Hello, BAA Parents!

We are looking forward to seeing you very soon!

New York City is an exciting place to live. The city is a different experience for everyone who lives here. Whenever we have friends visit, we never know what kind of "New York" activities to do, since we're not tourists! Since we know many of you will have a lot of time to kill here in NYC, we asked our staff how they would spend an obligation-free day off in the city and where they like to go. Our answers are below. As you plan for your stay in New York, we thought this might be helpful. Please feel free to contact any of us with questions!

At the bottom of this e-mail, please find information about getting around in the city. The subway is your friend!

THESE ARE A FEW OF OUR FAVORITE THINGS!

Rachel Brown (rbrown@broadwayartistsalliance.org)

If you had a day off with no obligations, how would you spend it? Relaxing on the beach in Coney Island in Brooklyn (take the subway!) with my friends family, listening to music and playing awesome summer games including something with water pistols.

Favorite restaurant for dinner: Patzeria Family & Friends on 48th and 8th- Great Italian Food and very reasonable prices right in Midtown!!!

Favorite place to grab a coffee: I am obsessed with Dunkin Donuts- lame I know but I love their iced coffee!

Favorite Broadway show: Everyone should see The Play That Goes Wrong. It's not a musical and is now playing at New World Stages (so technically off-Broadway now) but my tummy and face hurt from laughing so hard- old fashion Shtick comedy and just so much fun!

Favorite place to shop: La Duca Shoes of course (mostly window shop :))

Favorite neighborhood to walk around: Along the Hudson River on the West Side down in the Village around Christopher Street. There are some little piers that you can enjoy the weather and water on a nice day!

Favorite park: Central Park- It's so big there is so much to explore!!!!
Reagan Casteel (reagan@broadwayartistsalliance.org)

If you had a day off with no obligations, how would you spend it? Walking the high line (Downtown/Chelsea) or reading in Riverside Park (Upper West Side). I always try to find as much nature and fresh air as I can, even in NYC.

Favorite restaurant for dinner: My family always gets reservations at Carmine’s (Midtown, right by all the theaters) before we see Broadway shows, it’s a really unique family style Italian place!

Favorite restaurant for dessert: Milk Bar (tons of locations) - you need the Milk Bar Pie, just trust me. OR Magnolia’s (even more locations) - cupcakes are good, but the banana pudding is unbeatable.

Favorite Broadway show: Of all time? Sunday in the Park with George. Running now? It’s been on Broadway for years, but The Lion King is still one of the most magical and beautiful shows I’ve ever seen, and I can’t recommend it enough if you haven’t seen it yet!

Favorite neighborhood to walk around: I’m partial to the Upper West Side because I live there, but walking down 5th avenue/museum mile is also super fun, even if you don’t want to visit any of the museums. If you do want to visit a museum without breaking the bank, make sure to check out the museum calendars because almost all of them have at least one day of the week when they offer free admission!

Favorite museum: Frick Collection (small but beautiful) or the MoMA (big and beautiful)

Favorite park: Riverside Park (Upper West Side)

Favorite workout: Running in... you guessed it, Riverside Park.

Katie Cochrane (katie@broadwayartistsalliance.org)


Favorite restaurant for dinner: Pho Bar, a delish go to spot for Vietnamese food! (You can also check out their sister restaurant; Saigon Shack) https://phobar.com/

Favorite restaurant for dessert: Schmackary’s! (cookies!) https://schmackarys.com/

Favorite place to grab a coffee: Stumptown Coffee (There are a few locations throughout the city!) https://www.stumptowncoffee.com/locations/newyork

Favorite Broadway show: Come from away, a beautiful show with heart! https://comefromaway.com/
Favorite place to shop: SoHo (even if it’s just window shopping!)

Favorite neighborhood to walk around: West Village: It’s super fun to get lost in the twists and turns of the old streets and see some beautiful sights with character and a rich history!

Favorite park: Riverside Park (you can walk along the Hudson River forever… it’s a nice escape from the craziness that is New York City!)

Favorite workout: Yoga to the People (multiple locations throughout the city, my favourite is the Upper West Side studio!) https://yogatothepeople.com/

Michelle Cosentino (mcosentino@broadwayartistsalliance.org)

If you had a day off with no obligations, how would you spend it?
So I live in Astoria! To make this super fun, I might recommend one place in Astoria & one in Manhattan in case you had interest in seeing Queens best neighborhood ;)
I would definitely spend it at the park! Whether that be Central Park or Astoria Park. I love to sprawl out with a good book and a picnic or maybe throw a frisbee, especially if the weather is nice. I also love the Metropolitan Museum of Art!

