

New York State Thruway Interchange/Exit Listing with Mileposts

Number	Milepost
NY STATE THRUWAY I-87/I-90	
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 Road 4.00
6A	Stew Leonard Drive 5.14
TOLL	Yonkers Toll Barrier 5.47
7	Ardley - NY Route 9A (No Southbound Exit) 7.58
7A	Saw Mill River Parkway - Taconic State Parkway 10.33
8	White Plains - Rye - Cross Westchester Expressway (I-287) 11.31
8A	Elmsford - NY Route 119 - Saw Mill River Parkway North (No Northbound Exit) 11.80
9	Tarrytown - Sleepy Hollow - US Route 9 12.65
TOLL	Governor Mario M. Cuomo Bridge Cashless Toll (Southbound Toll Only) 16.70
10	Nyack - South Nyack - US Route 9W (No Southbound Exit) 16.75
11	Nyack - South Nyack - US Route 9W 17.63
12	West Nyack - NY Route 303 - Palisades Center Drive .. 18.76 (13N & 13S in Both Directions)
13	New Jersey - Palisades Interstate Parkway - Bear Mountain State Park 20.94
14	Spring Valley - Nanuet - NY Route 59 22.80
14A	New Jersey - Garden State Parkway 23.53
TOLL	Spring Valley Toll Barrier (Northbound Toll For Commercial Vehicles Only) 24.31
14B	Airmont - Montebello - Airmont Road 27.62
15	New Jersey - I-287 - NJ Route 17 South 30.17
15A	Sloatsburg - Suffern - NY Routes 17 North & 59 31.35
TOLL	Woodbury Toll Barrier (Begin/End of ticketed system) 45.03
16	Harriman - US Route 6 - NY Route 17 - Harriman Toll Barrier 45.20
17	Newburgh - Scranton - I-84 - NY Routes 17K & 300 60.10
18	New Paltz - Poughkeepsie - NY Route 299 76.01
19	Kingston - NY Route 28 - Kingston-Rhinecliff Bridge 91.37
20	Saugerties - Woodstock - NY Route 32 101.25
21	Catskill - Cairo - NY Route 23 113.89
21B	Coxsackie - Ravena - US Route 9W - NY Route 81 124.53
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 9W 141.92
24	Albany - Montreal - I-90 East - I-87 North 148.15
25	Schenectady - I-890 - NY Routes 7 & 146 153.83
25A	Schenectady - Binghamton - I-88 - NY Route 7 158.82
26	Schenectady - Scotia - I-890 - NY Routes 5 & 5S 162.22
27	Amsterdam - NY Route 30 173.59
28	Fultonville - Fonda - NY Route 30A 182.17
29	Canajoharie - Sharon Springs - NY Route 10 194.10
29A	Little Falls - Dolgeville - NY Route 169 210.62
30	Herkimer - Mohawk - NY Route 28 219.70
31	Utica - I-790 - NY Routes 8 & 12 232.85
32	Westmoreland - Rome - NY Route 233 243.37
33	Verona - Rome - Oneida - NY Route 365 252.71
34	Canastota - Oneida - Chittenango - NY Route 13 261.50
34A	Syracuse - Chittenango - Oswego - I-481 276.58
35	Syracuse - East Syracuse - NY Route 298 278.93
36	Watertown - Binghamton - I-81 282.93
37	Syracuse - Liverpool - Electronics Parkway 283.79
38	Syracuse - Liverpool - County Route 57 285.95
39	Syracuse - Fulton - I-690 - NY Route 690 289.53
40	Weedsport - Auburn - NY Route 34 304.19
41	Waterloo - Clyde - NY Route 414 320.41
42	Geneva - Lyons - NY Route 14 327.10
43	Manchester - Palmyra - NY Route 21 340.15
44	Canandaigua - Victor - NY Route 332 347.13
45	Rochester - Victor - I-490 350.99
46	Rochester - Corning - I-390 362.44
47	Rochester - LeRoy - I-490 - NY Route 19 378.56
48	Batavia - NY Route 98 390.13
48A	Pembroke - Medina - NY Route 77 401.72
49	Depew - Lockport - NY Route 78 417.27
TOLL	Williamsville Toll Barrier (Begin/End of ticketed system) 419.69
50	Niagara Falls - I-290 420.34

