

Graymoor Spiritual Life Center, 1350 US Route 9, Garrison, NY 10524

Public Transit from NYC

Metro North (www.mta.info/mnr/) Hudson Line to Peekskill, not Garrison. (There is no taxi service from Garrison.) Taxi to Graymoor. When you reach Graymoor, come to the building at the top of the hill.

Public Transit from Albany

Amtrak (www.amtrak.com) from Albany-Rensselaer to Poughkeepsie. Metro North Hudson Line to Peekskill. Taxi to Graymoor. (See note above.)

By car: From Westchester

Taconic State Parkway north to Routes 202/35 (Crompond Road) west to the Bear Mountain Parkway. (If you miss the 202/35 exit, the next exit also connects with the Bear Mountain Parkway.) Bear Mountain Parkway to Route 9 (Albany Post Road) north. (Bear Mountain Parkway joins Route 202/6 leading to a traffic circle which joins Route 9.) Route 9 north about 3.5 miles to Graymoor, entrance on Route 9 on the right.

From Manhattan

FDR Drive north to the Willis Avenue Bridge to the Bronx. Left onto the Major Deegan Expressway (I-87, becomes the NY State Thruway in Westchester) north. I-87 north to exit 4 in Westchester to the Cross County Parkway east to the Bronx River Parkway north. Bronx River Parkway becomes the Taconic State Parkway. Proceed as above for "From Westchester."

From Queens and Brooklyn

RFK/Triborough Bridge to the Bronx to the Major Deegan Expressway (I-87) north. Proceed as above for "From Manhattan."

From Long Island

Throgs Neck Bridge to the Bronx. Keep left after the toll plaza toward the Cross Bronx Expressway (I-295/I-95, south)/George Washington Bridge. Move right to take the Bruckner Expressway (I-278) west (toward RFK/Triborough Bridge); Bruckner Expressway west to the first exit, White Plains Road. Remain on the service road (Bruckner Boulevard) to Soundview Avenue. Right on Soundview to the Bronx River Parkway north (just past the traffic light at Watson Avenue). Bronx River Parkway becomes the Taconic State Parkway in Westchester. Proceed as above for "From Westchester."

From Northern New Jersey/Orange County, NY

Palisades Interstate Parkway north to Route 6 to the Bear Mountain Bridge to Westchester. Route 202/6 (south/east) to Route 9 north (at the traffic circle). Route 9 north about 3.5 miles to Graymoor, entrance on Route 9 on the right.

From Albany

I-87 (NY State Thruway) south to I-84 east. I-84 east crosses the Newberg/Beacon Bridge into Dutchess County. I-84 east to the Taconic Parkway south. Taconic Parkway south to the Bear Mountain Parkway. Proceed as above for "From Westchester."

or

I-90 (NY State Thruway) east to the Taconic Parkway south. Taconic Parkway south to the Bear Mountain Parkway. Proceed as above for "From Westchester."

For additional travel directions go to any online travel service.