

Emerging Professionals Travel Suggestions



Getting to NYC



Don't DRIVE! parking a car in NYC is a \$50+ a day **nightmare**
(If you must, park at NJ Turnpike exit 15x Secaucus and take train to NY Penn Station - \$33 round-trip)



Newark AIRPORT

Fly into **Newark Liberty International Airport (EWR)**. It is well-served and has a couple trains / hour into NYC.
(LaGuardia is also a good option & newly renovated Take an MTA bus (about \$10) to Woodside Ave/61st in Queens, change here for the #7 subway to 42nd St. (Buy your ride via smartphine or purchase a card at the kiosk) Allow about about an hour. Or a taxi or other car service to the Marriott - at least \$65 (get price before getting in!)



Airport TRAIN

Train to NY Penn Station (Note: NOT Newark Penn Station). Well-marked signage in baggage claim at airport. Shuttle train from airport to NJ Transit Trains is free, runs every 10 minutes. Shuttle connector station to NJ Transit is last stop – follow everyone else to escalators up to ticket vending machine. You will get 2 tickets – one to NY, one to Newark Airport. You can buy them separately but finding ticket machines can be frustrating in NYC. (There is an NJ Transit App, you can do the transaction and have a virtual ticket on your cell. Look into this BEFORE you are at the airport.)

NJ Transit Round Trip ticket is about \$18. Find signage for **NJ Transit (NOT Amrtak)** trains to NY Penn Station (Track 1 or A). Once on the train, conductor will take the ticket. Going back, the conductor will return the ticket to you – you will need it to open the turnstile to access the shuttle tram back to the airport

NY Penn Station to Marriott Marquis (Times Square)

Hotel entrance is on a strange alleyway half way between 7th and 8th avenues AND between 45th and 46th streets.



WALK!

Walking is recommended. Penn Station (the older building), along with Moynihan Train Hall (the voluminous, airy new building) can be bustling, follow the signs to any 7th Avenue exit. Walk in opposite direction or traffic – walk north. It is 10 blocks but a short walk, turn left onto 45th Street until you find the entrance



SUBWAY

Follow signs in Penn Station to RED LINE (signs have red circles with train line numbers in them) All northbound trains stop at 42nd Street. Exit 42nd Street at 7th ave, walk against traffic, north to 45th St., turn left, until you find hotel entrance.



TAXI

In NYC you can hail any cab with lights on top center of cab. Jump in and and say “Marriott Marquis” – thus will likely cost you \$8 or so.



**Uber
Lyft**

Uber/Lyft – at Penn Station? Don't do it! Too much hustle and bustle. Walk a block away in any direction and then arrange an Uber/Lyft.

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Return to Airport



WALK!

WALK with traffic down 7th Ave. to Penn Station (Big Marquee between 34th and 31st Streets) – follow all the people down the escalator.



**Airport
TRAIN**

NJ Transit Train to Newark Airport – Many trains to NJ out of Penn Station stop at the Airport. Look for train schedule signage (TV Screens or large Boards). Trains stopping at Newark Airport will have an airplane symbol next to them. Take the next one! Track locations are posted 10 minutes before scheduled departure. Make sure to get out at the Airport! Listen to announcements.
Shuttle tram to airport (get out at the right terminal!) Fly home!
There is only bus or car service to LaGuardia.

Things to know:



Avenues

Avenues go north-south (on the west half of Manhattan odd numbers run south, even numbers run north) Block are LONG between avenues. (Very helpful to know this when wanting bearings coming out of the subway - which way is north?)



Streets

Streets go East-West (on the west half of Manhattan odd numbers run west, even numbers run east) Exceptions: street running both directions: Canal, 18th, 23rd, 34th, 42nd, 57th and others. Blocks are SHORT between streets.



Walk!

NYC is fascinating – use google maps and walk. (Just be aware that buildings create canyons, connections to satellites can be intermittent at street level. Its not an issue, just occasionally slow to update location.) Google maps works for walks.



Cabs

Cabs can be hailed. Arm up at curb, taxi comes along to sweep you up. It can be costly.



Subway

The subway is your friend. It is safe and cheap - just keep your wits/belongings together. Travel in small groups (2-4). If you don't like the vibe in the car, quickly change cars at the next stop. Ignore any panhandlers. There is a map in every subway car/near the ticket booth in every station. Use google maps for exact/detailed travel plans. Use your smart phone to pay or buy a card - use it up! Rides are near \$3 each to anywhere! There are local & express trains – read the maps to work it out.



Food

Food is everywhere – don't be afraid to try anything - go to 9th Ave. to find many restaurants up and down. There is also restaurant row closeby at 46th St. between 8th and 9th ave. Of course google works - "thai food near me."

Things to SEE:

IES NYC Section Map of Lighting Installations

Times Square (just take it in, get a caricature, buy a souvenir)
Rockefeller Center (walk in and behold the mosaics, go to top)
Take in a show (TKTS 1/2-price tickets under the red stairs in Times Sq.)

High Line (walk the best urban experience).
Hungry? From High Line, explore Chelsea Market food hall.
Central Park (got to get into it to appreciate it)
Statue of Liberty (recommended view from free Staten Island Ferry)

Other Notes:

Always know the address/correct name of your destination. Ask for the Marriott Marquis, not the Marriot. It's a big city!
Don't take taxi rides from ride or taxi hawkers at the airport. Use commercial, branded transport. (yellow taxi, Uber, Lyft, NYC transit)