

## **Directions to the INNER SAGE HEALING ARTS CENTER (Old Pickle Factory Bldg.) 1 Grove Street, Suite 103, Pittsford, NY 14534**

- If you don't have a GPS we recommend using **Google Maps** instead of MapQuest as it is much more accurate.
- **Grove Street is located off of French Road.** It is also behind the DelMonte Spa.
- **French Road** runs between Route 96 (Main Street/East Avenue in Pittsford) and Monroe Avenue (Near Pittsford Plaza) but continues all the way to Winton Road in Brighton.

### **From North or West**

1. **Take 490 East to Exit 23 (Linden Avenue) (Route 441)**
2. Bear Right off the ramp and make a **Left onto East Avenue (Route 96)**
3. **Follow Route 96 into Pittsford.** You will pass Nazareth College on your right
4. **Turn Right on French Road.** It is at a light next to a cemetery
5. Make your first **Left on Grove Street**
6. You will see The Old Pickle Factory building. **Bear right to the parking lot**
7. The door to the office is off the parking lot on the left of the building nearer to the loading docks.  
**Look for the Inner Sage Healing Arts Center! Please do not enter through the green awning.**

### **From Buffalo or Syracuse**

1. **Take I-90 to Exit 45 (Rochester)**
2. Take 490 West to **Exit 26 (Pittsford/Route 31)**
3. **Turn Right off the ramp (West) onto Pittsford/Palmyra Road (Route 31)**
4. Follow into the village of Pittsford approximately 4 minutes.
5. **Turn Right at the light onto Main Street**
6. Go over the canal bridge and past the "DelMonte Spa"
7. At your second light turn **Left on French Road**
8. Make your first **Left on Grove Street**
9. You will see The Old Pickle Factory building. **Bear right to the parking lot.**
10. The door to the office is off the parking lot on the left of the building nearer to the loading docks.  
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### **Pittsford Village via Washington Road (Route 153) from Fairport and Penfield**

1. Take Route 153 into Pittsford
2. Turn **Right on Main Street**
3. **Left on French Road**
4. **Left on Grove Street**
5. You will see The Old Pickle Factory building. **Bear right to the parking lot.**
6. The door to the office is off the parking lot on the left of the building nearer to the loading docks.  
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### **Pittsford Village via Pittsford/Mendon Rd (Route 64) from Mendon and South**

1. Follow Route 64 into the village of Pittsford
2. Go over the canal bridge and past the “DelMonte Spa”
3. At your second light turn **Left on French Road**
4. Make your first **Left on Grove Street**
5. You will see The Old Pickle Factory building. **Bear right to the parking lot.**
6. The door to the office is off the parking lot on the left of the building nearer to the loading docks.  
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### **From West via Monroe Avenue (Route 31)**

1. Follow Route 31 into Pittsford Plaza/Pittsford Colony area.
2. At the light, turn **Left onto French Road** and take almost to the end
3. Turn **Right on Grove Street** (located close to the end of the street)
4. You will see The Old Pickle Factory building. **Bear right to the parking lot.**
5. The door to the office is off the parking lot on the left of the building nearer to the loading docks.  
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### **From East via Pittsford/Palmyra Road (Route 31)**

1. Follow Route 31 into Pittsford Village
2. **Turn Right at the light onto Main Street**
3. Go over the canal bridge and past the “DelMonte Spa”
4. At your second light turn **Left on French Road**
5. Make your first **Left on Grove Street**
6. You will see The Old Pickle Factory building. **Bear right to the parking lot.**
7. The door to the office is off the parking lot on the left of the building nearer to the loading docks.  
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