

## Insider's Guide to NYC

Courtesy of New York State Association of Neuropsychology (NYSAN) and New York Neuropsychology Group (NYNG).

### **Online Discount Sites-**

“Several websites are available that offer discounts for activities, dining, and lifestyle options (e.g., haircuts, massages) in and around New York City. Please check out the following websites for available deals: [www.livingsocial.com](http://www.livingsocial.com), [www.groupon.com](http://www.groupon.com), [www.restaurant.com](http://www.restaurant.com).”

### **Audio Guides for Walking Tours in NYC – FREE Downloads-**

**Available Tours:** Central Park, Lower Manhattan, 9/11 Memorial and World Trade Center, Greenwich Village, Food Tour of Greenwich Village, SoHo, The Brooklyn Bridge (in both English and Spanish versions), Brooklyn Heights, The High Line, Midtown Manhattan, Grand Central Terminal, Harlem

**Website** <https://freetoursbyfoot.com/audio-tours-new-york-city/>

### **Big Onion Walking Tours**

**Available Tours:** They offer entertaining and informative tours of New York's historic districts and ethnic neighborhoods. Their guides hold advanced degrees from Columbia, CUNY, New York, and other universities. “Best Place to take Out-of-Town Guests” *The Village Voice* 2014, “New York's Best Walking Tours” *New York Magazine*, and, named one of the “World's Best City Walks” by [Forbes.com](http://Forbes.com). We were also honored to have received the 2011-18 "Award of Excellence" from [TripAdvisor.com](http://TripAdvisor.com).

**Website** [www.bigonion.com](http://www.bigonion.com)

### **Visit the United Nations-**

“For guided tours, tickets can be purchased online at <https://visit.un.org/content/tour-1>. For individuals and small groups (1-39 people), tickets cost \$22 for an adult. In planning your trip, first go across the street from the UN to the Visitors Check-in Office at 801 First Avenue (Corner of 45th Street) *before* entering the UN. All visitors to the United Nations 18 years and older (and unaccompanied children 12 years and older) require a *valid government-issued photo identification* issued by a **Member State** or an **Observer State** of the United Nations to enter UN Headquarters. Photo Identification must be original (no photographs nor photocopies accepted) and can include a passport, driver's license or national identity card. You should arrive one hour early to pass through security.”

**Location:** 405 E. 42nd Street

**Website:** <https://visit.un.org/content/tour-1>

### **Ice Skating at Rockefeller Center-**

“General Admission tickets for ice skating at The Rink in Rockefeller Center are always available, whenever The Rink at Rockefeller Center is open to the public. These tickets are not sold online and are first come, first served. Visit the rink’s Skate House to purchase general admission skating tickets and to rent skates. More information can be found at the following: <https://therinkatrockcenter.com/general-admission-skating>. VIP tickets that allow skaters to avoid lines and experience other perks are also available and can be booked online.”

**Location:** 5th Avenue between 49th and 50th Streets

**Website:** <https://therinkatrockcenter.com/>

### **The High Line-**

“The High Line is a 1.45 mile long elevated linear park built on a historic freight line. It is located on the west side of Manhattan and is an excellent place to stroll, view fabulous art and design, visit gardens, and enjoy New York City scenery. The park is public and there is no fee to enter.”

**Website:** <https://www.thehighline.org/>

### **Chelsea Piers-**

“Chelsea Piers is an enormous sports and recreational complex on the Hudson River (West side) offering programs, classes, and spaces to perform a variety of recreational activities from swimming, to barre, to ice skating, rock climbing and dance.”

**Location:** 62 Chelsea Piers (located at 23rd Street and Hudson River Park on West Side Highway)

**Website:** <https://www.chelseapiers.com/>

### **Bowling-**

“Several excellent bowling alleys are available in New York City offering lanes and shoes, as well as good food, a lively bar scene, and often even live music. Recommendations for bowling include BowlMor (several locations) and Lucky Strike.”

