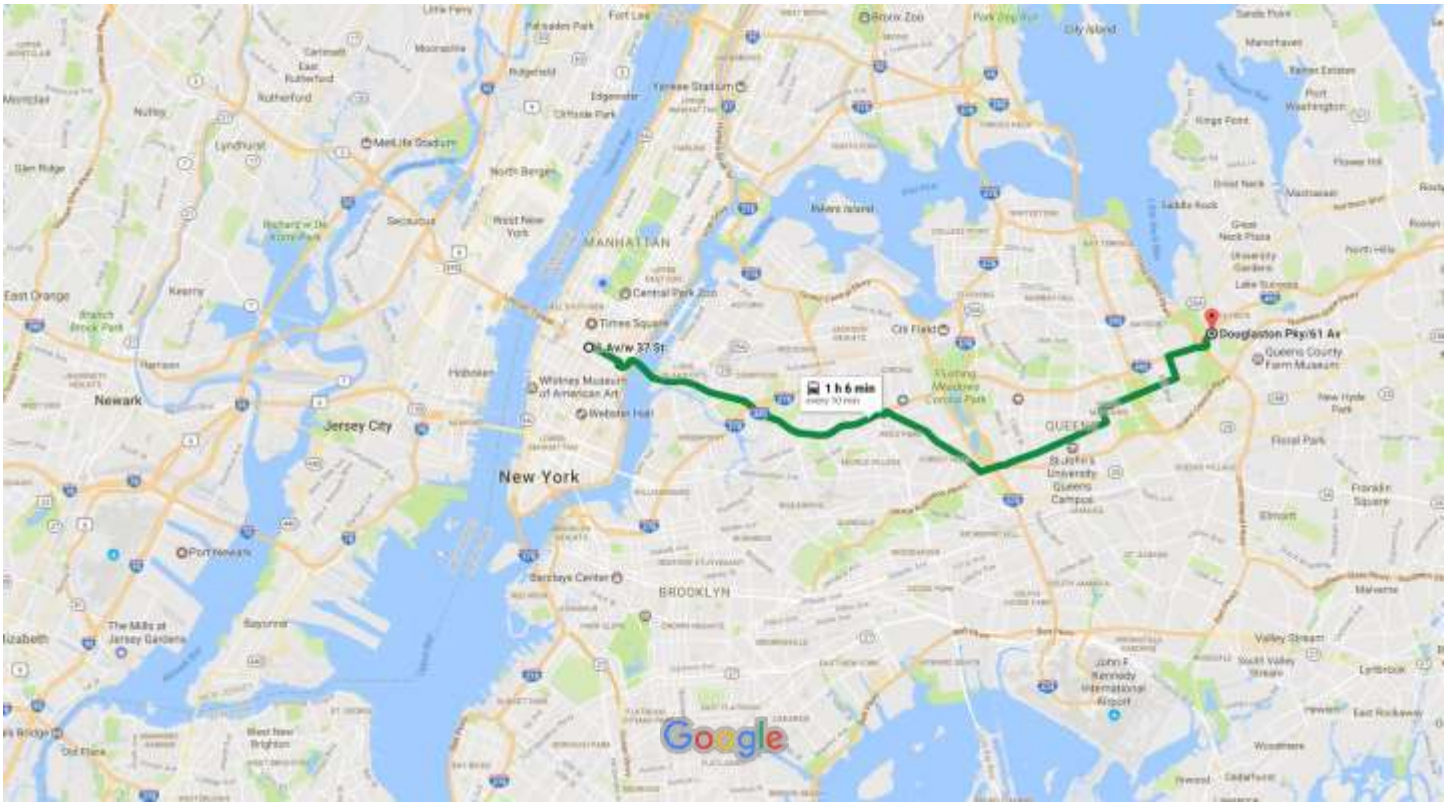
NEW YORK CITY

Alley Pond Park

Home to the “Queens Giant” – the tallest and oldest living thing in New York City. Alley pond is a beautiful 655 acre park on the outskirts of eastern Queens. Alley Pond contains almost 10 miles of unpaved hiking trails, a nature center, bird sanctuary, adventure course, ball fields and designated bike paths.

Take the QM5 Bus from 57 St. & Madison Ave in Manhattan to the 73 Ave/220 St. stop in Queens. - The entrance to the park is about 1 block east on 73rd Ave.



Map data ©2017 Google 2 mi

6 Av/w 37 St

New York, NY 10018

6 Av/w 37 St

QM5 SUPER EXPRESS GLEN OAKS 260 ST via H HRDNG EXY

1 h 6 min(24 stops)

