

Sensory Friendly Map of The Metropolitan Museum of Art for Visitors on the Autism Spectrum



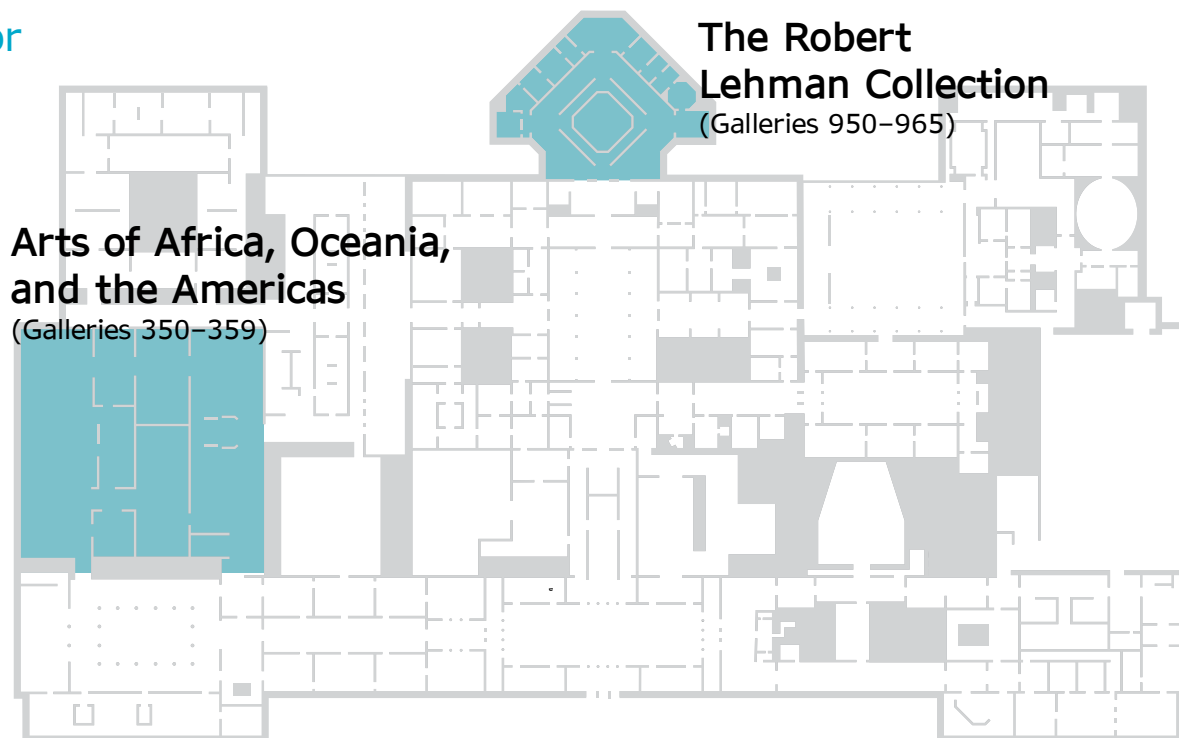
Sensory Friendly Map of The Metropolitan Museum of Art for Visitors on the Autism Spectrum

There are some spaces in particular within the Museum that you should be aware of during your visit. These spaces—some of which are quieter and less crowded and others that are overly stimulating—are indicated here. Use this tool as you design your [My Met Tour](#) (PDF) visual checklist and decide which spaces to visit and which to avoid.

