From the East (Boston): West on the Mass. Pike/I-90 to Exit 15 (right toll booth) keep right beyond the toll booth and follow the signs for I-95/128 North.
- Follow 95/128 North for approximately 2 miles to Exit 27A-B (Third Avenue/Totten Pond Road/Waltham).
- Once on the exit ramp, keep left and follow the signs to Exit 27B (Totten Pond Road/Winter Street).
- At the lights turn right onto Wyman Street. Remain in the right lane and bear right onto Winter Street West.
- Remain in the right lane and cross back over Route 128.
- Continue with "From all Directions" below.

From the West (Worcester): East on the Mass. Pike/I-90 to Exit 14. Keep left beyond the tollbooth and follow the signs for I-95/128 North. Follow 95/128 North for approximately 2 miles to Exit 27A-B (Third Avenue/Totten Pond Road/Waltham).
- Once on the exit ramp, keep left and follow the signs to Exit 27B (Totten Pond Road/Winter Street).
- At the lights turn right onto Wyman Street. Remain in the right lane and bear right onto Winter Street West.
- Remain in the right lane and cross back over Route 128.
- Continue with "From all Directions" below.

From the North (Burlington/Lexington): South on Route 128/I-95 to Exit 27B (Winter Street).
- When coming off the exit, stay in the far right lane and follow Winter Street.
- Continue with "From all Directions" below.

From the South (Dedham/Newton): Follow 95/128 North to Exit 27A-B (Third Avenue/Totten Pond Road/Waltham).
- Once on the exit ramp, keep left and follow the signs to Exit 27B (Totten Pond Road/Winter Street).
- At the lights turn right onto Wyman Street. Remain in the right lane and bear right onto Winter Street West.
- Remain in the right lane and cross back over Route 128.
- Continue with "From all Directions" below.

FROM ALL DIRECTIONS
- Remain in the far right lane through two sets of lights.
- Pass the Embassy Suites on your left. Follow the signs for Winter Street.
- Travel around the Cambridge Reservoir (on right) for approximately 0.5 miles (pass Astra Zeneca on left).
- Turn left at granite sign announcing HealthPoint and Waltham Woods Corporate Center
- Travel up the hill following the signs to Waltham Woods Corporate Center for approximately 0.3 mile to a second granite sign for Waltham Woods ("860-890 Winter Street") on the left
- Immediately after sign, turn left into the parking lot for the Massachusetts Medical Society.