

The directions contained in this document are provided as a guide. Do your research, use your noggin. The King of New York and baby bean productions are not responsible for any errors or omissions.

Directions to Tompkins Square Park – 10th Street and Avenue A in Manhattan

BY SUBWAY:

The L, N, Q, R, W, or #4, 5, or 6 trains to 14th Street, Union Square, will put you in close proximity. You can then take the #6 to Astor place and walk east to Avenue A, or walk east from 14th Street to Avenue A and then south to 10th street.

Download the [Complete New York City Subway Map](#).

BY CAR:

Get your Google Maps on to figure out your best way into Manhattan from wherever you're coming from. Once you're there, the FDR Drive contains an exit at Houston Street that puts you close. Drive west approximately four blocks to Avenue A and turn right. Drive north to 10th street.

BY BICYCLE:

You can download a PDF version of the [NYC bicycle map](#) supplied by the Department of Transportation. The map is also available in most bike shops in New York City. You can also call 311 and have a map sent to your home, but expect to wait about two weeks for delivery.

BY PLANE:

There are three major airports which will get you into or close to New York City: Newark International (EWR,) John F. Kennedy (JFK), or LaGuardia Airport (LGA.) Prices vary depending on where you're coming from but LaGuardia is slightly closer to Manhattan and Queens.

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Directions to Cunningham Park – (North Trails) 210th Street and 67th Avenue, Queens

BY SUBWAY:

Take the E, J, or Z trains to Jamaica Center, OR take the 7 train to Flushing/Main Street, OR take the F train to 179th Street/Jamaica, OR take LIRR to Bayside or Hollis. See Local Street below for additional direction afterwards. Follow to 210th Street and 67th Avenue entrance, or Francis Lewis Blvd. and approximately 67th Avenue entrance (both entrances are just North of 73rd Avenue.) Follow Green/Easy Trails signs to Ringer Trails downhill jump section and pump track. See Trials Map below for additional directions.

Download the [Complete New York City Subway Map](#).

BY CAR:

Long Island Expressway (495) to Exit 27, Clearview Expressway south (Interstate 295) to 73rd Avenue Exit. Turn left onto 73rd and then left at 210th Street. Drive to intersection of 210th street and Irwin Altman street and park there. Enter at 67th Street entrance and follow Green/Easy Trails signs to Ringer Trails downhill jump section and pump track. See Local Street and Trails Maps below for additional directions.

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NYCMTB Trail Map:

NORTH WOODS MOUNTAIN BIKE TRAILS

[Cunningham Park, Queens, NY]



City of New York
Parks & Recreation



C·L·I·M·B
CONCERNED LONG ISLAND
MOUNTAIN BICYCLIST

Trails adopted by CLIMB- Concerned Long Island Mountain Bicyclists. For information on how you can volunteer to help the trails, visit www.climbonline.org.



INTERNATIONAL MOUNTAIN BICYCLING ASSOCIATION

LEGEND

- Less Difficult**
(Relatively flat and wide. Trail surface may be loose, uneven or muddy at times. May include short, flowing singletrack sections.)
- More Difficult**
(Singletrack trail with small obstacles like roots and rocks. May include short steep sections.)
- Most Difficult**
(Steeper and tougher, with expectation of difficulty and continuous challenge.)
- Experts Only**
(Downhill and freeride terrain with extreme features requiring jump and drop ability. Full face helmet and body armor required)
- Trail Direction**
(all trails 2-way unless otherwise marked)

NOTE: Green- and Blue-rated trails do include optional technical trail features rated with higher difficulty levels.

Total vertical:
+/- 40 feet

