

Focus Pointe NYC
333 Seventh Avenue, 3rd Floor
(between 28th & 29th Streets)
New York, NY 10001
Telephone - 212.682.0220
Fax - 212.682.0214
fpstaff-nyc@focuspointeglobal.com

Focus Pointe New York Directions

*If you have any questions about these directions, please call **212.682.0220***

Focus Pointe New York is located at 333 Seventh Avenue (between 28th & 29th Streets), and is an easy walk from Grand Central Terminal, Penn Station and the Long Island Railroad.

[Google Maps Link](#)

From LaGuardia National Airport

- Via I-278 W
- Get on Grand Central Pkwy from LaGuardia Access Rd
- Head east on LaGuardia Rd toward Central Terminal Dr
- Use the right lane to take the ramp onto LaGuardia Access Rd
- Use the left lane to merge onto Grand Central Pkwy via the ramp to Triboro Bridge W
- Continue on Grand Central Pkwy. Take Brooklyn Queens Expy E, I-278 W, I-495 W and Queens Midtown Tunnel to E 35th St in Manhattan. Take the exit toward Downtown from I-495 W
- Merge onto Grand Central Pkwy
- Use the right 2 lanes to take exit 4 for Interstate 278 W/Brooklyn-Queens Expressway W toward Staten Island
- Continue onto Brooklyn Queens Expy E
- Continue onto I-278 W/Brooklyn Queens Expy E
- Take exit 35 for I-495/L.I. Expy toward Midtown Tun/Eastern L.I./Greenpoint Ave
- Keep left to continue on Exit 35W, follow signs for Interstate 495 W/Midtown Tun/Manhattan and merge onto I-495 W
- Continue onto Queens Midtown Tunnel
- Continue onto I-495 W/Queens Midtown Tunnel
- Use the left lane to take the exit toward Downtown
- Take Lexington Ave and E 29th St to 7th Ave
- Turn right onto E 35th St
- Turn left at the 2nd cross street onto Lexington Ave
- Turn right onto E 29th St
- Parts of this road may be closed at certain times or days
- Turn left onto 7th Ave; Focus Pointe will be on the left

From Kennedy Airport International

- Via I-495 W
- Get on I-678 N from 130th Pl and Bergen Rd
- Head south on I-678 S
- Take exit B toward 130th Pl
- Keep right at the fork and merge onto 130th Pl
- Turn right onto Bergen Rd
- At Federal Cir, take the 5th exit onto the I-678 N ramp
- Take Exit 2 to Van Wyck Expy. Take exit 2 from I-678 N

- Merge onto I-678 N
- Take exit 2 toward Rockaway Blvd
- Get on I-678 N
- Merge onto Van Wyck Expy
- Slight left onto the Route 678 ramp.
- Continue on I-678 N. Take Grand Central Pkwy, I-495 W and Queens Midtown Tunnel to E 35th St in Manhattan. Take the exit toward Downtown from I-495 W
- Merge onto I-678 N (signs for Route 678)
- Use the left 2 lanes to take exit 10 to merge onto Grand Central Pkwy toward La Guardia Airport/RF Bridge
- Take exit 10E-10W for Long Island Expressway/Interstate 495 toward Eastern Long Island/Manhattan
- Keep left at the fork, follow signs for Grand Central Pkwy
- Keep right at the fork to continue on Exit 10W, follow signs for I-495 W/Midtown Tun/Manhattan
- Keep left, follow signs for I-495 W/Midtown Tun and merge onto I-495 W
- Continue onto Queens Midtown Tunnel
- Continue onto I-495 W/Queens Midtown Tunnel
- Use the left lane to take the exit toward Downtown
- Continue on E 35th St. Take E 33rd St, 5th Ave and W 29th St to 7th Ave
- Turn right onto E 35th St
- Turn left at the 3rd cross street onto Park Ave.
- Turn right onto E 33rd St
- Pass by 7-Eleven (on the right)
- Turn left before Woori America Bank
- Turn right onto W 29th St
- Turn left onto 7th Ave; Focus Pointe will be on the left

From Newark International Airport

- Via I-95 N
- Get on I-78 Express E/Phillipsburg–Newark Expy
- Head southwest on Newark International Airport St
- Keep left at the fork to continue toward I-78 Express E/Phillipsburg–Newark Expy
- Keep right at the fork, follow signs for Holland Tunnel/New York City and merge onto I-78 Express E/Phillipsburg–Newark Expy
- Take I-95 N/NJ Turnpike N, NJ-495 E and Lincoln Tunnel to Dyer Ave in Manhattan, New York
- Merge onto I-78 Express E/Phillipsburg–Newark Expy
- I-78 Express E/Phillipsburg–Newark Expy turns left and becomes I-78 E/Phillipsburg–Newark Expy
- Take the exit toward Interstate 95 N/Interstate 95 S/NJ Turpike N/NJ Turnpike S
- Keep left at the fork, follow signs for Interstate 95 N and merge onto I-95 N/NJ Turnpike N
- Take exit 16E toward Lincoln Tunnel
- Continue onto NJ-495 E
- Use the left lanes to take the Lincoln Tunnel exit
- Continue onto Lincoln Tunnel
- Entering New York
- Continue onto NY-495
- Take W 30th St to 7th Ave
- NY-495 turns slightly left and becomes Dyer Ave
- Merge onto W 30th St
- Turn right onto 7th Ave; Focus Pointe will be on the left

Parking

Continental Garage Parking
Tower 111 Garage Parking NYC
107 W 31st Street
Between 6th and 7th Ave
New York, NY 10001
800.836.6666

[Website](#)

The Eventi Hotel
839 6th Ave
Between 6th and 7th Ave
New York, NY 10001
212.564.7948

[Website](#)

NYC Parking 220 Madison Garage Corp.
16 E 37th St
Between Madison and 5th Ave
New York, NY 10016
646.998.7567

[Website](#)

Focus Pointe New York Taxi/Car Services

Car Service

Our recommended car service company is Dial 7.

www.dial7.com

212.777.7777

Focus Pointe New York Walking Directions

From Penn Station

- Head southwest on 7th Ave/Fashion Ave toward W 32nd St

From Grand Central

- Head northwest on E 41st St toward Pershing Square
- Turn left onto 5th Ave
- Turn right onto W 40th St
- Turn left onto 7th Ave/Fashion Ave
- Continue to follow 7th Ave