- Lucky Strike
  - **Location:** 624-600 W. 42nd Street
  - **Website:** <https://www.luckystrikesocial.com/locations/new-york/>
  
- BowlMor Times Square
  - **Location:** 222 W. 44th Street
  - **Website:** <https://www.bowlmor.com/location/bowlmor-times-square>

### **Axe Throwing at Gotham Archery-**

“Gotham Archery offers introductory classes for axe throwing and archery. Locations in Manhattan and Brooklyn. 90-minute classes cost \$50.”

**Location:** 73 Allen Street, 2nd Floor, New York, NY 10002

**Website:** <https://www.got-archery.com/gothamaxes/>

### **SPiN NYC-**

“A bar located in the Gramercy Park area with ping pong, food, music, and a great vibe. Feel free to make a reservation to play ping pong or stop by to watch the fun. Happy hour food and drink specials offered as well.”

**Location:** 48 E. 23rd Street (between Madison and Park Avenues)

**Website:** <https://wearespin.com/location/new-york/>

### **Tenement Museum-**

“Located in the Lower East Side, known as one of New York’s most diverse neighborhoods. Explains history of buildings in the Lower East Side. Also an option to engage in an interactive tour with actors portraying individuals from the 1800’s and 1900’s who fought to maintain the diversity of the Lower East Side”

**Location:** 103 Orchard Street (Lower East Side neighborhood)

**Website:** <https://www.tenement.org/>

### **Empire State Building-**

“Welcome to the world-famous Empire State Building. Located in the center of Midtown Manhattan, our 86th and 102nd floor observatories provide unforgettable 360° views of New York City and beyond. Whether you’re in town for a week or a day, no visit to NYC is complete without experiencing the top of the Empire State Building.”

**Location:** 20 W. 34th Street

**Website:** <http://www.esbnyc.com/>

### **One World Trade Center-**

“Located around One World Trade Center are several attractions aimed at commemorating 9-11-2001 as well as providing educational opportunities and wonderful Manhattan views. One World Observatory is positioned on top of the tallest building in the Western Hemisphere, on levels 100, 101, and 102 of the 1,776 foot tall One World Trade Center building, and provides unique, panoramic views of New York City, its most iconic sites, and surrounding waters. Also nearby are the 9/11 Memorial Plaza, which is an 8-acre park and sanctuary set within the footprints of the original twin towers, as well as the 9/11 Memorial Museum located in the heart of the original WTC site.”

**Location:** 285 Fulton Street

**Websites:** <https://www.wtc.com/memorial> and <https://oneworldobservatory.com/en-US/experience>

### **Central Park-**

“Central Park stretches from 59th Street to 110th Street between midtown and 8th Avenue on the West Side. It includes several attractions such as an ice skating rink (Wollman Rink; <http://www.wollmanskatingrink.com/>), sculptures/art,

water features and the Central Park Zoo. Central Park is an 843 acre National Historic Landmark. It is public and there is no fee to enter.”

**Website:** <http://www.centralparknyc.org/>

### **Statue of Liberty and Ellis Island-**

“Statue Cruises is the only provider authorized by the National Park Service to take visitors to Liberty and Ellis Islands. One ticket takes visitors to both islands and includes the audio tour. Ticket information for individuals or groups is available online at Statue Cruises or by phone at 1-877-LADY-TIX. Tickets may also be purchased at Castle Clinton in Battery Park in New York or at the ferry departure point in Liberty State Park in New Jersey. Ferry schedules change seasonally and during periods of high tourism. Up-to-date schedules are posted on the Statue Cruises website.”

**Website:** <https://www.libertyellisfoundation.org/ferry-tickets>

**Other:** Another option is taking the Staten Island ferry for a fun and inexpensive way to view the Statue of Liberty from the water (<https://www.siferry.com/>)

### **Morgan Library & Museum – FREE Friday Nights-**

Holds a collection of illuminated, literary and historical manuscripts, early printed books and old master drawings and prints.

**Location:** 225 Madison Avenue at 36<sup>th</sup> Street

**Website:** <https://www.themorgan.org/>

### **Metropolitan Museum of Art-**

“The Met Fifth Avenue presents over 5,000 years of art spanning all cultures and time periods. Since the Museum opened its doors to the public in its current location in Central Park in 1880, its footprint has expanded to cover more than two million square feet. Today, art comes alive in the Museum's galleries and through its exhibitions and events, revealing both new ideas and unexpected connections across time and cultures.”

