

EGPS
welcomes
AGPA
to
NYC



2026 Connect Visitors Guide

Welcome to New York City!

On behalf of the members of the [Eastern Group Psychotherapy Society \(EGPS\)](#), we would like to welcome you back to New York City for the **American Group Psychotherapy Association's Connect 2026**.

New York City has something for everyone from **restaurants, museums, theater, shopping, parks, and historical sites**. We hope you take some time during your stay to visit "the city that never sleeps." Our Hospitality Guide offers you a quick and handy resource with some of EGPS members' favorite spots. Asterisks indicate favorite restaurant spots recommended by our members.

As an island with excellent public transportation, **Manhattan** offers you easy access to countless activities. We are located centrally in **Midtown** at the Sheraton New York Times Square Hotel, **near 5th Avenue's upscale shopping and the Theatre District, Carnegie Hall, Museum of Modern Art and Rockefeller Center**. If you head downtown, you can visit **SoHo's** wonderful art galleries and restaurants. **Greenwich Village** has delightful coffee shops, restaurants, bookstores, movie theaters and nightclubs. You may enjoy wandering through **Tribeca**, with its artists' lofts, cobblestone streets, and neighborhood cafés. **Little Italy** and **Chinatown** offer shops and markets and restaurants that are definitely worth exploring.

You will find all kinds of information on neighborhoods, sightseeing, entertainment and museums in **The AGPA 2026 Connect Visitor's Guide and other information at the EGPS Hospitality Booth**. We are here to provide help and advice from our friendly EGPS members at the booth. We look forward to greeting you and sharing information. Stop by the booth and say hello!

We hope your experience with us in New York will be memorable, and that you will find many group opportunities to rekindle longstanding relationships and make new and lasting connections.

Welcome to New York!

Joseph Hovey

Joseph Hovey, LCSW, CGP
President, EGPS

*Special thanks to past EGPS Hosting Society teams whose hard work has collectively built this guide over the years, including task forces co-chaired by the following present and past EGPS members: **Fanita Henderson, Teresa Solomita, Kathie Ault, Leah Slivko, Dan Raviv, Erica Gardner-Schuster, Sherry Breslau, Michelle Collins-Green, and administrator, Jan Vadell**. Also thanks to **Fanita Henderson, Christine Schmidt, and Ann Steiner** for edits, updates and feedback.*

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Helpful NYC Visitor Links

- The Official Page of NYC Tourism, with event, activity, dining, and other recommendations:
<https://www.nyctourism.com/>
 - Multiple guides for specific identities, experiences, and travel needs
<https://www.nyctourism.com/maps-guides/>
 - [The Official NYC Visitor Map](#)
 - [NYC on a Budget](#)
- Transportation and transit apps/sites:
 - MTA (subway, bus) Apps: [MYmta](#), [TrainTime](#)
 - Citymapper, a good site and app for transit, with different options:
<https://citymapper.com/nyc>
 - App for Yellow Taxis: [Curb New York City](#)
- Good sites for dining recommendations:
 - [Infatuation NYC](#): includes neighborhood specific search, and food/price preferences
 - [Eater NY](#)
- Experiences off the beaten path:
 - [Nonsense NYC](#): "A discriminating resource for independent art, weird events, strange happenings, unique parties, and senseless culture"
 - [The Skint](#): "Free and Cheap NYC"
- [Secret NYC](#): extensive guides and lists of activities, restaurants and more
 - [Black-Owned Businesses](#)
 - [Women-Owned Businesses](#)
- [Inter-Group Association of Alcoholics Anonymous of New York](#)
- Tours, activities: <https://www.visitcity.com/en/new-york-city/activities/all-activities>

Dining Guide

Here's a sampling of restaurants put together from recommendations of EGPS members, friends, and families. We've attempted to include a variety of prices and cuisines as well as different neighborhoods. We've done our best to check up-to-date info, but please confirm hours and locations and other relevant information.

In the New York Sheraton Hotel

Hudson Market (located in the lobby)

Breakfast, 6:00 AM – 12:00 PM, Every day

Starbucks Café

In the main lobby, featuring Starbucks drip coffee and a broad menu of Starbucks specialty beverages. Starbucks offers daily grab-and-go (hot items included).

