When using GPS, please enter:
50 Route 120
East Rutherford, NJ 07073

Directions to MetLife By Car

MetLife Stadium is easily accessible by car and bordered by major roadways including the New Jersey Turnpike. It is important to note that there have been significant improvements made to the infrastructure, external roadways and signage that support the Sports Complex.

From the George Washington Bridge

Take the George Washington Bridge to the New Jersey Turnpike South. Take the Turnpike's western spur to one of the Sports Complex's exits, 16W or 18W. These exits provide direct access to the Sports Complex parking areas.

From New York City and points east

Take the Lincoln Tunnel and follow signs for Route 3 West. Take Route 3 West to the Sports Complex.

Traveling North on the New Jersey Turnpike

Follow the Western Spur (Sports Complex to Exit 16W), which provides direct access to Sports Complex parking areas. If the roadway is congested, use the eastern turnpike spur (Lincoln Tunnel) to exit 16E to take Route 3 West which provides direct access to the Sports Complex parking areas.
Traveling South on the Garden State Parkway

Garden State Parkway South to exit 163 (Route 17). Follow Route 17 to Paterson Plank Road. Take Paterson Plank Road east to the Sports Complex.

Traveling North on the Garden State Parkway

Garden State Parkway North to exit 153A (Route 3). Follow Route 3 East to the Sports Complex.