**Location:** 1000 Fifth Avenue

**Website:** <https://www.metmuseum.org/visit/met-fifth-avenue>

### **The Met Cloisters-**

“The Met Cloisters, located on four acres overlooking the Hudson River in northern Manhattan's Fort Tryon Park, is the branch of the Museum dedicated to the art, architecture, and gardens of medieval Europe. Deriving its name from the medieval cloisters that form the core of the building, it presents a harmonious and evocative setting for more than 2,000 exceptional artworks and architectural elements from the medieval West.”

**Website:** <https://www.metmuseum.org/visit/met-cloisters>

### **American Museum of Natural History-**

“The AMNH is located on the Upper West Side of Manhattan is one of the largest museums in the world. Located in Theodore Roosevelt Park across the street

from Central Park, the museum complex comprises 28 interconnected buildings housing 45 permanent exhibition halls, in addition to a planetarium and a library.

**Location:** Central Park West and 79<sup>th</sup> Street

**Website:** <https://www.amnh.org/>

### **Discount Broadway tickets-**

- Website: <https://www.tdf.org/nyc/8/Locations-Hours>

### **Comedy clubs-**

- Comedy cellar (<https://www.comedycellar.com>) 117 Macdougall street
- Caroline's on Broadway (<http://www.carolines.com>) 1626 Broadway

### **Brooklyn Ideas-**

- Shuffleboard at the Royal Palms in Gowanus  
[www.royalpalmsbrooklyn.com](http://www.royalpalmsbrooklyn.com)
- Shipwreck Mini-golf [www.yelp.com/biz/shipwrecked-miniature-golf-brooklyn-2](http://www.yelp.com/biz/shipwrecked-miniature-golf-brooklyn-2)

## Food Establishments Near the Marriott Marquis Times Square

### **Shake Shack** (*multiple locations around city*)

- Location: 691 8th Ave (Theater District)
- Description: Quick stop for delicious burgers and fries

### **City Kitchen**

- Location: 700 8th Ave at 44th St.
- Website: [citykitchen.rownyc.com](http://citykitchen.rownyc.com)
- Description: Gourmet indoor food court. Features 9 vendor options from tacos to lobster rolls, sushi, burgers, and doughnut.

### **Lillie's NYC**

- Location: 249 49th St, between Broadway and 8th Ave
- Website: [www.lilliesnyc.com](http://www.lilliesnyc.com)
- Description: Restaurant & bar with a menu of classic American & British dishes in a Victorian setting. Food and drink are consistently solid.

### **Wasabi Sushi and Bento**

- Location: 561 7th Ave between 40th St and 41st St
- Description: Fast, fresh, authentic, handmade Japanese sushi and bento. Perfect for a quick lunch.

### **Carmine's Italian Restaurant**

- Location: 200 W 44th St, New York, NY 10036
- Website: [Carminesnyc.com](http://Carminesnyc.com)
- Description: Authentic Italian food

### **Bareburger**

- Location: 366 W 46th St, New York, NY 10036

- Website: Bareburger.com
- Description: “Casual, eco-minded regional chain for organic burgers (from beef to bison) & more, plus beer & wine.”

### **Mercato**

- Location: 352 W 39th St, New York, NY 10018
- Website: Mercatonyc.com
- Description: “Homey Italian venue supplying housemade pastas and other traditional fare in a brick-lined space.”

### **Tony's Di Napoli**

- Location: 147 W 43rd St, New York, NY 10036
- Website: Tonysnyc.com
- Description: “Bustling eatery serving big, shareable portions of Italian comfort food to the masses.”

### **Haru Sushi**

- Location: 229 W 43rd St #221, New York, NY 10036
- Description: Sleek chain with a full bar known for classic & creative rolls & other Japanese fare.

### **Dos Caminos**

- Location: 1567 Broadway, New York, NY 10036
- Description: Vibrant cantina serving modern Mexican cuisine, made-to-order guacamole & tequila cocktails.