Sun-Wed 6:00 AM-4:30 PM; Thu-Sat 6:00 AM-3:00 PM

Library Bar (located in the lobby)

Dinner/Drinks, 4:30 PM – 11:30 PM

Affordable Breakfast, Lunch, and Dessert Places Near Hotel

Chop't - W 51st Street (6th & 7th Avenues). For the budget (and health-conscious, you can't beat it. Great chopped salads with delicious dressings. Tel- 646-374-0360 choptsalad.com (.1 mile, 3 minute walk)

Le Pain Quotidien- Simple, affordable and healthy food choices. Communal Table. W 55th street and 8th Avenue 646-779-8387 lepainquotidien.com

Margon- 136 W. 46th St. Authentic Cuban Lunch and breakfast, tasty and cheap. 212-354-5013 ordermargon.com

Melt Shop - 135 W 50th St. Couple blocks from hotel. Grilled cheese/sandwich spot. order.meltshop.com

Pick A Bagel - 891 8th Ave. pickabagelnyc.com

Shake Shack - 1700 Broadway. Across the street from the hotel. Great burger and shakes. shakeshack.com

Souvlaki GR - Great Little popular and affordable Greek place; three short blocks from the hotel. 162 West 56th Street. 212-974-7482 souvlakigr.com

Schmackary's - 362 West 45th St (SE corner of Ninth Ave) great cookies, desserts, and coffee. To go. Worth the wait. schmackarys.com

Turnstyle Underground Market - Modern market in a subway station featuring independent shops & vendors for food, coffee & sweets. Just under half a mile from the hotel. Beneath 8th Avenue, between 57th and 58th Street (accessible by elevator at 59th Street and 8th Avenue). <https://www.turn-style.com/>

Restaurants - Midtown/Near hotel *(within half a mile/roughly 10 min walk)*

***Angelo's Coal Oven Pizzeria** - 117 W 57th St (Broadway) <http://www.angelospizzany.com>

Ariana Afghan Kebab - 787 Ninth Ave 212-262-2323. Small, affordable, casual family-run restaurant. Kadoo Bolanee (fried pumpkin turnover), lamb tikka kebab, and Aushak (stuffed noodles). Try Firnee for dessert. Yum. Generally considered wheelchair accessible.

Donburiya - 253 W. 55St. Good, affordable Japanese tapas. donburiyany.com. (Lacks wheelchair accessible bathrooms). Open for lunch: 11:45 to 2:30 pm; Dinner: starting at 5:30 pm. 6 minute walk)

Fogo De Chao Brazilian Steakhouse – 40 West 53rd Street (5th & 6th Avenues). 212-969-9980. Expensive but unlimited meat! fogodechao.com. Wheelchair accessible.(5 minute walk) Opens 11:30 AM to 10:30 PM

Gallagher's Steakhouse - 228 West 52nd Street (7th - 8th Ave) <https://www.gallaghersnysteakhouse.com>

Indian Accent - 123 West 56th Street. Voted the best Indian restaurant in NYC. It is a dining experience like no other. Highly recommended Splurge. It is like no other Indian you have ever eaten in. Must have reservations. 212-842-8070 <https://indianaccent.com/newyork>

***La Grande Boucherie**-145 West 53rd St, French classics and timeless bistro favorites, dazzling 40' glass ceilings, informal, casual dining. Open for breakfast, lunch, and dinner. 212-510-7714. <https://www.boucherieus.com/location/boucherie-la-grande-boucherie/> Wheelchair accessible.

***Marea** - Michelin-rated, classic Italian Seafood restaurant. Must have reservations and willingness to pay dearly for this dining luxury. Comes highly recommended by several of our members. 240 Central Park South. 212-582-5100 marearestaurant.com. Lunch from 12:00 pm to 2:45 pm; Dinner 3:00 - 10:00 pm. Wheelchair accessible.

