

## **CHILDREN'S & WOMEN'S PHYSICIAN'S OF WESTCHESTER**

**CEDARWOOD HALL  
95 GRASSLANDS ROAD  
VALHALLA, NY 10595**

### **From the Bronx and South:**

#### **Bronx River Parkway North to Sprain Brook Parkway North.**

Exit at Hawthorne/Westchester Medical Center exit. Turn left onto Hospital Road. Continue straight at stop sign, following road past parking structure on your left, to the end of the road. At stop sign, turn left and then make first right, following blue signs for Cedarwood Hall/WIHD. Take ticket at gate; follow road in front of Cedarwood Hall, then turn left into parking area.

### **From the North:**

#### **Taconic Parkway South to Medical Center/Route 100 exit.**

(just past the New York State Police Headquarters). Turn right at top of exit ramp onto Route 100 South. Turn right at light, passing over parkway. Continue straight at stop sign, following road past parking structure on your left, to the end of the road. At stop sign, turn left and then make first right, following blue signs for Cedarwood Hall/WIHD. Take ticket at gate; follow road in front of Cedarwood Hall, then turn left into parking area.

### **From the West:**

#### **New York State Thruway South across Tappan Zee Bridge**

Staying to the right as you go through tolls to Exit 8A (87 South). Follow signs for Saw Mill Parkway North. Exit at Eastview, and turn right. Follow road through business park, remaining on Route 100C (bear left) as road forks. At second light, make a left into the Westchester Medical Center campus and follow road to stop sign at end. Turn left, following road past parking structure on your left to the end of the road. At stop sign, turn left and then make first right, following blue signs for Cedarwood Hall/WIHD. Take ticket at gate; follow road in front of Cedarwood Hall, then turn left into parking area.

### **From the East:**

#### **Cross Westchester Expressway (287) Westbound to Exit 3 (Sprain Parkway North).**

Bear left after exiting to Northbound Sprain Parkway. Take Sprain Parkway north to Medical Center exit. Turn left onto Hospital Road. Continue straight at stop sign, following road past parking structure on your left, to the end of the road. At stop sign, turn left and then make first right, following blue signs for Cedarwood Hall/WIHD. Take ticket at gate; follow road in front of Cedarwood Hall, then turn left into parking area.