

Directions to SUNY Upstate Medical University

By Automobile

- From Long Island and New York City (about 5 hours) — Take the New York State Thruway North and exit at Harriman. From Harriman, take Route 17 West to Binghamton. At Binghamton, you will see the interchange for Interstate 81 North to Syracuse.
- From the Albany Area (about 3 hours)—Take the New York State Thruway West to Syracuse. Exit off the Thruway onto Interstate 81 South, exit 36.
- From the Buffalo Area (about 3 hours)—Take the New York State Thruway East to Syracuse. Exit off the Thruway onto Interstate 81 South, exit 36.

Exits off Interstate 81

Going South on Interstate 81:

On Interstate 81 South (from the NYS Thruway), follow the Interstate 81 signs toward Cortland and exit off the ramp for East Adams Street (exit 18). As you approach the Adams Street exit ramp, you should proceed slowly due to merging traffic. Once you are on the Adams Street exit ramp, bear left and onto the road which is directly under Interstate 81. Move into the far left hand lane. At the second traffic light, turn onto East Adams Street and move into the left hand lane. Proceed one half block. The Visitor's Parking Lot is on your left. University Hospital will be directly across the street on your right. Just follow the Visitor Parking signs.

Going North on Interstate 81:

On Interstate 81 North, follow the signs to Syracuse and exit off the ramp for Adams Street (exit 18). At the base of the off ramp make a right hand turn onto East Adams Street and stay in the left hand lane. Proceed one half block. The Visitor's Parking Lot is on your left. University Hospital will be directly across the street on your right. Just follow the Visitor Parking Signs.

Directions to the Oncenter Complex

800 South State Street • Syracuse, NY 13202
(315) 435-8000 (Reception) • (315) 435-2121 (Oncenter Box Office)

From the NYS Thruway (I-90)

Exit 36, Rt. 81 South to Syracuse. Harrison Street Exit 18, right on Harrison, two blocks, left on State Street, left into the Oncenter Complex Parking Garage.

From the North

Rt. 81 South to Harrison Street Exit 18, right on Harrison, two blocks, left on State Street, left into the Oncenter Complex Parking Garage.

From the South

Rt. 81 North to Adams/Harrison Street Exit 18. Straight one block, left on Harrison, two blocks, left on State Street, left into the Oncenter Complex Parking Garage.

From the East and West

690 East or West, West Street Exit, follow West Street, 5th light left on Shonnard Street which turns into East Adams. Follow East Adams, 7th light turn left onto South State Street, right into the Oncenter Complex Parking Garage.

Oncenter Complex Parking Information

We encourage visitors to use our 1,000-car parking garage with an enclosed walkway to the Convention Center. The garage is located on the corner of South State Street and Adams Street.

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