

# Directions to Eating Disorders Conference

*Mill Falls at Church Landing, Meredith NH*

Mill Falls at Church Landing is located in Meredith NH just 8 miles off of Exit 23 on I-93.

Physical Address:

**Church Landing (Conference venue and hotel)**

281 Daniel Webster Highway Phone 1-800-622-6455

**Please Note:** The Eating Disorders conference will be held in the **Winnepesaukee Ballroom**, which is in the **lower level of the hotel**. You can park in the main lot and walk down toward the lake to the left side of the hotel. After you pass under the archway, the Winnepesaukee Ballroom will be on your right.

## Detailed driving directions:

### From the North or South (Logan or Manchester Airport)

Take I-93 to exit 23. Follow Rte 104 East until it intersects with Route 3 (about 8 miles), turn left onto Route 3 North at the light. Mill Falls is a 1/2 mile on right.

### From North/Montpelier, VT

Take Route 302 East to I-93 South, to exit 23. Go east on Route 104 to Route 3 North. Turn left on Route 3 North. Mill Falls is a 1/2 mile on the right.

### From New York

I-95 to I-395 in Niantic Area. I-395 North to Worcester. I-395 becomes I-290 at the Mass Pike. I-290 through Worcester to I-495. I-495 North to Route 3 North to Nashua.

Note: Once on this highway, do not exit. Highway will change names several times. Route 3 North becomes the Everett Turnpike in Manchester, the Everett Turnpike becomes I-293 north of Manchester, I-293 becomes I-93 North. Take 93 North to exit 23. At the end of the ramp turn right on Route 104 East. Follow 104 for about 8 miles. Turn left on Route 3 North. Mill Falls is a 1/2 mile on right.

### From North Conway, NH

Rte 16 South to Rte 25 (Ossipee). Take a right onto Route 25. Follow Route 25 through Tamworth, Moultonboro and Center Harbor to Route 3. Mill Falls is at the junction of Routes 3 and 25

**From Seacoast of NH**

Take the Spaulding Turnpike North. This turns into Route 16. Take the Lake Winnepesaukee (Route 11) exit. Follow to the Alton Bay traffic circle, and remain on Route 11 after going around the circle halfway. Stay on Route 11 to Gilford and go right on 11B, continue straight to the stop sign in Weirs Beach, and go straight onto Route 3 into Meredith. The Inns are at the junction of Routes 3 and 25. Approximately 1.25 hours from Portsmouth.

**From Portland, ME**

Take Rte 25 West. Rte 25 will merge with Rte 16. At the Yankee Smokehouse, turn left to stay on Rte 25. Rte 25 will take you into Meredith. Mill Falls is at the Junction of Rte 25 and Rte 3.