

DIRECTIONS FROM ROUTES 80 AND 46:

Take Route 23 North approximately four miles and follow signs for 202 North towards Pompton Lakes. 202 North in this area is also called Black Oak Ridge Road. Take Black Oak Ridge Road to the end, which is Hamburg Turnpike. Turn left and proceed just past the second traffic light (which is 1.5 miles) and bear right at the fork (at the bell) onto Wanaque Avenue.

In 3/10^{ths} of a mile (at the 4th right) turn right where the sign says “Municipal Parking”, which used to say Babcock Place. Then go to the stop sign, turn left and we are the tan 3 story stucco building on the left.

FROM PARKWAY:

From the Garden State Parkway, exit at 153B to Route 3 West to Route 46 West. Follow directions from Routes 80 and 46 above.

TRAVELING SOUTH ON ROUTE 23 FROM KINNELON/WEST MILFORD AREA:

Take 287 North, then exit immediately at exit 53 and follow directions below.

DIRECTIONS FROM 287:

Take 287 to exit 53 Bloomingdale/Pompton Lakes, at end of ramp turn right at traffic light (onto Hamburg Turnpike). Go straight, after 7/10^{ths} of a mile get into left turn only lane and turn left, at the bell, onto Wanaque Avenue.

In 3/10^{ths} of a mile (at the 4th right) turn right where the sign says “Municipal Parking”, which used to say Babcock Place. Then go to the stop sign, turn left and we are the tan 3 story stucco building on the left.

PARKING AND BUILDING ACCESS:

There are designated parking spaces for patients of Wayne Physical Therapy & Spine Center, which include handicapped spots. Directly under the building are 3 spots, 2 of which are handicapped; all are ramp accessible. There are 7 additional spots in the green reserved parking area closest to the building which is for our patients. You may also park in any of the green lined 2 hour parking spaces if you prefer which are for the general public and are for up to 2 hours of parking. When you access the building please take the elevator to the 3rd floor.