Number	Milepost
NY STATE THRUWAY I-87/I-90	
50A	Cleveland Drive (No Westbound Exit) 420.93
51	(51E & 51W in Both Directions) Buffalo - NY Route 33 - Airport 421.57
52	(52E & 52W in Both Directions) Buffalo - Cheektowaga - Walden Avenue 423.19
52A	Buffalo - William Street 424.92
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 Road 429.47
TOLL	Lackawanna Toll Barrier (Begin/End of ticketed system) 430.51
56	Blasdell - Orchard Park - Mile Strip Road (NY Route 179) 432.45
57	Hamburg - East Aurora - NY Route 75 436.22
57A	Eden - Angola 444.87
58	Silver Creek - Irving - NY Routes 5, 20 & 438 455.54
59	Dunkirk - Fredonia - NY Route 60 467.74
60	Westfield - Mayville - NY Route 394 485.00
TOLL	Ripley Toll Barrier (Begin/End of ticketed system) 494.51
61	Ripley - Shortman Road 494.92
END	Pennsylvania State Line (I-90) 496.00
GARDEN STATE PARKWAY (GSP) CONNECTOR	
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	
BEGIN	New York State Thruway (I-87) 0.00
B1	Albany - Hudson - Rensselaer - I-90 - US Route 9 6.58
B2	Taconic State Parkway - NY Route 295 15.09
TOLL	Canaan Toll Barrier (Begin/End of ticketed system) 17.83
B3	Austerlitz - New Lebanon - NY Route 22 23.27
END	Massachusetts State Line - Massachusetts Turnpike (I-90) 24.28
NIAGARA THRUWAY I-190	
BEGIN	New York State Thruway (I-90) 0.00
1	South Ogden Street - Dingsen Street 0.70
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 Avenue 3.14
5	Hamburg Street - Louisiana Street 3.95
6	Elm Street 4.65
7	Lackawanna - Buffalo Skyway (NY Route 5 West) - Church Street 5.20
8	Niagara Street (NY Route 266) 5.86
9	Fort Erie Canada - Porter Avenue - Peace Bridge 6.58
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 Street 10.27
15	NY Route 324 - Sheridan Drive - Kenmore Avenue 12.36
16	Tonawanda - Rochester - Youngmann Memorial Highway (I-290 East) - I-190 13.33
17	Tonawandas - River Road (NY Route 266) 14.20
TOLL	South Grand Island Bridge - Tonawanda Cashless Toll (Northbound Toll Only) 14.26
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 Road 17.27
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
TOLL	North Grand Island Bridge - Niagara Cashless Toll (Southbound Toll Only) 20.22
21	Niagara Scenic Parkway - Buffalo Avenue (NY Route 384) (No Southbound Exit) 21.07
END	Niagara Expressway (I-190) 21.24

Number	Milepost
NEW ENGLAND (NE) THRUWAY I-95	
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 North 0.50
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 1 4.63
16	New Rochelle - North Avenue - Cedar Street 6.04
TOLL	New Rochelle Toll Barrier (Northbound Toll Only) 6.94
17	Larchmont - Chatsworth Avenue (No Southbound Exit) 7.01
18A	Mamaroneck - Fenimore Road (No Northbound Exit) 8.86
	Mamaroneck - Mamaroneck Avenue East (No Northbound Exit) 10.03
18B	White Plains - Mamaroneck Avenue 10.04
19	Rye - Harrison - Playland Parkway 12.48
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 Bridge 13.91
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	
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 Avenue 6.45
9	Hutchinson River Parkway - Merritt Parkway - Whitestone Bridge 7.55
10	Purchase - Port Chester - NY Routes 120 & 120A - Bowman Avenue - Webb Avenue 8.70
11	Port Chester - Rye - US Route 1 (No Westbound Exit) 10.27
12	New York - I-95 South 10.39
END	Connecticut State Line - Connecticut Turnpike (I-95) 10.90

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