

In a New York state of mind? Want to take the A train, see Spanish Harlem, sing a lullaby or give your regards to Broadway? Indeed hundreds of songs have been written about NYC; read and take this Inside Scoop—you'll soon be humming along.

travel: delighting in the spirit of adventure • a vacation from home to explore places that are not your home • knowing life is different, knowing this is a joy of travel • enjoying the journey, not just the destination • a privilege best used with patience, humour and curiosity • fun • coming home with great tales •

Airports

Three major airports serve NYC so know where you'll land (and depart). LGA (LaGuardia) is in the borough of Queens with good taxi and shuttle access. JFK (John F. Kennedy International) is the farthest away from Manhattan (closest to Long Beach). EWR (Newark Liberty International) is in New Jersey but it's easy to get into NYC –buses run often to the city centre to the Port Authority Bus Terminal at 8th Ave/W 42nd St.

Your Counsellor

Our knowledge and experience help turn dreams into first-rate vacations. Ask your counsellor about any details, including:

- excursions & tours
- confirming your airport & transportation options
- tickets to hot shows.

LeGrow's Travel

We Know Travel Best.TM

A Maritime Travel Company

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see over/pg2...

LeGrow's Travel Inside Scoop: NEW YORK

Know before you go: travel isn't just your destination, it's also the journey

If looking for a country-mouse stay, New York isn't that! If you're a city slicker or want the hit of a bright-lights metropolis then it's definitely for you. Going there means you're in good company—and lots of it as almost 1 million Canadians visit the Big Apple every year, joining millions of world visitors who rank it among the most exciting place on the planet. With landmarks, shopping, outré (that means "hip") restaurants and unparalleled entertainment, it offers incomparable action. It really is the city that doesn't sleep (even if staying in the best hotel with triple sound-proofed windows, take ear plugs). Some tips:

- We know you want value in balancing choices and amenities with your budget; no matter what, aim to enjoy.
- You must have a valid passport www.cic.gc.ca/english/passport. Keep a copy of its ID page with other records or snap a cell picture.
- All major credit cards are accepted, as are debit cards (be aware of withdrawal fees). Check with your cell phone provider for roaming packages. Log the dates you'll be away with your credit card company.
- Internet access is widely available.
- We strongly recommend Maritime Travel cancellation/interruption and medical insurance.

Above all, travel with a positive attitude. Having patience and a spirit of adventure will carry you through any experience.

The Empire State Building...

...offers 360° views from 5th Ave between 33rd/34th Sts. Open each day, 8am to 2am, the last elevators go up at 1:15am (this IS the city that never sleeps). The accessible 86th floor Observation Deck has a glass-enclosed area, heated in winter and cooled in summer, an outdoor promenade all around. Besides regular admission, 102nd floor Top Deck Observatory tickets are available. Audio tours and high powered binoculars are available at a cost. Bags are restricted to carry-on sizes (no luggage), no glass/bottles. **Tips:** with long line-ups (security, tickets, elevators) go early when it opens or after midnight (after a show?). Or, save time buying Express Pass tickets in advance for front of line access. At night, look up: besides its traditional white, tower lights change colour to recognize special occasions and organizations throughout the year. www.esbnyc.com.

Pack Strategically

The world is overrun with black bags: put coloured tape or ribbon on your luggage to spot it quickly. Put your name outside and inside and remove old tags. In your carry-on, pack valuables such as jewellery; over-the-counter and prescription drugs in original containers.

Pack most liquids/lotions/gels in checked bags (inside plastic bags)—due to carry-on restrictions, the maximum size container is 100ml (3.4oz). All must fit in 1 clear/resealable plastic bag of no more than 1 litre (often at airport screening), then place the bag in the tray. You may take baby formula, food or milk if a child aged 2 and under (0-24 months) is travelling.

Items regular travellers pack in carry-on: pen/notebook, disinfectant hand wipes, munchies (no fruit, meat or veg over borders). Permitted in carry-on: cell phones, laptops, portable music players, disposable razors, canes, umbrellas and nail clippers. Items you can't take on include corkscrews; check with your airline for their restrictions. Most hotels provide hair dryers so save that space for souvenirs.

