Directions to CapitalCare Developmental-Behavioral Pediatrics, 7-B Johnson Rd., Crossroads Center Plaza, Latham, NY 12110 (Telephone: 518-817-0354)

(if using a GPS, use “7 Johnson Road”, not “7-B”)

From the North:

* Take I-87 South towards Lake George/Saratoga/Albany.
* Take Exit 7 (Route 7 East) towards Troy/Cohoes.
* Merge right at first Exit sign, following signs for Route9/Route9R, Latham.
* At light, merge right onto Route 9.
* Take the 1st right onto Route 9R N/Columbia St Ext.
* At the second light, bear right onto Johnson Road.
* Immediately turn right into Crossroads Center Parking lot.

From the South:

* Take I-87 North towards Albany/Montreal.
* At I-87/I-90 interchange (exit 24) stay NORTH (exit 1N) on I-87.
* Take Exit 7 (Route 7 East) towards Troy/Cohoes.
* Merge right, following exit signs for Route 9/Route 9R, Latham.
* At light, merge right onto Route 9.
* Take the 1st right onto Route 9R N/Columbia St Ext.
* At the second light, bear right onto Johnson Road.
* Immediately turn right into Crossroads Center Parking lot.

From the East:

* Take I-90 West towards Albany/Buffalo.
* Stay on I-90 West, by taking Exit B1 at the Berkshire Connector towards Albany/Hudson/Rensselaer.
* Take I-90 West to Exit 6A, and bear right, I-787 NORTH, towards Troy.
* Take Exit 9W, Route 7 West, towards Schenectady/Saratoga Springs.
* Stay to the left, following exit signs for Route 9/Route 9R, Latham. Exit right for Route 9/9R.
* At end of exit at light, stay straight, merging onto Route 9R (middle lane).
* At the second light, bear right onto Johnson Road.
* Immediately turn right into Crossroads Center Parking lot.

From the West:

* Take I-90 East towards Albany
* Take Exit 24, staying to the left. (LEFT EXIT) towards Albany/Montreal
* Go through toll booths, stay in the middle lanes to Exit 1N, I-87 North, towards Albany Int’l Airport/Montreal
* Take Exit 7 (Route 7 East) towards Troy/Cohoes
* Merge right, following exit signs for Route 9/Route 9R, Latham
* At light, merge right onto Route 9.
* Take the 1st right onto Route 9R N/Columbia St Ext.
* At the second light, bear right onto Johnson Road.
* Immediately turn right into Crossroads Center Parking lot.

From the Southwest:

* Take I-88 East towards Albany to end.
* Go through toll booths, and stay right for I-90 EAST towards Albany (Exits 25-1).
* Take Exit 24, staying to the left. (LEFT EXIT) towards Albany/Montreal.
* Go through toll booths, stay in the middle lanes to Exit 1N, I-87 North, towards Albany Int'l Airport/Montreal.
* Take I-87 Nohrt to Exit 7 (Route 7 East) towards Troy/Cohoes.
* Merge right, following exit signs for Route 9/Route 9R, Latham.
* At light, merge right onto Route 9.
* Take the 1st right onto Route 9R N/Columbia St Ext.
* At the second light, bear right onto Johnson Road.
* Immediately turn right into Crossroads Center Parking lot.

Parking:

You may park anywhere in the lot, and parking is free. Enter the building door with the green awning; the sign will say "Developmental Pediatrics."

Map:

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Directions to the Holiday Inn, 205 Wolf Rd., Albany, NY 12205 (Telephone: 518-458-7250):

From the North:

* Take I-87 South towards Lake George/Saratoga/Albany.
* Take Exit 4 towards Albany Airport/155 West.
* Stay to the right at the fork, for 155 West/Airport.
* At light, make a LEFT onto Route 155 West.
* At next light, make a LEFT onto Albany Shaker Road.
* At next light, make a RIGHT onto Wolf Road.
* Just after the next light, on your left, will be the Holiday Inn Wolf Road.

From the South:

* Take I-87 North towards Albany/Montreal.
* Take Exit 24 for th I-87/I-90 interchange.
* Go through toll booths, stay in middle lanes to Exit 1N, I-87 North, towards Albany Int'l Airport/Montreal.
* Take Exit 4 towards Albany Airport/155 West.
* At the end of the ramp at the light, make a RIGHT onto Wolf Road.
* About 1/4mi down on your LEFT, will be the Holiday Inn Wolf Road.

From the East:

* Take I-90 West towards Albany/Buffalo.
* Stay on I-90 West, by taking Exit B1 at the Berkshire Connector towards Albany/Hudson/Rensselaer.
* Take I-90 West to Exit 1N, I-87 North for Saratoga/Montreal.
* Take Exit 4 towards Albany Airport/155 West.
* At the end of the ramp at the light, make a RIGHT onto Wolf Road.
* About 1/4mi down on your LEFT, will be the Holiday Inn Wolf Road.

From the West:

* Take I-90 East towards Albany
* Take Exit 24, staying to the left. (LEFT EXIT) towards Albany/Montreal.
* Go through toll booths, stay in middle lanes to Exit 1N, I-87 North, towards Albany Int'l Airport/Montreal.
* Take I-87 North to Exit 4 towards Albany Airport/155 West.
* At the end of the ramp at the light, make a RIGHT onto Wolf Road.
* About 1/4mi down on your LEFT, will be the Holiday Inn Wolf Road.

