



**FEBRUARY 04, 2025**



# STAND · UP · FOR · RECOVERY · DAY

## DIRECTIONS AND PARKING

**PARKING IS PAY ON EXIT AND CASH IS NOT ACCEPTED**

### FROM THE NORTH:

Follow South (Exit 6A)  
Take I-87 South  
(Northway) to I-90  
East (Exit 1E). Take  
I-90 East to 787.  
Take 787 South to Exit  
3A for the Empire  
State Plaza.

### FROM THE SOUTH:

Take I-87 North (NYS  
Thruway) to Exit 23.  
Follow signs for 787  
Northtoward  
downtown Albany.  
Take Exit 3 for the  
Empire State Plaza.

### FROM THE EAST:

Take I-90 West to Exit  
B1. Continue I-90 West  
toward 787 South.  
Take 787 South to Exit  
3A for the Empire  
State Plaza.

### FROM THE WEST:

Take I-90 East (NYS  
Thruway) to Exit 24 for  
Albany. Continue I-90  
East to 787 South (Exit  
6A). Take 787 South to  
Exit 3A for the Empire  
State Plaza.

### PARKING

Office of General Services operates several, pay by the day, visitor parking areas in and around the Empire State Plaza in downtown Albany, NY.

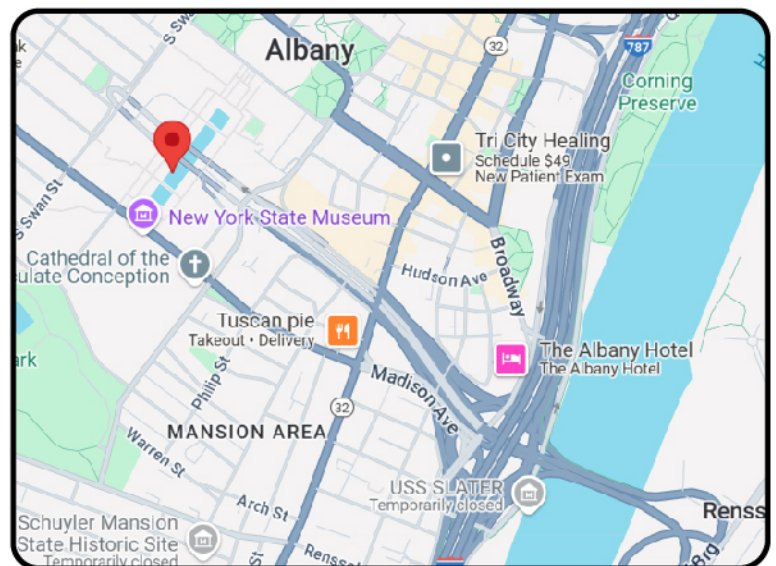
**For more information on parking please visit:**  
<https://empirestateplaza.ny.gov/parking>

### V-LOT PARKING

The Empire State Plaza V-Lot (Visitors Lot) is the primary lot for visitors, located beneath the Empire State Plaza and accessed through I-787 Empire State Plaza exit.

### \$10.00 FLAT FEE

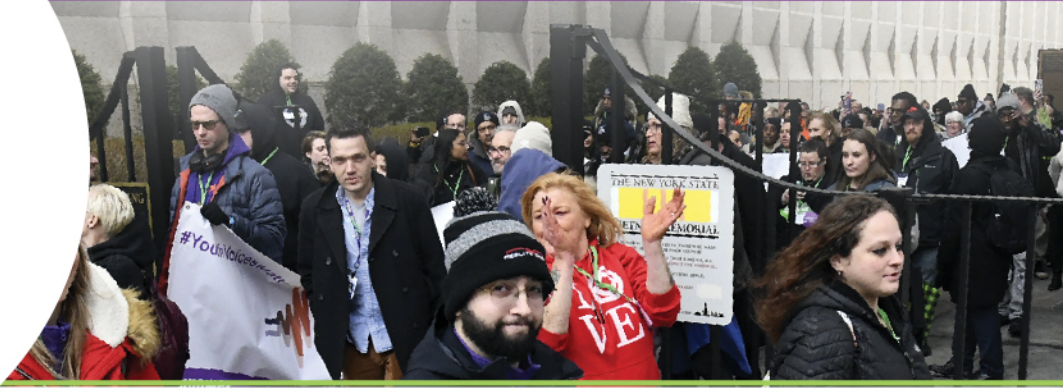
(Cars parked past 3:00 a.m. will be charged for next day parking)  
90 minutes or less, No charge at Exit Gate.



