

Directions to **MANHEM CLUB**  
658 Clarence Avenue, Bronx, New York 10465  
(718) 822-8965

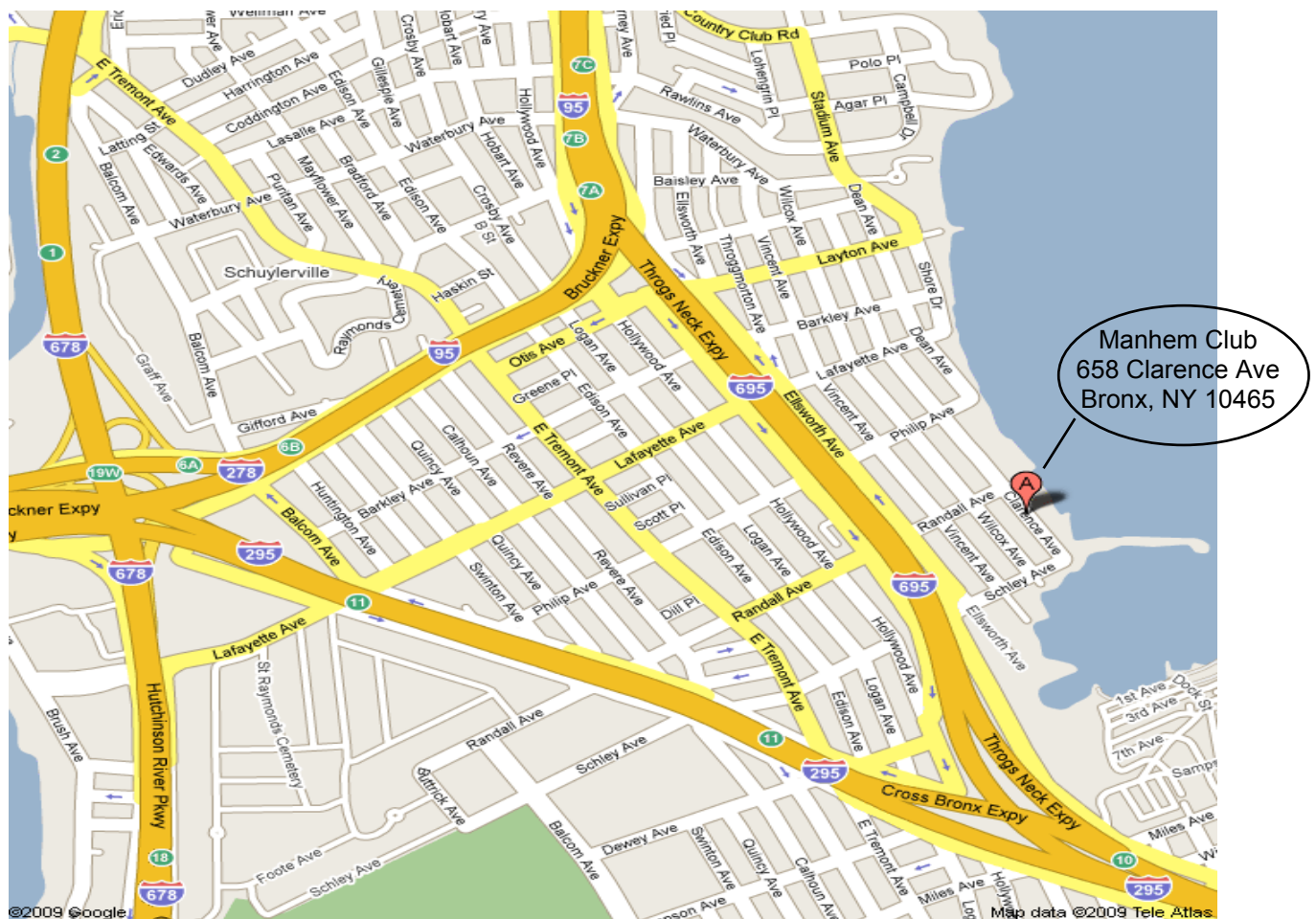
**Throgs Neck Bridge:** - after toll bear right to New England I-95 North, get off at Lafayette Avenue Exit, make right turn at light onto Lafayette Avenue and follow straight down to Clarence Avenue, make right onto Clarence Avenue and Manhem Club is 2 1/2 blocks on your left.

**Bruckner Expressway, Triboro Bridge, Cross Bronx Expressway or G.W. Bridge:** -follow signs to Throgs Neck Bridge, take I-295, get off at Randall Avenue Exit, at traffic light make left turn onto Randall Avenue, make right onto Clarence Avenue (last street before the sound), Manhem Club third building on left.

**Westchester County:** - take Hutchinson River Parkway South into New England Thruway South (I-95), follow signs to Throgs Neck Bridge (keep left), take I-695, get off first exit Randall Avenue, make left at light onto Randall Avenue, make right onto Clarence Avenue (last street before the sound), Manhem Club third building on left.

**New England Thruway:** - going South into New England Thruway South (I-95), follow signs to Throgs Neck Bridge (keep left), take I-695, get off first exit Randall Avenue, make left at light onto Randall Avenue, make right onto Clarence Avenue (last street before the sound), Manhem Club third building on left.

**Whitestone Bridge:** - get off at toll booth, take service road to first light, make right turn onto Lafayette Avenue and follow straight down to Clarence Avenue, make right onto Clarence Avenue and Manhem Club is 2 1/2 blocks on your left.



**THROGS NECK EXPRESS BUS** from Manhattan - Bus Stops are Madison at 23rd, 51st and 3rd Avenue at 86th. Last bus back to Manhattan leaves 1/2 block from Manhem at 10 PM. Cost is \$5.00 each way Metro Card or tokens - **NO CASH**. Call MTA at 718/994-5500 for information.