



**ORTHOPEDIC ASSOCIATES OF HARTFORD, PC**

Glastonbury, Farmington, Hartford, Rocky Hill, Enfield

Tel: (860) 549-3210 • Fax: (860) 247-3803

New Britain, Newington

Tel: (860) 223-8553 • Fax: (860) 223-7273

[www.oahct.com](http://www.oahct.com)

**Directions to the Bone & Joint Institute**

**Address for GPS:** 31 Seymour Street, Suite 100 (First Floor), Hartford, CT 06106

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**Coming from the west on I-84:**

Take I-84 East to Hartford. Take the "Capitol Avenue" exit 48B. At the end of the exit ramp turn left onto Capitol Avenue. Turn right at the second traffic light onto Washington Street; continue south about 1 mile to Retreat Avenue. Turn left onto Retreat Avenue. At the traffic light, turn left onto Seymour Street. The parking lot entrance will be on your left.

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**Coming from the east on I-84:**

Take I-84 West to Hartford. Take the "Downtown Hartford" Exit 54 (a left-hand exit) over the Founders Bridge. At the bottom of the bridge, turn left onto Columbus Boulevard; travel past the Convention Center and across the Columbus Boulevard Bridge. Continue through five (5) traffic lights (Columbus Blvd. will curve west and uphill, becoming Wyllis St.). At the fifth traffic light, take a left onto Maple Avenue, followed by an immediate right onto Retreat Avenue. At the traffic light, turn right onto Seymour Street. The parking lot entrance will be on your left.

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**Coming from the south on I-91:**

Take I-91 North to Hartford. Follow the "Capitol Area" signs to exit 29A (a left-hand exit). Move immediately to the right lane and take the first exit (Columbus Boulevard/Convention Center). Turn left at the end of the exit. Continue through five (5) traffic lights (Columbus Blvd. will curve west and uphill, becoming Wyllis St.). At the fifth traffic light, take a left onto Maple Avenue, followed by an immediate right onto Retreat Avenue. At the traffic light, turn right onto Seymour Street. The parking lot entrance will be on your left.

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**Coming from the north on I-91:**

Take I-91 South to Hartford. Take the "Capitol Area" exit 29A. Keeping in the right lane, take the first exit (Columbus Boulevard/Convention Center). Turn left at the end of the exit. Continue through five (5) traffic lights (Columbus Blvd. will curve west and uphill, becoming Wyllis St.). At the fifth traffic light, take a left onto Maple Avenue, followed by an immediate right onto Retreat Avenue. At the traffic light, turn right onto Seymour Street. The parking lot entrance will be on your left.

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**Coming from Route 2 (Norwich Area):**

Follow Route 2 West to exit 5D onto route 3 South; cross over the Putman Bridge; take the exit on the right for I-91 North; follow the instructions above "Coming from the south on I-91".

*Please note:* The Route 2 "Downtown Hartford" exit onto the Founders Bridge is currently closed for construction.