



NEW YORK LIFE INSURANCE COMPANY

Driving Directions to Westchester Campus

Mar 23, 2006

Address: 1 Rockwood Road, Sleepy Hollow, NY 10591

If you attempt to check driving directions using MapQuest or another online tool, please note that the address of New York Life's Westchester Campus is not generally recognized. The Campus lies immediately north of Phelps Memorial Hospital Center, which is evident on most maps. Therefore, if you use an online tool to verify or clarify driving directions, you may want to enter Phelps Memorial Hospital in Tarrytown as your destination.

From Manhattan:

Option 1 -- Take I-87 (New York State Thruway) north to Exit 9 for Tarrytown/Route 119. After exit ramp, go left on Route 119 (White Plains Road) to Route 9. Go right on Route 9/Broadway, proceeding through Tarrytown. Continue past Sleepy Hollow Cemetery on the right and Phelps Memorial Hospital on the left. The New York Life Campus is immediately north of the hospital grounds. Drive under the Route 117 overpass, bear right and proceed up the ramp to Route 117/Rockwood Road. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.

Option 2 -- Take the Henry Hudson Parkway north until it connects with the Saw Mill River Parkway. Continue north on the Saw Mill River Parkway. Follow signs for Taconic State Parkway North and take first exit off Taconic State Parkway, Route 117. Make left at end of ramp onto Route 117. Follow Route 117 for approximately 3 miles. Route 117 leads directly into Rockwood Road. Once you cross over Route 9, look for the entrance to the New York Life Campus, just ahead on the right.

(Note: For the return trip, you will not be able to access the Taconic State Parkway southbound from Route 117. Instead, follow Route 117 from the New York Life Campus, and just before reaching the Taconic, make a right turn onto Route 100. Follow Route 100 into the Saw Mill River Parkway South.)

From Connecticut:

From either the Merritt Parkway South or Stamford on I-95 South (Connecticut Turnpike), exit onto I-287 West. Take exit for Sprain Brook Parkway North which turns into Taconic State Parkway North. Take first exit, Route 117. Make left at end of ramp onto Route 117. Follow Route 117 for approximately 3 miles. Route 117 leads directly into Rockwood Road. Once you cross over Route 9, look for the entrance to the New York Life Campus, just ahead on the right.

(Note: For the return trip, you will not be able to access the Taconic State Parkway southbound from Route 117. Instead, from the New York Life Campus, go south on Route 9/Broadway and follow it through Tarrytown to just south of the Tappan Zee Bridge. Look for the entrance ramp to I-87 New York State Thruway South. From I-87, look for the connecting ramp to I-287 East, and follow I-287 to I-95.)

From New Jersey:

Option 1 -- Take Garden State Parkway north to I-87/I-287, New York Thruway (southbound). Follow Thruway to the Tappan Zee Bridge. After crossing the Tappan Zee Bridge and paying the bridge toll, take the first exit (Exit 9) for Tarrytown/Route 9. Go right on Route 9/Broadway, proceeding through

Tarrytown. Continue past Sleepy Hollow Cemetery on the right and Phelps Memorial Hospital on the left. The New York Life Campus is immediately north of the hospital grounds. Drive under the Route 117 overpass, bear right and proceed up the ramp to Route 117/Rockwood Road. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.

Option 2 -- Take the New Jersey Turnpike (I-95) north to I-80 eastbound. Take exit for Route 9W Palisades Interstate Parkway, and follow the Palisades Parkway north to Route I-287 and the Tappan Zee Bridge. After crossing the Tappan Zee Bridge and paying the bridge toll, take the first exit (Exit 9) for Tarrytown/Route 9. Go right on Route 9/Broadway, proceeding through Tarrytown. Continue past Sleepy Hollow Cemetery on the right and Phelps Memorial Hospital on the left. The New York Life Campus is immediately north of the hospital grounds. Drive under the Route 117 overpass, bear right and proceed up the ramp to Route 117/Rockwood Road. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.

