

COMING FROM MANCHESTER / CONCORD – ROUTE 101 EAST

- Follow Route 101 East towards Portsmouth / Seacoast / Maine
- Take Route 95 Exit (this exit does not have an exit number, but is AFTER exit 12)
- Proceed through Toll Booth (\$.75) and remain in left lane towards 95 North – Maine / Portsmouth NH
- Take Exit 3 - Greenland.
- **\*\*** At the end of exit you will come to a set of lights, take right
- Immediately get into left lane and take left at light onto Borthwick Ave. (You'll see the blue hospital "H" sign)
- Bear right at stop sign to continue on Borthwick Avenue
- 155 Borthwick is the 2<sup>nd</sup> building on the left (Highliner Foods will be the first building on your left)
- We are located on the 2<sup>nd</sup> floor. Take a left out of the elevator to enter our office.

COMING FROM 95 SOUTH (MASSACHUSETTS POINTS)

- Take 95 North.
- Take Exit 3 - Greenland.
- \*\*** Follow directions at this point above from Manchester / Concord

COMING FROM 95 NORTH (MAINE POINTS)

- Follow 95 South to New Hampshire
- Take Exit 5 Portsmouth/Newington / Portsmouth Traffic Circle.
- Stay in the right lane and exit immediately (Portsmouth).
- Move all the way over to the left lane and enter the Portsmouth Traffic Circle.
- **\*\*\*** Exit directly across from where you entered- Route 1 South.
- Go straight through the first light.
- At the second light take a right onto Borthwick Ave.
- 155 Borthwick Avenue is the 2<sup>nd</sup> building after Portsmouth Regional Hospital. We are located between Liberty Mutual and Highliner Foods.
- We are on the 2<sup>nd</sup> floor of the building. Take a left off the elevator to enter our office.

COMING FROM THE SPAULDING TURNPIKE (ROUTE 16)

- Take 16 South until the highway forks.
- Take the left branch 95N, Route 1, Portsmouth
- Stay in the left lane and enter the Portsmouth Traffic Circle.
- \*\*\*** Follow from this point above coming from 95 North (Maine points)

COMING FROM ROUTE 1 SOUTH

- Take Route 1 North passing Water Country and Yoken's (formerly).
- Bear left heading towards the Portsmouth traffic circle after passing Lafayette Plaza on the right (you will see Fresh City, Planet Fitness & Margaritas). You will travel beneath an over-pass.
- At the second light (after passing Lafayette Plaza) turn left onto Borthwick Ave heading in the direction of Portsmouth Regional Hospital (you will see a blue "H" hospital sign). If you end up in the traffic circle, you've gone too far.
- 155 Borthwick Avenue is the 2<sup>nd</sup> building after Portsmouth Regional Hospital. We are located between Liberty Mutual and Highliner Foods. We are on the 2<sup>nd</sup> floor of the building. Take a left off the elevator to enter our office.