

**DIRECTIONS TO THE HUMAN PERFORMANCE LABORATORY (HPL)**  
**UNIVERSITY OF MASSACHUSETTS - AMHERST**  
**Room 110, Engineering Lab (Elab) building, Phone: 413-545-3393**

**The HPL's Mailing Address: 160 Governors Drive, Amherst, MA 01003**

**Please note:** if using GPS, please use "130 Natural Resources Road" ((Google Maps calls it "Natural Resources Way") as the address. It is easier to access the lab from Natural Resources Rd. than from Governors Drive. Natural Resources Rd. is also where the Lab's parking is located.

**From Boston and points east, and Albany and points west**

Take the Massachusetts Turnpike (Interstate 90) to Exit 4 (West Springfield). Go north on Interstate 91 (I-91) to Exit 19 (Northampton). **Turn right onto Route 9 east going towards Hadley/Amherst. Turn left onto Route 116 north and take the first exit to the right, following signs for the University campus.** From this point, follow the directions below under "On Campus".

(From Boston, there is a more complicated/slightly shorter route one can take as well, getting off I-91 at Palmer. If

you are interested in this option, let us know and we can provide the details).

**From Springfield, MA, Bradley Airport, Hartford, CT, and points south**

Get onto Interstate 91 traveling north. Take I-91 north to Exit 19 (Northampton). **Turn right onto Route 9 east to Hadley/Amherst. Turn left onto Route 116 north and take the first exit to the right,** following signs for the University campus. From this point, follow the directions below under "On Campus".

**From Vermont, New Hampshire, and points north**

Take Interstate 90 south to Exit 25 in South Deerfield. Take Exit 25, and then at the stop sign at the end of the exit ramp, turn left onto Route 116 south, going towards Sunderland and Amherst. At the first traffic light, turn right, staying on Route 5/10/116. When Route 5/10 separates from Route 116, **turn left onto Route 116 heading towards Sunderland and Amherst.** There is a large gas station on your right after you make this turn. Stay on Route 116 through Sunderland and then after it becomes a divided highway, take the first exit, to the right. At the top of the exit ramp, turn left, following signs for the University campus. From this point, follow the directions below under "On Campus".

**On Campus**

After exiting Route 116, head east towards campus. The road you are on (N. Hadley Road) will become Massachusetts Ave. Go through one traffic light. At the second traffic light, turn left onto Commonwealth Ave. (On Commonwealth Ave., at the first traffic light, you can turn right to go to the campus Parking Garage and the Campus Center Hotel). To go directly to the Human Performance Lab, continue on Commonwealth Ave. to the next traffic light. At this light, turn right onto Holdsworth Way. Go about 0.25 miles and then turn left onto Natural Resources Rd. Park at the top of the hill in Lot 65 next to Duda Hall and Guinness Hall. There is a designated HPL space for you to park in, or you can park in , another Lot 65 space if the HPL space is occupied. Once you arrive, please remind us to issue you a parking permit so that you.

A map is being sent with these directions. If you have any questions or trouble finding the HPL, please call the lab at 413-545-3393.

