

**VIA TRAIN**

Take the Long Island Rail Road to Penn Station, New York. Take short taxi ride to 42<sup>nd</sup> Street between Park and Lexington Avenues. Or, take the **1 2 3** uptown to 42<sup>nd</sup> Street / Times Square and then take the **7 S** to 42<sup>nd</sup> Street / Grand Central Station. For schedules visit [www.mta.info/lirr/](http://www.mta.info/lirr/).

Take Metro-North Rail Road to Grand Central Station, New York. Exit to street at the 42<sup>nd</sup> Street exit. For schedules visit [www.mta.info/mnr/](http://www.mta.info/mnr/).

**VIA SUBWAY**

Via subway, you can take the **4 5 6 7 S** to 42<sup>nd</sup> Street / Grand Central Station. For schedules and maps visit [www.mta.info/nyct/subway/](http://www.mta.info/nyct/subway/).

**VIA BUS**

Via the bus, you can take the M1, M2, M3, M4, M5, M42, M98, M101, M102, M104, or Q32. For schedules and maps visit [www.mta.info/nyct/bus/](http://www.mta.info/nyct/bus/).

**VIA AUTO**

Listed below are directions if you are approaching from the west or east. If you require special directions, please contact us at (646) 737-1414, or visit our website at [www.namadr.com](http://www.namadr.com).

For parking, please use the valet parking garage in the Grand Hyatt New York, located at 109 East 42nd Street at Grand Central Terminal, New York, NY 10017. NAM Manhattan is located in the Chanin Building, right across the street.

***From the West (New Jersey)***

Take the New Jersey Turnpike to the Lincoln Tunnel. After exiting the tunnel, take the exit toward 42<sup>nd</sup> Street/I-495 E (Exit 9A). Turn right onto 40<sup>th</sup> Street and then turn left at the second cross street onto 8<sup>th</sup> Avenue. Turn right onto West 42<sup>nd</sup> Street and continue down 42<sup>nd</sup> Street. Grand Central Station will be on your left and the Grand Hyatt is adjacent to it.

***From the East (Long Island)***

Take the Long Island Expressway West to the Queens Midtown Tunnel. After exiting the tunnel, keep to the right at the fork in the ramp. Bear left onto East 37<sup>th</sup> Street. Follow East 37<sup>th</sup> Street and turn right onto Park Avenue North. Follow Park Avenue North and bear right at Grand Central Station onto 42<sup>nd</sup> Street. The Grand Hyatt will be on your left adjacent to Grand Central Station.

# DIRECTIONS TO NAM MANHATTAN

122 EAST 42<sup>ND</sup> STREET, SUITE 803  
NEW YORK, NY 10168

## MAP