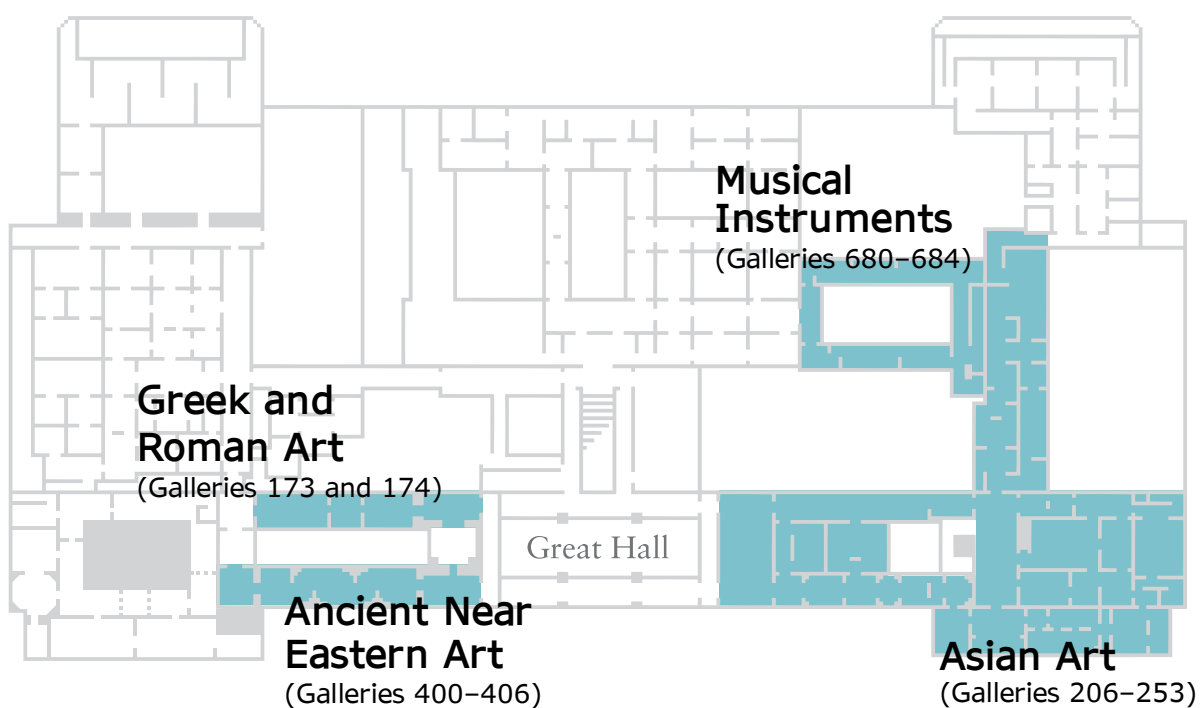


Quiet and less-crowded spaces

1st floor

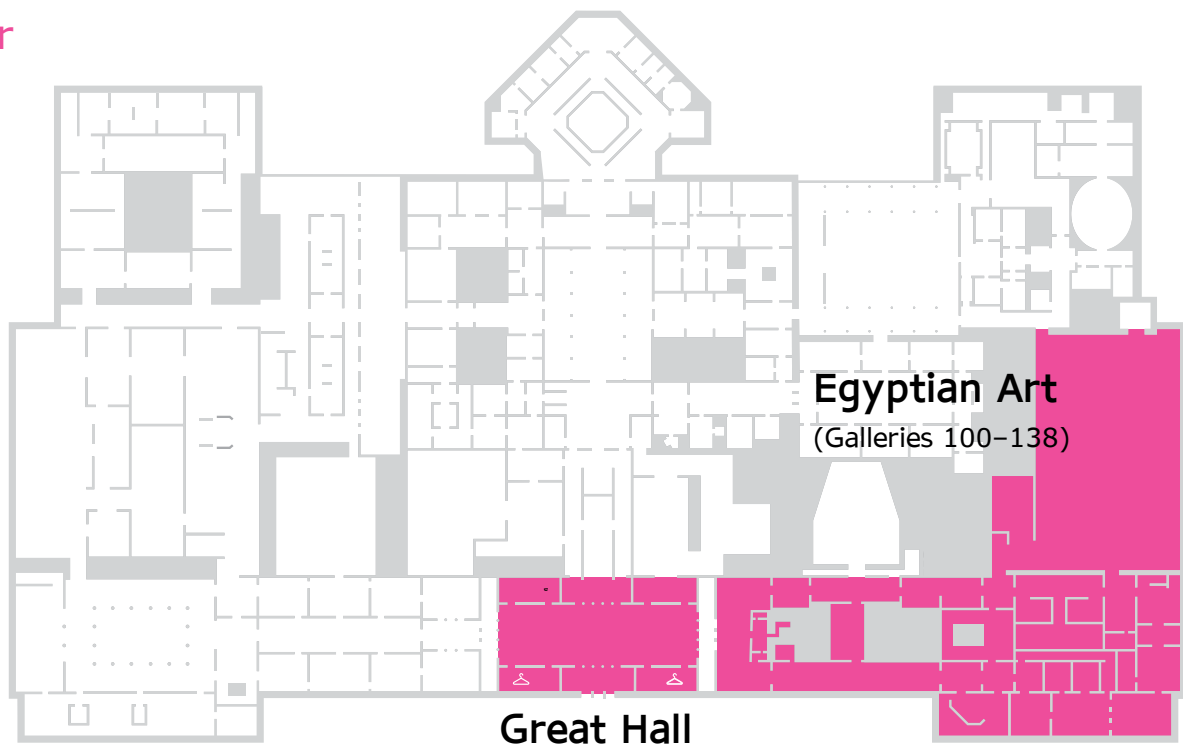


2nd floor



Spaces that tend to be crowded

1st floor



2nd floor

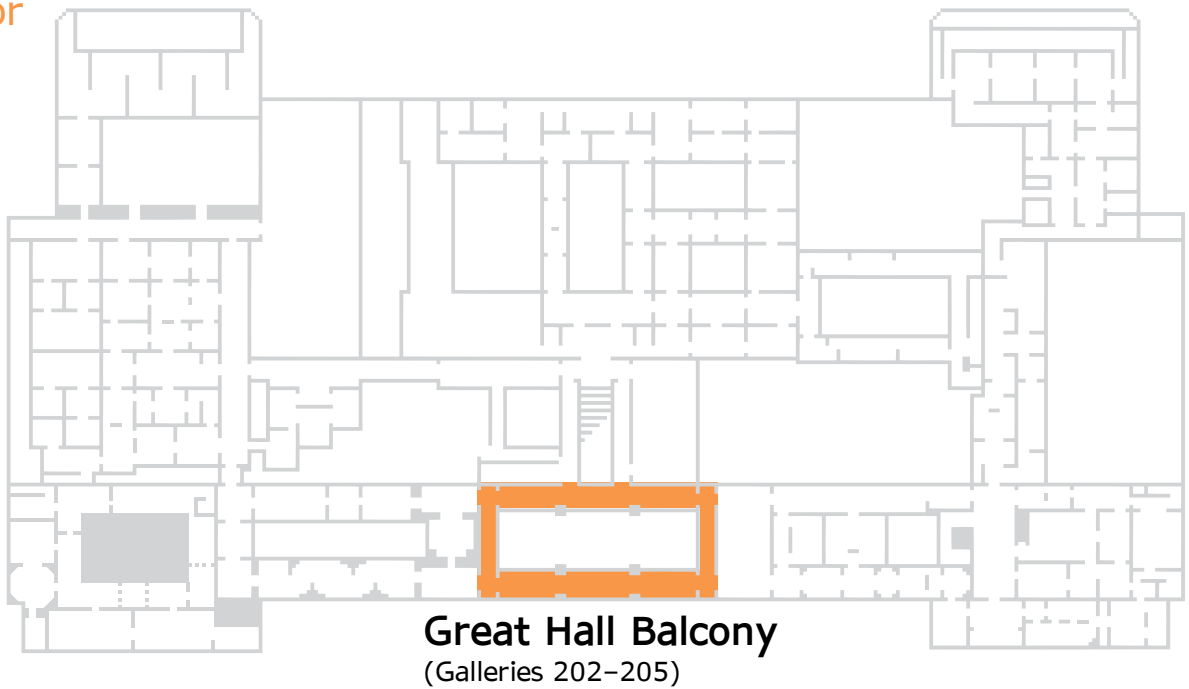


Spaces that can be loud

