



## **New York Athletic Club – Travers Island**

31 Shore Road  
Pelham Manor, NY 10803  
(914) 738-2700

**By Train:** From Grand Central, take the New Haven Line to the Pelham Station. Taxi service is located at the station, which is about 3 miles from the NYAC.

**Manhattan-East Side:** Take the FDR Drive to Willis Avenue Bridge to Bruckner Expressway (Route 278). 278 becomes I-95 North. Take Exit 15, New Rochelle, The Pelhams Exit. At the end of the exit ramp, make a left onto Boston Post Road. Proceed for 4 traffic lights and make a left onto Pelhamdale Avenue. Go to \*\*.

**Manhattan-West Side:** Take the West Side Highway to Exit 14, I-95 N/Cross Bronx Expressway. Merge onto I-95N and take Exit 15, New Rochelle, The Pelhams Exit. At the end of the exit ramp, make a left onto Boston Post Road. Proceed for 4 traffic lights and make a left onto Pelhamdale Avenue. Go to\*\*.

**From Long Island:** Take the Throggs Neck Bridge or the Whitestone Bridge to I-95N. Take Exit 15, New Rochelle, The Pelhams Exit. At the end of the exit ramp, make a left onto Boston Post Road. Proceed for 4 traffic lights and make a left onto Pelhamdale Avenue. Go to\*\*.

**From Connecticut:** Take I-95 South to Exit 15, New Rochelle, The Pelhams Exit. At the end of the ramp, bear right onto Boston Post Road. Proceed for 3 traffic lights and make a left onto Pelhamdale Avenue. Go to\*\*.

OR

Take the Merritt Parkway which becomes the Hutchinson River Parkway South. Proceed to Exit 8, Sanford Boulevard. Make a right at the end of the exit ramp and at the second traffic light, make a right onto Pelhamdale Avenue. Go to\*\*.

From the Tappan Zee Bridge: Take the Tappan Zee Bridge to Exit 8, Route 287 East. Proceed on 287 East to Exit 9S, Hutchinson River Parkway South. Take the Hutchinson Parkway to Exit 8, Sanford Boulevard. Make a right at the end of the exit ramp and at the second traffic light, make a right onto Pelhamdale Avenue. Go to\*\*.

\*\* Take Pelhamdale Avenue to the end and make a right onto Shore Road. The NYAC will be immediately on your left, under a blinking light.

**Please Note:** If using a GPS, 31 Shore Road may not take you directly to the NYAC since that was not the original address. You may wish to use the address of the automobile service station across the street, Manor Auto. Their address is 135 Shore Road and they are on the corner of Pelhamdale Avenue and Shore Road. The NYAC is on Shore Road across the street from Manor Auto, just south of the traffic light. There is a blinking yellow light at the entrance to the club. You will see a big red NYAC sign.