



Hofstra's Location

Hofstra University is located in Hempstead, Long Island, New York, about 25 miles east of Manhattan, less than an hour away by train or automobile.

The Long Island Rail Road provides regular commuter service from Pennsylvania Station in New York City to the Hempstead Station, less than two miles from the campus. John F. Kennedy International Airport is about 30 minutes from Hofstra, and LaGuardia Airport is about 40 minutes away by car or airport limousine service.

By automobile, Hofstra can be reached easily by main east-west and north south roads. Of the parkways, Meadowbrook Parkway is closest; it runs north and south between the Southern State Parkway and Northern State Parkway. Leave Meadowbrook Parkway at Exit M4 (Hempstead Turnpike); then proceed west on Hempstead Turnpike to the Hofstra campus (approximately one mile).