

## How to use this timetable

- Use the map to find the stops closest to where you will get on and off the bus.
- Select the schedule (Weekday, Saturday, Sunday) for when you will travel. Along the top of the schedule, find the stop at or nearest the point where you will get on the bus. Follow that column down to the time you want to leave.
- Use the same method to find the times the bus is scheduled to arrive at the stop where you will get off the bus.
- If the bus stop is not listed, use the time shown for the bus stop before it as the time to wait at the stop.
- The end-of-the-line or last stop is listed in ALL CAPS on the schedule.

## Cómo Usar este Horario

- Use este mapa para localizar las paradas más cercanas a donde se subirá y bajará del autobús.
- Seleccione el horario (Entre semana, sábado, domingo) de cuando viajará. A lo largo de la parte superior del horario, localice la parada o el punto más cercano a la parada en la que se subirá al autobús. Siga esa columna hacia abajo hasta la hora en la que desee salir.
- Utilice el mismo método para localizar las horas en que el autobús está programado para llegar a la parada en donde desea bajarse del autobús.
- Si la parada del autobús no está listada use la hora que se muestra en la parada anterior como la hora de espera en la parada.
- El final de la ruta o la última parada del autobús aparece en letras MAYÚSCULAS en el horario.

English-Español

metrobuses

# J7,9 I-270 Express



& All Metrobuses are fully accessible and are equipped with lifts or ramps for wheelchair accessibility  
Todos los autobuses de Metro son accesibles a personas con impedimentos y están equipados con rampas o elevadores para sillas de ruedas

Express Fare  
Charged on this Route

**Serves these locations-**  
**Brinda servicio a estas ubicaciones**  
Lakeforest Transit Center  
Rt. 124 Park & Ride Lot (J9)  
National Institutes of Health  
Naval Medical Center  
Medical Center station  
Battery Lane (J9)  
Bethesda station

Schedule 6-28-09 Reprinted 9-23-11

## Washington Metropolitan Area Transit Authority

A District of Columbia,  
Maryland and Virginia  
Transit Partnership

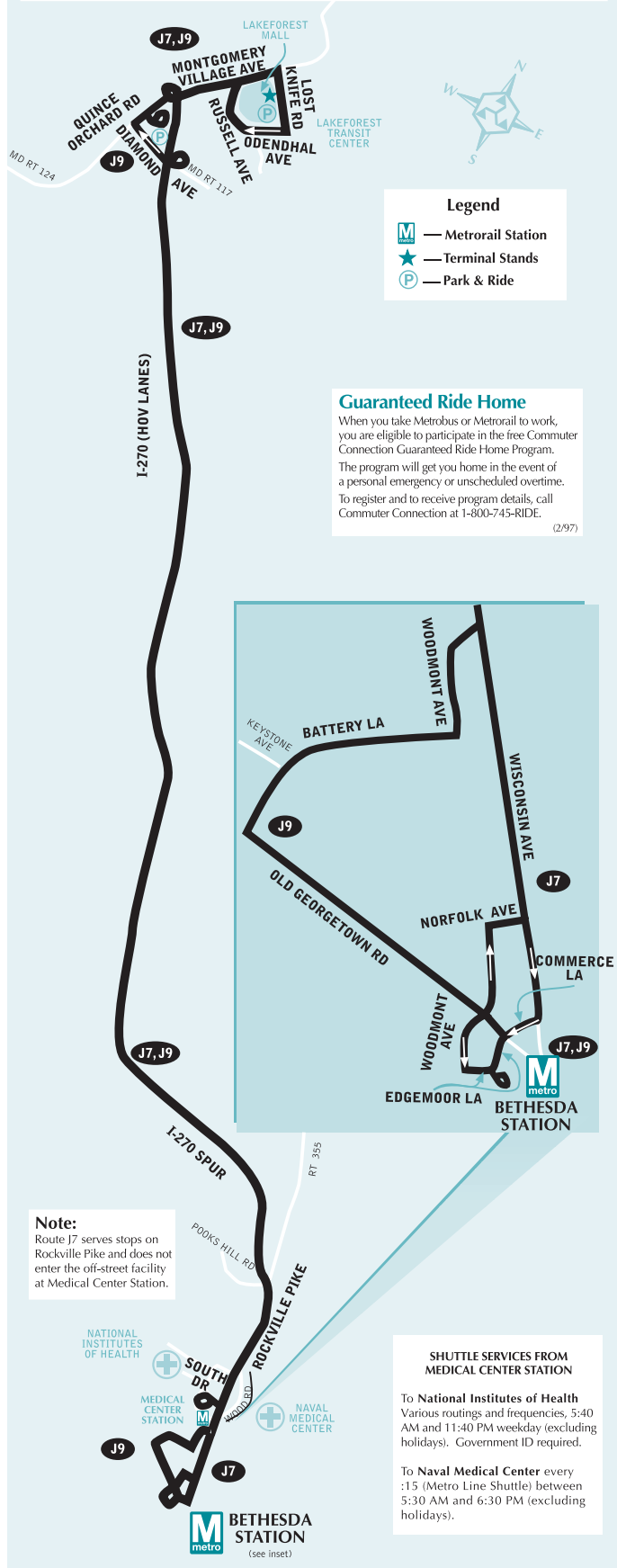
INFORMATION ANYTIME 202-637-7000 TTY 202-638-3780