**100 S Mall Arterial, Albany, NY 12242**  
<https://empirestateplaza.ny.gov/directions>



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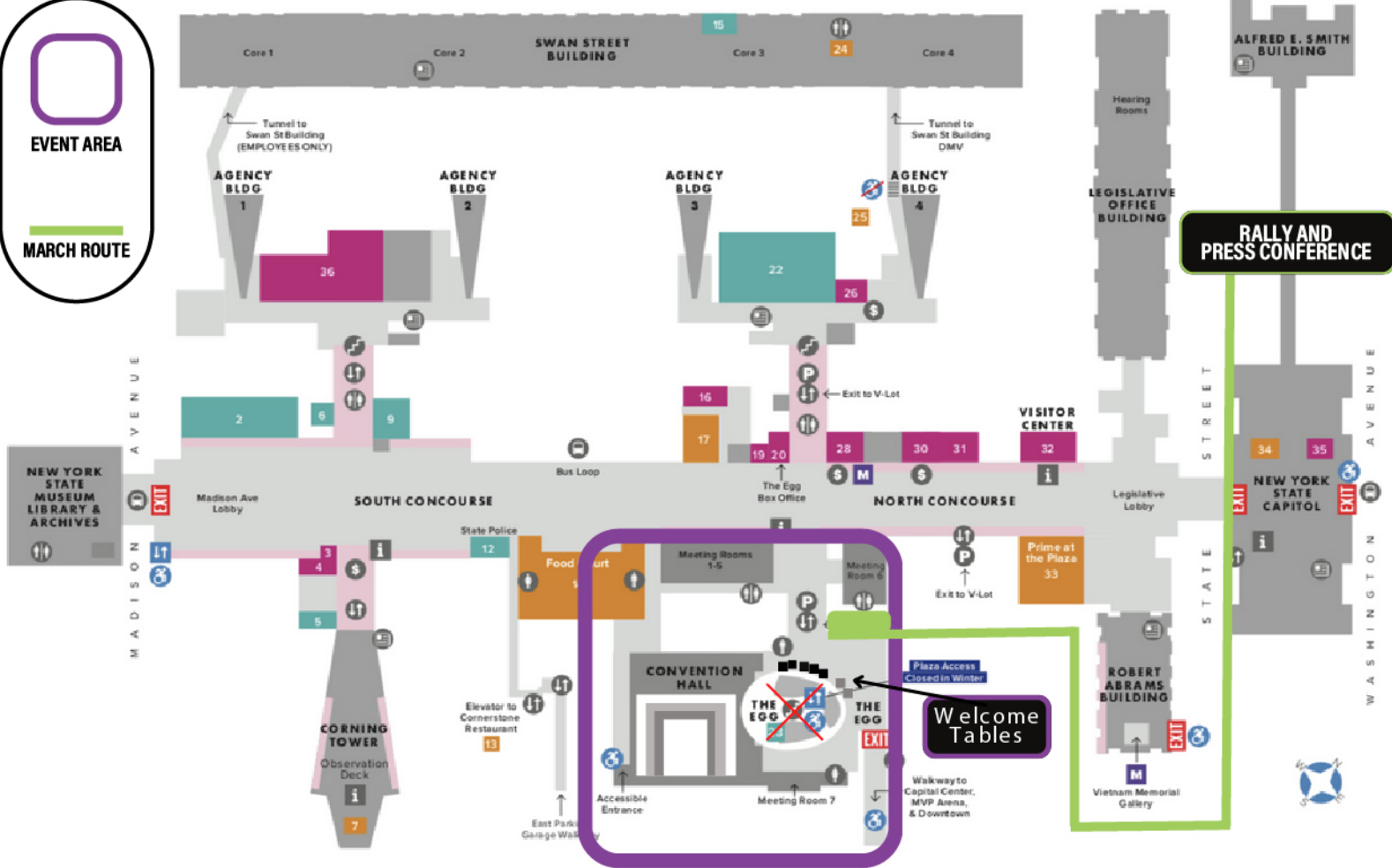


## STAND UP FOR RECOVERY DAY MAP OF EMPIRE PLAZA CONCOURSE LEVEL

**MAP KEY**

**EVENT AREA**

**MARCH ROUTE**



- Map Key**
- Information
  - ATM
  - Exit to Plaza
  - Elevator
  - Elevator to Plaza Level Accessible
  - Parking (use elevators)
  - CDTA Bus Stop
  - Newsstand Convenience Store
  - Memorials  
Martin Luther King, Jr. Memorial  
Vietnam Memorial Gallery
  - Empire State Plaza Art Collection

- Food**
- 7 B-Rads Executive Bistro  
ID or Visitor Pass required
  - 13 Cornerstone at the Plaza  
Plaza Level
  - 14 Food Court  
Au Bon Pain | Auntie Anne's | Bombers  
Honest Weight | Kuma Ani | McDonald's  
PBD Kitchen | Pho Yum
  - 17 Logan's Deli and Market
  - 24 Swan Street Cafeteria  
WV Pizza
  - 25 B-Rad's Express  
Plaza Level
  - 33 Prime at the Plaza Café
  - 34 Dunkin' Donuts

- Services**
- 3 Just Jewelry Repair
  - 4 Post Office
  - 16 American Red Cross
  - 19 Patsy's Barber Shop
  - 20 The Egg Box Office
  - 26 Emblem Health Family Dental
  - 28 KeyBank
  - 30 SEFCU
  - 31 SUNY Administration
  - 32 Visitor Center & Gift Shop
  - 35 Post Office
  - 36 Retro Fitness

- State Offices**
- 2 Media Services Room #146
  - 5 Conference Room #125
  - 6 Parking Management  
Room #144
  - 9 Plaza Operations Room #130
  - 12 NY State Police Room #115-1
  - 15 Department of Motor Vehicles
  - 22 Convention & Cultural Events,  
Curatorial Services Room #120
  - 23 Convention Center Office