Service run by MTA Bus Company - Route information

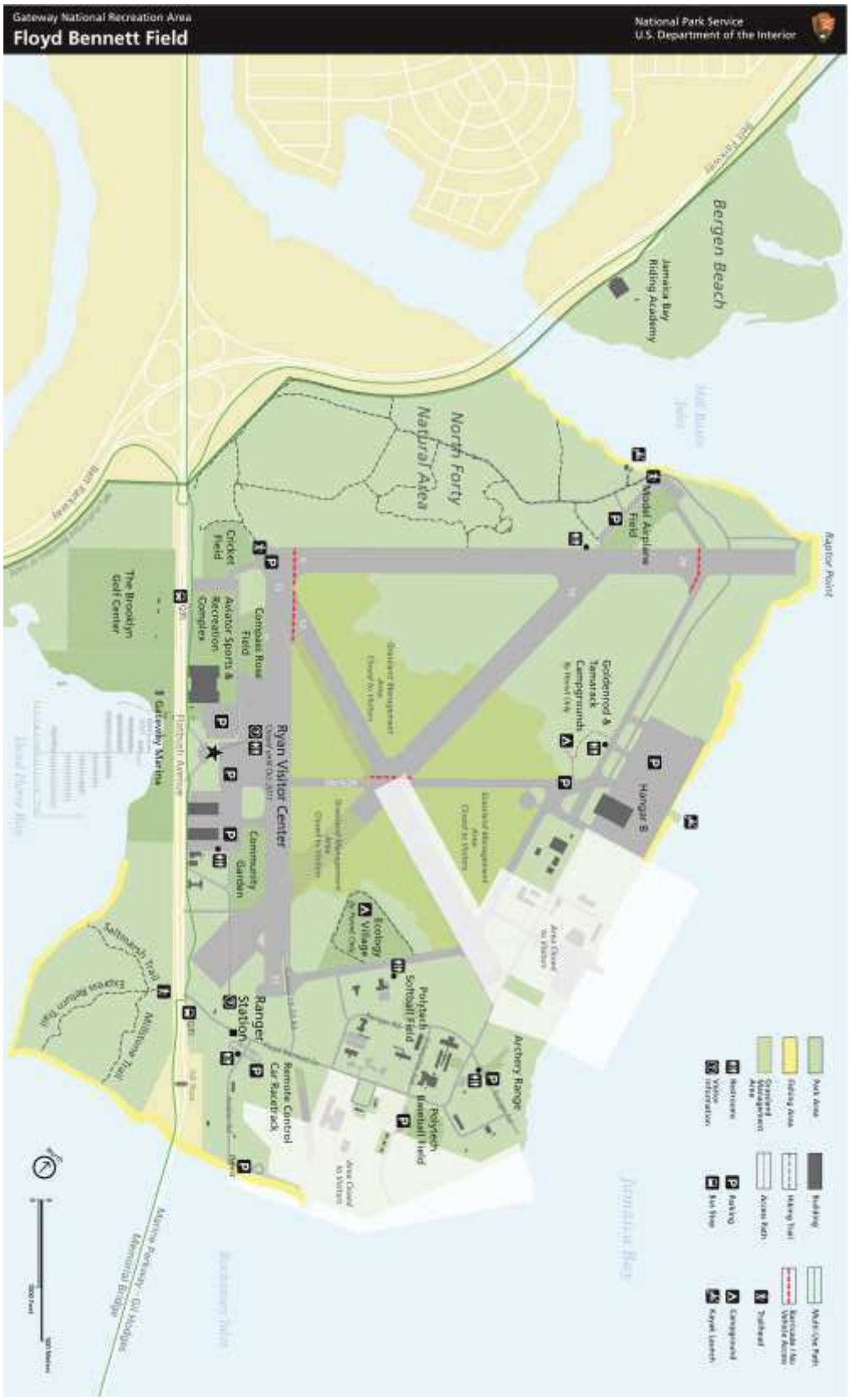
Douglaston Pky/61 Av

Douglaston Pky/61 Av

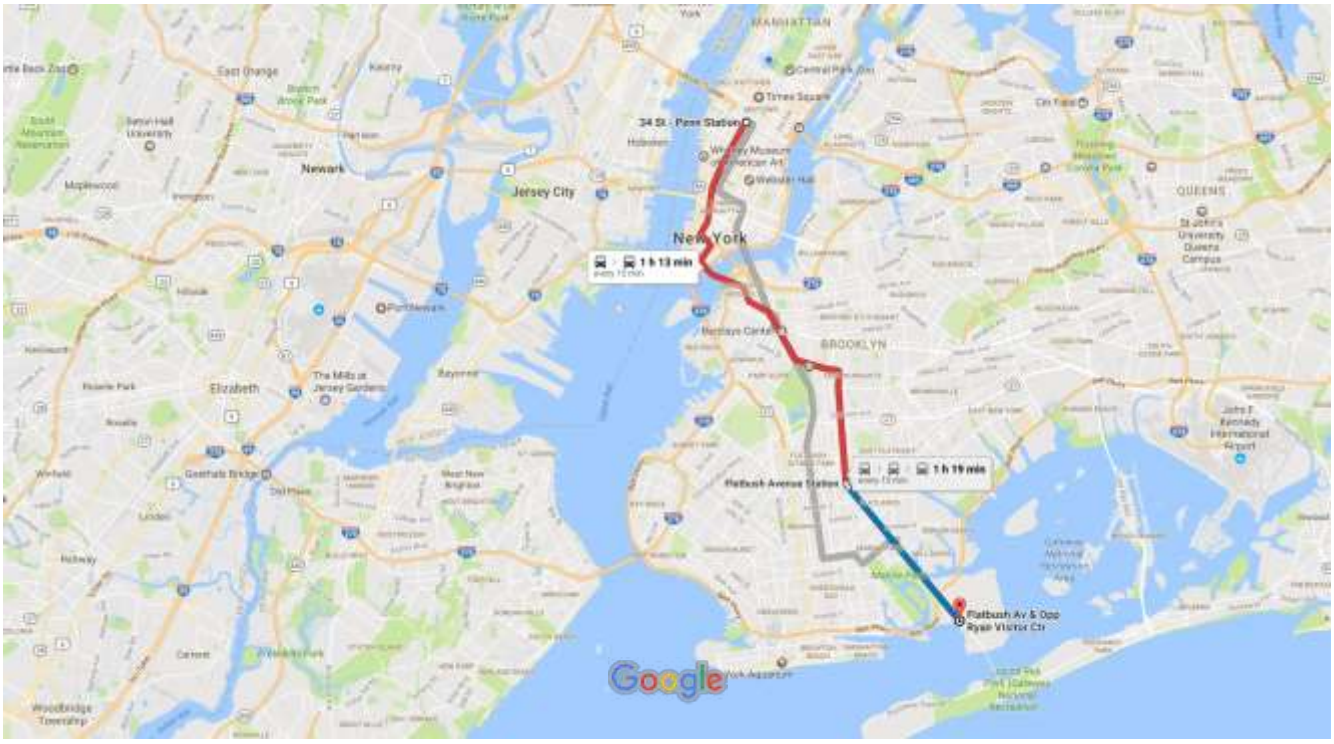
Queens, NY 11362

Floyd Bennet Field

This was once NYC's first municipal airport it's now part of Gateway National Recreation Area. You can stop by the visitor's center and museum to get an idea of the amazing history behind the park, as well as hike and bike on the trails. This is also the only place in NYC where you can camp overnight.



Take the [2, 5] Trains to Flatbush Ave. Station, walk 1 block south on Flatbush Ave. to catch the Q35 Bus south getting off at the Flatbush Ave. & Opp Ryan Visitor Center Stop. - The visitor's center and entrance to the park will be across the street from the bus stop.



