

**Mountain Regional Ear, Nose & Throat | 7 Walden Ridge Dr, Ste 200 | Asheville, NC 28803  
828-654-9299**

**From Asheville / I-40:**

- If you are traveling on I-40West: Take Exit 50 for Hendersonville Road, Highway 25 South. Turn right off the ramp.
- OR If you are traveling on I-40East: Take Exit 50A for Hendersonville Road, Highway 25 South. Continue on the ramp.
- Travel for 4.7 miles, or 14 traffic lights.
- Turn right onto Walden Ridge Drive, right after the Taco Bell.
- Our office is the third driveway on the left. We are the second building in the parking lot.

**From Hendersonville / I-26:**

- Take the Long Shoals Road/Skyland exit off of I-26. Turn right off the ramp.
- Follow Long Shoals until you get to the end (Exxon Gas station will be on right) and take a left.
- Go through 2 stop lights. At the 3rd stoplight turn left onto Walden Ridge Drive (there will be a Taco Bell on the left right after Walden Ridge).
- Our office is at the third driveway on the left. We are the second building in the parking lot.

