

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 Woosey

Adventure Course

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

www.nyc.gov/parks



NYC Parks



NYC Parks ALLEY POND PARK ADVENTURE COURSE

Programs for School, Youth and Camp Groups

Dare to Adventure

Imagine... an unforgettable outdoor adventure that fosters trust, problem solving, and team building in a safe, secure environment.



The Alley Pond Park Adventure Course

Built in 2007, the Alley Pond Park Adventure Course is an outdoor team building and individual challenge 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 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.

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.

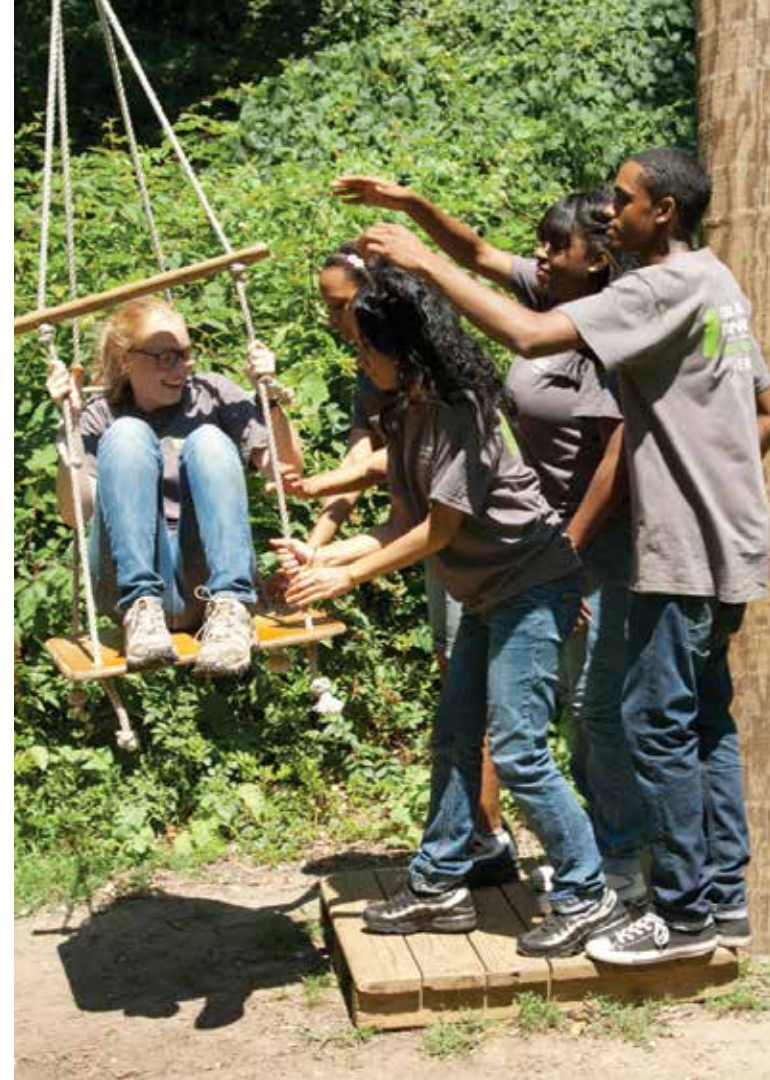
Program Options

School, Youth, and Camp Groups

Programs are available on weekdays and Saturdays from May through November, weather permitting. Programs are designed for participants ages 8 and older. Please call for information on the fee structure or to pre-register for one of our programs.

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. Pre-registration may be required during busy months. Please call or visit our website for more information.



Booking a Program

To book a program for a school, youth or camp group, or to learn more about our free public programs, please call the Urban Park Ranger Adventure Center at 718.217.4685 or visit www.nyc.gov/parks.



NYC Parks

