



## **Directions to MMS-Stamford**



**PAREXEL MMS / PPSI**  
**750 East Main Street, 6<sup>th</sup> Floor**  
**Stamford, CT 06902**  
**P: 203 541 2600**

### **FROM NEW JERSEY GEORGE WASHINGTON BRIDGE**

1. Cross George Washington Bridge, and stay on I-95 North
2. I-95 North into Connecticut, where the exit numbers will begin at 2
3. Take the Atlantic Street exit, exit number 8
4. Merge to the right lane (after light) onto S. State Street
5. Keep to right lane and continue on S. State Street, you will go under I95 overpass (approx. 0.8 miles)
6. At light turn left onto Lafayette Street
7. At light turn left onto East Main Street/Rte 1
8. Go approx. 0.2 miles, going up the hill, turn right onto Lindale Street
9. Turn right to go under/behind building in front of white fence. There is visitor parking under the building and at the back of the building. Please check in with security.

### **FROM NEW JERSEY TAPPAN ZEE BRIDGE**

1. Cross Tappan Zee Bridge (I-87 South) to 2nd exit after toll (which is Exit 8 Cross Westchester Expressway I-287 East, towards White Plains)
2. Merge onto I-287 East
3. I-287 East to the end
4. At end, exit 2 left lanes, following signs for I-95 North Connecticut (287 leads directly into I95 from 2 left lanes)
5. Take I-95 N (New England Thruway) to exit number 8, Atlantic Street
6. Follow directions above from # 4

### **FROM NEW HAVEN**

1. I-95 south
2. Take Exit 9 for US 1, toward Glenbrook/CT106
3. Turn right at East Main Street, US1
4. Continue on East Main Street for 1 mile, turn right onto Lindale Street
5. Turn right to go under/behind building in front of white fence. There is visitor parking under the building and at the back of the building. Please check in with security.

**Metro-North Railroad operates a service every 30 minutes from Grand Central Terminal - Stamford.**