

Traveling to the Neurological Institute of New York, 710 W. 168th Street, New York, NY.

The Neurological Institute is at 710 W. 168th Street between Haven Ave. and Fort Washington Ave. in Manhattan. To get here:

From Manhattan

Joe DiMaggio (West Side) Highway: North to exit 15, Riverside Drive. Merge right onto Riverside Drive, continue to W. 165th Street and make a left. At the light, turn left onto Fort Washington Ave. Go to W. 169th Street and make a left, then turn left onto Haven Ave. The Neurological Institute is on your right.

FDR (East River) Drive North: to the Harlem River Drive North. Get off at exit #24, George Washington Bridge/W. 179th Street. Keep left at the fork in the ramp, make a right onto Amsterdam Ave., turn left onto W. 179th St, turn left onto Broadway, continue to W. 169th Street, make a right, and turn left onto Haven Ave. The Neurological Institute is on your right.

From Brooklyn

Take the Gowanus Parkway to the Brooklyn-Battery Tunnel, then follow the directions above from Manhattan.

From Queens & Long Island

If taking the Triboro Bridge, after paying the toll, bear right and get on the Harlem River Drive North. Get off at exit #24, George Washington Bridge/W. 179th Street. Keep left at the fork in the ramp, make a right onto Amsterdam Ave., turn left onto W. 179th St, turn left onto Broadway, continue to W. 169th Street, make a right, and turn left onto Haven Ave. The Neurological Institute is on your right.

If taking the Throggs Neck or Whitestone Bridge to the Cross Bronx Expressway/ George Washington Bridge:

On approach to the GW Bridge, stay right (Lower Level). Take the Henry Hudson Parkway South exit. On approach to the Henry Hudson Parkway, bear left and take the Riverside Drive exit. Make a right onto Riverside Drive, go to W. 165th Street and make a left. At the light, turn left onto Fort Washington Ave., go to W. 169th Street and make a left, and turn left onto Haven Ave. The Neurological Institute is just ahead on your right.

From Westchester (Points North)

If taking the Major Deegan Expressway to George Washington Bridge exit. On approach to the GW Bridge stay right (Lower Level). Take the Henry Hudson Parkway South exit. On approach to the Henry Hudson Parkway, bear left and take the Riverside Drive exit. Make a right onto Riverside Drive, go to W. 165th Street and make a left, at the light turn left onto Fort Washington Ave., go to W. 169th Street and make a left, turn left onto Haven Ave. The Neurological Institute is just ahead on your right.

If taking the Henry Hudson Parkway South to the George Washington Bridge exit (left exit). Bear right onto Riverside Drive and proceed to 165th Street, then turn left. At the stop light, make a left onto Fort Washington Avenue. Proceed to 169th Street and make a left. Turn left on Haven Avenue. The Neurological Institute is just ahead on your right.

From New Jersey (or West)

If taking roads to the George Washington Bridge, take the upper level. Bear right to 178th Street exit, turn right onto Broadway and proceed to 169th Street, make a right, continue to Haven Avenue, and turn left. The Neurological Institute is just ahead on your right.

Alternately, use the lower level of the bridge, stay in the left hand lane, and take the Henry Hudson Parkway South exit. Remain left and follow signs to Riverside Drive. Make a right onto Riverside Drive, go to W. 165th Street and make a left. At the light, turn left onto Fort Washington Ave., go to W. 169th Street and make a left, and turn left onto Haven Ave. The Neurological Institute is just ahead on your right.

From Connecticut

If coming from Western Connecticut, take 684 South to the Saw Mill River Parkway, OR 684 South to the Hutchinson Parkway OR Merritt Parkway to 287 West to the Saw Mill South OR the Cross County going West to the Saw Mill River Parkway.

If coming from Eastern Connecticut, take the Cross County Parkway to the Saw Mill River Parkway, South to the Henry Hudson Parkway, OR I-95 to the Cross Bronx, OR 287 West to the Saw Mill South, OR New York State Thruway South to the Tappan Zee Bridge, stay on 287 to the Saw Mill River Pkwy to the Henry Hudson Pkwy South to the George Washington Bridge exit. Make a right onto Riverside Drive and proceed to 165th Street, then turn left. At the stop light, turn left onto Fort Washington Avenue, continue to W. 169th Street and turn left, and turn left onto Haven Avenue. The Neurological Institute is just ahead on your right.

Parking Facility

The parking garage is located on Fort Washington Avenue between 164th and 165th Streets. For information and rates call 1.212.305.2718.

NOTE: The garage is about a ten minute walk from the Neurological Institute. See below for directions to the parking facility. For an additional charge, valet parking is available at the Milstein Hospital building (Fort Washington Avenue).

Directions to parking facility

On Fort Washington Avenue, cross the light at W. 165th Street. The parking facility is straight ahead on your right. If you are coming from Riverside Drive and wish to park before coming to our office, make a right from W. 165th Street onto Fort Washington Ave. The garage is on your right.

Public Transportation

Take the A, C, or 1 subway to 168th Street, or take the M2, M3, M4, M5, or M100 bus to NI. Fares are \$2.75 for both the subway and buses. Subway trains require Metrocards and can be purchased at the station booth. Buses require Metrocards or exact change. Bills are not accepted.

Subway

Take 1, A, or C to 168th Street and Broadway. Walk one block west to Fort Washington Avenue.
(MTA Info: <http://www.mta.info/>)

Buses

Take M4 to 168th Street and Fort Washington Avenue. The bus stops adjacent to the Neurological Institute.

Take M5 or BX7 to 168th Street and Broadway. Walk one block west to Fort Washington Avenue.

Take M2, M3, or M100 to 168th Street and St. Nicholas Avenue; walk two blocks west to Fort Washington Avenue.

Take M101 to 168th Street and Amsterdam Avenue; walk four blocks west.

Take BX6 to 155th Street and Broadway, transfer to the M4 or M5, and then follow above directions for the M4 or M5.

Long Island Rail Road

To 34th Street 7 8th Avenue. Transfer to uptown A or C train to 168th Street & Broadway (LIRR Info: <http://www.mta.info/lirr>)

Metro North and Amtrak

Get off at Grand Central Station. Take the S (Shuttle) train to Times Square. Get off and take the uptown A, C, or 1 train to 168th Street & Broadway. Follow directions above.

(Metro North info: <http://www.mta.info/mnr>; Amtrak info: <https://www.amtrak.com/home.html>)

PATH Train

To 33rd Street. At 33rd Street, transfer to the uptown B or D train. Get off at 59th Street, wait on the same platform for the uptown A or C train, OR go upstairs and take the uptown 1 train to 168th Street & Broadway. Follow directions above.

(PATH Info: <http://www.panynj.gov/path/>)

Staten Island Ferry

Take the ferry to Manhattan. Transfer to the uptown 1 train at the South Ferry station to 168th Street & Broadway. Follow directions above. (Ferry Info: <https://www.siferry.com/>)