**M** opens  
metro doors  
MetroOpensDoors.com

# I-270 Express Line

## Routes J7,9

For route and schedule information  
**Call 202-637-7000**  
[www.metroopensdoors.com](http://www.metroopensdoors.com)



### Legend

- Metrorail Station
- Terminal Stands
- Park & Ride

### Guaranteed Ride Home

When you take Metrobus or Metrorail to work, you are eligible to participate in the free Commuter Connection Guaranteed Ride Home Program. The program will get you home in the event of a personal emergency or unscheduled overtime. To register and to receive program details, call Commuter Connection at 1-800-745-RIDE. (2/97)

**Note:**  
 Route J7 serves stops on Rockville Pike and does not enter the off-street facility at Medical Center Station.

**SHUTTLE SERVICES FROM MEDICAL CENTER STATION**

To **National Institutes of Health**  
 Various routings and frequencies, 5:40 AM and 11:40 PM weekday (excluding holidays). Government ID required.

To **Naval Medical Center** every :15 (Metro Line Shuttle) between 5:30 AM and 6:30 PM (excluding holidays).

# J7,9

## I-270 Express

### Monday thru Friday Southbound

Lunes a viernes hacia el sur  
(except holidays - excepto los días festivos)

| Route Number                            | Lakeforest Transit Center | Rt. 124 Park & Ride | Rockville Pike & South Dr. (Medical Center) | Battery La. & Keystone Ave. | BETHESDA |
|---|---------------------------|---------------------|---|-----------------------------|----------|
| <b>AM Service — Servicio matutino</b>   |                           |                     |   |                             |          |
| J9                                      | 5:43                      | 5:50                | 6:12  | 6:19                        | 6:23     |
| J9                                      | 6:05                      | 6:12                | 6:34  | 6:41                        | 6:45     |
| J9                                      | 6:20                      | 6:27                | 6:49  | 6:56                        | 7:00     |
| J9                                      | 6:35                      | 6:42                | 7:04  | 7:11                        | 7:15     |
| J9                                      | 6:48                      | 6:55                | 7:17  | 7:24                        | 7:28     |
| J9                                      | 7:03                      | 7:10                | 7:35  | 7:42                        | 7:47     |
| J9                                      | 7:24                      | 7:31                | 7:56  | 8:03                        | 8:08     |
| J9                                      | 7:41                      | 7:48                | 8:13  | 8:20                        | 8:25     |
| J9                                      | 7:56                      | 8:03                | 8:28  | 8:35                        | 8:40     |
| J9                                      | 8:08                      | 8:15                | 8:40  | 8:47                        | 8:52     |
| J9                                      | 8:28                      | 8:35                | 9:00  | 9:07                        | 9:12     |
| <b>PM Service — Servicio vespertino</b> |                           |                     |   |                             |          |
| J7                                      | 4:05                      | -                   | 4:29  | -                           | 4:34     |
| J7                                      | 4:35                      | -                   | 4:59  | -                           | 5:04     |
| J7                                      | 4:55                      | -                   | 5:19  | -                           | 5:24     |
| J7                                      | 5:15                      | -                   | 5:39  | -                           | 5:44     |
| J7                                      | 5:35                      | -                   | 5:59  | -                           | 6:04     |