Map data ©2017 Google 2 mi

34 St - Penn Station
New York, NY 10120

34 St - Penn Station

2 Flatbush Av - Brooklyn College
44 min (21 stops)

-

Flatbush Avenue Station

Walk
About 2 min

Use caution - may involve errors or sections not suited for walking

Take exit

187 ft

Head southeast on Flatbush Ave toward E 31st St

338 ft

Turn right onto Avenue H

Destination will be on the left

26 ft

Av H/Flatbush Av

Q35 Rockaway Park B.116 St

16 min (7 stops)

Flatbush Av & Opp Ryan Visitor Ctr

Flatbush Av & Opp Ryan Visitor Ctr

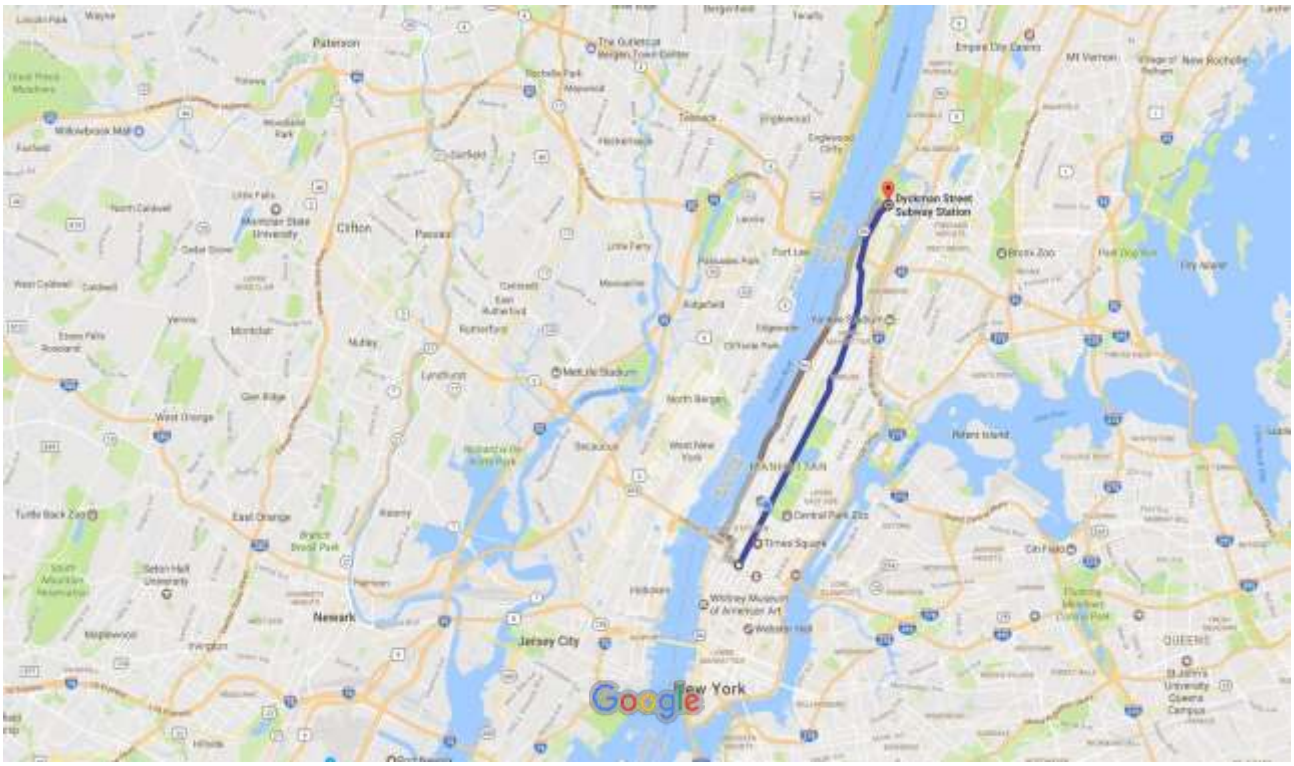
Brooklyn, NY 11234

Inwood Hill Park

This park is the largest remaining piece of forest land on the island of Manhattan. At only 164 acres this park is small by comparison to Central Park, but makes up for it by offering tightly packed trails that

snake up and down hills which can make for a challenging urban hike.

Take the [A] Train to Dyckman Street Subway Station – The entrance to the park will be block west on Dyckman St.



Map data ©2017 Google 2 mi

34 St - Penn Station
New York, NY 10119

34 St - Penn Station

A Inwood - 207 St

30 min (9 stops)
Service run by MTA New York City Transit. Route information

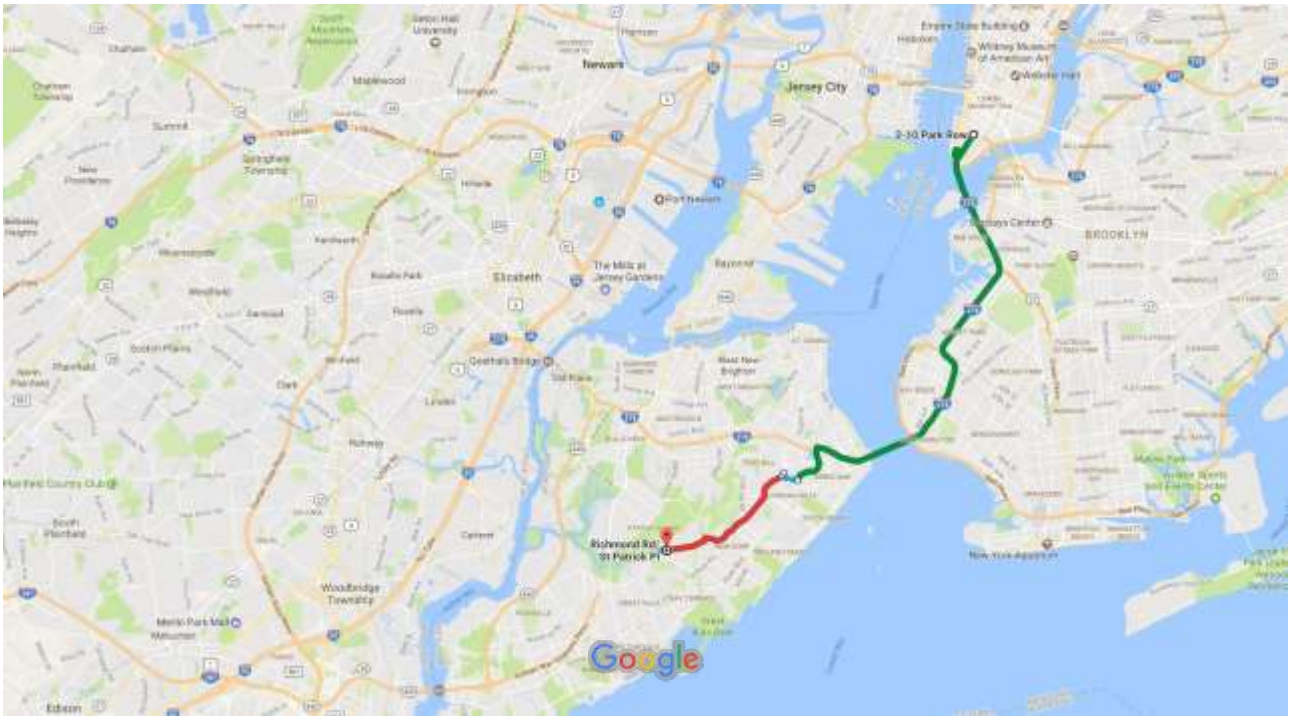
Dyckman Street Subway Station

Dyckman Street Subway Station
New York, NY 10034

Staten Island Greenbelt

This is one of the most biologically diverse places in NYC covering about 2,800 acres of Staten Island.

