

DIRECTIONS FROM POINTS SOUTH VIA I-95

Take I-95 North to exit 21, I-287 West (Westchester County Expwy, Towards White Plains/ Tappan Zee Bridge). Get off Exit 10 (Bowman Ave). Turn right onto Bowman Avenue and follow 1/2 mile down to the Rye Ridge Plaza on your right. Turn right into parking lot and building # 14 is towards the end of lot. We are Room 247 on 2nd floor.

DIRECTIONS FROM POINTS SOUTH VIA THE HUTCHINSON RIVER PARKWAY

Take the Hutchinson River Pkwy North to I-287 East(Cross Westchester Expwy). Get off and stay on the service road for I-287 East. Follow this to the bottom of the hill and bear left underneath the overpass (I-287). At the first traffic light make the right onto Webb Ave. Follow Webb Ave to the next traffic light, which is Bowman Ave. Make a left onto Bowman Ave and follow 1/2 mile down to the Rye Ridge Plaza on your right. Turn right into parking lot and building # 14 is towards the end of lot. We are Room 247 on 2nd floor.

DIRECTIONS FROM CONNECTICUT VIA I-95

Take I-95 South to Exit 21, I-287 West (White Plains/ Tappan Zee Bridge). Take I-287 West to Exit 10 (Bowman Ave). Turn right onto Bowman Avenue and follow 1/2 mile down to the Rye Ridge Plaza on your right. Turn right into parking lot and building # 14 is towards the end of lot. We are Room 247 on 2nd floor.

DIRECTIONS FROM THE TACONIC PARKWAY SOUTH

Take the Taconic Pkwy South to the Sprain Brook Pkwy South (New York City). Get off At exit for I-287 East (Cross Westchester Expwy/ White Plains) on the left. Follow I-287 East and get off Exit 10 (Purchase/ Rt 120A/ Portchester). Bear left underneath the overpass (I-287). At the first traffic light make the right onto Webb Ave. Follow Webb Ave to the next traffic light, which is Bowman Ave. Make a left onto Bowman Ave and follow 1/2 mile down to the Rye Ridge Plaza on your right. Turn right into parking lot and building # 14 is towards the end of lot. We are Room 247 on 2nd floor.

DIRECTION FROM CONNECTICUT VIA MERRITT PARKWAY

Take the Merritt Pkwy South to the Hutchinson River Pkwy South. Get off at I-287 East (Connecticut). This is the service road for I-287. Stay on the service road to the bottom of the hill bear left underneath the overpass (I-287). At the traffic light make the first right onto Webb Ave. Follow Webb Ave to the next traffic light, which is Bowman Ave. Make a left onto Bowman Ave and follow 1/2 mile down to the Rye Ridge Plaza on your right. Turn right into parking lot and building # 14 is towards the end of lot. We are Room 247 on 2nd floor.

DIRECTIONS FROM POINTS NORTH VIA ROUTE 684

Take route 684 South to I-287 East (Cross Westchester Expwy/ Connecticut). Take I-287 East to Exit 10(Purchase/ Rt 120A/ Portchester). Bear left underneath the overpass (I-287). At the first traffic light make the right onto Webb Ave. Follow Webb Ave to the next traffic light, which is Bowman Ave. Make a left onto Bowman Ave and follow 1/2 mile down to the Rye Ridge Plaza on your right. Turn right into parking lot and building # 14 is towards the end of lot. We are Room 247 on 2nd floor.