>th</sup> Street
- Turn Left on Martin Luther King Jr Way
- 1401-A is on the Right, on the corner of Martin Luther King Jr Way and South 14th Street
- Parking is available on South 14<sup>th</sup>

**From Vashon**

- Point Defiance-Tahlequah Ferry to Tacoma
- Rt 163 to Highway 16
- Follow directions above to get to clinic

**From Puyallup**

- Take 167 or whatever route is easiest to get to I-5
- Then follow instructions from Seattle, taking City Center Exit to 705 etc.

Find pictures of the building on our website at [www.CedarRiverClinics.org](http://www.CedarRiverClinics.org) - the name/logo is clearly marked on the building.

Cedar River Clinics is

- 3 blocks *north* of St. Joseph's hospital and
- several blocks *south* of Multi-Care, Tacoma General Hospital, Mary Bridge Children's Hospital and Planned Parenthood on Martin Luther King Jr Way.