Take the X10 Bus from Broadway/Vesey Street to Narrows Rd N/Richmond Rd then walk under the overpass to pick up the S74 Bus to Richmond Rd / St Patricks Place – The entrance to the park will be a few hundred feet north on Arthur Kill Rd on your left.



Map data ©2017 Google 2 mi

2-10 Park Row
New York, NY 10038

Broadway/Park Pl

X1 ELTNGVLE TRANST CTR via HYLAN BL RICH AV
30 min (11 stops)
Service run by MTA New York City Transit. Route information

Hylan Bl/Old Town Rd

Walk
About 12 min

Use caution - may involve errors or sections not suited for walking

Head north on Hylan Blvd toward Old Town Rd — 125ft

Turn left onto Old Town Rd — 0.4mi

Turn right onto Richmond Rd
Destination will be on the left — 0.1mi

Richmond Rd/Hunton St

S74 Bricktown Mall

15 min (24 stops)

Service run by MTA New York City Transit - Route information

Richmond Rd/St Patricks Pl Walk

About 2 min , 0.1 mi

Head east on Richmond Rd toward Court Pl

Destination will be on the left

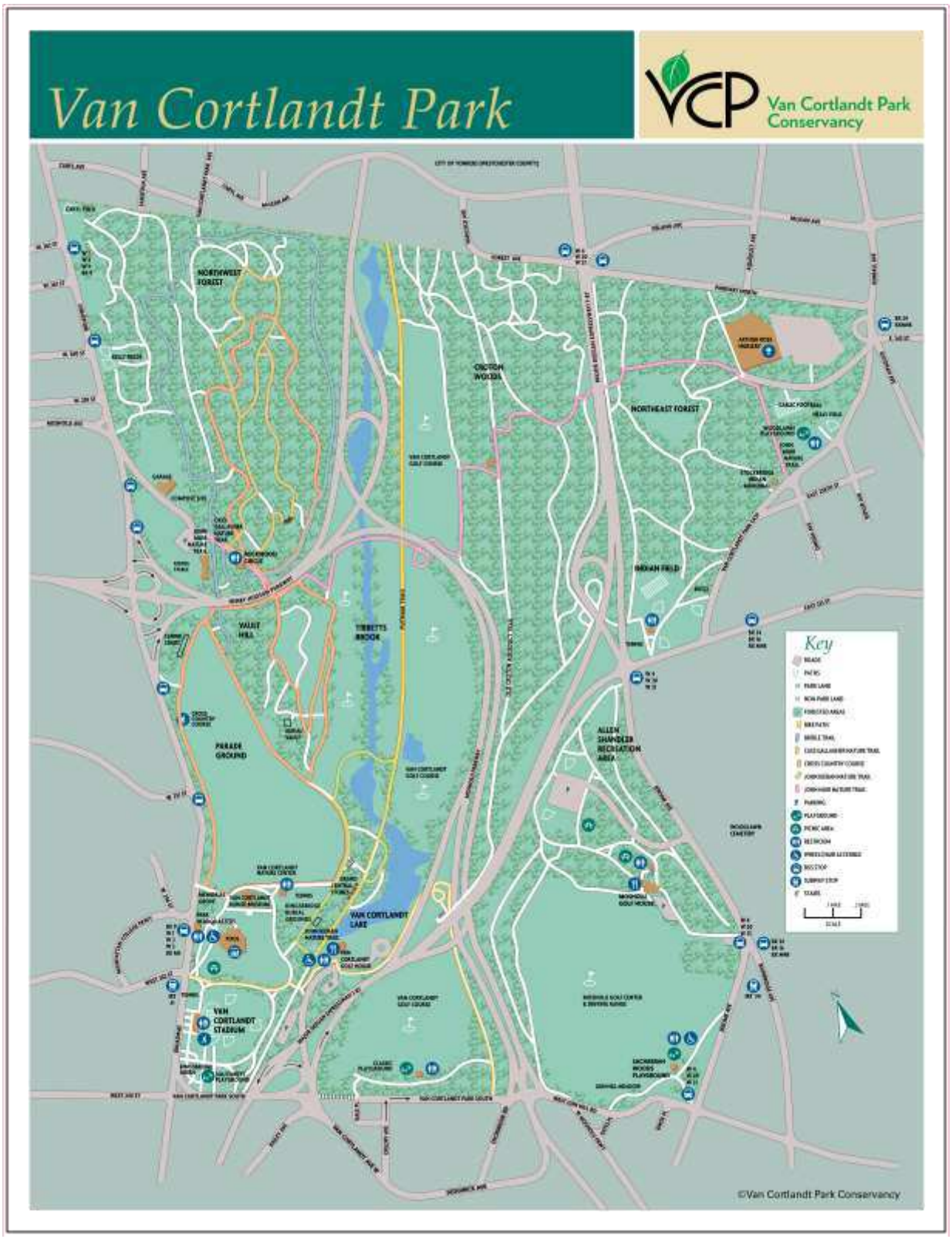
0.1 mi

Richmond Rd/St Patrick Pl

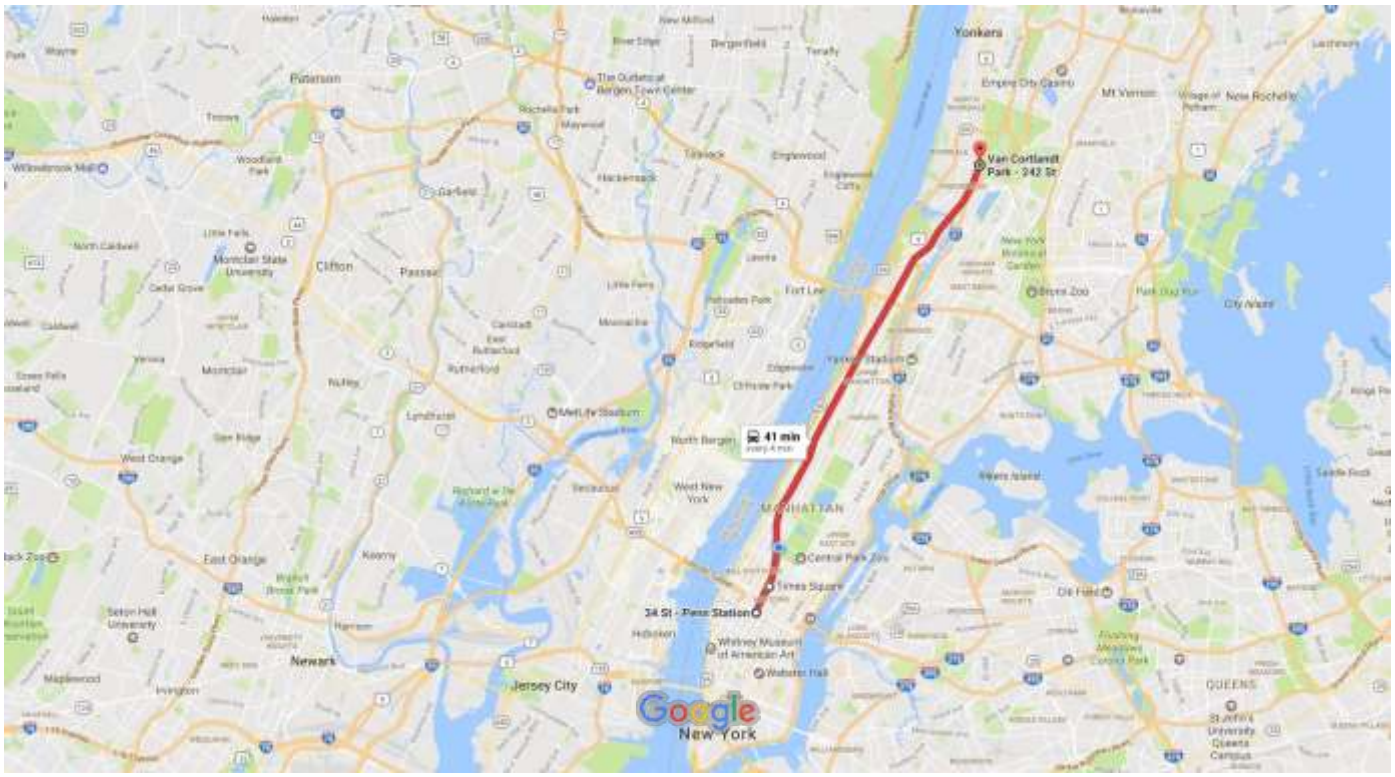
