

VIA TRAIN

Take the Long Island Rail Road from Penn Station, New York, to Garden City or Mineola. Take short taxi ride to office. For schedules visit www.mta.info/lirr/.

VIA AUTO

Listed below are directions if you are approaching from the west or east. If you require special directions, please contact us at (800) 358-2550, or visit our website at www.namadr.com.

From the West (Manhattan, Queens, Brooklyn)

Option 1: Take Long Island Expressway East to Exit 38 (Northern State Parkway). Take the Northern State to Exit 31A (Meadowbrook Parkway), follow signs for Jones Beach. Continue on Meadowbrook Parkway to Exit M3W/Stewart Ave. Turn right at the light onto Stewart Ave. Turn left at the next light, 990 Stewart Ave. is the large glass building on the left.

Option 2: Take Belt Parkway/Southern State Parkway East to Exit 22 North (Meadowbrook Parkway). Take the Meadowbrook Parkway to Exit M3W/Stewart Ave. Turn right at the light onto Stewart Ave. and then a left at the next light, 990 Stewart Ave. is the large glass building on the left.

From the East (Long Island)

Option 1: Take the Northern State Parkway West to the Meadowbrook Parkway South (Exit 31A). Continue on the Meadowbrook Parkway to Exit M3W/Stewart Ave. Turn right at the light onto Stewart Ave., turn left at the next light, 990 Stewart Ave. is the large glass building on the left.

Option 2: Take Southern State Parkway West to the Meadowbrook Parkway North (Exit 22N). Continue on the Meadowbrook Parkway to Exit M3W/Stewart Ave. Turn right at the light onto Stewart Ave., turn left at the next light, 990 Stewart Ave. is the large glass building on the left.

