

Directions to Togus from the North:

From I-95, take Exit 109A. As you come off the exit ramp, bear right, following signs for Rt. 17 EAST.

Follow Western Avenue (commercial area) approximately 2 miles, until you come to a rotary. Exit half way around the rotary, and cross over Memorial Bridge (continuing to follow signs for Rt. 17 EAST toward Rockland). As you get to the end of the bridge, stay in the far right lane and bear right just before the second rotary (the "Flatiron Building & Hannaford Grocery will be on your left). Follow this street for approximately ¼ mile to a traffic light. Turn left at the light (still remaining on Rt. 17), and follow this road 5-6 miles to the entrance of Togus on your right.

As you enter the Togus campus, look for the main hospital building (tallest building). Building 210 and the theater are located just to the left of the main hospital entrance.

Directions to VA Hospital from the South on I-295

Take exit 49 to Gardiner. Exit right onto Route 201. Travel 5-6 miles into the city of Gardiner. There will be a park in front and slightly to your right.

Continue to follow Route 201 and bear left, down the hill. Key Bank will be on your left. Travel through the intersection and up a hill. McDonalds will be on your left.

Travel through the intersection (Route 201 goes left. You go straight through and onto the bridge.) and across the bridge.

At the end of the bridge make a right turn. About 100 yards from the turn make a left turn onto Route # 226.

Travel 4-5 miles. The entrance to Togus will be on the left.

As you enter the Togus campus, look for the main hospital building (tallest building). Building 210 and the theater are located just to the left of the main hospital entrance.