

Directions to 1 Pine West Plaza

From the South, and West. Find your way to I-90 Merge onto I-90 Towards Albany, then take Exit 2 for Washington Ave towards U Albany, Take a right onto Washington Ave follow for 2.6 miles, this road becomes Washington Ave Extension. At the traffic light, just past Treviso, the Italian American Community Center and the large illuminated sign, you will turn right onto Columbia Circle Dr. You will see the sign for Pine West Plaza, follow road straight ahead and follow signs for building 1, you will pass one speed bump, then turn right to continue to building 1. After passing over a 2nd speed bump parking for Building 1 will be on the left. Follow signs for Bodywork for Wellness. Once inside the building suite 111 will be on your left.

From the East: Take I-90 West to Exit 2 Fuller Road towards U Albany. At the end of the ramp enter the traffic circle and take the 3rd Exit onto Fuller Road. Go .1 mile, at the next traffic circle take the 1st exit/ramp for Washington Avenue East. Merge onto Washington Ave, which becomes Washington Ave Extension. Drive for 2.1 miles, at the traffic light just past Treviso and Italian American Community Center and the large illuminated sign, You will turn right onto Columbia Circle Dr. Straight ahead will be the sign for Pine West Plaza. Follow road around the back of the complex following signs for building 1. You will pass one speed bump and then turn right to continue to building 1. After passing over a 2nd speed bump the parking for Building 1 will be on the left. Follow signs for Bodywork for Wellness. Once inside the building suite 111 will be on your left.

From the North: Take I-87 South, then take the exit for Crossgates Mall (Exit 1D). Bear to right at the light at the end the ramp onto Crossgates mall road. At the first traffic light turn right onto Access road. Take the 1st left for Washington Avenue Extension ramp. Drive for 1.4 miles, at the traffic light, just past Treviso and Italian American Community Center and the large illuminated sign, You will turn right onto Columbia Circle Dr. Straight ahead will be the sign for Pine West Plaza. Follow road around the back of the complex following signs for building 1. You will pass one speed bump and then turn right to continue to building 1. After passing over a 2nd speed bump the parking for Building 1 will be on the left. Follow signs for Bodywork for Wellness. Once inside the building suite 111 will be on your left.

From 155 East or West. Turn onto Washington Ave Extension, at the 1st traffic light turn left onto Columbia Circle Drive. Straight ahead will be the sign for Pine West Plaza. Follow road around the back of the complex following signs for building 1. You will pass one speed bump and then turn right to continue to Building 1. After passing over a 2nd speed bump the parking for building 1 will be on the left. Follow signs for Bodywork for Wellness. Once inside the building suite 111 will be on your left.