



Back to Life Physical Therapy

From the East Bay

Take the Bay Bridge to San Francisco.

Follow signs for Fremont and Folsom Streets and stay to the right (for Folsom Street.)

At bottom of exit ramp, turn left onto Folsom Street and move immediately to right lane.

Turn right on Beale Street.

Turn right on Bryant Street. (This is also the carpool entrance lane for the Bay Bridge.)

Turn left at the top of the hill into the parking lot for 329 Bryant Street. The parking lot immediately follows 301 Bryant Street (between 301 Bryant and small red brick building.) ***See instructions for parking below.***

From Marin

Take the Golden Gate Bridge to San Francisco.

Exit Richardson Avenue to Lombard Street. Continue to Van Ness Avenue.

Turn left on Van Ness Avenue, then turn right onto Bay Street.

Merge/turn right onto the Embarcadero - continue past the Ferry building and underneath the Bay Bridge.

Turn right on Bryant Street. (This is also the carpool entrance lane for the bay bridge)

Turn left at the top of the hill into the parking lot for 329 Bryant Street. The parking lot immediately follows 301 Bryant Street (between 301 Bryant and small red brick building.) ***See instructions for parking below.***

From the South Bay (Either 280N or 101N/80W are okay.)

1) From 280N - exit at King Street. Turn left onto 3rd Street. Turn right on Bryant Street.

2) From 101N/80W, take 4th Street exit and merge onto Bryant Street.

Once on Bryant Street, stay in the right lane. Once you pass 2nd Street, you must be in the right lane (other lanes turn left onto the Bay Bridge.)

329 Bryant Street is a small red brick building that follows immediately after an unmarked alley. "Bryant Place" and "bp" are on the outside of the building.

Take the next available right into our driveway. ***See instructions for parking below.***

Driveway/Parking instructions: *Follow the driveway into the main portion of the lot. Our office and one parking space are to your right. Another space is located in the row of spaces to your left. Each of our parking spaces has a "Back to Life" sign and is marked with a tall, orange parking cone to help guide you to the space.*

****We are VERY close to the Bay Bridge entrance. Please read this carefully so you don't get onto the bridge by mistake. Please contact us with any questions.***

329 Bryant Street, Suite 2A • San Francisco, CA 94107 • 415.538.7878