Favorite restaurant for brunch:
Astoria: The Shady Lady (get the French Toast!) or Queens Comfort. Fun fact: Queens Comfort is voted one of the best brunch places in NYC so if you’re going to make the trip to Astoria, this is the place to go! But go as soon as it opens, because the line gets long!
Manhattan: The Grey Dog! Multiple locations & amazing breakfast eats!

Favorite restaurant for dinner:
Astoria: Max (German food!)
Manhattan: Bea! This restaurant is on ninth avenue, right near all the broadway theatres. They play old movies on the walls and the menu is amazing!!

Favorite restaurant for dessert:
Astoria: Ample Hills for ice cream or Martha’s Bakery on Ditmars! They have slices of cake that are actual heaven!
Manhattan: I love a Schmackery’s moment for a big cookie!

Favorite place to grab a snack:
Astoria: Comfortland. This place is a daughter coffee/doughnut shop from above mentioned Queens Comfort. The donuts are UNREAL.
Manhattan: Coming back to cookies, I’m addicted to By Chloe chocolate chip cookies. They’re vegan & gluten free but the taste is soooo good! They’re all over Manhattan!
Favorite place to grab a coffee:
Astoria: Kinship Coffee! They have two locations on Steinway st. If you’re feeling adventurous, get a lavender strawberry scone!
Manhattan: City Bakery is a must go! But I also love Gregory’s Coffee, or an Oren’s if you can find one!

Favorite Broadway show:
Of all time? West Side Story
Currently Running? Waitress or Come From Away!

Favorite place to shop:
The Flatiron district! Take a trip to see the Flat Iron building and enjoy all the stores down fifth avenue between 23rd and 14th sts. There are also some great hair salons in that area, if you want to get a NYC makeover!

Favorite neighborhood to walk around:
I’m a little biased because I did my Masters there, but I love the NYU area. Washington Sq Park, Greenwich Village, there is so much culture and so much to do!
I also love Little Italy!

Favorite park:
Astoria Park or Bryant Park!

Favorite workout:
This might sound lame but I love a bike ride through Central Park. To me, it’s so much easier/safer in the park than biking on the streets. I also highly recommend Yoga to the People on 103rd where one of our student advisors, Laura Mehl, teaches yoga! It’s donation based and the studio is so beautiful!

Morgan Daniels (morgan@broadwayartistsalliance.org)

Favorite restaurant for brunch: Sarabeths! So many locations and the food is always fresh and delicious. I always get the Goldie Lox Omelette with the homemade scone and jam. I’m drooling now.

Favorite restaurant for dinner: Tao for sure. The Chilean Sea Bass, Orange Chicken, and Lo Mein Noodles are my favorites! Truly, I could eat it all the time.

Favorite restaurant for dessert: I LOVE DESSERT. So I made categories. Because I couldn’t pick.
Ice cream: Emack and Bolios (UWS or UES)
Chocolate: Max Brenner (Union Square)
Sundae: The Smith (NoMad is my go-to location)
Donut: Donut Plant (Chelsea)
Cake: Lady M (UES or NoMad)
Candy Shop: Dylan’s (UES or Union Square)
Fun NYC place: Dō Cookie Dough Bar
Cookies: Levain Bakery. Get the chocolate chip cookie. And one for me too.

Favorite place to un-WINE-d: I love the bar at Catch I Chelsea. They have a beautiful rooftop and the drinks are always fresh and seasonal. I also love the margaritas at Rosa Mexicano in Lincoln Square.

Favorite place to grab a coffee: I’m really lame and usually just do Starbucks. I’m a zombie without an iced coffee in the summer (I love it with coconut milk... in case you’re wondering...). They also opened up the Roastery in Chelsea which is supposed to be an amazing place to check out!

Favorite Broadway show: Waitress. But I also LOVED the Oklahoma Revival. If you can see it, you should.

Favorite places to shop: Zara, Nordstrom, and Sephora.

Favorite neighborhood to walk around: I love Greenwich Village and SoHo. I feel like there’s always new stores to shop in, restaurants to try, and history to absorb.

Favorite park: Central Park! We used to live by the Conservatory Gardens and it’s one of the most beautiful, quiet places in the city. That’s where I was proposed to, so it has a very special place in my heart.

