

New York State Thruway Interchange/Exit Listing with Mileposts

NY STATE THRUWAY I-87/I-90	
Number	Milepost
BEGIN	New York City Line - Major Deegan Expressway (I-87).....0.00
1	Hall Place - McLean Avenue.....0.48
2	Yonkers Avenue - Raceway (No Southbound Exit)0.92
3	Mile Square Road (No Southbound Exit)1.77
4	Cross County Parkway - Mile Square Road.....2.18
5	White Plains - Central Park Avenue (NY Route 100) (No Southbound Exit)2.70
6	(6 Northbound; 6E & 6W Southbound) Yonkers - Bronxville - Tuckahoe Road4.00
6A	Stew Leonard Drive5.14
7	Ardley - NY Route 9A (No Southbound Exit)7.58
7A	Saw Mill River Parkway - Taconic State Parkway10.33
8	White Plains - Rye - Cross Westchester Expy (I-287)11.31
8A	Elmsford - NY Route 119 - Saw Mill River Pkwy North (No Northbound Exit)11.80
9	Tarrytown - Sleepy Hollow - US Route 912.65
10	Nyack - South Nyack - US Route 9W (No Southbound Exit)16.75
11	Nyack - South Nyack - US Route 9W17.63
12	West Nyack - NY Route 303 - Palisades Center Drive...18.76
13	(13N & 13S in Both Directions) New Jersey - Palisades Interstate Parkway - Bear Mountain State Park.....20.94
14	Spring Valley - Nanuet - NY Route 5922.80
14A	New Jersey - Garden State Parkway23.53
14B	Airmont - Montebello - Airmont Road.....27.62
15	New Jersey - I-287 - NJ Route 17 South30.17
15A	Sloatsburg - Suffern - NY Routes 17 North & 5931.35
16	Harriman - US Route 6 - NY Route 17 -45.20
17	Newburgh - Scranton- I-84 - NY Routes 17K & 30060.10
18	New Paltz - Poughkeepsie - NY Route 299.....76.01
19	Kingston - NY Route 28 - Kingston-Rhinecliff Br.....91.37
20	Saugerties - Woodstock - NY Route 32101.25
21	Catskill - Cairo - NY Route 23113.89
21B	Coxsackie - Ravena - US Route 9W - NY Route 81124.53
21A	Boston - Massachusetts Turnpike - Berkshire Connector (I-90 East)133.60
22	Selkirk - NY Routes 144 & 396.....134.93
23	Albany (Downtown) - Troy - Rensselaer - I-787 - US Route 9W141.92
24	Albany - Montreal - I-90 East - I-87 North148.15
25	Schenectady - I-890 - NY Routes 7 & 146153.83
25A	Schenectady - Binghamton - I-88 - NY Route 7158.82
26	Schenectady - Scotia - I-890 - NY Routes 5 & 5S162.22
27	Amsterdam - NY Route 30173.59
28	Fultonville - Fonda - NY Route 30A.....182.17
29	Canajoharie - Sharon Springs - NY Route 10194.10
29A	Little Falls - Dolgeville - NY Route 169210.62
30	Herkimer - Mohawk - NY Route 28.....219.70
31	Utica - I-790 - NY Routes 8 & 12232.85
32	Westmoreland - Rome - NY Route 233243.37
33	Verona - Rome - Oneida - NY Route 365252.71
34	Canastota - Oneida - Chittenango - NY Route 13261.50
34A	Syracuse - Chittenango - Oswego - I-481.....276.58
35	Syracuse - East Syracuse - NY Route 298.....278.93
36	Watertown - Binghamton - I-81282.93
37	Syracuse - Liverpool - Electronics Parkway283.79
38	Syracuse - Liverpool - County Route 57285.95
39	Syracuse - Fulton - I-690 - NY Route 690289.53
40	Weedsport - Auburn - NY Route 34.....304.19
41	Waterloo - Clyde - NY Route 414320.41
42	Geneva - Lyons - NY Route 14327.10
43	Manchester - Palmyra - NY Route 21340.15
44	Canandaigua - Victor - NY Route 332347.13
45	Rochester - Victor - I-490350.99
46	Rochester - Corning - I-390362.44
47	Rochester - LeRoy - I-490 - NY Route 19378.56
48	Batavia - NY Route 98.....390.13
48A	Pembroke - Medina - NY Route 77401.72
49	Depew - Lockport - NY Route 78417.27
50	Niagara Falls - I-290420.34
50A	Cleveland Drive (No Westbound Exit)420.93
51	(51E & 51W in Both Directions) Buffalo - NY Route 33 - Airport421.57
52	(52E & 52W in Both Directions) Buffalo - Cheektowaga - Walden Avenue.....423.19
52A	Buffalo - William Street424.92
53	Buffalo (Downtown) - Canada - Niagara Falls - I-190...426.17
54	West Seneca - East Aurora - NY Routes 400 & 16.....427.94
55	Springville - Orchard Park - Lackawanna - West Seneca - US Route 219 - Ridge Road429.47
56	Blasdell - Orchard Park - Mile Strip Road (NY Route 179).....432.45
57	Hamburg - East Aurora - NY Route 75436.22
57A	Eden - Angola444.87
58	Silver Creek - Irving - NY Routes 5, 20 & 438.....455.54
59	Dunkirk - Fredonia - NY Route 60.....467.74
60	Westfield - Mayville - NY Route 394485.00
61	Ripley - Shortman Road494.92
END	Pennsylvania State Line (I-90)496.00