From the Southwest:

* Take I-88 East towards Albany to end.
* Go through toll booths, and stay right for I-90 EAST towards Albany (Exits 25-1).
* Take Exit 24, staying to the left. (LEFT EXIT) towards Albany/Montreal
* Go through toll booths, stay in middle lanes to Exit 1N, I-87 North, towards Albany Int'l Airport/Montreal
* Take Exit 4 towards Albany Airport/155 West.
* At the end of the ramp at the light, make a RIGHT onto Wolf Road.
* About 1/4mi down on your LEFT, will be the Holiday Inn Wolf Road.

Parking:

** Parking is free of charge
Directions to your Appointment from your Hotel:
The hotel is approximately 5 miles from your appointment site. Please approximate 25 minutes to get there with traffic.

CapitalCare Developmental-Behavioral Pediatrics
7-B Johnson Rd., Crossroads Center Plaza
Latham, NY 12110
TELEPHONE: 518-817-0354

(if using a GPS, use “7 Johnson Road”, not “7-B”)

* Come out of the Hotel and turn RIGHT onto Wolf Road.
* At the second light, stay STRAIGHT onto I-87 North.
* Take Exit 7 (Route 7 East) towards Troy/Cohoes.
* Merge right at first Exit sign, following signs for Route 9/Route 9R, Latham
* At light, merge right onto Route 9 North.
* At the first light, turn RIGHT onto Route 9R N/Columbia St Ext.
* Turn at the second light, bearing right onto Johnson Road.
* Immediately turn right into Crossroads Center Parking lot.
* You may park anywhere in the lot, and parking is free. Enter the building door with the green awning; the sign will say “Developmental Pediatrics.” (See maps below)
Maps to Appointment:

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Directions to the Clarion Hotel at the Century House, 997 New Loudon Rd., Route 9, Latham, NY 12110 (Telephone: 518-785-0931)

From the North:

* Take I-87 South towards Lake George/Saratoga/Albany
* Take Exit 7 (Route 7 East) towards Troy/Cohoes
* Merge RIGHT at first Exit sign, following signs for Route 9/Route 9R, Latham
* At light, merge RIGHT onto Route 9 North.
* Stay straight through 1 light and go about 1 1/3 miles.
* Before the next light, on your right, will be the Clarion Hotel/Century House.

From the South:

* Take I-87 North towards Albany/Montreal
* At I-87/I-90 interchange (exit 24) stay NORTH (exit 1N) on I-87.
* Take Exit 7 (Route 7 East) towards Troy/Cohoes
* Merge right at first Exit sign, following signs for Route 9/Route 9R, Latham
* At light, merge right onto Route 9 North.
* Stay straight through 1 light and go about 1 1/3 miles.
* Before the next light, on your right, will be the Clarion Hotel/Century House.

From the East:

* Take I-90 West towards Albany/Buffalo
* Stay on I-90 West, by taking Exit B1 at the Berkshire Connector towards Albany/Hudson/Rensselaer
* Take I-90 West to Exit 6A and bear right, I-787 NORTH, towards Troy
* Take Exit 9W, Route 7 West, towards Schenectady/Saratoga Springs
* Stay to the left, following exit signs for Route 9/Route 9R, Latham. Exit right for Route 9/9R.
* At end of exit, at light, turn LEFT onto Route 9 North.
* Stay straight and go about 1 1/3 miles.
* Before the next light, on your right, will be the Clarion Hotel/Century House.

From the West:

* Take I-90 East towards Albany
* Take Exit 24, staying to the left. (LEFT EXIT) towards Albany/Montreal
* Go through toll booths, stay in middle lanes to Exit 1N, I-87 North, towards Albany Int'l Airport/Montreal
* Take I-87 North to Exit 7 (Route 7 East) towards Troy/Cohoes
* Merge right at first Exit sign, following signs for Route 9/Route 9R, Latham
* At light, merge right onto Route 9 North.
* Stay straight through 1 light and go about 1 1/3 miles.
* Before the next light, on your right, will be the Clarion Hotel/Century House.

From the Southwest:

* Take I-88 East towards Albany to end.
* Go through toll booths, and stay right for I-90 EAST towards Albany (Exits 25-1).
* Take Exit 24, staying to the left. (LEFT EXIT) towards Albany/Montreal
* Go through toll booths, stay in middle lanes to Exit 1N, I-87 North, towards Albany Int'l Airport/Montreal
* Take I-87 North to Exit 7 (Route 7 East) towards Troy/Cohoes
* Merge right at first Exit sign, following signs for Route 9/Route 9R, Latham
* At light, merge right onto Route 9 North.
* Stay straight through 1 light and go about 1 1/3 miles.
* Before the next light, on your right, will be the Clarion Hotel/Century House.

Parking:

Drive through lot and go around to the back of the building to check-in. Parking is free of charge.

Directions to your Appointment from your Hotel:
The hotel is approximately 1 mile from your appointment site. Please approximate 10 minutes to get there.

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7-B Johnson Rd., Crossroads Center Plaza
Latham, NY 12110
TELEPHONE: 518-817-0354

(if using a GPS, use “7 Johnson Road”, not “7-B”)

* Come out of the Hotel and turn LEFT onto Route 9 (South).
* At the first light, turn LEFT onto Route 9R N/Columbia St Ext.
* Turn at the second light, bear right onto Johnson Road.
* Immediately turn right into Crossroads Center Parking lot.
* You may park anywhere in the lot, and parking is free. Enter the building door with the green awning; the sign will say “Developmental Pediatrics.” (See maps below)