### **Koi Bryant Park**

- Location: 40 W 40th St, New York, NY 10018
- Description: Plush eatery in the Bryant Park Hotel serving upscale Japanese eats including imaginative sushi.

### **Benihna**

- Location: 47 W 56th St, New York, NY 10019
- Description: Hibachi chain serving Japanese dishes grilled tableside by theatrical chefs.

### **Dallas BBQ Times Square**

- Location: 241 W 42nd St, New York, NY 10036
- Description: Bustling local chain serving big plates of saucy meats & other classic fare plus jumbo margaritas.

### **Scarlatto**

- Location: 317 W 46th St, New York, NY 10036
- Description: Classic decor & menu set the scene for hearty fare like Ossobucco, homemade fettuccine & tiramisu.

### **Brooklyn Diner**

- Location: 155 W 43rd St, New York, NY 10036

- Description: All-American comfort food for breakfast, lunch & dinner in a nostalgic diner-style space.

### **Empanada Mama**

- Location: 765 9th Ave, New York, NY 10019
- Description: Stuffed empanadas & arepas top a menu of Latin goodies like plantain chips & guacamole served 24/7.

### **Southern Hospitality BBQ**

- Location: 765 9th Ave, New York, NY 10019
- Description: Ribs & pub grub with a southern drawl plus beer & booze are the stars at this celebrity-owned joint.

Several national chain restaurants are also located right within Times Square, including the following:

### **Applebee's Bar and Grill**

- Location: 205 W 50th St, New York, NY 10019
- Description: Full-service chain bar & grill providing hearty American eats in an informal setting

### **Buffalo Wild Wings**

- Location: 253 W 47th St, New York, NY 10036
- Description: Lively sports-bar chain dishing up wings & other American pub grub amid lots of large-screen TVs.

### **Five Guys**

- Location: 253 W 42nd St, New York, NY 10036
- Description: Fast-food chain with made-to-order burgers, fries & hot dogs, plus free peanuts while you wait.

### **Olive Garden**

- Location: 2 Times Square, New York, NY 10036
- Description: Lively, family-friendly chain featuring Italian standards such as pastas & salads, with a full bar.

## Additional Recommended Food Establishments

### **Patsy's Pizzeria**

2287 1st Ave, New York  
(212) 534-9783

### **Pastrami Queen**

1125 Lexington Ave, New York  
(212) 734-1500

### **Dizzy's Club Coca Cola (Jazz Club)**

10 Columbus Circle, New York  
(212) 258-9595

**Russian Samovar (Piano Bar)**  
256 W 52nd Street, New York  
(212) 757-0168

**Joe's Pizza**  
7 Carmine Street, New York  
(212) 366-1182

**Beyond Sushi (vegan sushi)**  
134 W 37<sup>th</sup> Street, New York  
(212) 564-0869

**Eataly**  
200 5th Ave, New York, NY 10010  
(212) 229-2560

**Bar Sixty Five at the Rainbow Room**  
30 Rockefeller Plaza, Fl 65, New York  
(212) 632-5000

**Katz Deli**  
205 E Houston St, New York, NY  
(212) 254-2246

**Death & Co.**  
433 E 6th Street  
212-388-0882

## Recommended Fine Dining

La Messeria - Italian <https://lamasserianyc.com/>

Etcetera Etcetera - Mediterranean <http://etcetcnyc.com>

Oceana - Seafood [www.oceanarestaurant.com](http://www.oceanarestaurant.com)

Bobby Van's - Steakhouse <https://bobbyvans.com/steakhouse/45th-Street>

Per Se – French <https://www.thomaskeller.com>

Upland – American <https://uplandnyc.com>

Black Barn – American <https://blackbarnrestaurant.com>



Temple Court – American <https://www.templecourtnyc.com>

Philippe – Chinese <http://www.philippechow.com>

Kyma – Greek <https://kymarestaurants.com>

Empellon Taqueria - Mexican <https://www.empellon.com/>

And for something unique:

Avital Tours – Storytelling Through Food - Progressive Dining Experiences by showcasing each neighborhood through the people, great food, art, history and culture.  
<https://avitaltours.com/>

Please also check out Opentable.com and Yelp.com for additional dining selections!