



From New Jersey - Via the Lincoln Tunnel

Take I-95 North toward Route 3/ Lincoln Tunnel. Keep following signs to Lincoln tunnel. Merge onto NJ-495 East. Continue onto Lincoln tunnel toll road. Take the exit toward W 40th Street. Turn right at W 40th Street. Turn left at Park Avenue. Turn right to stay on Park Avenue. Turn right at the 1st cross street onto E 48th Street. Take the 1st right onto Lexington Ave. Turn left at E 44 Street. We are located at 144 East 44 St. between Lexington and 3rd Avenues.

From New Jersey -Via the George Washington Bridge

I-95 toward the George Washington Bridge(lower level) – Take exit #2 on the left to merge onto Harlem River Drive toward FDR Drive – go 3.6 miles. Harlem River Drive becomes FDR Drive South. Take Exit 11 for E 53 St. Merge onto E 53 St. Turn left at 2nd Ave. Turn right at E 47th St. Turn left at the 1st cross street onto Lexington Ave. Turn left at E 44 Street. We are located at 144 East 44 street between Lexington and 3rd Avenue.

From Connecticut

Take I-684 toward NY-22/White Plains/Pawling. Keep left at the fork to continue toward I-684 and merge onto I-684 S. Merge onto Hutchinson River Pkwy S. Continue onto Cross County Pkwy (watch for signs to George Washington Bridge). Take the Saw Mill Pkwy S exit toward New York City. Merge onto Saw Mill River Pkwy. Slight left at Mosholu Pkwy. Take the I-87 S/Deegan Exp. exit toward Triboro Bridge. Merge onto I-87 S. Take the exit onto I-278 W toward Triboro Bridge/Manhattan Queens. Take the exit toward FDR Dr. Merge onto Robert F Kennedy Bridge. Take the FDR Dr S ramp. Merge onto FDR Dr. Take exit 11 -- E 53 St. Merge onto E 53 St. Turn left at 2nd avenue. Turn right at East 47th street. Turn left at the 1st cross street onto Lexington Ave. Turn left at East 44th street. We are located at 144 East 44 St. between Lexington and 3rd Avenue.

From Westchester, NY

Take the I-87 W/ I-287 W ramp to Albany/ New York City. Follow signs to I-87/New York City and merge onto I-87 S. Take the exit onto I-278 toward Triboro Bridge/Manhattan Queens. Take the exit toward FDR DR. Merge onto Robert F Kennedy Bridge. Take the FDR Dr S ramp. Merge onto FDR Dr. Take exit 11 for E 53 St. Merge onto E 53 St. Turn left at 2nd Ave. Turn right at E 47th Street. Turn left at the 1st cross street onto Lexington Ave. Turn left at E 44 St. We are located at 144 East 44th Street between Lexington and 3rd Avenue.

From Long Island

Long Island Expressway. LIE becomes I-495 We. Take I-495 to tunnel Exit Street. Turn left at the 2nd cross street onto E 39th Street. Turn right at Park Avenue. Slight left to stay on Park Avenue. Turn right to stay on Park Ave. Turn right at the 1st cross street onto E 48th St. Take the 1st right onto Lexington Avenue. Turn left at 44 St. We are located at 144 East 44 Street between Lexington and 3rd Avenue.