Do What Locals Do

For information on pretty much anything (open air dance parties, festivals, gelato, flea markets, maps, neighbourhoods), see the city's official tourism site <http://nycgo.com>. It gives info on how to get tickets for TV show tapings, hot spots, "Just Ask the Locals" suggestions (such as, the city has great tap water so take refillable bottles). You can also sign up for email newsletters. Cultural events, see www.timeout.com/newyork. For the latest news, sign up for New York Today, www.nytimes.com/marketing/urbaneye. For low-key low-cost eating and relaxing, head to a deli/market for take out (grab utensils). Grab a loaf of bread, cheese and drinks and picnic in a park. **Central Park**, between 59th/110th Sts is the biggest with lots to see and do, www.centralpark.com. On the same day (because it's just to the west) see the **American Museum of Natural History** (AMNH); be prepared for a wow entering the Hall of Ocean Life). Near 79th St/Transverse Rd across 8th Ave. www.amnh.org **Tip:** US dollar exchange rate hurting? You can pay less than the suggested entry fee at an admissions desk.

Your Airline

Sign up online for your airline's flight notifications—handy for delay or gate change notices. Discuss options for ground transportation in advance with your counsellor—and make sure you know which airport you're flying in and out of. CATSA can prohibit items as security risks www.catsa.gc.ca/home and note, "Travellers should arrive at the airport earlier than usual, exercise patience and contact their airline for further information on their flight(s)." Airline staff are on duty some 2-3hrs prior: due to staffing and security, check-in (and bag-check) closes 1hr before departure. If late, you're not entitled to board (or a refund). Unless booked ahead, seats are first-come first-served. **Baggage:** Check your airline's website for size/weight restrictions for checked and carry-on.



Get Packing Checklist and General Planning & Packing Tips at www.legrowstravel.ca/inside-scoops

Your sense of adventure & humour!

Eating Out

Whether it just serves French fries (true) or serves (and delivers) mac 'n' cheese (true) you'll never go hungry with New York's 13,000+ restaurants. While some don't take reservations they're a must at others so reserve when you know your dates. Otherwise, arrive early or late, or prepare to wait at the bar. But it is New York, meaning there's always a new hot spot or some unique restaurant. If you can't get in at your chosen spot just decamp to another as there's usually something within walking distance.

When You Leave

Do a room sweep for belongings. Staff work long hours so a smile, patience and a kind word are always welcome. Although there's usually a noon check-out, if you have a later flight; pack what you need for a few hours and check luggage with the hotel. Know your limits and exemptions, www.cbsa-asfc.gc.ca/travel-voyage/bgb-rmf-eng.html such as duty free alcohol .



Websites and emails in blue are hyperlinked; just click!

Canadians: Emergency? Consulate General: 1251 Avenue of the Americas, 212-596-1650, cngny@international.gc.ca. Or contact Global Affairs 1-800-387-3124 or 1-613- 996-8885 (collect if needed) <https://travel.gc.ca/assistance/emergency-assistance>.

Snapshot of Manhattan

Theatre District/Times Square: Watch the brightest stars in the dozens of Broadway, Off-Broadway and yes, Off-Off-Broadway shows. www.broadway.org/map. Highly walkable with Times Square, closed to traffic (with seating and yes, yoga). www.timessquarenyc.org

Meatpacking District/Chelsea: If you've seen an episode of *Sex in the City* you've likely seen the women traipsing around, the quirky indoor Chelsea Market to the north.

Tip: wear low heel shoes or flats.

Greenwich Village: Stroll through the Village, enjoy the array of galleries, architecture, shops, food, cafes and jazz clubs.

SoHo: is SO(uth) of HO(uston) St, a wonderful neighbourhood rich in culture with trend-setting boutiques, eclectic restaurants and lovely architecture. www.sohonyc.com

TriBeCA: the "TRIangle BElow CANal St" has beautifully restored warehouses and lofts with residences, galleries, boutiques and restaurants. Yes you can fantasize you live here.