Favorite workout: I’m super into Megaformer Pilates as well as boxing! My favorite boxing spot is Title in Hell’s Kitchen. It’s super intense but you feel so powerful when you leave. Some great anger management too! ;)

Favorite place to geek out: The Lincoln Center Library is a magical place. They have sheet music, scores, and song books EVERYWHERE. A library card is free and you can make copies of anything. I could get lost there for hours. You can also watch recordings of shows that have been on broadway. It’s the best way to research any show you could ever imagine.

Alex Greenberg (agreenberg@broadwayartistsalliance.org)

Favorite neighborhood to walk around: Upper West Side, especially walking down Central Park West

Favorite Broadway show: Hadestown (musical obsession) or What the Constitution Means to Me (play obsession)

Favorite post-show meal: Junior’s. Their grilled cheese with challah bread is *divine*.

Favorite park: It’s cheesy, but Central Park, especially walking along the reservoir loop near sunset. Or if I’m downtown, Washington Square Park in the summer with all it’s musicians and activity!

Favorite cheap New York pizza: Ray’s on 48th and Broadway, near the Winter Garden. They may or may not know me and my order on sight now...
**Favorite place to shop:** Midtown Comics (on 40th), for all my nerdy needs.

**Favorite workout:** Circus class at Trapeze School New York!

**Favorite hidden Broadway thing:** If you’re around Central Park on Thursdays when the weather’s nice, you may catch the Broadway Softball League playing some games at the baseball diamonds!

Jessica Hondel ([jhondel@broadwayartistsalliance.org](mailto:jhondel@broadwayartistsalliance.org))

**Favorite restaurant for brunch:** The Smith! Honestly I love it for any meal. Some of the best food in Manhattan. (AND it just made the top 100 Brunch list in America!) There are 4 locations around the city.

**Favorite restaurant for dinner:** I love Mexican food so I’d probably say either El Centro or Arriba Arriba. Both of them are located in Hell’s Kitchen!

**Favorite restaurant for dessert:** Georgetown Cupcake in SoHo for cupcakes. Dõ in the Village for edible cookie dough. Levain Bakery on the UWS for cookies!

**Favorite place to grab a New York Bagel:** Zuckers in Tribeca! The best Everything bagel I have ever had. (They even sell containers of their everything spice!)

**Favorite place to grab a coffee:** Gregory’s! There’s one conveniently located right next to Ripley Grier now too!

**Favorite Broadway show:** Dear Evan Hansen

**Favorite place to shop:** I love going to Soho to shop in general. Broadway has literally every store you could need.

**Favorite neighborhood to walk around:** Tribeca/West Village/Soho (basically anywhere downtown!)

**Favorite park:** Central Park. On nice days I love hanging out in Sheep’s Meadow and having a picnic with friends or laying out and reading a book!

**Favorite workout:** A dance class at Broadway Dance Center!
Ashleigh Junio (ashleigh@broadwayartistsalliance.org)

**Favorite restaurant for brunch:** If you want the best pancakes you've ever had in your LIFE, go to Saggio in Washington Heights. It's a quick trip on the A train to 181st Street and then you can take a stroll to Fort Tryon Park. [www.saggiorestaurant.com](http://www.saggiorestaurant.com), [https://www.forttryonparktrust.org](https://www.forttryonparktrust.org)

**Favorite Fried Chicken:** I have a relationship with fried chicken, and Jacob's Pickles does it RIGHT. Get the Honey Chicken Biscuit Sandwich. You're welcome. [www.jacobspickles.com](http://www.jacobspickles.com)

**Favorite Oysters and Beer:** I love both and Fish in the West Village has the most amazing deal. It's called the “Red, White, and Blue”, and it's half a dozen oysters and a beer (or glass of wine) for $9.99. [www.fishrestaurant.nyc](http://www.fishrestaurant.nyc)

**Favorite Adult Beverage:** Bathtub Gin is my favorite bar in the city. It's a swanky speakeasy disguised by a functional coffee shop on the ground floor and they make FABULOUS cocktails. If you like burlesque, they have great shows on Tuesday and Sunday nights. [http://bathtubginnyc.com](http://bathtubginnyc.com)

**Favorite restaurant for dessert:** Rice to Riches. It's like an ice cream parlor but with tons of flavors of crazy good rice pudding. The I looks like a space ship and there are all of these snarky little signs all over the place. It's a hoot! [www.ricetoriches.com](http://www.ricetoriches.com)

**Favorite Broadway show of the moment:** Right now I'm super into Hadestown and the revival of Rogers and Hammerstein's Oklahoma. Please note that the latter is a very mature version of the show, so it's probably not appropriate for young children.

