

Directions to B1 Park & Ride, from clinic: *note, this will require money for tolls*

Approximately ½ hour transit time

Turn right out of driveway onto Bridge St. At light at intersection with 9W, go straight. Follow road to end. Turn left onto River Rd. Go about a ½ mile and turn left at Toll Booth/Thruway entrance. Go through Tolls and stay straight, following signs for NYC and Mass Pike. Enter thruway, take first exit (less than ¼ mile) for Mass Pike/Boston. Cross Hudson River and continue to 1st exit, B1 (Albany, I-90). Go through tolls, take 1st exit (#12) immediately after toll plaza. Turn left onto Route 9 South. Go about 1 mile and the park and ride will be on your left. The entrance is the 2nd “driveway.”

Address: Route 9 and Heritage Ln, Schodack, NY 12184

Directions to the Pilot from the clinic: *note, there are actually 2 Pilots in the practice area, this is the one “across the river”*

Approximately ½ hour transit time

Turn right out of driveway onto Bridge St. At light at intersection with 9W, go straight. Follow road to end. Turn left onto River Rd. Go about a ½ mile and turn left at Toll Booth/Thruway entrance. Go through Tolls and stay straight, following signs for NYC and Mass Pike. Enter thruway, take first exit (less than ¼ mile) for Mass Pike/Boston. Cross Hudson River and continue to 1st exit, B1 (Albany, I-90). Go through tolls, take 1st exit (#12) immediately after toll plaza. Turn right onto Route 9 North. Go about ½ mile and the Pilot is on your left.

Address: 995 U.S Route 9, Castleton-On-Hudson, NY 12033

Directions to the East Chatham Post Office:

Approximately 35-40 min transit time

Turn right out of driveway onto Bridge St. At light at intersection with 9W, go straight. Follow road to end. Turn left onto River Rd. Go about a ½ mile and turn left at Toll Booth/Thruway entrance. Go through Tolls and stay straight, following signs for NYC and Mass Pike. Enter thruway, take first exit (less than ¼ mile) for Mass Pike/Boston. Cross Hudson River and continue to 2nd exit, B2 (Taconic Parkway). Go through tolls, take 1st exit (an immediate exit; might say East Chatham, or Rte 295). At stop sign, turn left. Follow road down the hill and at end, turn left onto Route 295. Follow about 1 mile, and the post office is on your left. There is a section to the right of the entrance to the post office with 3 or 4 parking slots; it looks like it’s on the back side of the post office. Park here.

Address: 1111 NY-295, East Chatham, NY 12060