

Directions to York Hospital Facilities

All York Hospital services are located at one of York Hospital's community locations unless otherwise noted. Please follow these directions to reach your destination.

Directions to **YORK HOSPITAL AT LONG SANDS**

127 Long Sands Road, York, ME 03909

- **Diabetes & Endocrinology Associates of YH** 207-351-3733
- **Heart Health Institute** 207-351-3700
- **Pulmonary Associates of YH** 207-351-3715
- **York Hospital Oncology Treatment Center** 207-351-3777

From NH/SOUTH: Take I-95 North to Maine. Take the York Exit #7 (last exit before the toll booth). Bear RIGHT off the ramp. Take a RIGHT at the set of lights to Route One south. Take a LEFT at the next set of lights onto Route 1A. Continue for approximately 1.5 miles. Take a LEFT onto Long Sands Rd. Continue for approximately .5 mile. The Long Sands Plaza shopping area is on the RIGHT. Your destination is located in this plaza.

From WELLS/NORTH: Take I-95 South to the York Exit #7 (first exit after the toll booth). Bear LEFT off the ramp. Take a RIGHT at the set of lights to Route One south. Take a LEFT at the next set of lights onto Route 1A. Continue for approximately 1.5 miles. Take a LEFT onto Long Sands Rd. Continue for approximately .5 mile. The Long Sands Plaza shopping area is on the RIGHT. Your destination is located in this plaza.

From BERWICKS/WEST: Take Route 236 to Route 91. At the end of Route 91, bear LEFT onto Route One North. Go through one set of lights. Turn RIGHT onto Route 1A. Continue for approximately 1.5 miles. Take a LEFT onto Long Sands Rd. Continue for approximately .5 mile. The Long Sands Plaza shopping area is on the RIGHT. Your destination is located in this plaza.