

**VIA TRAIN**

Take Metro-North Rail Road to either Mamaroneck Station or Harrison Station, located along the New Haven Line. Take short taxi ride to office. For schedules visit [www.mta.info/mnr/](http://www.mta.info/mnr/).

**VIA AUTO**

If you require special directions, please contact us at (914) 367-0110, or visit our website at [www.namadr.com](http://www.namadr.com).

Once inside the complex, proceed up the hill and follow signs to Visitor Parking. Enter the building using the entrance across from the waterfall. Please sign in at the security desk.

***From I-95***

Take Exit 18B West onto Mamaroneck Avenue. Proceed for approximately 1 1/4 miles to 500 Mamaroneck Avenue.

***From I-287***

Take I-287 East or West to the Hutchinson River Parkway. Follow directions as noted below.

***From I-684***

Take I-684 South to I-287 East. Follow east to the Hutchinson River Parkway. Follow directions as noted below.

***From the Hutchinson River Parkway***

Take Exit 23 South onto Mamaroneck Avenue. Proceed for approximately 3/4 mile to 500 Mamaroneck Avenue.

