



555 Route 17 South
Ridgewood, NJ 07450

The Valley Hospital Sports Institute
201-447-8133

From Garden State Parkway: Take the Garden State Parkway Exit 165 to Ridgewood. Take Ridgewood Avenue to Route 17 North. Follow Route 17 Northbound directions.

From Route 17 Northbound: Take the Hollywood Avenue/Ho-Ho-Kus exit and follow the U-turn signs onto Route 17 South. Stay in right lane. Building 555 is immediately after the Park & Ride facility.

From The Valley Hospital: Turn right onto North Van Dien Avenue. Turn right at the end of North Van Dien onto East Glen Avenue and follow road around cemetery. Turn right onto Banta Street. Turn right at the end of Banta Street onto Race Track Road. Bear right onto Route 17 South. Stay in the right lane. Building 555 is immediately after the Park & Ride facility.