

## **Directions to Our Office**

### **When traveling from Manhattan's East Side:**

- Take the F. D.R. Drive north.
- After the exit for the Tri-Borough Bridge, take the next exit to the right, "Major Deegan Expressway, Interstate 87." Take the "Major Deegan Expressway, I-87" north.
- At the New York City/Westchester County line, the name of the highway will change to "The New York State Thruway." Continue north.
- Exit 4 is the intersection of I-87 and the Cross County Parkway. Exit the highway here. The road exits to the right for the Cross County and the Bronx Parkway. Take the far right exit to the Bronx Parkway and the Sprain Brook Parkway.
- The Bronx Parkway and the Sprain Brook Parkway are the same road for a short distance.
- Follow the signs to the Bronx Parkway. The exit from the Sprain Brook on to the Bronx Parkway will be to the right.
- Once you are on the Bronx Parkway, the road will narrow to 2 lanes. Stay on the Bronx Parkway until you reach exit 21, Main Street, White Plains. Take this exit.
- Turn right on Main Street.
- Building is on the left after three (3) traffic lights.

### **When traveling from Manhattan's West Side:**

- Take the West Side Highway, also known as the Joe DiMaggio Highway and Henry Hudson Parkway, north.
- Cross the Henry Hudson Bridge. There is a toll.
- Continue on the Henry Hudson Parkway. The name will change to the Saw Mill Parkway. Follow the signs to the Cross County/Hutchinson River Parkway.
- Exit the Saw Mill Parkway on to the Cross County. Stay in the right lane and follow the signs for the Bronx Parkway.
- Take the far right exit to the Bronx Parkway and the Sprain Brook Parkway (North).
- The Bronx Parkway and the Sprain Brook Parkway are the same road for a short distance.
- Follow the signs to the Bronx Parkway. The exit from the Sprain Brook to the Bronx Parkway is on the right.
- Once you are on the Bronx Parkway, the road will narrow to 2 lanes. Stay on the Bronx Parkway until you reach exit 21, Main Street, White Plains. Take this exit.
- Turn right on Main Street.
- Building is on the left after three (3) traffic lights.

123 Main Street, 14<sup>th</sup> Floor  
White Plains, NY 10601  
914-761-9000 • 800-922-0666

**When traveling from Connecticut:**

- Take I-95, also known as The Connecticut Turnpike, south.
- At the intersection with “Cross Westchester Expressway,” I-287, go west toward Tappan Zee Bridge.
- Exit I-287 at Exit 8, White Plains, Westchester Mall
- Continue after exit in same direction toward downtown White Plains.
- At Bloomingdale Road turn left. There’s a Cadillac dealer on the right and The Container Store on the left.
- Continue on Bloomingdale to second light past the Westchester Mall to Maple Avenue. Turn right.
- Continue on Maple eight (8) lights to Longview. Turn right on Longview.
- Continue on Longview past courthouses. Longview becomes Grove Street (aka Martin Luther King Blvd.).
- Continue on Grove (aka Martin Luther King Blvd.) to Main Street (just after Grove passes under a building).
- Turn right on Main Street and get immediately in the left lane.
- You will see 123 Main Street on your left.

**When traveling from eastern Queens/Long Island:**

- Leave Queens via the Bronx Whitestone Bridge, I-678. There is a passenger car toll.
- Take the Hutchinson River Parkway north to its intersection with the Cross Westchester Expressway, I-287.
- Exit and take Cross Westchester Expressway, I-287, westbound toward the Tappan Zee Bridge.
- Exit I-287 at Exit 8, White Plains, Westchester Mall.
- Continue after exit in same direction toward downtown White Plains.
- At Bloomingdale Road turn left. There’s a Cadillac dealer on the right and The Container Store on the left.
- Continue on Bloomingdale to second light past the Westchester Mall to Maple Avenue. Turn right.
- Continue on Maple eight (8) lights to Longview. Turn right on Longview.
- Continue on Longview past courthouses. Longview becomes Grove Street (aka Martin Luther King Blvd.).
- Continue on Grove (aka Martin Luther King Blvd.) to Main Street (just after Grove passes under a building).
- Turn right on Main Street and get immediately in the left lane.
- You will see 123 Main Street on your left.

**When traveling from western Queens:**

- Leave Queens via the Tri-Borough Bridge. There is a passenger car toll.
- Take the “Major Deegan Expressway”, Interstate 87, north.
- At the New York City line, the name of the highway will change to “The New York State Thruway.” Continue travelling north.
- Exit 4 is the intersection of I-87 and the Cross County Parkway. Exit the highway here. The road exits to the right for the Cross County and the Bronx Parkway. Take the far right exit to the Bronx Parkway and the Sprain Brook Parkway. The Bronx Parkway and the Sprain Brook Parkway are the same road for a short distance.
- Follow the signs to the Bronx Parkway. The exit from the Sprain Brook on to the Bronx Parkway will be to the right.
- Once you are on the Bronx Parkway, the road will narrow to 2 lanes. Stay on the Bronx Parkway until you reach exit 21, Main Street, White Plains. Take this exit.
- Turn right on Main Street.
- Building is on the left after three (3) traffic lights.

**When traveling from Rockland County:**

- Take the New York State Thruway, I-87 south/I-287 east, towards the Tappan Zee Bridge. Cross the Tappan Zee Bridge. There is a toll.
- At the intersection with the Cross Westchester Parkway I-287, continue east on I-287 towards White Plains.
- Exit I-287 at Exit 8W, White Plains, Westchester Mall continue to light at end of ramp.
- At light (Bloomingdale Road) turn left and get into right lane immediately.
- Turn right on Maple Avenue (next light).
- Continue on Maple eight (8) lights to Longview. Turn right on Longview.
- Continue on Longview past courthouses Longview becomes Grove Street (aka Martin Luther King Blvd.).
- Continue on Grove (aka Martin Luther King Blvd.) to Main Street (just after Grove passes under a building).
- Turn right on Main Street and get immediately in the left lane.
- You will see 123 Main Street on your left