Staten Island, NY 10306

Van Cortlandt Park

This is the third largest park in NYC. It has a pool, museum, the most heavily used cross country running track in the US, and miles of hilly trails for hiking. If you're adventurous you may even been able to find the waterfall and the Croton Aqueduct Weir Chamber.



Take the [1] train to 242nd Street. – The Entrance to the Park will be just downstairs from the train platform.



34 St - Penn Station
New York, NY 10120

34 St - Penn Station

1 Van Cortlandt Park - 242 St

41 min (25 stops)
Service run by MTA New York City Transit Route information

Van Cortlandt Park - 242 St

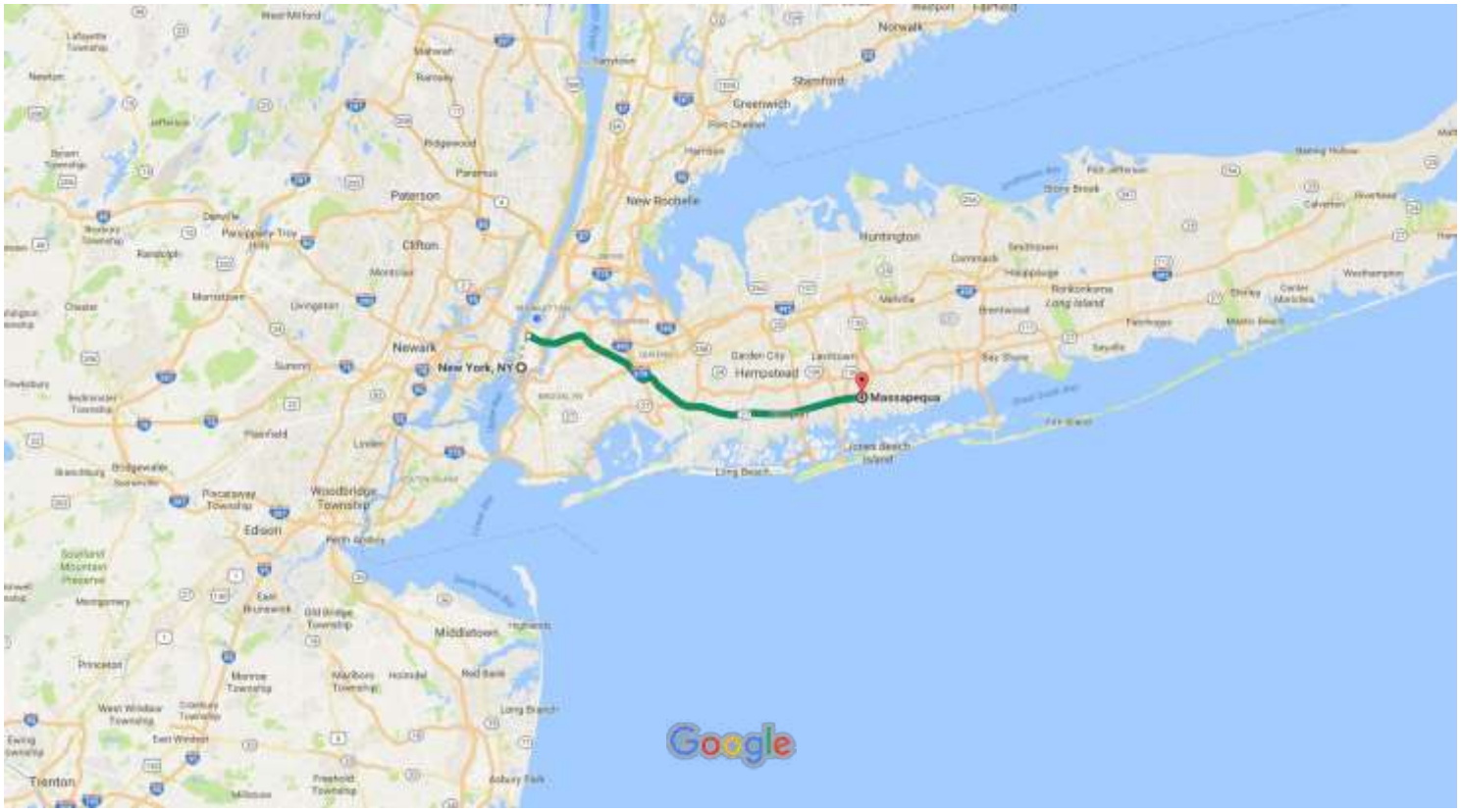
Van Cortlandt Park - 242 St
Bronx, NY 10471

LONG ISLAND, HUDSON VALLEY, HUDSON HIGHLAND

Massapequa Park

A little gem in Nassau County on Long Island, this is one of the few places where you can feel like you're truly escaping the suburbs with both bike and hike friendly trails. If you're traveling by bike ($5 gets you a lifetime bike pass on the LIRR) it's a scenic ride down to Tanner Park to enjoy the beach before headed back to NYC.

