

## **DIRECTIONS TO:**

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Registered Dietitian+Nutritionist+Certified Diabetes Educator

### **Bridgehampton office**

2228 Montauk Highway, Suite 1, Bridgehampton, NY 11932

Phone: 631-324-1953

#### **From East Hampton:**

The most direct way is via Montauk Highway to Bridgehampton but is prone to traffic.

##### *The back roads with less traffic:*

Head north on Sag Harbor Turnpike/Route 114 into Sag Harbor. Make a left at Jermain Avenue and follow Jermain Avenue crossing Madison Street while staying on Jermain Avenue to Main Street. At Main Street make a left turn (Mashashimuet Park will be on the left and Otter Pond on your right). Continue on Main Street, make a right onto Scuttle Hole Road. Make a left turn onto Butter Lane continuing to Montauk Highway (at the traffic light). Immediately before the traffic light at Montauk Highway make a right turn into the parking lot of 2228 Montauk Highway. Suite 1 is the most western door in the front.

#### **From Sag Harbor:**

From Sag Harbor head south on Main Street. Make a right turn onto Scuttle Hole Road. Make a left turn on Butter Lane continuing to Montauk Highway (at the traffic light). Immediately before the traffic light at Montauk Highway make a right turn into the parking lot of 2228 Montauk Highway. Suite 1 is the most western door in the front.

#### **From Southampton and west of Southampton:**

##### *The easiest and most direct way but prone to heavy traffic, so allow extra time:*

Take Sunrise Highway Route 27 East, which becomes County Road 39A East. Continue on County Road 39A and then continue on Montauk Highway/Route 27 East towards Montauk. Pass through the town of Water Mill. You will pass Bridgehampton Commons and Bridgehampton National Bank on the left. When you pass Citarella's on the right, at the next traffic light on Butter Lane make a left turn and then an immediate left turn into the parking lot of 2228 Montauk Highway. Suite 1 is the most western door in the front.

##### *The back roads with less traffic:*

Take Sunrise Highway Route 27 East which becomes County Road 39A East. At the 3<sup>rd</sup> traffic light (furniture center on the left) make a left turn onto Sandy Hollow Road/Route 52 North (the sign to Sag Harbor). At the next traffic light make a left onto North Sea Road/Route 38 North. Make a right turn onto North Sea Mecox Road. Follow North Sea Mecox Road to a left turn on Seven Ponds Road. At the stop sign make a left turn onto Lower Seven Ponds Road (it's the road in the middle of the 3 roads). Take Lower Seven Ponds Road to the end. Make a left at the stop sign for Head of Pond Road. Take Head of Pond Road to the end. Make a left onto Deerfield Road and then stay right/make a right turn to continue on Head of Pond Road. At the end of Head of Pond Road make a left onto Scuttle Hole Road. Continue straight through the traffic circle to stay on Scuttle Hole Road. After the traffic circle take the second right turn onto Butter Lane to Montauk Highway (at the traffic light). Immediately before the traffic light at Montauk Highway make a right turn into the parking lot of 2228 Montauk Highway. Suite 1 is the most western door in the front.