9:00 AM 0.0 mi Depart Long Island on Local road(s) (South-East) for 0.4 mi
9:01 AM 0.4 mi Bear LEFT (East) onto Hopkins Commons for 98 yds
9:01 AM 0.4 mi Turn RIGHT (South) onto Franklin Commons, then immediately turn RIGHT (South) onto Colonial Woods Dr W for 0.5 mi
9:04 AM 0.9 mi Turn LEFT (East) onto Yaphank Woods Blvd for 0.4 mi
9:05 AM 1.3 mi Turn RIGHT (South) onto CR-46 [William Floyd Pkwy] for 0.5 mi
9:06 AM 1.8 mi Take Ramp (RIGHT) onto Long Island Expwy N for 0.5 mi towards I-495 W / New York
9:07 AM 2.3 mi Take Ramp onto I-495 [Long Island Expwy] for 46.2 mi towards I-495
9:54 AM 48.5 mi At exit 31N-S, turn RIGHT onto Ramp for 0.2 mi towards Cross is Pkwy / Whitestone Br / Kennedy Airport
9:55 AM 48.7 mi Take Ramp (RIGHT) onto Cross Island Pkwy for 3.4 mi towards Cross is Pkwy North / Whitestone Br
9:59 AM 52.1 mi At exit 33, take Ramp (RIGHT) onto I-295 [Throgs Neck Bridge] for 5.0 mi towards I-295 / Throgs Neck Br / Bronx / New England
10:05 AM 57.1 mi Road name changes to I-95 [Cross Bronx Expwy] for 7.3 mi
10:11 AM 63.0 mi Entering New Jersey
10:12 AM 64.4 mi Keep LEFT onto I-95 Express Ln [New Jersey TPke] for 2.5 mi towards I-95 South Expwy / New Jersey Turnpike South / I-80 / Garden State Parkway / Paterson
10:15 AM 66.9 mi At exit 69, take Ramp (LEFT) onto I-80 Express Ln for 4.0 mi towards I-80 / Garden State Parkway / Paterson
10:19 AM 70.9 mi Merge onto I-80 for 19.2 mi
10:39 AM 90.1 mi Take Ramp onto I-80 Express Ln for 1.7 mi towards I-80 West Express
10:40 AM 91.8 mi Road name changes to I-80 for 61.4 mi
11:17 AM 135.5 mi Entering Pennsylvania
11:35 AM 153.1 mi At exit 293, take Ramp (RIGHT) onto I-380 for 27.6 mi towards I-380 / Scranton
12:03 PM 180.8 mi Turn off on Ramp for 0.2 mi
12:04 PM 180.9 mi Keep RIGHT to stay on Ramp for 0.4 mi towards I-81 / US-6 / Binghamton
12:04 PM 181.3 mi Take Ramp onto I-81 for 74.3 mi
12:50 PM 226.7 mi Entering New York
1:16 PM 255.6 mi At exit 8, turn RIGHT onto Ramp for 0.2 mi towards RT-26 / US-11 / RT-79 / RT-206 / Whitney Point / Lisle
1:16 PM 255.7 mi Turn RIGHT (North) onto SR-26 for 0.6 mi
1:17 PM 256.3 mi Turn LEFT (North) onto US-11 [SR-26] for 2.0 mi
1:19 PM 258.2 mi Turn LEFT (South-West) onto Local road(s) for 32 yds
1:19 PM 258.3 mi At US-11, return North-East on Local road(s) for 32 yds
1:19 PM 258.3 mi Turn LEFT (West) onto US-11 [SR-79] for 0.3 mi
1:20 PM 258.6 mi Keep STRAIGHT onto SR-79 [Main St] for 7.5 mi
1:29 PM 266.1 mi At SR-79, stay on SR-79 (West) for 18.8 mi
1:53 PM 284.9 mi Bear RIGHT (North) onto CR-174 [Pine Tree Rd] for 1.0 mi
1:55 PM 285.9 mi Road name changes to Pine Tree Rd for 0.6 mi
1:57 PM 286.5 mi At 4 Way Stop go straight and you will be entering Wilson Lab Parking Lot

At the end you will be at a 4 WAY STOP Go Straight across and you will be entering the Wilson Lab Parking Lot
Driving Directions from Long Island to CHESS
286.5 miles; 4 hours, 57 minutes