Public Transportation in and around San Francisco

Route stops: https://www.sfmta.com/getting-around/muni/routes-stops
Plan your trip: https://www.sfmta.com/

Driving Directions to Bay Area Metro Center at 375 Beale Street, San Francisco, 94105

Best directions can be gotten from the MTC site. See:
https://mtc.ca.gov/about-mtc/contact-us/directions

Parking Garages

Note that "parking near the Bay Area Metro Center is difficult. There are public and private parking garages in the area and limited metered street parking."

This site provides very useful information on parking (price, distance to meeting place):
https://en.parkopedia.com/parking/locations/375_beale_street_san_francisco_ca_usa_9q8yyzi4tgk/?arriving=201803011600&leaving=201803011800