

53RD MARCH FOR LIFE

WASHINGTON, DC ★ JANUARY 23, 2026

- Welcome to People for Life's 53rd Bus Trip to the March for Life!
- Please make sure that your name is on your bus captain's roster.
- Please say hello and introduce yourself to a few of the people near you on your bus. Then after each stop, make sure those individuals have returned to their seats before we get back on the road. This procedure will help ensure that no one is left behind.
- When leaving your bus, take everything you will need for the day. The bus will be inaccessible during most of the day.
- If you need help at any time, call People for Life's cell phone at (814) 882-1333 to reach Tim Broderick. If no one answers, leave a message.

Use this URL in case you forget how to get back to your bus: www.peopleforlife.org/bus



2026 March Map
tinyurl.com/MarchMap2026



Metro Map
tinyurl.com/y7qw7b2z

Schedule	ACTIVITY	TIME
★	Rest Stop at PA Turnpike South Midway Service Plaza	4:30 a.m. approximately <i>Limited to 30 minutes!</i>
★	Arrive West Falls Church Metro Station	7:00 a.m. approximately
★	Free time for touring DC Outdoor monuments, Smithsonian museums, Museum of the Bible, Basilica of the Immaculate Conception, Holocaust Museum, etc.	Until Noon
★	March for Life Rally on the National Mall between 9th & 12th streets (near the Natural History Museum).	Noon (Pre-March Concert from 11:00 a.m. - 12:00 p.m.)
★	March for Life The March will be approximately 1.5 miles long and will begin on Madison Dr., on the north side of the Rally area.	1:00 p.m. approximately
OPTIONAL ★	Congressional Reception hosted by Congressman Mike Kelly	2 p.m. to 4 p.m. Cannon Caucus Room, Room 390; Cannon House Office Building; 27 Independence Ave SE, corner of 1st St. SE & Independence Ave. SE. (Metal detectors and bag check)
★	Bus departs West Falls Church Metro Station	5:15 p.m. <i>No exceptions! Enter the Capitol South Metro Station by 4:30 p.m. at the very latest!</i>
★	Dinner Stop Probably fast food at Hagerstown, Maryland	Approximately 8:00 p.m. or later <i>Limited to 45 minutes!</i>
★	Arrive in Erie	1:00 a.m. approximately

There is a *very slight* chance you that will encounter a few protesters during the March who want to argue. Simply ignore them. Any commotion would only detract from our message and help the pro-abortion people.

Using the Washington Metro (Subway) System

Before using the Metro system, purchase your **SmarTrip** card from one of the vending machines at the entrance to the Metro station. The fare cards can be encoded for any cash amount you specify. **CAUTION:** Have a credit or debit card, or \$5 or \$10 dollar bills ready to use in the vending machines. They *will* accept \$20 bills *but* will only return a maximum of \$10 in change. Your best option might be to purchase an **all-day unlimited pass for \$15.50**, but note that the unlimited pass expires, whereas other funds loaded to the card remain for future use. (Save \$2 by recharging your old WMATA SmarTrip Card if you have one.) With an all-day pass, you will have complete freedom of movement. Nevertheless, the exact cost for several travel options is provided below. **THE ITEMIZED COSTS BELOW INCLUDE THE RETURN TRIP TO THE BUS.**

Most Direct Route from the Bus to the Starting Point of the March

COST FOR ENTIRE DAY \$13.10 (includes \$2.00 for a new, rechargeable SmarTrip card)

- To proceed directly from **West Falls Church** (where we will leave the buses) to the starting point of the March and the location of the March for Life Rally, take the **Orange Line toward New Carrollton** to **Smithsonian** station, which is located on the National Mall, at 12th St. Metro travel time: 25 minutes, Distance 9.6 miles. The cost is the same if you pass Smithsonian Station to Capitol South Station. Capitol South is the station nearest the Capitol Building and the congressional office buildings and cafeterias.
- The March for Life Rally will take place on the National Mall between 9th and 12th streets.

