

VISITOR GUIDE



OST GLOBAL SOLUTIONS



Federal Business Development Center of Excellence

Experience Success Growing Your Business Through Government Contracts

1. Our location

Address: Metro Park North Business Center, 7361 Calhoun Place, Suite 560, Rockville (**Derwood** for GPS), MD 20855
Phone: 301-384-3350 **Web:** www.ostglobalsolutions.com **E-mail:** service@ostglobalsolutions.com



2. Driving directions

From DC: Take I-495 N/Maryland; keep left onto I-270 N; take exit 6 for MD-28/W Montgomery Ave (0.1 mi); merge onto I-270 N (0.5 mi); take exit 6B for Maryland 28/W Montgomery Ave toward Poolesville/Darnestown (0.2 mi); merge onto W Montgomery Ave (1.2 mi); turn right onto Gude Dr. (1.8 mi); turn left onto Crabbs Branch Way (0.1 mi); take the 1st right onto Calhoun Pl. Destination will be on the left.

From VA: Take the Interstate 66 W; take exit 67 toward Dulles Airport/I-495 N/Baltimore (0.2 mi); merge onto VA-267 W (2.4 mi); take exit 18 to merge onto I-495 N toward Baltimore (6.9 mi); keep left to continue onto I-270 Spur N (1.9 mi); merge onto I-270 N (3.1 mi); take exit 6 for MD-28/W Montgomery Ave (0.1 mi); merge onto I-270 N (0.5 mi); take exit 6B for Maryland 28/W Montgomery Ave toward Poolesville/Darnestown (0.2 mi); merge onto W Montgomery Ave (1.2 mi); turn right onto Gude Dr. (1.8 mi); turn left onto Crabbs Branch Way (0.1 mi); take the 1st right onto Calhoun Pl. Destination will be on the left.

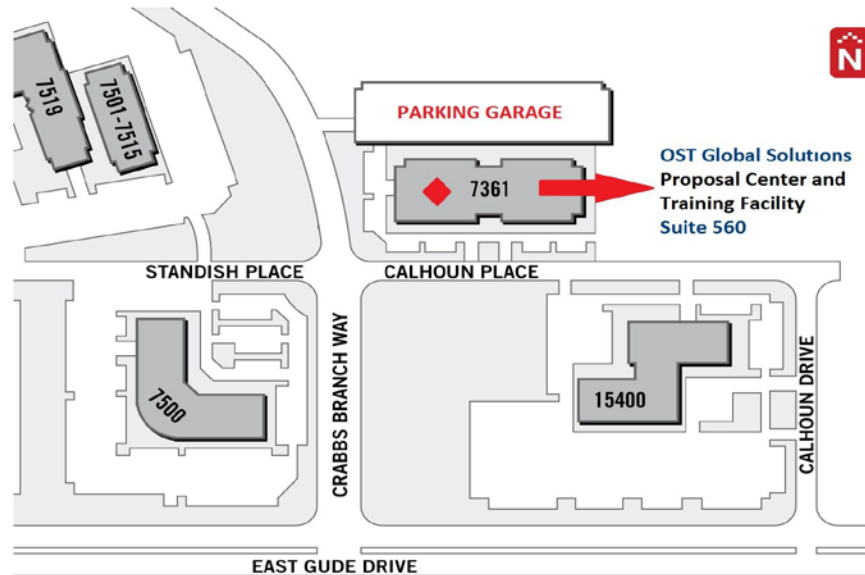
From MD North East (I-95): Head southwest on I-95 S toward Exit 35B; take exit 27 to merge onto I-495 W toward Silver Spring (9.5 mi); slight right onto I-270 N (signs for Frederick) (5.8 mi); take exit 6 for MD-28/W Montgomery Ave (0.6 mi); merge onto Nelson St (0.9 mi); turn left onto College Pkwy (0.9 mi); turn left onto MD-355 N/N Frederick Rd (0.2 mi); turn right onto E Gude Dr. (0.3 mi); turn left onto Crabbs Branch Way (0.1 mi); take the 1st right onto Calhoun Pl. Destination will be on the left.

From MD North West (I-270): Head southeast on I-270 S (14.1 mi); take exit 9A to merge onto I-370 E toward Metro Station (1.4 mi); take the Shady Grove Rd exit toward MD-355 S/Rockville (0.3 mi); turn left onto Shady Grove Rd (0.2 mi); turn right onto MD-355 S/N Frederick Rd (1.5 mi); turn left onto E Gude Dr. (0.3 mi); Turn left onto Crabbs Branch Way (0.1 mi); take the 1st right onto Calhoun Pl. Destination will be on the left.

When you arrive: Our office is located on the 5th floor of the building, on the left when leaving elevator lobby, suite 560.

