



**Valley Medical Group –
Montvale Center 85
Chestnut Ridge Road
Montvale, NJ 07645
201-930-1700**

Directions from George Washington Bridge: Take Route 80 West to Garden State Parkway North to Exit 172. At end of ramp, make a left turn onto Grand Ave. Continue to first light and make a left onto Chestnut Ridge Rd. VMG is on the left approximately 0.1 miles, across from Bank of America.

Directions from Newark Airport/Southwest NJ: Take the Garden State Parkway North to Exit 172 and follow the directions above.

Directions from Route 4: Take Route 4 East or West to Route 17 North. Take Route 17 North to the Garden State Parkway North to Exit 172. Follow directions above from the exit.

Directions from Tappan Zee Bridge/NY Thruway: Take the NY Thruway to the Garden State Parkway South to the first exit – Schoolhouse Road. At the end of the ramp make a left. Continue to the second traffic light (Grand Avenue) and turn right. Continue to first light and make a left onto Chestnut Ridge Rd. VMG is on the left approximately 0.1 miles, across from Bank of America.

Directions from The Valley Hospital: Take Ridgewood Avenue East to Oradell Avenue. (Ridgewood Avenue changes names to Oradell Avenue.) As you cross over Route 17, you will go approximately 1-2 miles before you come to the Garden State Parkway North exit. Take the Garden State Parkway North to exit 172. At end of ramp, make a left turn onto Grand Ave. Continue to first light and make a left onto Chestnut Ridge Rd. VMG is on the left approximately 0.1 miles, across from Bank of America.

Directions from The Kraft Center: Take Route 17 North to the Garden State Parkway North. Take the Garden State Parkway North to exit 172. At end of ramp, make a left turn onto Grand Ave. Continue to first light and make a left onto Chestnut Ridge Rd. VMG is on the left approximately 0.1 miles, across from Bank of America.

Directions from The Luckow Pavilion: Take Ridgewood/Oradell Avenue to the Garden State Parkway North. Take the Garden State Parkway North to exit 172. At end of ramp, make a left turn onto Grand Ave. Continue to first light and make a left onto Chestnut Ridge Rd. VMG is on the left approximately 0.1 miles, across from Bank of America.

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SUMMIT AVENUE



GRAND AVENUE



**CHESTNUT
RIDGE
ROAD**

85



ON

EXIT 172



OFF