From Bus to Starting Point of March Including a Visit to the Catholic Basilica

COST FOR ENTIRE DAY \$17.00 (includes \$2.00 for a new, rechargeable SmarTrip card). A \$15.50 all-day pass is obviously the better option.

- From **West Falls Church**, take the **Orange Line toward New Carrollton** to **Metro Center**, where you will transfer to another Metro train.
- From **Metro Center** take the **Red Line toward Glenmont** to **Brookland-CUA** (Catholic University of America). Metro travel time (West Falls Church to Brookland-CUA) 39 minutes, Distance 12.3 miles
- After visiting the Basilica: from **Brookland-CUA** take the **Red Line toward Shady Grove** to **Metro Center**. Metro travel time 10 minutes, Distance 3.25 miles
- From **Metro Center** take any train toward **New Carrollton** or **Largo Town Center** and exit at **Smithsonian** station.
- If you want to visit the Smithsonian museums or other points of interest near the National Mall before the March, exit at Metro Center and walk south on 12th St. toward the Mall. It will be a longer walk to the start of the March.

From Bus to Starting Point of March Including a Visit to Union Station

COST FOR ENTIRE DAY \$15.75 (includes \$2.00 for a new, rechargeable SmarTrip card)

- **Metro Option 1** From **West Falls Church**, take the **Orange Line toward New Carrollton**. At Metro Center, switch to the **Red Line toward Glenmont** and exit at **Union Station**.
- **Metro Option 2** From **West Falls Church**, take the **Orange Line toward New Carrollton** and do not change trains at Metro Center but instead exit the Metro at **Capitol South** (additional cost of \$0.20), then walk north on 1st St., between the Supreme Court and the U.S. Capitol, to Union Station. This is the "scenic route." The distance is 0.8 miles, and the walking time is about 17 minutes.
- After visiting Union Station, take the **Red Line toward Shady Grove**, to **Metro Center**. From **Metro Center** take any train toward **New Carrollton** or **Largo Town Center** and exit at **Smithsonian** station.
- If you want to visit the Smithsonian museums or other points of interest near the National Mall before the March, exit at Metro Center and walk south on 12th St. toward the Mall. It will be a longer walk to the start of the March.

— RETURN TRIP TO THE BUS AT THE END OF THE DAY —

At the end of the day, the bus will be waiting at West Falls Church Station. Board the Metro at **Capitol South** Station and take the **Orange Line toward Vienna** and exit at **West Falls Church** Station. (**CAUTION: Only board an ORANGE LINE train.**)

Capitol South Station is the Metro station closest to the endpoint of the March and closest to the House office buildings. It is located on 1st St., which runs between the Capitol Building and the Supreme Court Building. Capitol South Station is only a block and a half south of the Capitol Building on 1st St. Metro travel time: 31 minutes (does not include time waiting for the next train to arrive), Distance: 11 miles.

YOU ~~MUST~~ BE BACK TO YOUR BUS BY 5:15 PM!



Suggested Places to Eat Before the March

this information last updated January 20, 2026

FOOD COURT AT UNION STATION Open 6 a.m. to 9 p.m. Union Station is a magnificent and historic edifice located about four blocks north of the Capitol Building on Massachusetts Ave. From Capitol Hill proceed north on either 1st St. or Delaware Ave.; Union Station is straight ahead. The Food Court is located on the lower level.

LONGWORTH CAFETERIA (CLOSEST METRO STATION: CAPITOL SOUTH) Located in the basement of the Longworth House Office Building, the narrow office building on Independence Avenue. It is between South Capitol St. and New Jersey Ave. and between the Rayburn and Cannon House Office Buildings. It is open 7:30 a.m. to 2:30 p.m. Exact location: Longworth B-223

PEOPLE FOR LIFE

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Please send your e-mail address to hq@peopleforlife.org

for occasional news and updates.