1st floor

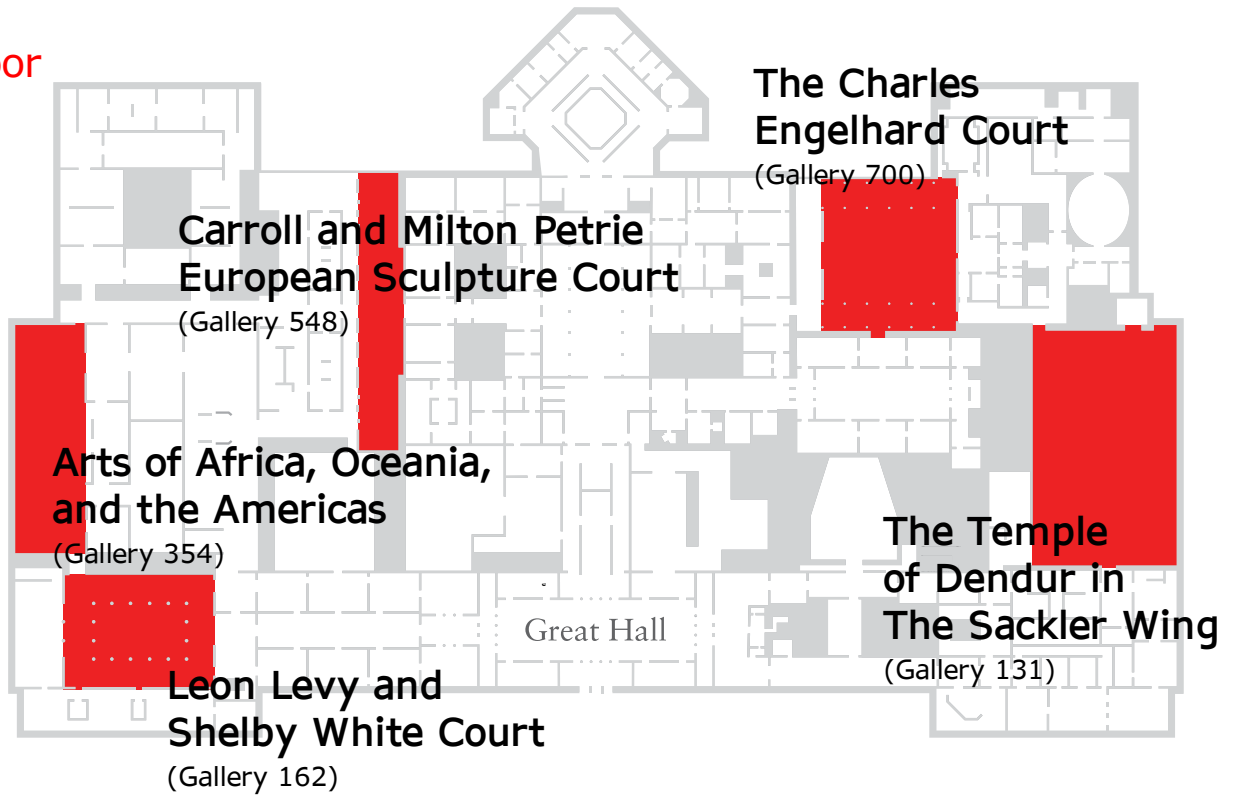


2nd floor

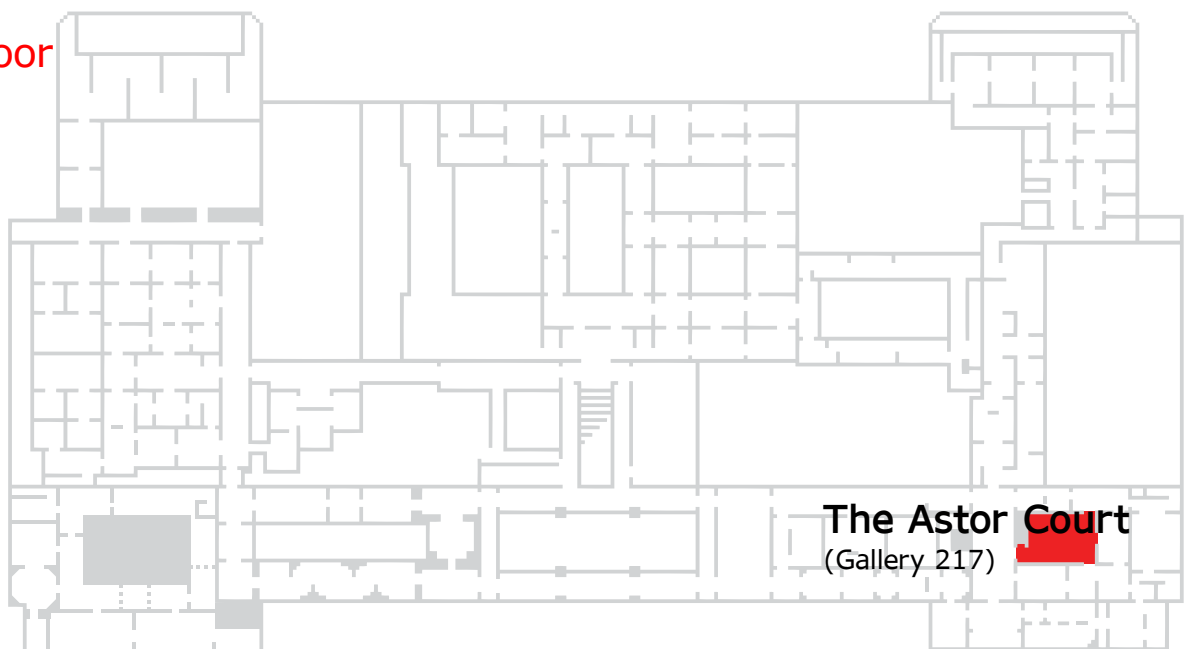


Spaces with natural light

1st floor



2nd floor

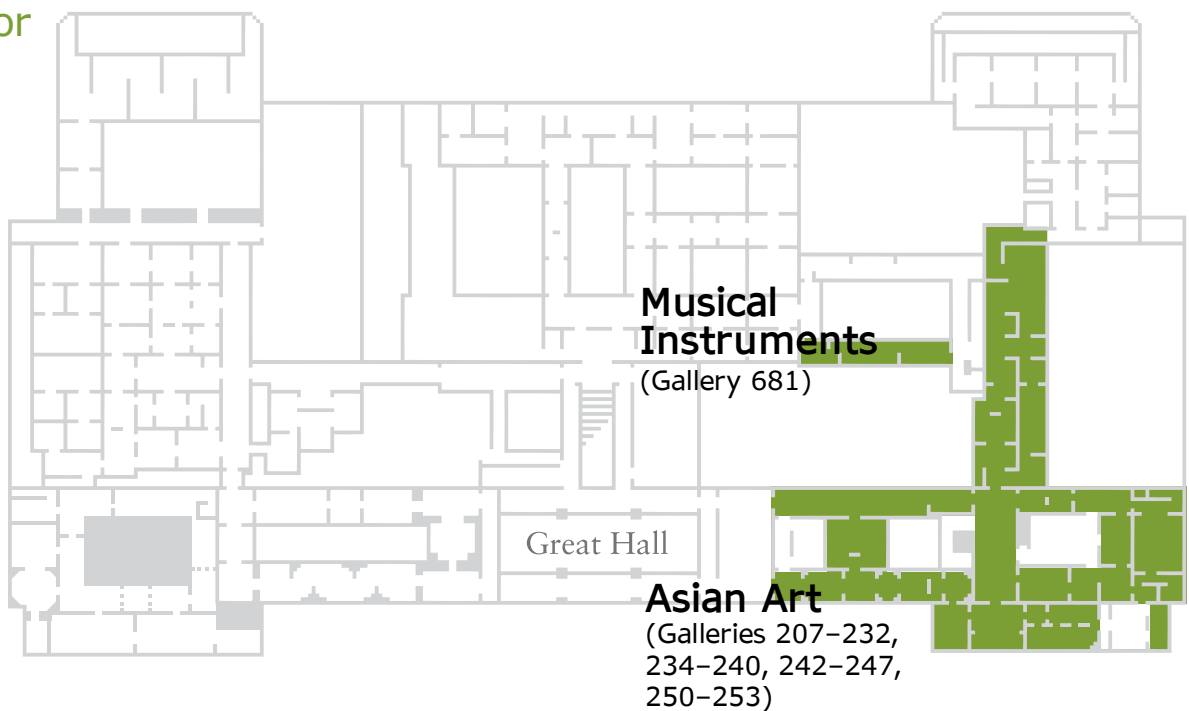


Spaces with low or subdued light

1st floor



2nd floor



Access and Community Programs

Contact us for information about accessibility, accommodations, and programs for visitors with disabilities:

Telephone: (212) 650-2010

Email: access@metmuseum.org

Access and Community Programs

The Metropolitan Museum of Art

1000 Fifth Avenue

New York, NY 10028-0198

www.metmuseum.org/events/visitorsdisabilities



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Access Coordination at The Metropolitan Museum of Art

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