### **New York State Psychiatric Institute**

First Floor Auditorium 1051 Riverside Drive, New York, NY 10032

# **Driving Directions**

#### From New Jersey:

If coming east across the George Washington Bridge, take the first exit which should be the West Side Highway (or Henry Hudson Parkway South) which will direct you south. Then take the first exit (Riverside Drive) and go south (take a right onto Riverside Drive). You will pass the Riverside Drive entrance to the New York State Psychiatric Institute (NYSPI) on your right. For parking, take your first left onto 165th Street and then your first right onto Fort Washington Avenue. The parking garage is located at 165<sup>th</sup> Street and Fort Washington Avenue. To get to the NYSPI entrance, either retrace your route or walk up Fort Washington Avenue to 168th Street. Make a left onto 168th Street. Continue on 168th Street as it curves into Haven Avenue. Just past the curve, on the left hand side of Haven Avenue, is the entrance to the Kolb Research Laboratory Building (red brick building). Enter the building and walk straight into the lobby's atrium. Proceed down the pedestrian bridge (on the left), or ask the guard for directions to the NYSPI. Once across the pedestrian bridge, you will be on the 6th floor of NYSPI. Take the elevator down to the 1st floor. The registration desk and auditorium will be directly in front of the elevators.

#### From Westchester/Rockland Counties or Connecticut:

Take either Route 87 or the Hutchinson River Parkway south to the Cross County Parkway West. Drive south on the Saw Mill River Parkway which connects to the Henry Hudson Parkway which then crosses the HHP bridge into Manhattan. Exit at Riverside Drive on the left (shortly after you pass under the George Washington Bridge) and turn right onto Riverside Drive. The New York State Psychiatric Institute is on the right.

#### From the Cross Bronx Expressway:

Stay in the right-hand lane as you approach the George Washington Bridge. Take the "Last Exit in New York," turn onto the Henry Hudson Parkway and drive south (downtown) for about 15 seconds. Immediately take Riverside Drive Exit 15 on the left. Make a right onto Riverside Drive. The New York State Psychiatric Institute is on the right.

## From the George Washington Bridge:

Stay in the right-hand lane as you approach Manhattan. Immediately turn onto the Henry Hudson Parkway going south (downtown) for about 15 seconds. Immediately take Riverside Drive Exit 15 on the left. Make a right onto Riverside Drive. The New York State Psychiatric Institute is on the right.

#### From Downtown Manhattan or Brooklyn:

Take the West Side Highway uptown and continue past the exit to the George

Washington Bridge then exit to the right onto Riverside Drive. The New York State Psychiatric Institute is on the right.

## From West Side Highway/Henry Hudson Parkway:

From Exit 15 off the Henry Hudson Parkway, continue south (downtown) one long block on Riverside Drive. The New York State Psychiatric Institute is on the right.

# **Public Transportation within New York City**

Take the uptown A, C, 1, or 9 subways to 168th Street station, or take the M2, M3, M4, M5, or M100 bus to 168th Street. Walk west on 168th Street crossing Fort Washington Avenue. Continue on 168th Street as it curves into Haven Avenue. Just past the curve on the left hand side of Haven Avenue, is the entrance to the Kolb Research Laboratory Building (red brick building). Enter the building and walk straight into the lobby's atrium. Proceed down the pedestrian bridge (on the left) heading to the New York State Psychiatric Institute (NYSPI). Once across the pedestrian bridge, you will be on the 6th floor of NYSPI. Take the elevator down to the 1st floor. The registration desk and auditorium will be directly in front of the elevators.