Option 3 -- Take the New Jersey Turnpike (I-95) north to I-80 eastbound. Follow directions for the George Washington Bridge. After crossing the bridge, take exit for Major Deegan Expressway northbound. Follow Major Deegan to I-87, New York State Thruway. Take Thruway north to Exit 9 for Tarrytown/Route 119. After exit ramp, go left on Route 119 (White Plains Road) to Route 9. Go right on Route 9/Broadway, proceeding through Tarrytown. Continue past Sleepy Hollow Cemetery on the right and Phelps Memorial Hospital on the left. The New York Life Campus is immediately north of the hospital grounds. Drive under the Route 117 overpass, bear right and proceed up the ramp to Route 117/Rockwood Road. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.

From Rockland County:

Option 1 -- Take Palisades Interstate Parkway to I-87/I-287 southbound and follow directions for the Tappan Zee Bridge. After crossing the Tappan Zee Bridge and paying the bridge toll, take the first exit (Exit 9) for Tarrytown/Route 9. Go right on Route 9/Broadway, proceeding through Tarrytown. Continue past Sleepy Hollow Cemetery on the right and Phelps Memorial Hospital on the left. The New York Life Campus is immediately north of the hospital grounds. Drive under the Route 117 overpass, bear right and proceed up the ramp to Route 117/Rockwood Road. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.

Option 2 -- Take I-87 New York State Thruway southbound to Tappan Zee Bridge. After crossing the Tappan Zee Bridge and paying the bridge toll, take the first exit (Exit 9) for Tarrytown/Route 9. Go right on Route 9/Broadway, proceeding through Tarrytown. Continue past Sleepy Hollow Cemetery on the right and Phelps Memorial Hospital on the left. The New York Life Campus is immediately north of the hospital grounds. Drive under the Route 117 overpass, bear right and proceed up the ramp to Route 117/Rockwood Road. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.

From Northern Westchester:

Option 1 - Take the Taconic State Parkway south to the Pleasantville Road exit. Take Pleasantville Road west toward Briarcliff Manor to Route 9A South. Follow Route 9A south about 1 mile to the Route 117 exit (exit on left off 9A). At the end of the exit, make a right onto Route 117. Follow Route 117 for approximately 3 miles. Route 117 leads directly into Rockwood Road. Once you cross over Route 9, look for the entrance to the New York Life Campus, just ahead on the right.

Option 2 - Follow Route 9 south past Ossining to Sleepy Hollow. As you approach the interchange with Route 117, the New York Life Campus will be on your right; however, the gate facing Route 9 at the northern end of the Campus will not be accessible. To access the main entrance to the Campus, make

a left from Route 9 (Rockwood Road sign indicates the turn) onto the ramp leading to Route 117 West. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.

From Queens or Long Island:

Option 1 -- **Take the Throgs Neck Bridge** to 95 North to the Hutchinson River Parkway North.

Option 2 -- **Take the Whitestone Bridge** to the Hutchinson River Parkway North.

From Hutchinson River Parkway North: Take Exit 13 for Cross County Parkway West. Proceed west on Cross County Parkway to Exit 4N for I-87 New York State Thruway northbound or continue to Exit 2 for Saw Mill River Parkway northbound.

- If you take the Thruway (which requires that you pay a \$.50 toll), follow it north to Exit 9 for Tarrytown/Route 119. Go left on Route 119 (White Plains Road) to Route 9. Go right on Route 9/Broadway, proceeding through Tarrytown. Continue past Sleepy Hollow Cemetery on the right and Phelps Memorial Hospital on the left. The New York Life Campus is immediately north of the hospital grounds. Drive under the Route 117 overpass, bear right and proceed up the ramp to Route 117/Rockwood Road. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.
- If you take the Saw Mill River Parkway, follow signs for Taconic State Parkway North and take first exit off Taconic State Parkway, Route 117. Make left at end of ramp onto Route 117. Follow Route 117 for approximately 3 miles. Route 117 leads directly into Rockwood Road. Once you cross over Route 9, look for the entrance to the New York Life Campus, just ahead on the right.

(Note: For the return trip, you will not be able to access the Taconic State Parkway southbound from Route 117. Instead, follow Route 117 from the New York Life Campus, and just before reaching the Taconic, make a right turn onto Route 100. Follow Route 100 into the Saw Mill River Parkway South.)

