



Directions to Spine Wave

From South (New York City) – 71 miles, 1 hr 35 min

Take the **Hutchinson Parkway** until it becomes the **Merritt Parkway, CT-15 N**
Continue on Merritt Parkway to **Exit 52, Rte 8 N**
Merge onto Rte 8 N and continue to **Exit 12, Old Stratford Road**
At the end of the exit (at light), turn left on **Old Stratford Road**
Continue through two traffic lights to **Commerce Drive** (up a slight hill)
Take your second left onto **Enterprise Drive**
Go up the hill to the second building on your left (Three Enterprise Drive)
Enter through the main entrance and Suite 210 is to the left of the elevator

From Bradley International Airport (Hartford) – 63 Miles, 1 hr 13 min

Take **CT-20 E**
Merge onto **I-91 S** toward Hartford
Merge onto the **Merritt Parkway, CT-15 S**, via **Exit 17**
Continue on Merritt Parkway to **Exit 52, Rte 8 N**
Merge onto Rte 8 N and continue to **Exit 12, Old Stratford Road**
At the end of the exit (at light), turn left on **Old Stratford Road**
Continue through two traffic lights to **Commerce Drive** (up a slight hill)
Take your second left onto **Enterprise Drive**
Go up the hill to the second building on your left (Three Enterprise Drive)
Enter through the main entrance and Suite 210 is to the left of the elevator

From North (Boston) – 148 miles, 2 hrs 37 min

Take **I-95 S**
Take the Milford Parkway exit toward the **Merritt Parkway, CT-15 S**, via **Exit 38**
Stay in your left lane to take the **Merritt Parkway, CT-15 S**, toward New York City
Continue on Merritt Parkway to **Exit 52, Rte 8 N**
Merge onto Rte 8 N and continue to **Exit 12, Old Stratford Road**
At the end of the exit (at light), turn left on **Old Stratford Road**
Continue through two traffic lights to **Commerce Drive** (up a slight hill)
Take your second left onto **Enterprise Drive**
Go up the hill to the second building on your left (Three Enterprise Drive)
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