[Map of the Capitol building](https://nebraskalegislature.gov/pdf/feature/CapitolMap.pdf)

**Getting to the Capitol**

Free parking is located directly to the south and west of the Capitol. Metered parking is directly available on the north and east sides. The neighborhood surrounding the building offers free on-street parking but will require more walking and crossing of major streets.

Bus routes 40, 53, 54, 55 feature stops near the Capitol building. Utilize the [trip planner](https://www.lincoln.ne.gov/City/Departments/LTU/StarTran/Routes) to determine which route is best for you.

Bike racks are located near offices and apartment buildings on the west side of the building. Additional bike racks are located near the state offices across “K” Street on the north side of the building.

**Accessibility**

Women’s first floor restrooms located near the cafeteria on the south side of the building and in the SE, SW, NE, NW corners of the building

Men’s first floor restrooms located in the SE, SW, NE, NW corners of the building

Elevators are available for the public to access the second and 14th floors only near the information desk in the middle of the first floor

There are wheelchair accessible ramps located on the east and west entrances of the Capitol building

There is not explicit wheelchair accessibility in the hearing rooms, but Capitol staff allow individuals in wheelchairs to be stationed on the side of the hearing rooms

The public may choose to view debate by utilizing the stairs to the east and west of the Chamber doors to sit in the balconies or may stand behind the glass doors located outside of the Chamber

There is no wheelchair accessibility to the Chamber or debate floor - individuals in wheelchairs may choose to view debate from behind the glass door located outside of the chamber, but it may become easily crowded and/or hot

The main hallways and the rotunda are not air conditioned (until 2026) and get hot very quickly - dress cool, even in the winter / spring

Hearing rooms, senator offices and the Chamber are temperature controlled, but can still get stuffy when overly crowded

During periods of heavy public engagement, the rotunda may become quite loud - individuals are encouraged to bring hearing protection.

Comfortable shoes and loose clothing are encouraged as there few places to sit outside of hearing rooms and the viewing balcony.

**Exit Information**

Exits are located on each side of the building on the first floor - N, S, E, W

Corner staircases on the second floor lead to nearby exits on the first floor as well a door that is sometimes locked on the north side, leading to outdoor stairs

**Food**

Vending machines, ice machine, coffee machine and water refill station located in the room directly south of the cafeteria near the south entrance on the first floor

The cafeteria serves breakfast and lunch M - F and is open to the public until 2:00pm. Accepts cash/card and generally features hot meals, to-go options and a salad bar

Food and drink is generally not allowed in hearing rooms, but drinks with closed lids and granola bars / quick, non messy snacks are usually OK during long hearings

Water fountains are located in various locations throughout the building, but we recommend utilizing the first floor refill station or vending machines.

**Senators Offices**

Most senator offices are located on the first floor and are accessible to the public at the discretion of the senator and their staff. If a senator’s door is closed, it is OK to knock to see if staff are available to answer.

A few senators are located in the “tower” - the upper floors of the Capitol. These offices are not accessible to the public and will require a phone call ahead of time if you wish to visit with the respective senator.

In general, Capitol and senators’ staff are helpful and willing to listen to concerns when approached respectfully. Consider each of them to be resources in moments of need or confusion.