



*Primary & Urgent Care*

**Valley Medical Group –  
Riverdale Center 72  
Hamburg Turnpike Riverdale,  
NJ 07457  
973-835-7290**

**Directions from Route 287:** Take Route 287 to Exit 53 Pompton Lakes/Bloomingdale. At light at end of exit ramp, make a right onto Hamburg Turnpike. Go through the light, and then make a left turn into the parking lot of a strip mall. Park and enter in the rear of the building.

**Directions from Oakland and Wayne:** Take Hamburg Turnpike North through Wayne into Riverdale. Continue and bear left at intersection with memorial bell. Go through the traffic light at the church and cross the RR tracks. The center is about 1/4 mile on the right in a small strip mall. Park and enter in the rear of the building.

**Directions from Route 23:** Take Route 23 to exit for Newark-Pompton Turnpike North, Riverdale. **Note:** If you are coming from the north, heading south on Route 23, you will have to go farther south past the actual exit and make a U-turn to head north on Route 23 to take this exit. Take Newark-Pompton Turnpike North about 1 mile to light at Hamburg Turnpike. Make a right onto Hamburg Turnpike. Then make an immediate left into the parking lot of the strip mall. Park and enter in the rear of the building.

**Directions from The Valley Hospital:** Take Route 17 South to Route 4 West. Take Route 4 West to Route 208 North. (Route 4 turns splits into Route 208.) Take Route 208 to Route 287 South. Take Route 287 South to Exit 53 - Pompton Lakes/Bloomingdale exit. At the light at the end of the exit ramp, make a right onto Hamburg Turnpike. Go through the light. VMG is located in the strip mall on the left.

**Directions from The Kraft Center:** Take Route 17 South to Route 4 West. Take Route 4 West to Route 208 North. (Route 4 turns splits into Route 208.) Take Route 208 to Route 287 South. Take Route 287 South to Exit 53 - Pompton Lakes/Bloomingdale exit. At the light at the end of the exit ramp, make a right onto Hamburg Turnpike. Go through the light. VMG is located in the strip mall on the left.

**Directions from The Luckow Pavilion:** Take Route 17 South to Route 4 West. Take Route 4 West to Route 208 North. (Route 4 turns splits into Route 208.) Take Route 208 to Route 287 South. Take Route 287 South to Exit 53 - Pompton Lakes/Bloomingdale exit. At the light at the end of the exit ramp, make a right onto Hamburg Turnpike. Go through the light. VMG is located in the strip mall on the left.

# Valley Medical Group

72 Hamburg Turnpike

Riverdale, NJ 07457

973-835-7290



72

RING-  
WOOD  
AVE

WANAQUE

HAMBURG TPK

EXIT  
53

NEWARK  
POMPTON  
TPK

RIVERDALE

EXIT  
52 AB

ROUTE

23