Take a Babylon bound Long Island Railroad Train departing from Penn Station to the Massapequa stop. The entrance to the park will be a few hundred feet to the east on Veterans Blvd.



Map data ©2017 Google 5 mi

New York

Pennsylvania Station

Babylon 160 Babylon

46 min (2 stops)

Service run by Long Island Rail Road

Massapequa

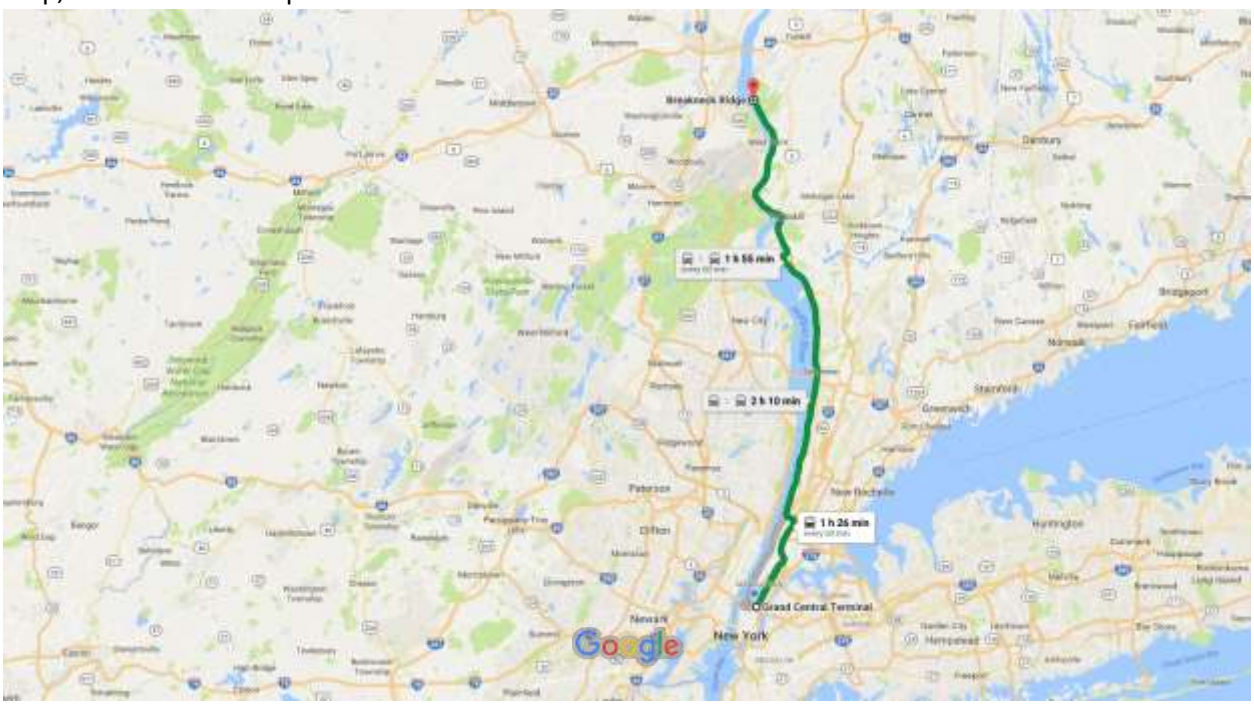
Massapequa

Sunrise Hwy, Massapequa, NY 11758

Hudson Highlands State Park

Home to one of the most famous trails to NY hikers (Breakneck Ridge) Hudson Highlands Park is full of amazing features including the abandoned Cornish Estate where you can still explore the ruins of the mansion.

Taking a Hudson Line train towards Poughkeepsie from Grand Central Terminal to the Breakneck Ridge Stop, the trailhead is a quick walk south down Route 9D.



Map data ©2017 Google 5 mi

7:43AM Grand Central Terminal
89 E 42nd St, New York, NY 10017

7:43AM Grand Central Terminal

Hudson Line 8807 Poughkeepsie
1 h 26 min (10 stops)
Service run by Metro-North Railroad

