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## Directions to NCMHA

### **From US 1 North & 64 East (Pittsboro, Sanford)**

1. Take US 1 North or 64 East to I-440/US 1 North
2. Follow the signs for I-440 going North
3. Take exit 10 Wake Forest Road, turn left onto Wake Forest Road
4. Go 2.0 miles, turn right onto Millbrook Road
5. Go 1.1 miles, turn left onto Departure Drive
6. NCMHA will be the 2nd building on your left

### **From I-40 East (Durham, Chapel Hill, RDU Airport)**

1. Take I-40 East to exit 283A I-540 East
2. Follow I-540 East to exit 16 US 1 South/Capital Blvd.
3. Turn right onto US 1 South/Capital Blvd
4. Go 1.4 miles, turn right onto Spring Forest Road
5. Go 0.8 miles, turn left onto Departure Drive
6. Go 0.6 miles, NCMHA will be on your right

### **From US 70 East (Roxboro)**

1. Take US 70 East to exit 292 – I-540 East toward US-1/ Wake Forest (bear to the left)
2. Follow I-540 East to exit 16 US 1 South/Capital Blvd.
3. Turn right onto US 1 South/Capital Blvd.
4. Go 1.4 miles, turn right onto Spring Forest Road
5. Go 0.8 miles, turn left onto Departure Drive
6. Go 0.6 miles, NCMHA will be on your right

### **From I-40 West (Wilmington)**

1. Take I-40 West to exit 301 I-440 E
2. Go 5.7 miles to exit 11B US 1 North/Capital Blvd., turn right onto US 1 North/Capital Blvd.
3. Go 3.2 miles (bear left at the US 1/401 split), turn left onto Millbrook Road
4. Go 0.7 miles, turn right onto Departure Drive
5. NCMHA will be the 2nd building on your left

### **From US 64 West (Rocky Mount)**

1. Take 64 West to exit 419 US-440 W, toward US-1 / Wake Forest
2. Go 0.4 miles merge onto I-440 N
3. Go 2.4 miles to exit 11B US 1 North/Capital Blvd., turn right onto US 1 North/Capital Blvd.
4. Go 3.2 miles (bear left at the US 1/401 split), turn left onto Millbrook Road
5. Go 0.7 miles, turn right onto Departure Drive
6. NCMHA will be the 2nd building on your left