**Favorite massage that won't break your bank:** Angel Hands in the Lower East Side. This is a no-frills Chinese massage spa spot that is clean, pleasant and affordable. You can get an hour long massage for about $35! [http://www.yelp.com/biz/angel-hands-wellness-new-york](http://www.yelp.com/biz/angel-hands-wellness-new-york)

**Favorite workout:** Cycling down the Hudson River. You can rent wheels and a helmet at Bike and Roll stations throughout the city and away you go! [http://bikenewyorkcity.com](http://bikenewyorkcity.com) You can also try Citibikes, though they don't have helmets available. [https://www.citibikenyc.com](https://www.citibikenyc.com)

**Best NYC Bagel:** Murray's Bagels is the BEST! Don't ask them toast your bagel because they won't do it and they will give you judgmental scowls. Just order your favorite bagel with a schmear or lox and enjoy! [http://www.murraysbagels.com](http://www.murraysbagels.com)
Favorite restaurant for brunch:

• Spring Natural Kitchen on the Upper West Side. Their dinner menu is also fantastic. For anyone with dietary restrictions, they have quite a few gluten free and vegan options on the menu. http://springnaturalkitchen.com/home/
• Fairway on the Upper West Side. Am I sending you to the grocery store? YES! There is a full restaurant on the second floor that only the locals know about! The brunch and dinner menus are great. https://www.fairwaymarket.com/74thstreetcafe/
• Please refer to Scheherazade's answer :)

Favorite restaurant for dinner:

• Gene's in the West Village. It's old NYC and I just love the atmosphere! You can have a full dinner or order a la carte. http://www.genesnyc.com
• Cafe du Soleil. It's right near my apartment and I end up here almost weekly. Monday is mussels night. They're delicious. http://www.cafedusoleilny.com
• Sushi Yasaka on the Upper West Side. The BEST sushi! There is always a line, so make a reservation! https://www.sushiyasaka.com

Favorite restaurant for dessert: OK, I need to do this one in categories.

• Cookies: Levain Bakery on the Upper West Side. https://www.levainbakery.com
• Cupcakes: Molly's Cupcakes in the West Village. The cake batter cupcake is A-MAH-ZING! http://www.mollyscupcakes.com/
• Ice Cream: ANY soft serve truck! Mister Softee is the original.
• If you're not sure what you're in the mood for and you want a bunch of options, Cafe Lalo on the Upper West Side is the place to go. You may recognize it from the movie You've Got Mail! http://cafelalo.com

Favorite place to grab a snack: Juice Generation! The Peanut Butter Split is my go-to. It's SO GOOD! https://www.juicegeneration.com

Favorite neighborhood staple: I live on the Upper West Side and I absolutely love Zabar's! It's where I buy my coffee and I end up getting breakfast there several times a week. It's basically a grocery store, and they have a kitchen appliance section upstairs that I'm obsessed with. https://www.zabars.com

Favorite Broadway show: HADESTOWN!!!!.

Favorite neighborhood to walk around: I love getting lost in the West Village. After all of my years in the city, I still find side streets I haven't been on before. There are tons of shops to browse and plenty of restaurant options.
Favorite park: Riverside Park. I spend a lot of time here with my Yorkie puppy, Apollo (LOOK HOW CUTE HE IS!)! I love walking along the water.

Favorite workout: Lyons Den Power Yoga. It's a hot, Baptiste-style (power flow) yoga studio. I did my 200-hour teacher training there in 2016! http://lyonsdenpoweryoga.com

Favorite adult-only venue: Bathtub Gin. It's a speakeasy! You enter through a functioning coffee shop to a super swanky bar, complete with a copper bathtub. We had a BAA bachelorette party there and had a blast! https://bathtubginnyc.com

Laura Mehl (lmehl@broadwayartistsalliance.org)

Favorite restaurant for brunch: The Grange – Hamilton Heights. This restaurant is full of locals, perhaps because of the location. It’s a little expensive ($$), but the food is fantastic! http://thegrangebarnyc.com

Favorite restaurant for dinner: Chop Shop! If you like sian at all, this place is AMAZING. Nice decor, excellent food, fabulous service, and the price isn’t bad at all! I recommend the Lo Mein. https://www.chop-shop.co/location/chop-shop-flatiron/

Favorite place to grab a coffee: The Doughnut Plant… Mostly for the doughnuts… The coffee is delicious! But also coconut doughnuts. http://doughnutplant.com

Favorite place to grab a snack: Maison Kayser. There are a couple of different ones all over the city! They are a bakery that has the most amazing pastries and bread. There’s one up by Columbus Circle, so you can wander around Central Park while nibbling on the best pastries, or take a seat inside and enjoy their full menu followed by dessert! http://maison-kayser-usa.com

Favorite Broadway show: Hadestown. The music for this show is absolutely incredible, and it just won EIGHT Tony awards! It’s beautiful and incredibly deep.

