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## MAP & DIRECTIONS



**From Long Island** – Take Route 347 W. Bear left on Northern Parkway W toward New York. Take exit #37A / New York onto I-495 W. Continue on I-495 W and take ramp toward 38-40 STS / 37th Street. Turn left on E 37th Street and then a left onto Park Avenue. Park Avenue Podiatric Associates will be on your right.

**From New Jersey** - Take US Highway 206. Take ramp onto New Jersey Turnpike N toward New Jersey Turnpike / New Jersey Turnpike North / New York / Newark. Continue on I-95 N and take exit #16 E / Lincoln Tunnel toward Lincoln Tunnel / New York City. Bear left on Route 495 E toward Lincoln Tunnel. Take the 42nd street left exit onto Dyer Avenue. Turn right on W 40th Street, right on Broadway, left on W 38th Street and then a right on Park Avenue. Park Avenue Podiatric Associates will be on your right.

**From Connecticut** - I-95 South exit toward Bruckner Expwy/Throgs Neck Br. I-95 South becomes I-278 West. Take the Randalls-Wards IS/Manhattan/FDR Drive exit and merge onto Triborough Bridge. Take the left ramp onto FDR DR S toward FDR DR. Take Exit #8 Midtown Tunnel / E 34th Street onto FDR Dr Service road W. Turn right on E 37th Street and then a left onto Park Avenue. Park Avenue Podiatric Associates will be on your right.

**From Westchester** – Take I-278 West toward Triborough Bridge. Take the Randalls-Wards IS/Manhattan/FDR Drive exit and merge onto Triborough Bridge. Take the left ramp onto FDR DR S toward FDR DR. Take Exit #16E Lincoln Tunnel toward Lincoln Tunnel New York City. Bear left on Route 495 E toward Lincoln Tunnel. Take the 42nd street left exit onto Dyer Avenue. Turn right on W 40th Street, right on Broadway, left on W 38th Street and then a right on Park Avenue. Park Avenue Podiatric Associates will be on your right.

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