Option 3 -- **Take the Triboro Bridge** toward the Bronx. After crossing the bridge, bear left past the tollbooths to the Major Deegan Expressway. Follow Major Deegan north to I-87, New York State Thruway. Take Thruway north to Exit 9 for Tarrytown/Route 119. After exit ramp, go left on Route 119 (White Plains Road) to Route 9. Go right on Route 9/Broadway, proceeding through Tarrytown. Continue past Sleepy Hollow Cemetery on the right and Phelps Memorial Hospital on the left. The New York Life Campus is immediately north of the hospital grounds. Drive under the Route 117 overpass, bear right and proceed up the ramp to Route 117/Rockwood Road. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.

From Brooklyn:

Option 1 -- Take the Belt Parkway to the Cross-Island Parkway to the Throgs Neck Bridge. Take the Throgs Neck Bridge to Hutchinson River Parkway North. Take Exit 13 for Cross County Parkway West. Proceed west on Cross County Parkway to Exit 4N for I-87 New York State Thruway northbound or continue to Exit 4 for Saw Mill River Parkway northbound.

- If you take the Thruway (which requires that you pay a \$.50 toll), follow it north to Exit 9 for Tarrytown/Route 119. Go left on Route 119 (White Plains Road) to Route 9. Go right on Route 9/Broadway, proceeding through Tarrytown. Continue past Sleepy Hollow Cemetery on the right and Phelps Memorial Hospital on the left. The New York Life Campus is immediately north of the hospital grounds. Drive under the Route 117 overpass, bear right and proceed up the

ramp to Route 117/Rockwood Road. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.

- If you take the Saw Mill River Parkway, follow signs for Taconic State Parkway North and take first exit off Taconic State Parkway, Route 117. Make left at end of ramp onto Route 117. Follow Route 117 for approximately 3 miles. Route 117 leads directly into Rockwood Road. Once you cross over Route 9, look for the entrance to the New York Life Campus, just ahead on the right.

(Note: For the return trip, you will not be able to access the Taconic State Parkway southbound from Route 117. Instead, follow Route 117 from the New York Life Campus, and just before reaching the Taconic, make a right turn onto Route 100. Follow Route 100 into the Saw Mill River Parkway South.)

Option 2 -- Take the Brooklyn-Queens Expressway north to the Grand Central Parkway west to the Triboro Bridge toward the Bronx. After crossing the bridge, bear left past the tollbooths to the Major Deegan Expressway. Follow Major Deegan north to I-87, New York State Thruway. Take Thruway north to Exit 9 for Tarrytown/Route 119. After exit ramp, go left on Route 119 (White Plains Road) to Route 9. Go right on Route 9/Broadway, proceeding through Tarrytown. Continue past Sleepy Hollow Cemetery on the right and Phelps Memorial Hospital on the left. The New York Life Campus is immediately north of the hospital grounds. Drive under the Route 117 overpass, bear right and proceed up the ramp to Route 117/Rockwood Road. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.

Option 3 -- Take Jackie Robinson (Interboro) Parkway to the Van Wyck Expressway northbound. Follow the Van Wyck Expressway to the Whitestone Expressway to the Whitestone Bridge. Take the Whitestone Bridge to Hutchinson River Parkway North. Take Exit 13 for Cross County Parkway West. Proceed west on Cross County Parkway to Exit 4N for I-87 New York State Thruway northbound or continue to Exit 4 for Saw Mill River Parkway northbound.

- If you take the Thruway (which requires that you pay a \$.50 toll), follow it north to Exit 9 for Tarrytown/Route 119. Go left on Route 119 (White Plains Road) to Route 9. Go right on Route 9/Broadway, proceeding through Tarrytown. Continue past Sleepy Hollow Cemetery on the right and Phelps Memorial Hospital on the left. The New York Life Campus is immediately north of the hospital grounds. Drive under the Route 117 overpass, bear right and proceed up the ramp to Route 117/Rockwood Road. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.
- If you take the Saw Mill River Parkway, follow signs for Taconic State Parkway North and take first exit off Taconic State Parkway, Route 117. Make left at end of ramp onto Route 117. Follow Route 117 for approximately 3 miles. Route 117 leads directly into Rockwood Road. Once you cross over Route 9, look for the entrance to the New York Life Campus, just ahead on the right.

(Note: For the return trip, you will not be able to access the Taconic State Parkway southbound from Route 117. Instead, follow Route 117 from the New York Life Campus, and just before reaching the Taconic, make a right turn onto Route 100. Follow Route 100 into the Saw Mill River Parkway South.)

