The Institute for Sensory Research
Sensory. Science. Success.

Directions to Institute for Sensory Research
450 Mamaroneck Avenue, Suite 410
Harrison, NY 10528
info@sensoryguidance.com
914.696.5155

From Manhattan
Take FDR Drive North to the Bruckner Expressway/I95 North/New England Thruway. Follow I95 North through the Bronx into Westchester County. (Portion Toll past exit 16). Merge onto Mamaroneck Avenue via Exit 18B towards White Plains. Go 1.42 miles to 450 Mamaroneck Avenue, which is on the right side. Once you turn into 450 Mamaroneck Avenue, bear to the right of the building and park in the parking lot in the back, which is on the 4th floor level. Go into the building where it says '450' and walk down the hallway to the end. Make a left and go to the third office on the right. Suite 410.

I-95 South
Take Mamaroneck Exit 18B towards White Plains. After 0.30 miles, merge onto Mamaroneck Avenue. After 0.97 miles, turn right into 450 Mamaroneck Avenue. Once you turn into 450 Mamaroneck Avenue, bear to the right of the building and park in the parking lot in the back, which is on the 4th floor level. Go into the building where it says '450' and walk down the hallway to the end. Make a left and go to the third office on the right. Suite 410.

Public Transportation
From Grand Central Terminal in New York City: Take the New Haven Line to Mamaroneck Station.
This is about a 40-minute train ride. During peak hours, the train runs every 30 minutes. Once at Mamaroneck Station, take a cab or Uber to our office. It is about a 6 min drive to our facility.

From Connecticut on the Merritt Parkway
Take Merritt Parkway south to Hutchinson Parkway Exit 23S. Go through 4 traffic lights. At the 5th traffic light, turn left into 450 Mamaroneck Avenue (crossing over Mamaroneck Avenue North). Once you turn into 450 Mamaroneck Avenue, bear to the right of the building and park in the parking lot in the back, which is on the 4th floor level. Go into the building where it says '450' and walk down the hallway to the end. Make a left and go to the third office on the right. Suite 410.

From Westchester County Airport/Northern Westchester
Travel south on Route 684. After 4.63 miles, Route 684 becomes Hutchinson River Parkway. Take Exit 23S. Go through 4 traffic lights. At the 5th traffic light, make a left into 450 Mamaroneck Avenue (crossing over Mamaroneck Avenue North). Once you turn into 450 Mamaroneck Avenue, bear to the right of the building and park in the parking lot in the back, which is on the 4th floor level. Go into the building where it says '450' and walk down the hallway to the end. Make a left and go to the third office on the right. Suite 410.

Traveling From LaGuardia Airport and Lower Westchester (Yonkers and the Bronx)
Upon leaving the airport, follow signs for Grand Central Parkway East. Follow signs leading you over the Whitestone Bridge. Once you have paid the toll, bear to the left onto the Hutchinson Parkway North. Travel on Hutchinson Parkway to Exit 23S. Go through 4 traffic lights. At the 5th traffic light, make a left into 450 Mamaroneck Avenue (crossing over Mamaroneck Avenue North). Once you turn into 450 Mamaroneck Avenue, bear to the right of the building and park in the parking lot in the back, which is on the 4th floor level. Go into the building where it says '450' and walk down the hallway to the end. Make a left and go to the third office on the right. Suite 410.

Traveling from the Garden State Parkway
Follow signs for the Tappan Zee Bridge and Route 287 East. Go over the Tappan Zee Bridge, and after paying toll, bear to the left to take the Hutchinson Parkway South. Take Exit 9N/S towards Hutchinson Parkway South. Go to Exit 23S. Go through 4 traffic lights. At the 5th traffic light, make a left into 450 Mamaroneck Avenue (crossing over Mamaroneck Avenue North). Once you turn into 450 Mamaroneck Avenue, bear to the right of the building and park in the parking lot in the back, which is on the 4th floor level. Go into the building where it says '450' and walk down the hallway to the end. Make a left and go to the third office on the right. Suite 410.

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isr

Mamaroneck Ave.

Hutchinson River Pkwy

Cross Westchester Expy

95

23N

23S

Union Ave.

450 Mamaroneck Avenue

Old White Plains Rd.

18B

95

Harrison Ave.

Boston Post Rd.