From Lake County
- Take Highway 29 south towards Calistoga (do not turn right on Tubbs Lane)
- Just before you get to Calistoga, turn left on the Silverado Trail and continue to Deer Park Road
- Turn left on Deer Park Road and follow the left turn lane onto Sanitarium Road. Go half a mile. The hospital will be on your right.

From San Francisco International Airport
- Take Highway 101 north to I-80 east and continue on for approximately 25 miles
- Merge onto CA-37 west via exit 33 toward Napa
- Take the CA-29 exit (exit 19) toward Napa/Downtown/Vallejo
- Turn right onto Sonoma Boulevard/CA-29 north and proceed for approximately 31 miles into the town of St. Helena*

From San Francisco and East Bay
- Take I-80 east through Vallejo to Highway 37
- Merge onto CA-37 west via exit 33 toward Napa
- Take the CA-29 exit (exit 19) toward Napa/Downtown/Vallejo
- Turn right onto Sonoma Boulevard/CA-29 north and proceed for approximately 31 miles into the town of St. Helena*

From Sacramento
- Take I-80 west past Vacaville and Fairfield to Highway 12
- Merge onto Highway 12 west
- At intersection of Highway 29, turn right at light and head north for 20 miles into the town of St. Helena*

*When you reach St. Helena from the south:
Proceed through the town heading north on Highway 29. Turn right on Deer Park Road just after you pass the Culinary Institute of America (on your left). Continue to stop light and proceed straight through the light, staying on Deer Park Road. Stay to the left and turn onto Sanitarium Road and go 1/2 mile. St. Helena Hospital will be on your right.