



To Rodale's Headquarters in Emmaus, PA

33 East Minor Street
Emmaus, PA 18098
Tel: 610-967-7636

From Lehigh Valley International Airport:

- From Airport Road, take Route 22 West to Route 309 South.
- Follow Route 309 South to 1-78 East.
- Take Exit 57 at Lehigh Street and turn right toward Emmaus onto Lehigh Street.
- From the exit, travel 1.7 miles.
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- **Lehigh Street** becomes State Road. State Road becomes E Main Street.
- Turn left onto Kline's Lane.
- Main Building is on the right after crossing the railroad tracks.



From New York and New England:

- Take New Jersey Turnpike South to Exit 14 (Newark Airport) to 1-78 West into Pennsylvania.
- Take Exit 57 at Lehigh Street and turn left toward Emmaus.
- From the exit, travel 1.9 miles.
- Follow the directions from **Lehigh Street** as shown in the directions from Lehigh Valley International Airport.

From Philadelphia and South Jersey:

- Take PA Turnpike to Northeast Extension (Route 476).
- Follow 476 North to the Lehigh Valley/Allentown Exit 56.
- After the tollbooth, bear right for Route 22 East.
- Take the first exit for Route 309 South/78 East.
- Take Exit 57 at Lehigh Street and turn right toward Emmaus.
- From the exit, travel 1.7 miles.
- Follow the directions from **Lehigh Street** as shown in the directions from Lehigh Valley International Airport.

From Washington, D.C. and South:

- Take 1-95 North into Pennsylvania.
- Approaching Philadelphia, take Route 476 North to the Pennsylvania Turnpike, Northeast Extension.
- Follow Route 476 North to Lehigh Valley/Allentown Exit 56.
- After the tollbooth, bear right for Route 22 East.
- Take the first exit for Route 309 South/78 East.
- Take Exit 57 at Lehigh Street and turn right toward Emmaus.
- From the exit, travel 1.7 miles.
- Follow the directions from **Lehigh Street** as shown in the directions from Lehigh Valley International Airport.

From Pittsburgh and West:

- Take Pennsylvania Turnpike to Carlisle Exit 226.
- Follow Route I-81 North through Harrisburg.
- Merge onto Route I-78 East.
- Follow I-78 East/Route 309 South toward Allentown.
- Exit at Lehigh Street Exit 57 and turn right toward Emmaus.
- From the exit, travel 1.7 miles.
- Follow the directions from **Lehigh Street** as shown in the directions from Lehigh Valley International Airport.

From Scranton/Wilkes-Barre and North:

- Take 1-81 South to Northeast Extension of PA Turnpike Route 476 South.
- Follow 476 South to the Lehigh Valley/Allentown Exit 56.
- After the tollbooth, bear right for Route 22 East.
- Take the first exit for Route 309 South/78 East.
- Take Exit 57 at Lehigh Street and turn right toward Emmaus.
- From the exit, travel 1.7 miles.
- Follow the directions from **Lehigh Street** as shown in the directions from Lehigh Valley International Airport.

To the South Mountain Center

400 South Tenth Street
Emmaus, PA 18098
Tel: 610-967-5171

- Follow directions above from all points to Lehigh Street Exit 57.
- From the exit, travel 2.9 miles through Emmaus to the traffic light at South Tenth Street.
- There is a Pizza Hut on the corner. Turn left onto South Tenth Street.
- Go straight at the 4-way stop sign.
- Take the second driveway on the right to the visitor parking lot and main entrance.