

Directions to HAMPTON INN

**1 North Avenue, Garden City, New York 11530
(516) 227-2720**

From LaGUARDIA AIRPORT:

- ◆ Follow Signs for & take Grand Central Pkwy, Eastern Long Island
- ◆ Take the Grand Central Pkwy to the Long Island Expressway (I-495)
Exit 10 heading east
- ◆ Take the Long Island Expressway east to Exit 38 (Northern State Pkwy).
- ◆ Take Northern State Parkway to Meadowbrook Parkway South (Exit 31).
- ◆ Take Meadowbrook Pkwy to Exit M1E/Old Country Rd.(first exit)
- ◆ Take Old Country Rd to East Gate Blvd.
- ◆ Make a right onto East Gate Blvd (Wendy's on corner)
- ◆ Make a right onto North Ave.
- ◆ The Hampton Inn is at end of street.

From JFK INTERNATIONAL AIRPORT:

- ◆ Follow Exit Signs towards I-678 (Van Wyck Expwy)
- ◆ Take Belt Parkway to Cross Island Parkway heading South.
- ◆ Take Cross Island Pkwy to Long Island Expressway Exit 30 East (Long
Island Expwy (I-495)/Eastern Long Island)
- ◆ Take the Long Island Expwy east to Exit 38 (Northern State Pkwy).
- ◆ Take Northern State Parkway to Meadowbrook Parkway South (Exit 31).
- ◆ Continue on Meadowbrook Pkwy to Exit M1E/Old Country Rd.(first exit)
- ◆ Take Old Country Rd to East Gate Blvd.
- ◆ Make a right onto East Gate Blvd (Wendy's on corner)
- ◆ Make a right onto North Ave.
- ◆ The Hampton Inn is at end of street.

From THROGS NECK BRIDGE:

- ◆ Stay in Right Lane to Cross Island Pkwy/Eastern Long Island.
- ◆ Take the Cross Island Pkwy to Exit 30 East (Long Island Expressway (I-495)/Eastern Long Island).
- ◆ Take the Long Island Expwy east to Exit 38 (Northern State Pkwy).
- ◆ Take Northern State Parkway to Meadowbrook Parkway South (Exit 31).
- ◆ Take Meadowbrook Pkwy to Exit M1E/Old Country Rd.(first exit)
- ◆ Take Old Country Rd to East Gate Blvd.
- ◆ Make a right onto East Gate Blvd (Wendy's on corner)
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From MIDTOWN MANHATTAN:

- ◆ Take Queens Midtown Tunnel to the Long Island Expressway (Route 495 East)
- ◆ Take I-495 (Long Island Expressway) to Exit East (Long Island Expressway (I-495)/Eastern Long Island).
- ◆ Take the Long Island Expwy east to Exit 38 (Northern State Pkwy).
- ◆ Take Northern State Parkway to Meadowbrook Parkway South (Exit 31).
- ◆ Take Meadowbrook Pkwy to Exit M1E/Old Country Rd. (first exit)
- ◆ Take Old Country Rd to East Gate Blvd.
- ◆ Make a right onto East Gate Blvd (Wendy's on corner)
- ◆ Make a right onto North Ave.
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From GEORGE WASHINGTON BRIDGE:

- ◆ Once on bridge follow signs for the Cross Bronx Expressway

- ◆ From Cross Bronx Expwy follow signs for Throgs Neck Bridge
- ◆ Once on Throgs Neck Bridge stay right for Cross Island Parkway South
- ◆ Take Cross Island Parkway South to Exit 30 East (Long Island Expressway (I-495)/Eastern Long Island).
- ◆ Take the Long Island Expwy east to Exit 38 (Northern State Pkwy).
- ◆ Take Northern State Parkway to Meadowbrook Parkway South (Exit 31).
- ◆ Take Meadowbrook Pkwy to Exit M1E/Old Country Rd. (first exit)
- ◆ Take Old Country Rd to East Gate Blvd.
- ◆ Make a right onto East Gate Blvd (Wendy's on corner)
- ◆ Make a right onto North Ave.
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From NEW ENGLAND STATES:

- ◆ Follow I-95 (New England Thruway) or the Hutchinson River Parkway South to the Whitestone Bridge
- ◆ Once on Whitestone Bridge stay left for Cross Island Parkway South
- ◆ Take Cross Island Parkway South to Exit 30 East (Long Island Expressway (I-495)/Eastern Long Island).
- ◆ Take the Long Island Expwy east to Exit 38 (Northern State Pkwy).
- ◆ Take Northern State Parkway to Meadowbrook Parkway South (Exit 31).
- ◆ Take Meadowbrook Pkwy to Exit M1E/Old Country Rd. (first exit)
- ◆ Take Old Country Rd to East Gate Blvd.
- ◆ Make a right onto East Gate Blvd (Wendy's on corner)
- ◆ Make a right onto North Ave.
- ◆ The Hampton Inn is at end of street.

HAMPTON INN to USMMA:

- ◆ Make a left onto East Gate Blvd.
- ◆ Make a left onto Old Country Rd.
- ◆ Get onto the Meadowbrook Parkway heading north.
- ◆ Take Meadowbrook Parkway north to Northern State Parkway (approximately 1 ½ miles).
- ◆ Take Northern State Pkwy west to the Long Island Expressway (495) (approximately 1 mile).
- ◆ Take the LI Expressway (495) west to exit 33 (Community Drive).
- ◆ Make the first right at the light onto Community Drive. This road will change names to East Shore Rd and then to Hicks Lane.
- ◆ At the end of the road make a right onto Middle Neck Rd.
- ◆ Go one block and make a left onto Steamboat Rd (Mobil Gas Station on left corner.) The Academy is located at the end of Steamboat Rd.

USMMA to HAMPTON INN:

- ◆ Take Steamboat Rd. to the end.
- ◆ Make a right onto Middle Neck Rd.
- ◆ Go to first light and make a right onto Hicks Lane.
- ◆ Take Hicks Lane which changes to East Shore Rd which changes to Community Dr. (Go straight, just the names change)
- ◆ Take Community Dr. to end (get in the left lane)
- ◆ Go under the overpass and enter the Long Island Expressway (I-495) east
- ◆ Take the Long Island Expwy east to Exit 38 (Northern State Pkwy).
- ◆ Take Northern State Parkway to Meadowbrook Parkway South (Exit 31).
- ◆ Take Meadowbrook Pkwy to Exit M1E/Old Country Rd. (first exit)
- ◆ Take Old Country Rd to East Gate Blvd.
- ◆ Make a right onto East Gate Blvd (Wendy's on corner)
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