Mount Carmel Campus
275 Mount Carmel Avenue, Hamden, CT

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 directions from I-91. Take exit 10 to I-95 (Route 40). Follow Route 40 approximately three miles to Exit 61 (from the west) or Exit 62 (from the east). Turn right onto Whitney Avenue (Route 10) and proceed north approximately four miles to campus.

From New York City and west, or Hartford and east, via the Empire State Expressway: Take I-84 (Connecticut Turnpike) - Take exit 66 at the Tappan Zee Bridge and continue east on Route 287 to Merritt Parkway (Route 1). Take exit 65 (from the west) or Exit 66 (from the east) onto Route 10 and continue east on Whitney Avenue. Take exit 10 to I-95 (Connecticut Turnpike) and follow above directions from I-91.

From New York City and west, or Hartford and east, via the Williamsburg (MITT) Parkway: Take I-84 (Connecticut Turnpike) (Route 15) to Exit 57. Drive the next mile and take Exit 58 to I-95. Follow I-95 south to Exit 61 (from the west) or Exit 62 (from the east), take exit 10 to I-95 (Route 40). Follow above directions from I-91.

From Northern New Jersey: Take Route 287 over the Tappan Zee Bridge and continue east on Route 287 to Merritt Parkway (Route 1). Take Exit 65 (from the west) or Exit 66 (from the east) onto Route 10 and continue east on Whitney Avenue.

From Connecticut: Take I-84 (Connecticut Turnpike) - Take exit 61 (from the west) or Exit 62 (from the east) to I-95 (Connecticut Turnpike). Take exit 66 at the Tappan Zee Bridge and continue east on Route 287 to Merritt Parkway (Route 1). Take exit 65 (from the west) or Exit 66 (from the east) onto Route 10 and continue east on Whitney Avenue.

From Providence and west, or New York City, via I-95: Take I-95 south to Exit 61 (Route 40). Follow Route 40 approximately three miles to its end and Whitney Avenue. Turn right onto Whitney Avenue (Route 10) and proceed north for three miles to campus.

From Providence and east, or New York City and west, via the William Crown (MITT) Parkway: Take I-84 (Connecticut Turnpike) (Route 15) to Exit 57. Drive the next mile and take Exit 58 to I-95. Follow I-95 south to Exit 61 (from the west) or Exit 62 (from the east), take exit 10 to I-95 (Route 40). Follow above directions from I-91.