Driving Directions

From the North (Glens Falls/Plattsburgh/Lake Placid): Take I-87 (the Northway) South into the Capital District. Take Exit 1E and merge onto I-90 East. Continue on I-90 East for 6.2 miles; then take the exit for Route 787 South (Albany/Rensselaer). Proceed 1.6 miles on Route 787 South; then take Exit 3A (Route 9/Route 20 Rensselaer/Empire Plaza). Take the right lane and follow the sign marked “Empire Plaza.” Once you have entered the tunnel beneath the Plaza, turn right into the Visitor Parking Lot (V-Lot).

From the East (Rensselaer County): Take I-90, Route 2, or Route 7 to Route 787 South. Take Route 787 South to Exit 3A (Route 9/Route 20 Rensselaer/Empire Plaza). Take the right lane and follow the sign marked “Empire Plaza.” Once you have entered the tunnel beneath the Plaza, turn right into the Visitor Parking Lot (V-Lot).

From the South (Hudson Valley/New York City/Long Island): Take the New York State Thruway (I-87) north to Exit 23 (Albany/Troy). Proceed onto I-787 North for less than one mile; then take Exit 3 (South 9/East 20 Rensselaer/Empire Plaza). Bear right and follow the sign marked “Empire Plaza.” Once you have entered the tunnel beneath the Plaza, turn right into the Visitor Parking Lot (V-Lot).

From the Southwest (Binghamton/Southern Tier): Take I-88 East to I-90 East (Albany), which is the New York State Thruway. Proceed east on the Thruway for 9.7 miles; then take Exit 24 (North 87/East 90 Albany/Montreal) to I-90 East (Albany/Boston). Continue on I-90 East for 6.1 miles; then take the exit for Route 787 South (Albany/Rensselaer). Proceed 1.6 miles on Route 787 South; then take Exit 3A (Route 9/Route 20 Rensselaer/Empire Plaza). Take the right lane and follow the sign marked “Empire Plaza.” Once you have entered the tunnel beneath the Plaza, turn right into the Visitor Parking Lot (V-Lot).

From the West (Buffalo/Rochester/Syracuse): Take the New York State Thruway (I-90) east to Exit 24 (North 87/East 90 Albany/Montreal). Take I-90 East (Albany/Boston). Continue on I-90 East for 6.1 miles; then take the exit for Route 787 South (Albany/Rensselaer). Proceed 1.6 miles on Route 787 South; then take Exit 3A (Route 9/Route 20 Rensselaer/Empire Plaza). Take the right lane and follow the sign marked “Empire Plaza.” Once you have entered the tunnel beneath the Plaza, turn right into the Visitor Parking Lot (V-Lot).
Parking Information

New Yorker’s Family Research Foundation will no longer be offering shuttle busing to the Convention Center. NYFRF recommends parking in the garage located beneath the Empire State Plaza in the V-Lot (marked on the reverse side). This parking area is accessible through the I-787 Empire State Plaza exit.

Please note that putting “The Egg” or “Empire State Plaza” into GPS, Google Maps or other mapping systems will not bring you to this parking area. The GPS coordinates for the V-Lot parking area are N 42.650674, W 73.760061.

Visitors are required to show photo identification upon entry and all vehicles are subject to search by the State Police.

Vehicles can expect to pay $10.00 upon entry to the V-Lot. Though the parking garage does take credit card, having exact cash ready will help move this process along more quickly for everybody.

Please plan to arrive before 8:00 AM to find adequate parking.

Additional parking information is available at https://ogs.ny.gov/ESP/Parking.asp.

Once in the V-Lot, take the elevator to the Concourse Level and follow the signs to the Empire State Plaza Convention Center.