# CAMPUS MAP



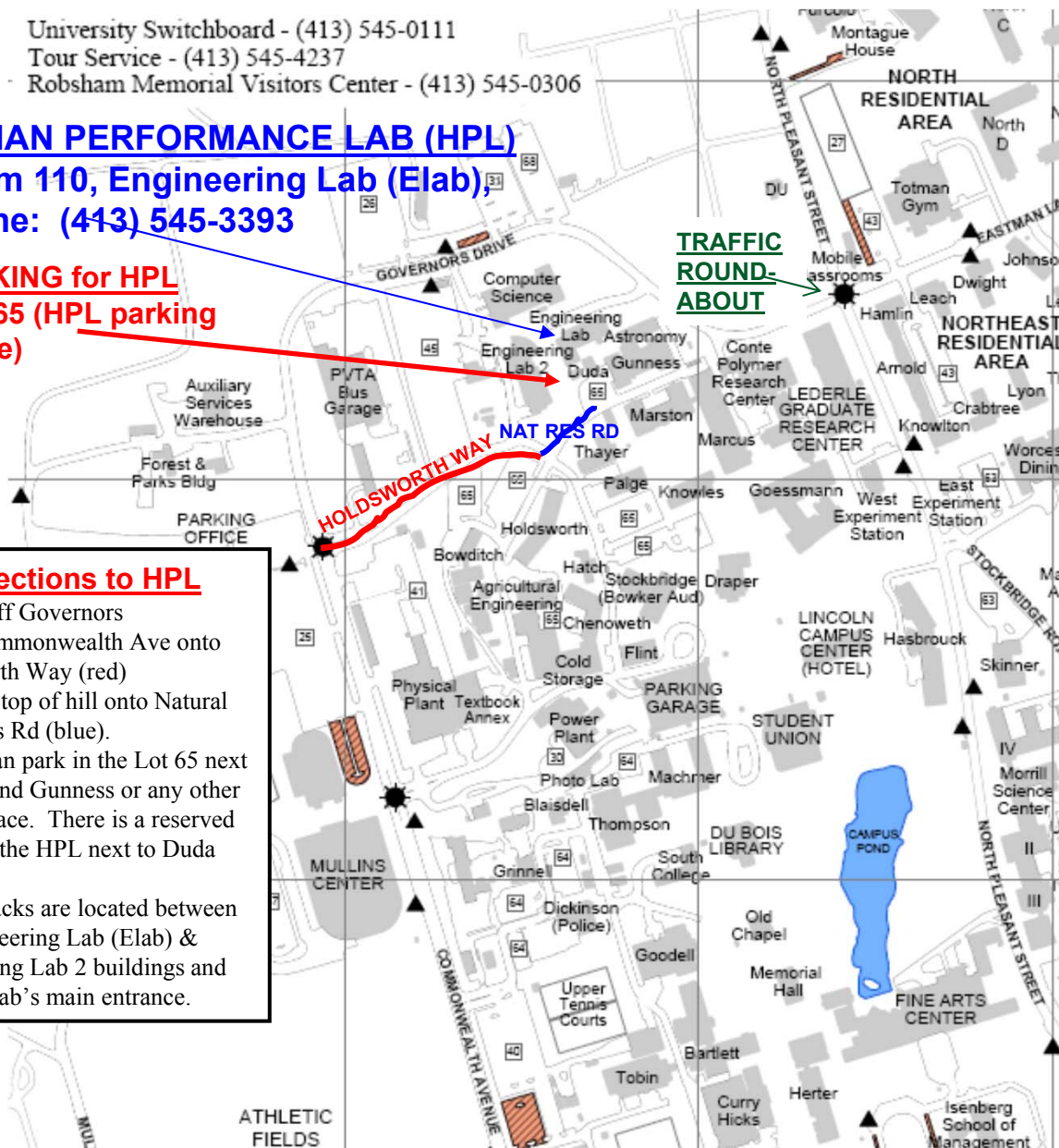
University Switchboard - (413) 545-0111  
 Tour Service - (413) 545-4237  
 Robsham Memorial Visitors Center - (413) 545-0306

**HUMAN PERFORMANCE LAB (HPL)**  
**Room 110, Engineering Lab (Elab),**  
**phone: (413) 545-3393**

**PARKING for HPL**  
**Lot 65 (HPL parking**  
**space)**

## Map Key

- 31 Numbered Parking Lots
- ▲ PVTA Bus Stops
- ⊛ Traffic lights



### Directions to HPL

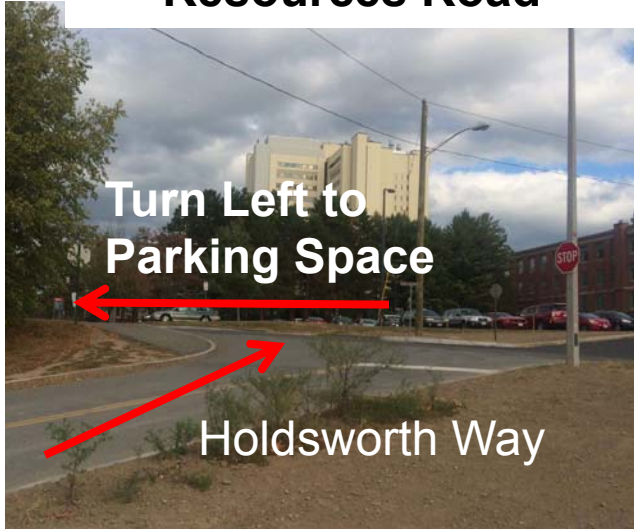
- 1) Turn off Governors Drive/Commonwealth Ave onto Holdsworth Way (red)
- 2) Left at top of hill onto Natural Resources Rd (blue).
- 3) Cars can park in the Lot 65 next to Duda and Gunness or any other Lot 65 space. There is a reserved space for the HPL next to Duda Hall.
- 4) Bike racks are located between the Engineering Lab (Elab) & Engineering Lab 2 buildings and next to Elab's main entrance.

# Overhead View Map of Human Performance Lab (HPL) & HPL Parking Space



# Photos of Lab Location

**Turn Left onto Natural Resources Road**



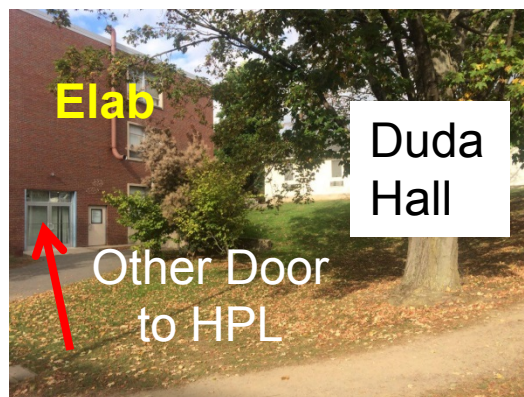
**HPL Parking Space is on the Left**



**HPL Parking Space (at the X)**



**Entrance to Elab & HPL HPL on lower level**



**Second View of Elab (& Second Entrance to HPL)**