From Staten Island:

Option 1 -- Take Staten Island Expressway to the Verrazano Narrows Bridge. After crossing the bridge, take the Belt Parkway to the Cross-Island Parkway to the Throgs Neck Bridge. Take the Throgs Neck Bridge to Hutchinson River Parkway North. Take Exit 13 for Cross County Parkway West. Proceed west on Cross County Parkway to Exit 4N for I-87 New York State Thruway northbound or continue to Exit 4 for Saw Mill River Parkway northbound.

- If you take the Thruway (which requires that you pay a \$.50 toll), follow it north to Exit 9 for Tarrytown/Route 119. Go left on Route 119 (White Plains Road) to Route 9. Go right on Route 9/Broadway, proceeding through Tarrytown. Continue past Sleepy Hollow Cemetery on the right and Phelps Memorial Hospital on the left. The New York Life Campus is immediately north of the hospital grounds. Drive under the Route 117 overpass, bear right and proceed up the ramp to Route 117/Rockwood Road. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.
- If you take the Saw Mill River Parkway, follow signs for Taconic State Parkway North and take first exit off Taconic State Parkway, Route 117. Make left at end of ramp onto Route 117. Follow Route 117 for approximately 3 miles. Route 117 leads directly into Rockwood Road. Once you cross over Route 9, look for the entrance to the New York Life Campus, just ahead on the right.

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Option 2 -- Take Staten Island Expressway to the Verrazano Narrows Bridge. After crossing the bridge, take the Brooklyn-Queens Expressway north to the Grand Central Parkway west to the Triboro Bridge toward the Bronx. After crossing the bridge, bear left past the tollbooths to the Major Deegan Expressway. Follow Major Deegan north to I-87, New York State Thruway. Take Thruway north to Exit 9 for Tarrytown/Route 119. After exit ramp, go left on Route 119 (White Plains Road) to Route 9. Go right on Route 9/Broadway, proceeding through Tarrytown. Continue past Sleepy Hollow Cemetery on the right and Phelps Memorial Hospital on the left. The New York Life Campus is immediately north of the hospital grounds. Drive under the Route 117 overpass, bear right and proceed up the ramp to Route 117/Rockwood Road. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.

Option 3 -- Take the West Shore Expressway or the Staten Island Expressway to the Goethals Bridge. After crossing the bridge, connect to the New Jersey Turnpike (I-95) northbound. Take the New Jersey Turnpike north to I-80 eastbound. Take exit for Route 9W Palisades Interstate Parkway, and follow the Palisades Parkway north to Route I-287 and the Tappan Zee Bridge. After crossing the Tappan Zee Bridge and paying the bridge toll, take the first exit (Exit 9) for Tarrytown/Route 9. Go right on Route 9/Broadway, proceeding through Tarrytown. Continue past Sleepy Hollow Cemetery on the right and Phelps Memorial Hospital on the left. The New York Life Campus is immediately north of the hospital grounds. Drive under the Route 117 overpass, bear right and proceed up the ramp to Route 117/Rockwood Road. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.

Option 4 -- Take the West Shore Expressway or the Staten Island Expressway to the Goethals Bridge. After crossing the bridge, connect to the New Jersey Turnpike (I-95) northbound. Take the New Jersey Turnpike (I-95) north to I-80 eastbound. Follow directions for the George Washington Bridge. After crossing the bridge, take exit for Major Deegan Expressway northbound. Follow Major Deegan to I-87, New York State Thruway. Take Thruway north to Exit 9 for Tarrytown/Route 119. After exit ramp, go left on Route 119 (White Plains Road) to Route 9. Go right on Route 9/Broadway, proceeding through Tarrytown. Continue past Sleepy Hollow Cemetery on the right and Phelps Memorial Hospital on the left. The New York Life Campus is immediately north of the hospital grounds. Drive under the Route 117 overpass, bear right and proceed up the ramp to Route 117/Rockwood Road. Follow Route 117 a short distance over Route 9; the entrance to the New York Life Campus is just ahead on the right.

Mass Transit Directions to Westchester

Oct 31, 2007

From Grand Central Station:

Take Metro North - Hudson Line to Tarrytown Station or

Take Metro North - Harlem Line to Pleasantville Station

To check current Metro North schedules and fares go to:

<http://www.mta.nyc.ny.us/mnr/html/planning/schedules/>