Favorite neighborhood to walk around: The Upper West Side – essentially anywhere around Lincoln Center or higher is just beautiful. The neighborhood is calming and safe, and there are tons of different restaurants and small stores to investigate! It’s a great place to simply exist with a few good friends or family.

Samantha Joy Pearlman (samantha@broadwayartistsalliance.org)

Favorite restaurant for brunch: I LOVE the Butcher's Daughter. Delicious vegetarian friendly brunch place with DELICIOUS fresh juices. Anytime you want a brunch date, I’m down!

Favorite restaurant for dinner: I LOVE Bodhi Restaurant in Chinatown. Two words: VEGAN DIMSUM. Need I say more?

Favorite restaurant for dessert: Erin McKenna's Babycakes Bakery is TO DIE FOR. Vegan bakery that will blow your mind.... if you haven't realized
it yet, I KNOW MY VEGAN FRIENDLY PLACES.

Favorite place to grab a snack: Essen or the Pennsy.

Favorite place to grab a coffee: I'm a sucker for Gregory's Coffee so anytime you want to make me smile, I'll take an Iced Decaf Americano with Oat Milk. <3

Favorite Broadway show: Currently running? It's a tie between Waitress and Hamilton. I've seen both of them multiple times (which is RARE for me) and I've sobbed EVERY. SINGLE. TIME. At THE. SAME. EXACT. PARTS. They are beautifully written and I'm the target audience for both. I also want to be friends with Lin and Sara.

Favorite place to shop: I LOVE Lou & Grey. So comfortable and cute!

Favorite neighborhood to walk around: It's a tie between Williamsburg and the West Village. Anyone want to walk the high line with me or walk along the water in Williamsburg... I'm so there!

Favorite park: Central Park. Always.

Scheherazade Quiroga (schehe@broadwayartistsalliance.org)

If you had a day off with no obligations, how would you spend it?
Walking to an NYC museum and then entering into its world, is one of my very favorite things in New York. In the Summer, the MET on 5th Ave is gorgeous, as well as The Cloisters location. And the Museum of Natural History (butterflies!). AND the exhibitions at the The Library of Performing Arts at Lincoln Center.
I'd also might go to a baseball game if it's sunny... Especially if the Red Sox are playing (because then, it's a Red Sox game and not a Yankee game!) (PS. Red Sox fan here)

Favorite Broadway show
My Favorite Broadway show is actually "Peter And The Starcatcher". While that finds its way back via a revival, if you like BROADWAY, this season you should take the time to see "Tootsie" (it's hilarious and very Broadway). If you like the weirder things, don't miss OKLAHOMA! (because it's pretty cool, scarly current, and because they have chili at intermission :))
Also, while you’re in town, enter the Friday Forty for tickets to “Harry Potter and the Cursed Child” the Friday before you come (and see BAA Alumna Grace DeAmicis!)

Favorite restaurant for brunch
I’d still take Michelle Lehrman’s suggestions for this question.

Favorite restaurant for dinner
I still won't say no to a Shake Shack burger https://www.shakeshack.com/
But if you want a fun afternoon out and a hidden gem of a burger, “Alice’s Tea Cup” on the Upper East Side is a fun stop for a relaxed high tea, scones or that one burger they have on their menu that is so good. https://www.alicesteacup.com/  
Like sushi, you said? My favorite spot is Ajisai: https://www.ajisainy.com/  

Favorite restaurant for dessert  
If you haven’t still: Try an egg cream! One of the best native Brooklyn inventions at The Farmacy, and old fashion Soda Fountain hidden in the midst of a residential area in Brooklyn. A 10 minute walk from the F train (President St. Stop), The Farmacy is not only homey in menu, but awesome in style. Soda jerker and all (makes me think of “Gee, Officer Krupke” form West Side Story 😊)  
http://www.brooklynfarmacyandsodafountain.com/  
(And yes, you can be a jaded new orker, and roll your eyes at having to go to Brooklyn)  

