Directions

By Public Transportation
Take the Queens-bound E or F train to the Kew Gardens/Union Turnpike station. Transfer to the Q46 bus and get off at the Winchester Boulevard stop on the south side of Union Turnpike. Walk north on Winchester Boulevard towards the Grand Central Parkway overpass. Walk past the Alley Pond Tennis Courts on the left. The entrance to the park is on the left underneath the overpass. Follow the entry road to the parking lot. The Adventure Course is across the soccer field next to the playground. The Alley Pond Park Adventure Center is a small stone building next to the playground.

By Car
From Manhattan: Take the RFK (Triborough) Bridge to the Grand Central Parkway east to Exit 23/Cross Island Parkway. Bear right on the exit ramp and exit on the Winchester Boulevard sub-exit. At the stop sign, turn left onto Winchester Boulevard. Make an immediate left under the Grand Central Parkway overpass to enter the park. Follow the entry road to the parking lot. The Adventure Course is across the soccer field next to the playground. The Alley Pond Park Adventure Center is a small stone building next to the playground.

From Northern or Southern Queens: Take the Cross Island Parkway to Union Turnpike. Head West on Union Turnpike. Make a right onto Winchester Boulevard. Make an immediate left under the Grand Central Parkway overpass to enter the park. Follow the entry road to the parking lot. The Adventure Course is across the soccer field next to the playground. The Alley Pond Park Adventure Center is a small stone building next to the playground.

From Long Island: Take the Grand Central Parkway west to Exit 23. Make a left onto Union Turnpike. Make a left onto Winchester Boulevard. Make an immediate left under the Grand Central Parkway overpass to enter the park. Follow the entry road to the parking lot. The Adventure Course is across the soccer field next to the playground. The Alley Pond Park Adventure Center is a small stone building next to the playground.

Adventure Course
Low Elements
Broken Bridge
Mohawk Walk
Nitro Crossing
Nitro Swing
Team Triangle
TP Shuffle
Trolleys
Trust Fall
Whale Watch and Moby Deck
Wild Woosie

High Elements
Cat Walk
Centipede
Climbing Wall
Dangle Quad
Flying Squirrel
Human Swingshot
Leap of Faith (Plank/Pole)
Multi-vine Lunge
Tension Traverse
Zip Line
Dare to Succeed

Are you looking for a great office outing? Whether you are seeking an effective way to strengthen communication, build rapport and boost morale among your group, or you just need a fun day of team building activities, NYC Parks’ Adventure Course programs can improve the performance of your team and your organization.

The Alley Pond Park Adventure Course
Built in 2007, the Alley Pond Park Adventure Course is an outdoor team building and group development activity course consisting of high and low rope elements. The Adventure Course is flexibly designed to accommodate participants of varying abilities and fitness levels.

Conveniently located within New York City, the Adventure Course is less than 20 miles from midtown Manhattan.

Benefits
Adventure Course programs are designed to challenge participants on a variety of levels: emotionally, mentally, and physically, all within a framework of support and safety.

Programs can be customized to achieve a variety of goals. Prior to the program, each group chooses specific objectives to focus on such as:

• Assimilating new members into a group
• Empowering new managers
• Developing leaders and leadership styles
• Improving communication skills
• Creating a shared vision
• Identifying and removing barriers to productivity

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

Booking a Program
To learn more about the Adventure Course including the fee structure, or to book a program for a company or organization, please call the Urban Park Ranger Adventure Center at 718.217.4685 or visit www.nyc.gov/parks.