

**From North of Richmond:**

Take I-95 South to I-295 West (to Charlottesville). Take I-295 West to the Nuckols Road South exit. Turn right at the second stoplight onto Cox Road. This is the main entrance into the Innsbrook Corporate Center. Follow the NAMIWalks signs and balloons to parking for NAMIWalks.

**From South of Richmond:**

Take I-95 North to I-64 West (to Charlottesville). Take I-64 West to the 250 East exit (to Richmond, exit 178B). At the second stoplight take a left on Cox Road. This is the main entrance into the Innsbrook Corporate Center. Follow the NAMIWalks signs and balloons to parking for NAMIWalks.

**From East of Richmond:**

Take I-64 West (to Charlottesville) to the I-295 North exit (to Washington/Charlottesville). Continue on I-295 towards Charlottesville to the Nuckols Road South exit. Turn right at the second stoplight onto Cox Road. This is the main entrance into the Innsbrook Corporate Center. Follow the NAMIWalks signs and balloons to parking for NAMIWalks.

**From West of Richmond:**

Take I-64 East (to Richmond) to the 250 East (to Richmond, exit 178B) exit. At the second stoplight take a left on Cox Road. This is the main entrance into the Innsbrook Corporate Center. Follow the NAMIWalks signs and balloons to parking for NAMIWalks.

**Handicap Parking:**

There is handicapped parking on Innslake Dr. by the main Walk parking lot. After turning onto Innslake Dr. take an immediate right into the first driveway (before the general parking lot). Follow it around the building and park on the other side. Go toward the lake and you will see in front of you a paved pathway that crosses the end of the lake and bridge. This path takes you to the picnic area directly across the lake from your parking lot. Please use this lot only if you need it, as it has a limited number of parking spaces. If you find it is filled, you can let your handicapped passenger out there and then park in the regular parking lot.