Getting Around the TMC

**UTSHC-H Shuttle: From UT Housing to UTSPH and back at no charge!**

UTHSC-H operates a free shuttle service (the shuttles are blue) that runs every 10-15 minutes from 6:00 AM to 8:30 PM. (University ID badge required.) It makes a large loop from UT Housing through the medical center and back. **Going to UT Housing:** the stop is on Pressler in the cutout area by the parking lot (RAS) and another on the west side of Fannin (UCT). **Coming from UT Housing:** the shuttle stops on the east side of Fannin at Pressler (UCT) and on Bertner by the School of Nursing. Important links to shuttle information can be found at: [http://tinyurl.com/UTHSC-shuttle](http://tinyurl.com/UTHSC-shuttle) (route map); [http://tinyurl.com/campus-shuttle](http://tinyurl.com/campus-shuttle) (track the buses on your mobile device); and [http://tinyurl.com/shuttle-FAQ](http://tinyurl.com/shuttle-FAQ) (frequently asked questions).

**Red/White/Blue Shuttles**

Houston Metro provides, at no charge, three different bus services that run Monday through Friday and are labeled Red, White, and Blue. The White bus goes over to the Brown Parking lot and starts running at 4:30 a.m. A complete schedule can be found at: [http://tinyurl.com/UTHSC-shuttle](http://tinyurl.com/UTHSC-shuttle)

**METRORail**

The METRORail will take you from the TMC Transit Center to other parts of the Texas Medical Center. You can also ride it from the Fannin South Park & Ride lot all the way to Downtown. Fare is only $1.25 each way. Purchase a rail ticket or use a Q Card. A schedule can be found at: [http://tinyurl.com/Houston-metrorail](http://tinyurl.com/Houston-metrorail)

**Q Card**

The Q Card is the electronic payment card for riding Metro Light Rail or the Metro Buses (excluding the shuttles). The Q Card is a debit-type card; you add money to it on the bus, Metro Transit Centers and other participating locations. Each time you ride the cost is deducted from the card. More information can be found at: [http://tinyurl.com/Houston-Metro-fares](http://tinyurl.com/Houston-Metro-fares)

**Getting Around Houston**

**Houston Metro Bus & Rail**

Houston Metro has a bus and rail service that will get you around all of Harris County. Local routes that get you into the Texas Medical Center are: #2, #4, #8, #10, #14, #26/#27, #34, #68, #73, and #402 (Quickline). The #26/#27 and #68 stop on Bertner, close to the SPH building.

Other routes that stop at the TMC Transit Center are: #170, #292, #297, #298. A map can be found at: [http://tinyurl.com/TMC-Metro-map](http://tinyurl.com/TMC-Metro-map) A complete list of bus schedules can be found at: [http://tinyurl.com/Metro-schedules](http://tinyurl.com/Metro-schedules)
Nearby Food & Coffee

- **French Corner**: Located on the 1st floor of the UT School of Nursing which is the building closest to the SPH building. They offer a variety of salads, pizza, and sandwiches. They also have $1 coffee! They are open later in the evenings to accommodate SPH students and faculty.

- **Waterfall Café**: Located in the M.D. Anderson Mays Clinic which is the very large building across Bertner (west of the SPH building). They have a nice breakfast in the morning and a good selection of options for lunch including salad bar, pizza, pastas, baked potatoes, sushi, puddings, and a variety of meat dishes. The prices are fairly reasonable. To get there, use the Skybridge walkway entrance accessible on Pressler at the UT Shuttle stop and make a right from the elevator. Make a right at the end of the walkway.

- **Cool Beans Café and Bakery**: Located in the MDA Cancer Prevention Building (CPB) which is just west of the Mays Clinic. They serve Starbucks coffee as well as pastries, soups, salads, and sandwiches. To get there, use the Skybridge walkway entrance accessible on Pressler at the UT Shuttle stop and make a right from the elevator. Go past the Waterfall Café and veer to the right past the guard’s desk, then make a left. It will be on your left.

- **Lantern Café**: Located in the T. Boone Pickens Tower (east of the SPH building). They serve breakfast items, entrees, salads, sandwiches and grill items, featuring healthy recipes from Cooking Light magazine. To get there, use the Skybridge walkway entrance accessible on Pressler at the UT Shuttle stop and make a left from the elevator. Make a right at the T. Boone Pickens Tower entrance. It will be on your right.

- **Rotary House**: Located to the east of the SPH building via the enclosed walkway. They have several eating options including: Deli, Starbucks, a salad buffet, and the Oaks (a sit-down restaurant).

- **McGovern Commons**: Located on the corner of Bertner and Moursund Street in the building with the waterfall. The Metro White bus stops there and UT Shuttle stops at the building next door to it. The Commons has a variety of restaurants and offers both casual dining as well as more expensive fare. See more at [http://tinyurl.com/5rp66q](http://tinyurl.com/5rp66q)

Post offices

- **M.D. Anderson Main Building**: Located on Floor 1 near The Fountain, you can buy stamps as well as send certified, insured, or registered mail. For directions or more information, go to: [http://tinyurl.com/mda-post-office](http://tinyurl.com/mda-post-office)

- To locate a post office, go to: [http://usps.whitepages.com/post_office/77030](http://usps.whitepages.com/post_office/77030)

ATMs

- **Rotary House**: (via the MDA Faculty Center walkway) next to Starbucks
- **Pickens Tower**: as you enter the building from the west walkway
- **UCT**: 7000 Fannin, 1st floor lobby
- **UT Medical School**: 6431 Fannin, 1st floor near the bookstore

Pharmacies

- **CVS Pharmacy**: 6622 Fannin
- **Scurlock Tower Pharmacy**: 6560 Fannin, street level

Gifts & Cards

- **Bookstore**: UT School of Nursing has a good selection of cards, some gifts
- **Rotary House**: (via the MDA Faculty Center walkway) near the Deli
- **Mays Clinic**: Cross Bertner and take the escalator to the 2nd floor; it will be on your right