9:09AM Breakneck Ridge

9:09AM Breakneck Ridge
Fishkill, NY 12508

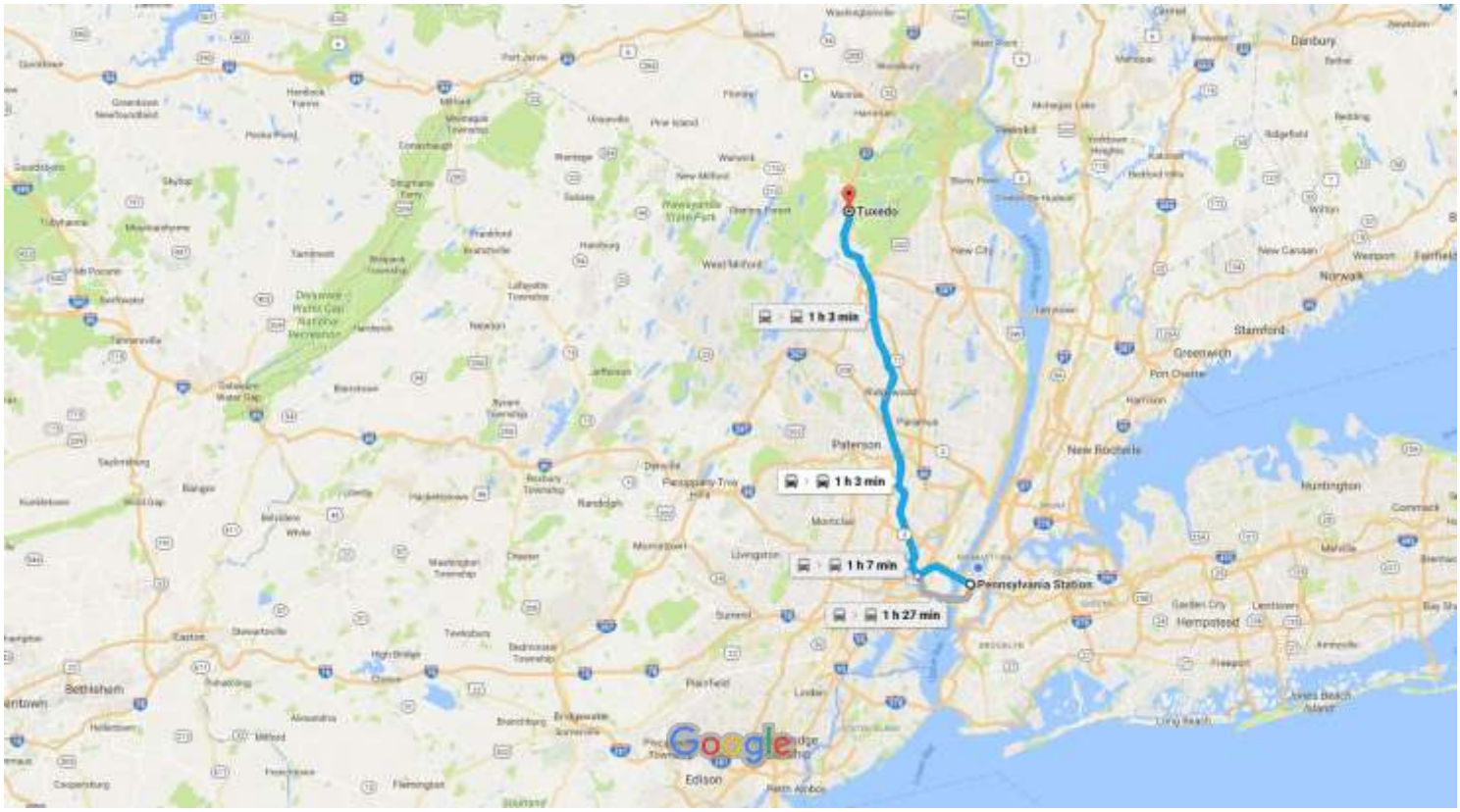
Harriman State Park & Bear Mountain
This is the most expansive park within 90 minutes of NYC with over 250 miles of hiking trails. You can go up for a quick loop or literally spend days backpacking around the park sleeping at the various campsites and shelters.

You can access this park from 2 different sides by either bus or train. While train tends to be the more popular, bus from the New York Port Authority Terminal is actually faster and provides more options for pickup/drop off locations and schedule frequency. There is also access to the park at different stops all along the bus lines:

Bus:

Eastern Park Bus Schedule (Most Popular Stop: Bear Mountain)
https://web.coachusa.com/CoachUsaAssets/files/98/pough-nwbrg.pdf
Wester Park Bus Schedule (Most Popular Stop: Tuxedo)
https://web.coachusa.com/CoachUsaAssets/files/98/HudsonO.pdf

Train:



6:20 PM **Pennsylvania Station**
New York, NY 10119

6:20 PM **Pennsylvania Station**

Morris & Essex Line Dover
10 min (non-stop) · Stop ID: 95105
Service run by NJ TRANSIT RAIL

6:30 PM
6:38 PM **Secaucus Junction**

Port Jervis Line Port Jervis
45 min (4 stops) · Stop ID: 95167
Service run by NJ TRANSIT RAIL