GARDEN STATE PARKWAY (GSP) CONNECTOR	
Number	Milepost
BEGIN	New York State Thruway (I-87)0.00
N/A	Schoolhouse Road - Chestnut Ridge (No Northbound Exit)1.48
END	New Jersey State Line - Garden State Parkway.....2.40

BERKSHIRE CONNECTOR	
Number	Milepost
BEGIN	New York State Thruway (I-87)0.00
B1	Albany - Hudson - Rensselaer - I-90 - US Route 96.58
B2	Taconic State Parkway - NY Route 29515.09
B3	Austerlitz - New Lebanon - NY Route 2223.27
END	Massachusetts State Line - Massachusetts Turnpike (I-90).....24.28

NIAGARA THRUWAY I-190	
Number	Milepost
BEGIN	New York State Thruway (I-90)0.00
1	South Ogden Street - Dings Street0.70
2	Bailey Avenue (US Route 62) - Clinton Street (NY Route 354)1.40
3	Seneca Street (NY Route 16) (No Northbound Exit)2.41
4	Smith Street - Fillmore Avenue3.14
5	Hamburg Street - Louisiana Street3.95
6	Elm Street4.65
7	Lackawanna - Buffalo Skyway (NY Route 5 West) - Church Street5.20
8	Niagara Street (NY Route 266).....5.86
9	Fort Erie Canada - Porter Avenue - Peace Bridge6.58
11	Scajaquada Expressway (NY Route 198)8.69
12	Amherst Street (No Southbound Exit)9.06
13	Austin Street (No Southbound Exit)9.27
14	Ontario Street - Vulcan Street10.27
15	NY Route 324 - Sheridan Drive - Kenmore Avenue....12.36
16	Tonawanda - Rochester - Youngmans Memorial Highway (I-290 East) - I-19013.33
17	Tonawandas - River Road (NY Route 266).....14.20
18A	Grand Island Boulevard (NY Route 324 West) (No Southbound Exit)15.35
18B	Beaver Island State Park (No Southbound Exit)15.46
18	Beaver Island State Park (No Northbound Exit)15.61
19	Whitehaven Road17.27
20	Long Road (No Southbound Exit)18.83
20B	Grand Island Boulevard (NY Route 324) - Long Road (No Northbound Exit)19.32
20A	West River Parkway (No Northbound Exit)19.69
21	Niagara Scenic Parkway - Buffalo Avenue (NY Route 384) (No Southbound Exit)21.07
END	Niagara Expressway (I-190).....21.24

NEW ENGLAND (NE) THRUWAY I-95	
Number	Milepost
BEGIN	Bruckner Expressway (I-95)0.00
8	(8B Northbound; 8B & 8C Southbound) City Island - Pelham Parkway - Orchard Beach.....0.23
9	Hutchinson River Parkway North0.50
10	Gun Hill Road (No Southbound Exit)0.55
11	Bartow Avenue - Co-op City Boulevard.....1.11
12	Baychester Avenue (No Southbound Exit)1.61
13	Conner Street - Baychester Avenue.....2.37
14	Hutchinson River Parkway South - Whitestone Bridge (No Northbound Exit)2.96
15	New Rochelle - The Pelhams - US Route 14.63
16	New Rochelle - North Avenue - Cedar Street.....6.04
17	Larchmont - Chatsworth Avenue (No Southbound Exit)7.01
18A	Mamaroneck - Fenimore Road (No Southbound Exit)8.86
18B	Mamaroneck - Mamaroneck Avenue East (No Northbound Exit)10.03
18B	White Plains - Mamaroneck Avenue.....10.04
19	Rye - Harrison - Playland Parkway12.48
20	Rye - US Route 1 South (No Southbound Exit)13.39
21	White Plains - Port Chester - Cross Westchester Expressway (I-287) - US Route 1 North - Tappan Zee Bridge13.91
22	Port Chester - Rye - Midland Avenue (No Southbound Exit)14.03
END	Connecticut State Line - Connecticut Turnpike (I-95)....15.01

CROSS WESTCHESTER EXPRESSWAY (CWE) I-287	
Number	Milepost
BEGIN	New York State Thruway (I-87).....0.00
1	Tarrytown - Saw Mill River Parkway - NY Route 119 (No Eastbound Exit)0.17
2	Elmsford - Saw Mill River Road (NY Route 9A) (No Eastbound Exit)0.80
3	New York City - Taconic State Parkway - Sprain Brook Parkway.....1.22
4	Hartsdale - Knollwood Road (NY Route 100A)1.87
5	White Plains - Hillside Avenue (NY Route 100) - Tarrytown-White Plains Road (NY Route 119).....2.60
6	White Plains - North White Plains - Broadway (NY Route 22).....3.78
7	North White Plains - Central Westchester Parkway North - Taconic State Parkway (No Eastbound Exit)4.06
8	(8 Westbound; 8E & 8W Eastbound) White Plains - NY Route 127 - Westchester Avenue (NY Route 119) - Westchester Mall Place - Bloomingdale Road.....5.09
9A	Brewster - I-684 - Westchester Avenue6.45
9	Hutchinson River Parkway - Merritt Parkway - Whitestone Bridge7.55
10	Purchase - Port Chester - NY Routes 120 & 120A - Bowman Avenue - Webb Avenue8.70
11	Port Chester - Rye - US Route 1 (No Westbound Exit)10.27
12	New York - I-95 South10.39
END	Connecticut State Line - Connecticut Turnpike (I-95)....10.90

Note:
Some listed places/roads are only accessible from one direction.