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.

www.nyc.gov/parks

NYC Parks
ALLEY POND PARK
ADVENTURE COURSE
Programs for School, Youth and Camp Groups

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 Woosy

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
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.

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