On four Federal holidays, Columbus Day, Veterans' Day, Martin L. King Day, and Presidents' Day, Metrobus will run on a Saturday supplemental schedule. On these holidays, this route will have no service.

### Monday thru Friday Northbound

Lunes a viernes hacia el norte  
(except holidays - excepto los días festivos)

| Route Number                            | Bethesda | Battery La. & Keystone Ave. | Rockville Pike & Wood Rd. | Medical Center | Rt. 124 Park & Ride | LAKE-FOREST Transit Center |
|---|----------|-----------------------------|---------------------------|----------------|---------------------|----------------------------|
| <b>AM Service — Servicio matutino</b>   |          |                             |                           |                |                     |                            |
| J7                                      | 6:30     | -                           | 6:37                      | -              | -                   | 6:56                       |
| J7                                      | 6:52     | -                           | 6:59                      | -              | -                   | 7:18                       |
| J7                                      | 7:07     | -                           | 7:14                      | -              | -                   | 7:33                       |
| J7                                      | 7:22     | -                           | 7:29                      | -              | -                   | 7:48                       |
| J7                                      | 7:35     | -                           | 7:42                      | -              | -                   | 8:01                       |
| J7                                      | 7:54     | -                           | 8:01                      | -              | -                   | 8:20                       |
| <b>PM Service — Servicio vespertino</b> |          |                             |                           |                |                     |                            |
| J9                                      | 3:10     | 3:14                        | -                         | 3:21           | 3:49                | 3:54                       |
| J9                                      | 3:40     | 3:44                        | -                         | 3:51           | 4:19                | 4:24                       |
| J9                                      | 4:01     | 4:05                        | -                         | 4:12           | 4:40                | 4:45                       |
| J9                                      | 4:18     | 4:22                        | -                         | 4:29           | 4:57                | 5:02                       |
| J9                                      | 4:36     | 4:42                        | -                         | 4:48           | 5:18                | 5:23                       |
| J9                                      | 4:50     | 4:56                        | -                         | 5:02           | 5:32                | 5:37                       |
| J9                                      | 5:02     | 5:08                        | -                         | 5:14           | 5:44                | 5:49                       |
| J9                                      | 5:19     | 5:25                        | -                         | 5:31           | 6:01                | 6:06                       |
| J9                                      | 5:38     | 5:44                        | -                         | 5:50           | 6:20                | 6:25                       |
| J9                                      | 6:02     | 6:08                        | -                         | 6:14           | 6:44                | 6:49                       |
| J9                                      | 6:22     | 6:28                        | -                         | 6:34           | 7:04                | 7:09                       |

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### BOARDING AND ALIGHTING RESTRICTIONS

#### Weekday mornings

J7 northbound – Local. Board and alight at all stops.  
J9 southbound – Board only at the Lakeforest Transit Center, at any stop on Montgomery Village Avenue, or at the Route 124 Park & Ride Lot. Board and alight at any stop between Rockville Pike & South Dr. (Medical Center Station) and Bethesda Station.

#### Weekday afternoons

J7 southbound – Local. Board and alight at all stops.  
J9 northbound – Board and alight at any stop between Bethesda Station and Medical Center Station. Alight only at the Route 124 Park & Ride Lot, at any stop on Montgomery Village Avenue, or at the Lakeforest Transit Center.