



The Pfeiffer Center

► GETTING HERE

The Pfeiffer Center for Biodynamics and the Environment is part of Threefold Educational Center, located in the Village of Chestnut Ridge, New York (sometimes still known as South Spring Valley). It is 2 miles north of the New York/New Jersey border, 11 miles from the Tappan Zee Bridge, and 18 miles from the George Washington Bridge, near the intersection of the Garden State Parkway and the New York State Thruway (Route 87).

► BY CAR, FROM THE SOUTH

Take the Garden State Parkway north to Exit 172 (Grand Avenue), the last exit in New Jersey. Turn left at the bottom of the ramp, go under the overpass and turn right at the stoplight onto Chestnut Ridge Road (Route 45). Continue about two miles, through two traffic lights, across the New York State border and a third traffic light. Just past the first sign for Green Meadow Waldorf School on your left, turn left onto Hungry Hollow Road.

► BY CAR, FROM THE NORTH OR EAST

Take the New York State Thruway (Route 87) to Exit 14A (Garden State Parkway). Take the first exit (Schoolhouse Road), turn right at the stoplight onto Red Schoolhouse Road and go to the T-intersection at the end. Turn left onto Chestnut Ridge Road (Route 45), then take the first right turn onto Hungry Hollow Road, just past the Hungry Hollow Co-op.



► As you go down Hungry Hollow Road:

- ◆ The Hungry Hollow Co-op is on the north corner of the intersection with Chestnut Ridge Road. Green Meadow Waldorf School is on the south corner.
- ◆ You will pass Green Meadow's Nursery/Kindergarten parking lot, the School of Eurythmy, and Green Meadow's Oak House, all on the left. Private houses and Threefold Pond are on the right.
- ◆ The **Main House** is #285 on the left, a large white building. The Sunbridge Institute offices, Mimi Satriano's office, Threefold Cafe, and Main House Living Room are here. The **Brookside Building** is to the left as you are standing in the driveway. For parking, though, please continue down HH Rd...
- ◆ Just past the bottom of the hill on the left is Orchard Lane, leading to the **parking lot** for Holder House dormitory. Visitors to the Main House, Brookside, Threefold Cafe, and Pfeiffer Center Garden should park in this lot. On the other side of Hungry Hollow Road is the **Pfeiffer Center Garden**, but there is no parking near the garden.
- ◆ 100 yards further on your right, opposite the entrance to the Fellowship Community, is the entrance to Threefold Auditorium, #260. **The main Threefold office** is here as well as the Sunbridge Bookstore.

► **BY BUS FROM NEW YORK CITY**

On weekdays, Coach USA (AKA Rockland Coaches or Red & Tan Lines) operates commuter buses to Spring Valley from Port Authority Bus Terminal in New York City that make stops on Route 45 (Chestnut Ridge Road). Go to ticket windows 11-15 to purchase tickets and inquire about departure platforms. Bus #45, which operates only on weekday mornings and afternoons, will take around an hour to drop you off at the top of Hungry Hollow Road (this is a request stop; you must speak to the driver to be let off at Hungry Hollow). The one-way bus fare is around \$8. If you must purchase on the bus, the bus drivers won't accept large bills.

The morning buses leave at approximately 7:20, 7:45, and 8:05 am. The first afternoon bus leaves at 2:30, then every 10 to 30 minutes until 8:30 pm. Call 201-263-1254 or visit www.coachusa.com for up-to-date schedules and fares.

Return buses to Port Authority leave from the bus stop outside the Hungry Hollow Co-op, where there is a posted schedule. When the bus approaches, you must stand out on the curb and make yourself visible.

At other times of day and on weekends, Bus #11A will take an hour and a half to get you to the Spring Valley Bus Terminal, which is a 10-minute taxi ride from Hungry Hollow Road. The last bus leaves Port Authority around midnight.

The Coach USA Short Line from Port Authority to Suffern NY (15 minutes away), is another option. The trip is about 1 hour and buses run 7 days a week, with more frequent service on the weekdays.

See also the directions for “As you go down Hungry Hollow Road” under the map above.

► **BY TRAIN**

You can catch uptown or crosstown subways to the Port Authority Bus Terminal on 41st Street. From there, follow the bus directions above.

Metro North trains (www.mta.info/mnr/index.html) run all day, seven days a week to Tarrytown, NY, which is twenty minutes by taxi across the Hudson River from Spring Valley. Trains leave from Grand Central Terminal and the trip takes 40 to 50 minutes, faster with express trains. For taxi service from Tarrytown visit www.rocklandtaxi.com or call (914) 333-1111 or (845)-223-1931.

New Jersey Transit (www.njtransit.com) runs the Pascack Valley line, which originates at Hoboken and terminates at Spring Valley. If coming from New York (Penn Station), you must transfer at Secaucus Junction. The trip takes 60-90 minutes depending on transfer times. Trains run seven days a week.

The closest Amtrak stop north of Spring Valley is Croton Harmon, NY. From there you can take a Metro North train to Tarrytown (see above). If coming from the south, you may wish to stop at New York City, from which you have train and bus options.

See also the directions for “As you go down Hungry Hollow Road” under the map above.

► **BY AIR**

Newark, JFK, and LaGuardia all have frequent bus service to Port Authority, from which you can catch a bus to Spring Valley (see bus information above). Go to Ground Transportation and ask for the current schedule. Newark is *by far* the closest and most convenient airport for getting to the Pfeiffer Center.

The **Air Brook Express Shuttle** operates from 5 am to midnight, seven days a week, between Newark and the Montvale Transportation Center in New Jersey, where you can arrange for pick-up or call a taxi (\$10) to take you to Hungry Hollow Road. Just call 1-800-432-1826 after you arrive and Air Brook will instruct you from there. The fare is approximately \$32, \$58 for a round trip.

Skyway Limo will take up to four people directly to Threefold from Newark. Call 1-800-300-3356 for a reservation.

Former student **Jan Kadula** provides door to door service to Newark, LAG, JFK. Call 845-425-0087 for prices and further information.

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► **TAXIS**

Taxis are usually waiting at bus/train stations and can be hired on the spot. If coming in late at night, or to another location, you may wish to arrange for a pickup ahead of time. A few options, chosen at random, are: Ramapo Taxi, 845-425-2020; Rockland Taxi, 845-627-6232; Pearl River Taxi, 845-735-6050.