



Directions to Alley Pond Park Adventure Course

By Car

From Manhattan and Western Queens

Take the Grand Central Parkway to Exit 23. Make a left at the stop sign onto Winchester Boulevard. Immediately make a left under the highway into the park. Follow this entry road into the parking lot. The Alley Pond Park Adventure Course is visible from the soccer field looking west.

From Northern or Southern Queens

Take the Cross Island Parkway to Union Turnpike at Exit 28B. Proceed west on Union Turnpike until you reach Winchester Boulevard. Make a right at the traffic light. Pass the large hospital on your right. Immediately make the next left under the highway into the park. Follow this entry road into the parking lot. The Alley Pond Park Adventure Course is visible from the soccer field looking west.

From Long Island

Take Grand Central Parkway to Exit 23. Follow signs for Union Turnpike. Make a left on Union Turnpike at the traffic light. Proceed until you reach Winchester Boulevard and make a left at the light. Pass the large hospital building on your right. Immediately make the next left under the highway into the park. Follow this entry road into the parking lot. The Alley Pond Park Adventure Course is visible from the soccer field looking west.

By Public Transportation

Take the E or F train to Union Turnpike station. Transfer to the Eastbound Q46 bus and get off at the Winchester Boulevard stop. Walk north on Winchester Boulevard towards the Grand Central Parkway overpass. The entrance is on your left underneath the Grand Central Parkway. Walk across the parking lot and soccer field to the Alley Pond Park Adventure Course.



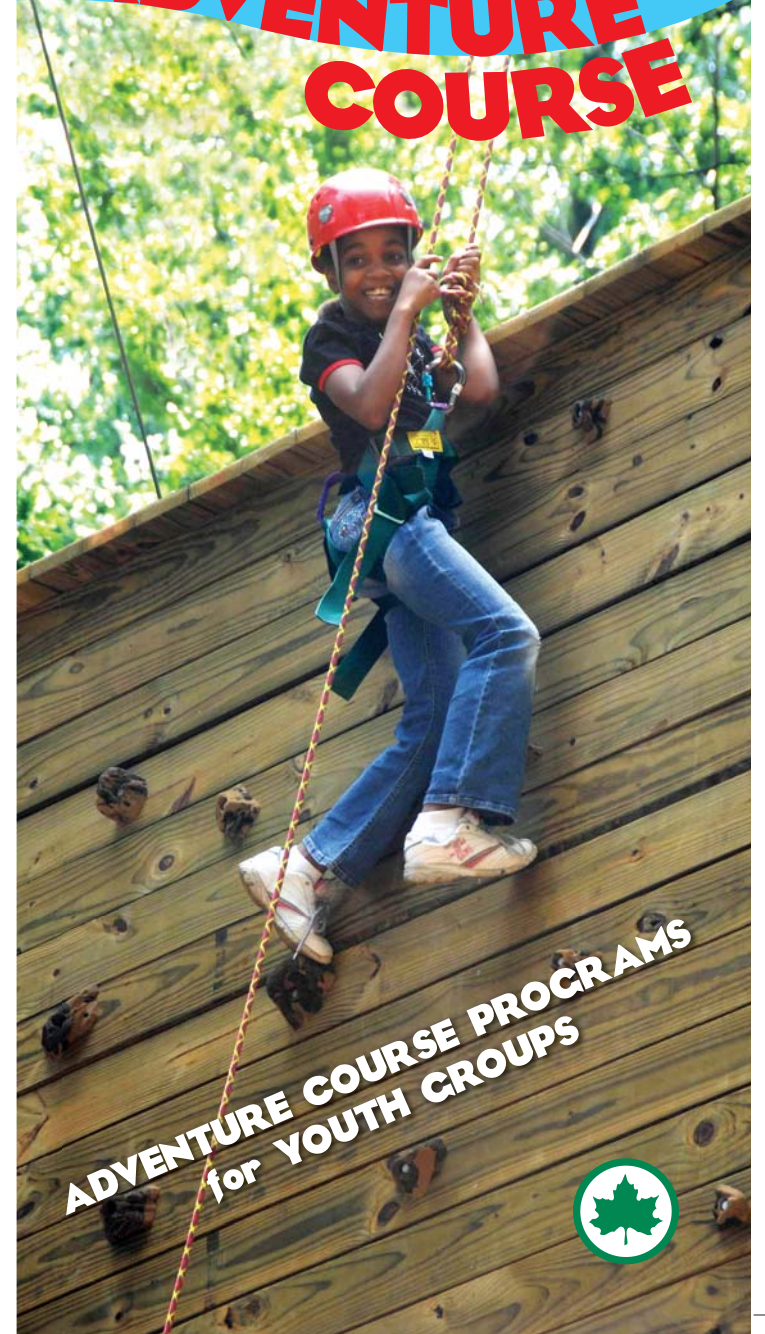
City of New York
Parks & Recreation
Michael R. Bloomberg, Mayor
Adrian Benepe, Commissioner

www.nyc.gov/parks

New York City
Department of Parks & Recreation
Urban Park Rangers
1234 Fifth Avenue
New York, NY 10029

New York City Department of Parks & Recreation
Urban Park Rangers'

ALLEY POND PARK ADVENTURE COURSE



ADVENTURE COURSE PROGRAMS
for YOUTH GROUPS



Dare to Adventure Imagine... an unforgettable outdoor adventure that fosters trust, problem solving, team-building and overcoming fear in a safe, secure environment less than 20 miles from mid-town Manhattan.

ALLEY POND ADVENTURE COURSE

An adventure course is an outdoor team-building and individual challenge course consisting of high and low rope elements. Low elements take place on the ground or on cables suspended a few feet above the ground. High elements take place on cables suspended 45 feet in the air, and require a helmet, harness and belay system for safety.



Benefits

Programs can be designed to achieve a variety of recreational, educational and developmental goals. Low elements concentrate on building teams through problem-solving, while high elements focus on individual challenges and may require participants to confront personal fears. All activities promote leadership and group interaction.

Adventure Course Program Options

School, Youth, and Camp Groups

Full- and half-day, high and low ropes course programs are available week-days from May through November (weather permitting). Programs are designed for participants ages 8 and older. Please call us at 718-217-4685 or 718-217-6034 for information on our fee structure or to pre-register for one of our programs.

Staff

All Adventure Course staff are trained in program implementation and safety techniques by certified trainers and maintain valid CPR and First Aid certification with the American Red Cross.

Booking an Alley Pond Park Adventure Program

If you are interested in booking an Alley Pond Park Adventure for your school, camp or youth group, please call 311 and ask for the Urban Park Rangers or call the Urban Park Ranger Adventure Center at 718-217-4685 or 718-217-6034.



General Public

Free programs are available for the general public on Sundays from May through November (weather permitting). Families with children (ages 8 and above) and adults are welcome on a first-come, first-served basis.