Little Italy: is just that—epicenter of all things Italian. Authentic restaurants, espresso bars and markets dominate. Stroll Mulberry between Grand/Canal. www.littleitalynyc.com

Lower East Side: Predominantly Jewish immigrants came here during the 19th and 20th centuries. Linen, housewares and clothing stores dovetail with boutiques, galleries and nightclubs. <http://les.nyc>

Chinatown: This community hosts Buddhist temples, and of course, great Chinese food. Try gao zi—potstickers/dumplings. Check out the street signs. www.explorechinatown.com

Union Square at 14th St: The popular outdoor Greenmarket is four days a week, art and "cool stuff" booths also other times, Summer in the Square. www.unionsquarenyc.org

Financial District/Battery Park City: Centred on Wall St, American and New York stock exchanges (book ahead for tours), Federal Reserve, Museum of Jewish Heritage.

[https://mjhny.org](http://mjhny.org) The Winter Garden Atrium opens to the World Financial Center and Hudson River: art shows and performances run all year. <http://brookfieldplaceny.com/events>

Adjacent: the Freedom Tower/9/11 memorial.

South Street Seaport: Restored to its original 1800s, the seaport has a charm all its own with the Schermerhorn Row shops. www.southstreetseaport.com

When There

Most hotels have in-room safes. When going out, take a card with your hotel's address or snap a cell picture. New York is a paradise for walkers and those who enjoy window shopping or people-watching; wear comfy shoes (this is a sneaker city). Take taxis (an affordable must-do), buses and do not miss the entertaining and easy subway. Subways and most buses run 24 hours/7 days for a flat fee; save \$ with a MetroCard www.mta.info. Aiming to drive? Finding parking is difficult (and very expensive).

Lesser-Known Attractions

As attractions, exhibits and seasonal offerings change, go online to confirm.

A totally nifty one for all ages? The

National Museum of Mathematics

details the patterns and structures all around us, 11 E 26th St <http://momath.org>

Central Park's boathouse, pond, obelisk, zoo, Belvedere Castle, carousel

Frick Collection/Art Reference Library 1 E 70th St www.frick.org

Guggenheim Museum (designed by Frank Lloyd Wright) 5th Ave/89th St www.guggenheim.org

Jewish Museum 5th Ave/92nd <https://thejewishmuseum.org>

The Morgan Library & Museum respite for book lovers with quirky exhibits, 36th/Madison Ave www.themorgan.org

The Cloisters (Metropolitan Museum of Art) 5th Ave/82nd St www.metmuseum.org/visit/met-cloisters

New York Botanical Garden living museum, Bedford Park Blvd, Bronx www.nybg.org

New York Public Library (the original Pooh, Piglet, Eeyore, Tigger, Kanga!) 455 5th Ave near 40th St www.nypl.org/about/locations/schwarzman/childrens-center-42nd-street/pooh

Rockefeller Center Observation Deck and skating, off 5th Ave (49th/50th Sts) www.rockefellercenter.com

Rose Center for Earth & Space, Hayden Planetarium (in AMNH), Central Pk W/ 79th St www.amnh.org/exhibitions/permanent-exhibitions/rose-center-for-earth-and-space

United Nations Headquarters tour (book well ahead, bring your passport) 1st Ave at 46th St <https://visit.un.org>

Our 24/7 Emergency Service

We constantly survey airlines, local tour companies and hotels to ensure they meet our customer service standards, so don't let a problem ruin your holiday. Nearly all issues can be handled quickly on site—first seek help from the venue's local staff. Otherwise, call our Emergency Travel Service at **1-888-551-1181**. Deposits are non-refundable and non-transferrable. Schedule changes can occur and airlines and tour operators have the right to change flight and/or tour times, alter, combine services or substitute accommodations. Your counsellor will work with you to ensure you receive information as soon as possible and ensure satisfaction. See your brochure and ticket terms and conditions.

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