From Springfield, Hartford [Bradley Airport], and New York (northbound)
Follow I-91N to Northampton, Exit 19
Turn right onto Route 9E to Hadley/Amherst for about 4.7 mi
Take a left onto Route 116N for about 1.3 mi
Follow the signs for the University Campus (see below)

From Pittsfield (eastbound)
Turn right onto Route 9E to Hadley/Amherst for about 4.7 mi
Take a left onto Route 116N for about 1.3 mi
Follow the signs for the University Campus (see below)

From Boston (westbound)
Follow Massachusetts Turnpike to Exit 4 (West Springfield), onto I-91N to
Northampton, Exit 19
Turn right onto Route 9E to Hadley/Amherst for about 4.7 mi
Take a left onto Route 116N for about 1.3 mi
Follow the signs for the University Campus (see below)

From 116 North
Turn right at the Umass exit and take a left at the stop sign onto North Hadley Road (there will be athletic fields to the left)
Continue down for about 0.6 mi, pass the flashing stoplights, and turn left at the next stoplight onto Commonwealth Avenue
In 0.2 mi turn right at the corner of the Rec Center onto Hicks Way until you hit a stop sign
Turn right and continue until you come to a pathway between two buildings.
A researcher will meet you here to give you a parking permit
The parking spots are straight ahead and have signs saying "Reserved Parking for Dev. Psych Appointments Only".