

**DIRECTIONS TO THE ALBANY REGIONAL OFFICE.  
Agency Building 1, 2<sup>nd</sup> Floor, Empire State Plaza**

**THE EMPIRE STATE PLAZA** is located in downtown Albany, just south of the State Capitol, Coming from:

**NORTH:** Take I – 87 (Northway) to I – 90 (east) exit. Proceed east to I -787 and take the Empire State Plaza exit.

**SOUTH:** Take NYS Thruway (I-87) to Exit 23 (Albany) – straight through toll booth to I – 787, then take Empire State Plaza exit.

**EAST:** Take I – 90 and cross Hudson River. Take exit to I – 787 south along river. Take Empire State Plaza exit.

**WEST:** Take NYS Thruway to Exit 24 (Albany) proceed east on I – 90 to I – 787 South, along river . Take Empire State Plaza exit

Elevators will take you to the Concourse level.

By train you can call Amtrak at the toll free number (1-800-872-7245) for schedule and time.

**PUBLIC TRANSPORTATION:**

CDTA provides numerous routes to the Empire State Plaza, as listed below. Access to the Empire State Plaza from the CDTA bus stop is via the Washington Avenue entrance of the NYS Capital. Elevators and escalators are available down to the Concourse. More information regarding schedules, stops and accessibility is available from CDTA at 482-8822. Please note that valid photo identification is necessary to gain access to Agency Building 1.

CDTA routes from the East:

From Troy, Menands: #22

From Rensselaer and Hudson Valley Community College: #24

CDTA from the West:

From Washington Avenue: #12

From Western Avenue: #10

From Central Avenue: #55 and #1

From Hackett Boulevard: #30

From New Scotland Avenue #13