7:23 PM **Tuxedo**

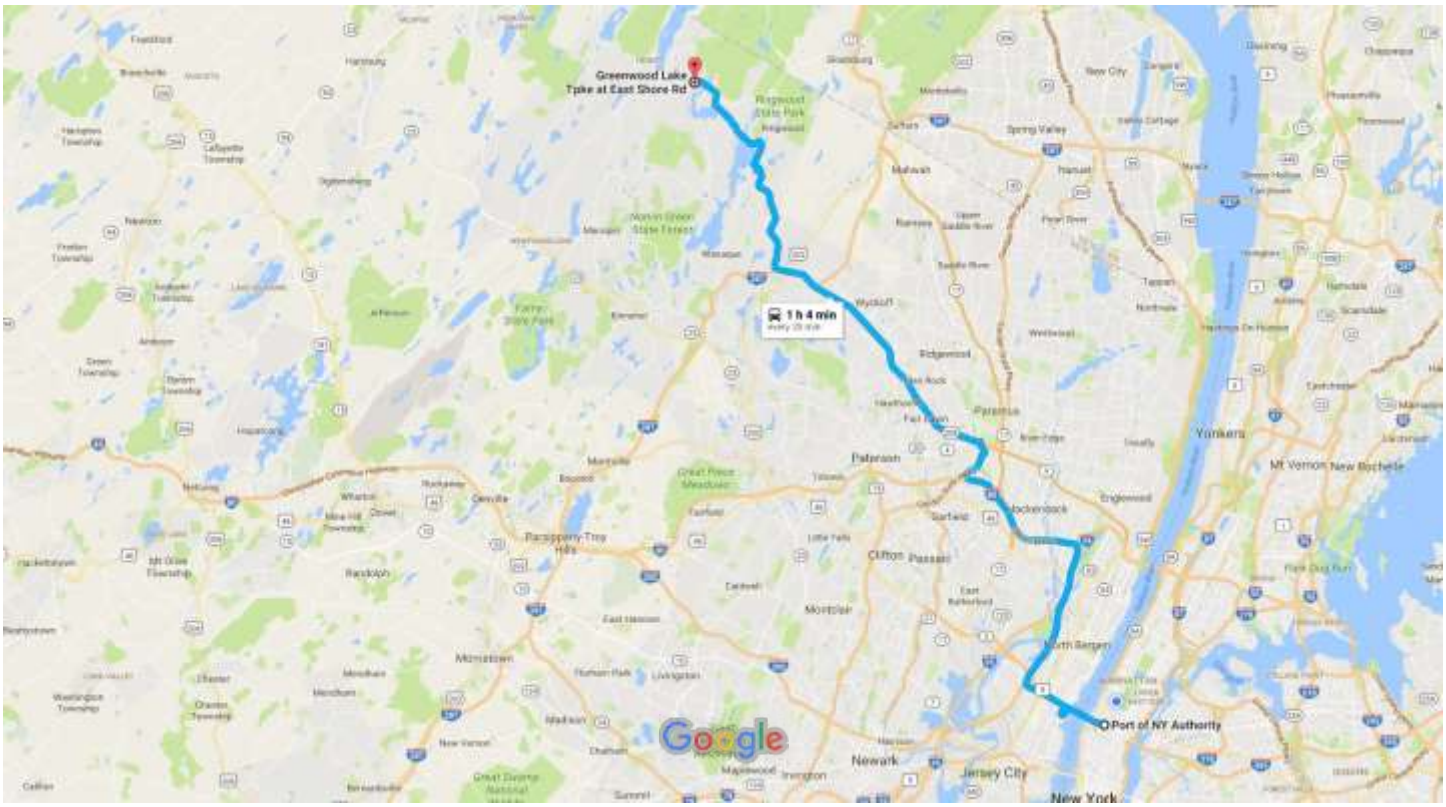
7:23 PM **Tuxedo**
NY 10987

Sterling Forest State Park
Sometimes thought of as an extension of Harriman because of its proximity, this park provides ample of adventures of its own. Currently there is an IMBA project to build the first 20 miles of mountain bike trails in Sterling Forest in over 20 years.

Accessible by New Jersey Bus for the south end, or by Coach USA/Shortline for the north end.

North End (Tuxedo Park and Ride or Arden Valley Rode – not featured on schedule but the driver will drop you off):
https://web.coachusa.com/CoachUsaAssets/files/98/HudsonO.pdf

South end:



6:05 PM Port of NY Authority
Port Authority Bus Terminal, 625 8th Ave #101, New York, NY 10018

6:05 PM Port Authority Bus Terminal

196 196 Warwick Skyline Exp
1 h 4 min(3 stops)· Stop ID:26229
Service run byNJ TRANSIT BUS

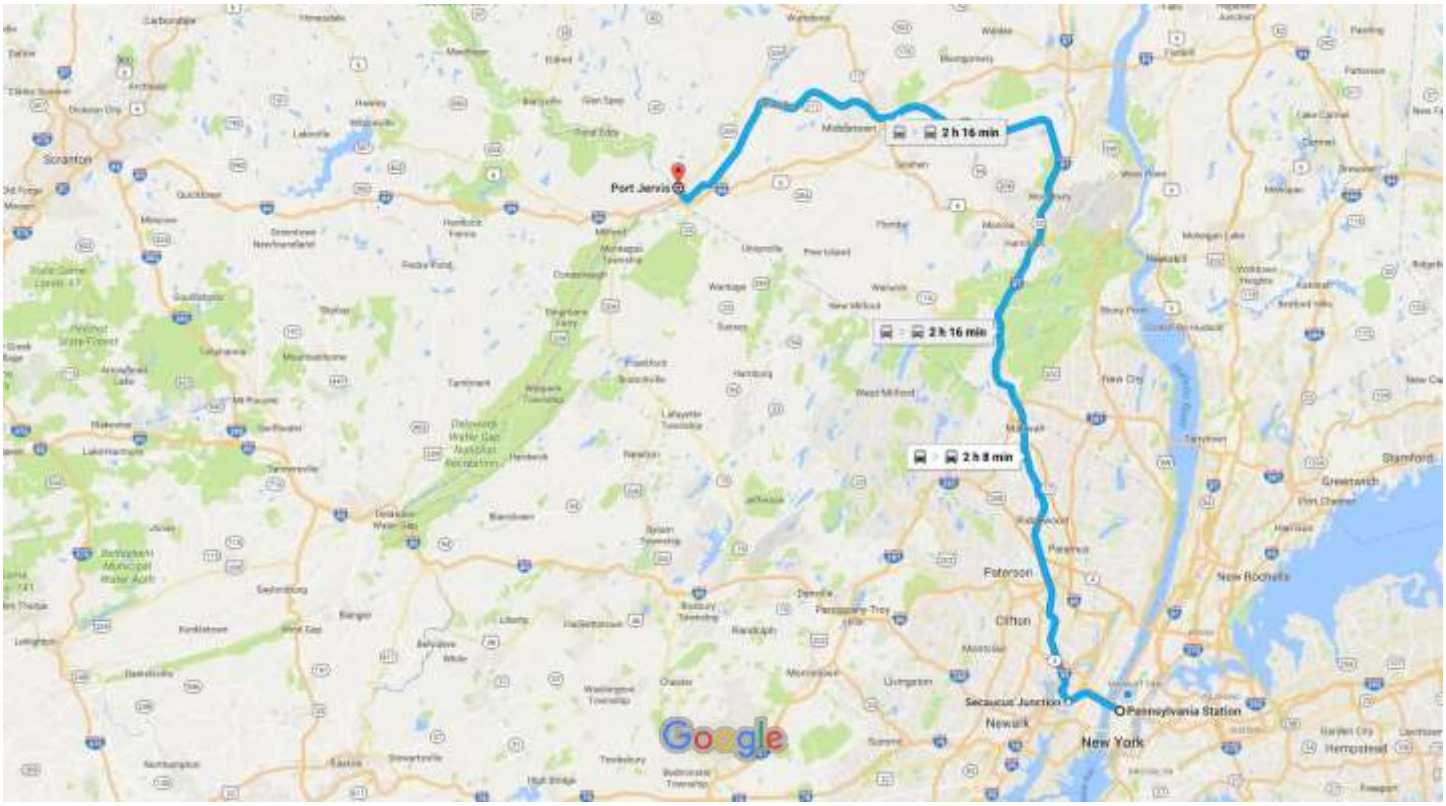
7:09 PM Greenwood Lake Tpke at East Shore Rd

7:09 PM Greenwood Lake Tpke at East Shore Rd
West Milford, NJ 07421

Del Water Gap National Recreation Area & High Point State Park

While not quite as easily accessible as some of the other places near NYC, the views from the peaks and ridgelines are absolutely breathtaking and well worth the adventure out here. Plus if you're planning on section hiking the Appalachian Trail you'll need to head out here at some point.

You'll want to take the New Jersey Train Port Jervis Line to Port Jervis station from Penn Station and catch a cab to one of the many nearby trails. Grab NYNJ Trail Conference map #120-123



Map data ©2017 Google 5 mi

Pennsylvania Station
New York, NY 10119
Pennsylvania Station

Northeast Corridor Trenton Transit Center
9 min (non-stop) · Stop ID:95105
Service run by NJ TRANSIT RAIL

Secaucus Junction

Port Jervis Line Port Jervis
1 h 55 min (6 stops) · Stop ID:95167
Service run by NJ TRANSIT RAIL

Port Jervis
Port Jervis