





From La Guardia Airport

- Take the Grand Central Parkway West.
- Take the I-278 West Brooklyn-Queens Expressway exit.
- Exit Number 4 towards Verrazano Narrows Bridge.
- Merge onto Brooklyn Queens Expressway East Ramp.
- Brooklyn Queens Expressway East becomes I-278 East Ramp.
- Turn slight left onto Brooklyn Queens Expressway.
- Take the I-495 Long Island Expressway exit, exit number 35 toward GreenPoint Ave./Midtown Tunnel.
- Keep left at the fork in the ramp.
- Merge onto the Long Island Expressway. Long Island Expressway becomes I-495 West.
- Take the exit.
- Take the 37 St. exit towards 38-40th streets.
- Merge onto Queens Midtown Tunnel Exit.
- Turn left onto E 39th St.
- Turn right onto Park Ave.
- Turn right at the intersection of Park Avenue to stay on Park Avenue.
- Turn left onto East 47th St.
- Turn left onto Park Avenue.
- To park, take the Park Ave. ramp that goes around the building to Quik Park.
- You will need to call ahead for a reservation in order to park here: (212) 867-9678.

From John F. Kennedy International Airport

- Turn onto the Van Wyck Expressway.
- Take the I-495 West ramp and merge onto the Long Island Expressway.
- The Long Island Expressway becomes I-495 West.
- Take that exit.
- Take the 37th Street Exit toward 38th-40th Streets.
- Merge into the Queens Midtown Tunnel Exit.
- Turn left onto East 39th Street.
- Turn right onto Park Avenue.
- Turn right at the intersection of Park Avenue to stay on Park Avenue.
- Turn left onto East 47th Street.
- Turn left onto Park Ave..
- To park, take the Park Ave. ramp that goes around the building to Quik Park.
- You will need to call ahead for a reservation in order to park here: (212) 867-9678.

From Newark Airport

- Follow signs to NJ Turnpike North.
- Take Turnpike North and follow signs to Lincoln Tunnel.
- Go through the tunnel.
- After coming out, go left and then make a right onto 42nd St..
- Make a left turn onto 8th Ave.
- Make a right turn onto 46th St.
- Make a right onto Lexington Ave.
- The Met Life Building, 200 Park Ave., is on the left.
- To park, take the Park Ave. ramp that goes around the building to Quik Park.
- You will need to call ahead for a reservation in order to park here: (212) 867-9678.