

Upon Entering Crown Colony Office Park:

- Follow Crown Colony drive to the end passing the Arbella and Harvard Pilgrim Health Care buildings. Our practice is located at **1690 Crown Colony Drive** and will be on your left-hand side just beyond **the Bank of America ATM**. Please use the circle at the end of the street in order to reverse direction to be able to pull directly into our parking lot. Ample parking available at no charge.

From Boston/Points North via Route 93 South:

- Bear left at **Route 93/Route 3** split towards **Route 3 South**. Take **Exit 18, Quincy T/Washington Street**. The ramp forks, bear left toward **T and Quincy Center**. Follow this road to the traffic light, take a left at Centre Street, and immediately take a slight left-hand turn into **Crown Colony Office Park**.

From South Shore on Route 3 North:

- From Route 3 North, take Exit 19, **Quincy Center/MBTA Station**. Follow this road to the traffic light, take a left at Centre Street, and immediately take a slight left-hand turn into **Crown Colony Office Park**.

From Route 128 South:

- At **Route 93/Route 3** split, follow **Route 3**. Take **Exit 18, Quincy Center/Washington Street/MBTA Station**. The ramp forks, bear left toward T and Quincy Center. Follow this road to the traffic light, take a left at Centre Street, and immediately take a slight left-hand turn into **Crown Colony Office Park**.

Via Public Transportation

- **Subway:** Board the **Red line** train towards **Braintree (from the North)** or **Alewife (from the South)** to **QUINCY ADAMS STATION**. Take a left onto Thomas E. Burgin Pkwy, right on Centre St, left on Crown Colony Drive, then continue on Crown Colony Drive for 10-15 minutes and the practice is on the left (please note shuttle availability below).
- **Shuttle:** There is a shuttle bus service available that runs from the **Quincy Adams T Station** throughout the **Crown Colony Office Park** and will drop off directly in front of 1690 Crown Colony Drive. Hours of operations are Monday - Friday 6:00am -9:45am and from 3:00pm -7:00pm. The last shuttle leaves the MBTA station around 9:15am in the morning and the last evening shuttle leaves the MBTA station around 6:30pm.
- **Bus:** #238 stops on Centre St & Crown Colony Drive

