

DIRECTIONS TO OUR CENTER



TLC NEW YORK
437 Fifth Avenue, 2nd Floor
New York, NY 10016
212.588.0200

From the Bronx

Take Harlem River Drive onto FDR Drive downtown to the 34th Street/I-495/Midtown Tunnel exit. Make a right turn onto 38th Street. Take 38th Street down to 1st Avenue and make a right turn. Make a left turn onto 39th Street, followed by a left turn on 5th Avenue. We will be on the left side.

Take I-87 (towards Yankee Stadium) to the Third Avenue Bridge. Get off the ramp and make take the first right onto Harlem River Drive/FDR South. Continue to the 34th Street/I-495/Midtown Tunnel exit. Make a right turn onto 38th Street. Take 38th Street down to 1st Avenue and make a right turn. Make a left turn onto 39th Street, followed by a left turn on 5th Avenue. We will be on the left side.

From Staten Island

Take the Verazzano Bridge to the Gowanus Parkway, then to the Brooklyn Battery Tunnel. Upon emerging from the Tunnel, make a right turn on West Street (9A). Continue on 9A until West 40th Street, make a right turn. Make a right turn on 5th Avenue. We will be on the left side.

From Westchester

Take the Saw Mill River Parkway South to the Henry Hudson Parkway South (9A). This will become the West Side Highway. Turn left onto West 42nd Street. Make a right turn onto 7th Avenue (Fashion Avenue), followed by a left turn onto West 40th Street. Make a right turn onto 5th Avenue. We will be on the left side.

Nearest Subway Stations

Take the 4, 5, 6 trains to 42nd St.-Grand Central Station.
Take the B, D, F, M, or 7 trains to 42nd St.-Bryant Park Station.
Take the N, Q, R trains to Herald Square Station.
Take the 1, 2, 3, A, C trains to Columbus Circle Station and transfer to downtown B, D trains to Bryant Park Station.
Take the E train to Lexington Ave/53rd Street Station and transfer to the downtown 6 train to Grand Central Station.

From New Jersey

Take the George Washington Bridge to the FDR Drive downtown to the 34th Street/I-495/Midtown Tunnel exit. Make a right turn onto 38th Street. Take 38th Street down to 1st Avenue and make a right turn. Make a left turn onto 39th Street, followed by a left turn on 5th Avenue. We will be on the left side.

Take the New Jersey Turnpike to Exit 16E (Lincoln Tunnel). Go through the Tunnel and exit towards West 40th Street. Make a right turn on West 40th Street, then a right turn on 5th Avenue. We will be on the left side.

From Long Island

Take the Long Island Expressway into the Queens Midtown Tunnel. Follow the signs into Manhattan. Make a right onto Tunnel Exit Street once out of the Tunnel. Make a left turn onto East 39th Street, followed by a left turn onto 5th Avenue. We will be on the left side.

From Queens

Take the Queensboro Bridge and make a left turn onto 2nd Avenue. Continue on 2nd Avenue to 39th Street and make a right turn. Make a left turn onto 5th Avenue. We will be on the left side.

From Brooklyn

Take the BQE to the Williamsburg Bridge. Continue onto Delancey Street. Stay in the right lane until you get to Allen Street. Make a right on Allen Street, which will become 1st Avenue. Turn left onto 49th Street followed by another left on 5th Avenue. We will be on the left side.