Favorite Workout  
Rowing! You can go to the Central Park Boathouse. Or do free kayaking on the Hudson at Pier 96! https://hudsonriverpark.org/explore-the-park/activities/kayaking-at-pier-96  
(Also, judging the Yankees as they play. Except the Venezuelan players. Those guys do know how to play 😉)  

Have fun in NYC! 😊  

Dana Simone (dsimone@broadwayartistsalliance.org)  

If you had a day off with no obligations, how would you spend it?  
Too many things to choose just one!  
I'd go canoeing in Central Park by The Boat House. Sit with a book and read in Washington Square Park. Go downtown and take a quick water taxi ride over to Liberty State Park and picnic or walk around taking in the NYC skyline, view of Ellis Island and the Statue of Liberty. In the summertime, if you're willing to make the trip, Smorgasburg, which is an open air food market with TONS of fantastic vendors, takes place every Saturday in Williamsburg at East River State Park, Sunday in Prospect Park, and this year they've opened a smaller version at World Trade Center every Friday and at the new Hudson Yards every Tuesday & Wednesday! You can't go wrong with just taking a stroll through NYC!  

Favorite restaurant for brunch: While We Were Young in the West Village. Small place, really need a reservation beforehand but it's great and quaint and beautiful inside! OR The Grange in Harlem reachable by the AC BD or 1 train. Get there when they open!  

Favorite restaurant for dinner: I love a good burger so if you don't want to stray far from midtown I'd hit Five Napkin Burger or one of the MANY Bareburger locations!  
Favorite restaurant for dessert: Levain Bakery (multiple locations)! The chocolate Peanut butter chip cookie is sinful. Also Sundaes and Cones in the East Village- unique homemade ice cream flavors. There will almost always be a line of NYU students inside but it's worth the wait :)  

Favorite place to grab a snack: Hale & Hearty is a great place to grab a quick 1/2 of sandwich or bowl of soup or salad. There are 3 locations between 35th and 42nd St! or Juice Generation right on 39th between Broadway & 7th Ave! OR Tacos Numero Uno in Chelsea Market! AMAZING tacos and you can walk around Chelsea market and check out the other vendors and shops!
Favorite place to grab a coffee: Eataly. Fantastic Italian Espresso and coffees plus you get to wander around and shop a bit or take in the sites in Flatiron!

Favorite Broadway show: If you're from out of town and have never been, go see Wicked. It's just wonderful.

Favorite neighborhood to walk around: Chelsea. I just love being close to the water and the old cobblestone streets. Plus there are tons of bars, restaurants, and shops all within walking distance. The financial district by City Hall and the South Street Seaport is lovely in the summertime, as well!

Favorite park: Washington Square Park

Favorite workout: Dance Class at Broadway Dance Center!

Tristan Spicer (tristan@broadwayartistsalliance.org)

Favorite restaurant for dinner: Gyu-Kaku. Happy hour on food and drinks from 12 - 6, amazing self-grill Japanese grill

Favorite restaurant for dessert: Insomnia cookies has my late night snacking HEART

Favorite place to grab a snack: Boris and Horton. Literal dog cafe that people bring their dogs to all the time. It's amazing

Favorite Broadway show: Currently on Broadway is Come From Away and The Prom. Both are very important musicals about understanding differences in both your current environment and in each other.

Favorite place to shop: B&H. Camera supply HAVEN

Favorite neighborhood to walk around: SoHo. So many little boutiques and shots

Favorite park: Washington Square park. Nice trees to read under, plenty going on there to people watch.

Favorite workout: Nothing routine, but running in the morning and regularly working out in the afternoon is always fun.
Getting around NYC!

We recommend the NYC Transit app for routes, subway schedules, and scheduled construction.

You'll need a MetroCard to get around on the subways. Depending on how much traveling you intend to do, you may want to purchase a weekly unlimited card (you will only want to do this if you're planning to be on the subway 4 or more times each day). Otherwise, you can purchase a card and pay as you go (start with $20 and add on if you need to). IMPORTANT: If you buy an unlimited MetroCard, you can only swipe it once every 20 minutes, so you can't share it with someone else. ([http://web.mta.info/metrocard/](http://web.mta.info/metrocard/))

Please don't hesitate to contact us with any questions!

Best,

Michelle R. Lehrman
Assistant Director