3. Parking

Our facility provides abundant **free** surface and structured parking garage, which is located right next to the training facility building. NOTE: the main entrance is located on the Calhoun Place street side of the building.



4. Metro access

Our facility is located less than one mile from the **Shady Grove Metro station** (Red Line) providing direct access to downtown Washington, DC. From the Metro, you can use **bus 59** (6-8 minutes' drive), or **walk** (30 minutes) by following the directions below:

Head southeast on Somerville Dr. toward Redland Rd (0.1 mi); turn right onto Paramount Dr. (0.2 mi); turn left onto MD-355 N/N Frederick Rd (0.5 mi); turn left onto E Gude Dr. (0.3 mi); turn left onto Crabbs Branch Way (0.1 mi); turn right onto Calhoun Pl. Destination will be on the left (249 ft).

5. Airports and airlines

Major **airports** that serve the Washington, DC metropolitan area:

Reagan National Airport	703-417-8000
Dulles Airport	703-661-2700
BWI Airport	410-859-7111

Major **airlines** that serve the Washington, DC metropolitan area:

American Airlines	800-433-7300	www.aa.com
Delta Airlines	800-221-1212	www.delta.com
Frontier Airlines	800-432-1359	www.frontierairlines.com
United Airlines	800-864-8331	www.united.com
US Airways	800-428-4322	www.usairways.com
Southwest Airlines	800-435-9792	www.southwest.com

6. Taxis and cab services

Besides **Uber** and **Lyft**, commonly used cab and taxi services in the area are:

Diamond Cab, DC	202-387-6200	www.dcdiamondcabs.com
Yellow Cab of DC	800-221-1212	www.dcyellowcab.com
Red Top Executive's Sedan	800-296-3300	www.redtopsedan.com
Montgomery Airport Sedan	800-864-8331	www.montgomeryairportsedan.com

7. Where to stay

Here are few hotels that you can use during your visit:

Sheraton Rockville	1.7 mi W	888-625-5144	www.starwoodhotels.com/sheraton	920 King Farm Blvd, Rockville, MD 20850
Comfort Inn at Shady Grove Gaithersburg	1.7 mi NW	866-611-6301	www.comfortinnshadygrove.com	16216 Frederick Rd, Gaithersburg, MD 20877
Best Western Plus Rockville Hotel &	1.9 mi SW	877-574-2464	www.bestwesternrockville.com	1251 W Montgomery Ave, Rockville, MD 20850
Marriott Gaithersburg Washingtonian Center	2.4 mi W	301-590-0044	www.marriott.com/hotels/travel/waswg	9751 Washingtonian Blvd, Gaithersburg, MD 20878

8. Where to eat

There are plenty of restaurants in the area to satisfy any taste. Here are few of them:

- **On the business center premises Standish Café**, 7529 Standish Pl Ste.106, Rockville, (301)762-5163
- **0.3 mi SE Peter's Grill (breakfast/brunch)**, 519 East Gude Drive, Rockville, (301) 424-1111
- **0.5 mi S Il Pizzico**, 15209 Frederick Rd, Rockville, MD 20850, (301) 309-0610
- **0.6 mi S Panida Thai & Sushi Bar**, 15106 Frederick Rd, Rockville, MD 20850, (301) 251-6689
- **1.0 mi S Pho 75**, 771 Hungerford Drive, Rockville, (301) 309-8873
- **1.1 mi W Baja Fresh Mexican Grill**, 302 King Farm Blvd # 150, Rockville, (240) 683-3907
- **1.1 mi W Fontina Grille**, 801 Pleasant Drive, Rockville, (301) 947-5400
- **1.1 mi S Mama Wok & Teriyaki**, 595 Hungerford Drive, Rockville, (301) 309-6642
- **1.1 mi W Starbucks (inside Safeway)**, 403 Redland Road, Rockville, (301) 990-3150
- **1.2 mi NW Baronessa**, 1302 E Gude Drive, Rockville, (301) 838-9050
- **1.3 mi N Cuban Corner**, 825 Hungerford Road, Rockville, (301) 279-0310
- **2.0 mi N Five Guys**, 130 Gibbs Street, Rockville, (301) 762-3500
- **2.4 mi E Love Sushi**, 9031 Gaithur Road, Gaithersburg, (301) 977-3568



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Winning Government contracts consistently does not come from luck or hope, it requires proven techniques and tools acquired through training and experience.

- Metro Washington DC Federal Business Development Center of Excellence helping businesses grow organically through BD, capture, and proposal consulting support and training
- Bid & Proposal Academy with onsite and corporate courses, distance learning, self-study support, and professional certification tracks in all aspects of Federal BD, capture, and proposal development
- Track record supporting 18 out of the top 20 federal contractors, winning tens of billions of dollars since 2005

**We are looking forward
to seeing you!**