

# SPEND A DAY AT THE STATE CAPITOL



Engage with elected officials, listen in on a committee hearing, take a tour ... there is so much to do at the Minnesota State Capitol.

M-F 8 AM - 5 PM  
SAT 10 AM - 3 PM  
SUN CLOSED

## CAPITOL HOURS

75 Dr. Martin Luther King Jr. Blvd.  
St. Paul, MN 55155

## NAVIGATING THE CAPITOL



### DRIVING DIRECTIONS

Scan this QR code for Google maps and directions to the Capitol from your exact location.



### TAKING THE BUS OR TRAIN

To plan your trip to the Capitol using Metro Transit, scan this QR code for transportation schedules.



### PARKING INFORMATION

Metered parking lots, ramps, and street parking is available. For a list of options, scan this QR code.



FIRST FRIDAYS  
JAN - MAY  
9 AM - 4 PM

## ADORATION AT THE CAPITOL

Come and pray for our state  
and elected officials!



**Contact Us**  
651-227-8777



**More Information**  
[mncatholic.org](http://mncatholic.org)

# What's Happening & WHERE TO GO

## VISIT LEGISLATORS

Schedule meetings ahead of time by contacting your legislators' assistant. To find your legislators and their contact information, scan the QR code.



If you can't schedule a meeting in advance, start by visiting your legislator's office and asking their assistant if they're available. If your legislator is on the House or Senate floor or in a committee, ask a staffer to deliver a note letting them know you're there and would like to meet. If they're able to step out, keep your message brief.

For days, times, and locations of legislative meetings, scan the QR code.



## GRAB SOME LUNCH

**Centennial Building Cafeteria** (year-round):  
M-F 8 AM - 1:30 PM

**Capitol's Rathskeller Café** (during session):  
M-TH 8 AM - 1:30 PM // F 8 AM - 1 PM

**Capitol Convenience store** (periodically during session)

**Food trucks** on John Ireland Blvd.



## TAKE A TOUR

Free guided tours of the Capitol leave at the top of the hour from Room 126 and last 45 minutes.

M-F 9 AM - 4 PM // SAT 10 AM - 2 PM



Minnesota Catholic Conference is the public policy voice of the Catholic Church in Minnesota and serves to uphold life, dignity, and the common good.

