



GETTING HERE

Litchfield Connecticut is approximately 90 miles from New York City (driving time: 2-2.5 hours) and approximately 130 miles (2.5-3 hours) from Boston. The most convenient airports are JFK and LGA in NYC or BDL in Hartford, CT.

BY CAR

Directions from NYC:

- From JFK or LGA, make your way to the Whitestone Bridge. After crossing the Whitestone Bridge, join the Hutchinson River Parkway.
- From Manhattan, exit NYC on the JFK (Tri-Borough) Bridge, bear left toward NEW ENGLAND and make your way to the Hutchinson River Parkway North.

Once on the Hutchinson River Parkway, continue as directed below to 174 West Street, Litchfield CT 06759

- Take the Hutchinson River Parkway to the Merritt Parkway and continue on the Merritt to Route #8 North (Exit 52)
- Follow Route #8 N through Waterbury to Route #118 West (Exit 42).
- Left at the end of the exit ramp onto Rte. 118 into Litchfield (about 3 miles)
- As you reach the Litchfield Village Green, Rte. 118 becomes Rte. 202 West
- Continue through the center of Litchfield on Rte. 202 West.
- At the bottom of the hill turn Right into The West Street Yard, a complex of historic red and brown buildings with yellow doors.
- Charym Spa and Charym Integral Health are in the front, Charym Yoga + Fitness is around the back

Directions from BOSTON:

- Make your way to I-90 West (Mass Turnpike)
- Follow I-90 West to I-84 West (Exit 9) toward NYC/Hartford - crossing into Connecticut
- Once through Hartford on I-84, merge onto Rte. 4 West (Farmington Avenue) at Exit 39
- Follow Rte. 4 West until it becomes Rte. 118 West.
- Follow Rte 118 West into Litchfield
- As you reach the Litchfield Village Green, Rte. 118 becomes Rte. 202 West
- Continue through the center of Litchfield on Rte. 202 West.
- At the bottom of the hill turn Right into The West Street Yard, a complex of historic red and brown buildings with yellow doors.
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BY CAR SERVICE

With advance notice, Charym can organize and book car service from anywhere in the NY-Boston corridor. The price will vary based on location. Please contact Charym at 860-567-7795 for quotes and assistance.

BY TRAIN

Charym strongly recommends that guests travel to Litchfield by car. The train and bus services leave much to be desired. This absence of public transportation is a principal reason for Litchfield's continuing character as a beautiful, rural community.

For those that prefer to exit NY or Boston by train, a good option is to combine a train with a rental car:

- From NYC, the best bet is a Metro-North express train from Grand Central to Stamford, CT (44 minutes) and a rental car for a 1 -1/2 hour drive to Litchfield. HERTZ (203) 324-3131 has an office at the Stamford train station.
- From Boston, we suggest an Amtrak train to New Haven (2 -1/2 hours) and then a rental car for a one hour drive. AVIS (203) 624-2161 has an office at the New Haven train station.

With advance notice, Charym will arrange a driven car to collect guests at the train stations.

- From NYC, we suggest the Express Metro-North train from Grand Central to Bridgeport, CT (85 minutes). The drive to Litchfield will require 45 minutes and is presently priced at \$110 one way.
- From Boston, we suggest an Amtrak train to New Haven (2-1/2 hours). The one hour drive from New Haven to Litchfield is presently priced at \$110 one way.

MTA: (800) 638-7646 www.mta.nyc.ny.us/mnr/

AMTRAK: (800) 872-7245 www.amtrak.com