Red Eye Grill - 890 7th Avenue (56th Street) 212-541-9000. The 2016 Zagat's guide states "...classy mid-towner puts forth a dependable American menu...tons of seafood...vibrant experience."redeyegrill.com

Patsy's - 236 W. 56th St. Italian Food. 212-247-3491 patsys.com

The Modern - 9 West 53rd Street (btwn 5th & 6th Avenues). This Trendy Restaurant is located in the MOMA Museum 212-333-1220. Expensive! themodernnyc.com. Wheelchair accessible.

Topaz Thai Authentic - 127 West 56th St. 212-247-2277. Lunch Special serving from 11:30 AM until 4 PM. topezthaiauthentic.com

Trattoria Dell'Arte - 900 7th Avenue (corner of 57th Street) Directly across the street from Carnegie Hall. 212-245-9800. Italian-Artsy-Pricy. Price Fixed lunch-3 courses for \$36. Brunch specials. Very popular with locals and tourists. trattoriadellarte.com. Wheelchair accessible.

Fabulous Lunch Splurges

***Estiario Milos** - 125 West 55th Street. 212-245-7400. Excellent, and pricey Greek specialties. Much emphasis on fish and seafood. estiatoriomilos.com

***Jean George** - 1 Central Park West (btwn 60th & 61 Streets). 212-299-3900. jean-geores.com

Oceana - 120 West 49th Street. 212-759-5941. Oceana

***Marea** - 240 Central Park South. 212-582-5100. excellent and very expensive. marearestaurant.com

Hell's Kitchen

Alfie's Kitchen & Craft Beer - 800 Ninth Ave (53rd Street) <https://www.alfiesnyc.com>

Anejo Tequileria - 668 Tenth Avenue (47th Street) 212-920-4770. Good Mexican food with Great Drinks. <http://anejonyc.com>

Ardesia Wine Bar - 510 West 52nd Street (10th - 11th Ave) <https://www.ardesia-ny.com>

Five Napkin Burger - 630 Ninth Ave 212-757-2277. Not just GREAT BURGERS. snapkinburger.com. Wheelchair accessible. 10:00 AM - 10:30 PM

Gossip Irish Bar & Restaurant - 733 Ninth Ave (49th - 50th) <http://www.gossipbarnyc.com>

Jasmine's Caribbean Cuisine - 371 W 46th St. Authentic Caribbean. Wheelchair accessible. jasminecaribbeancuisine.com

Kausa Peruvian Cuisine & Pisco Bar - 745 Ninth Ave (50th - 51st) <https://www.kausarestaurant.com>

Lilly's Craft & Kitchen - 675 Ninth Ave (46th - 47th) <https://lilyscraftandkitchennyc.com>

Marseille - 630 Ninth Ave (44th-45th) 212-333-2323. Upscale French/Mediterranean, atmospheric, very good food, great bar. (reservations strongly recommended) <https://marseillnyc.com>

Mémé Mediterranean- 607 Tenth Ave (44th Street) <http://mememediterranean.com>

Mercato Trattoria - 352 West 39th Street 212-643-2000. <https://www.mercatonyc.com>

Molyvos - 402 W 43rd St 212-582-7500. Fine Greek Dining. molyvos.com

Nizza -630 Ninth Ave (44th-45th) Very good, reasonably priced Italian with French accents. <https://nizzanyc.com>

Norma Hell's Kitchen - 801 Ninth Ave (53rd Street) <https://normarestaurant.com>

Tabata Ramen - 540 Ninth Avenue 212-290-7691 Excellent noodle shop. <https://www.tabatanewyork.com>

Tulcingo del Valle - 665 10th Avenue (46th- 47th) 212-262-5510. Mexican Cuisine Tulcingo Restaurant

Westville Hell's Kitchen - 809 Ninth Ave (53rd & 54th) <https://westvillnyc.com/locations/westville-hells-kitchen>

Theater District

Becco - 355 West 46th Street (btwn 8th & 9th Avenues). 212-397-7597. Northern Italian, pre-fixed pasta dinner, reasonable prices. Mid-priced. becco-nyc.com

Bond 45 - 221 West 46th St (btwn 7th and 8th Aves). (212) 869-4545. Wide-ranging Italian menu including steak, seafood & an antipasti bar served in a sprawling space. Very affordable with great yet inexpensive wines as well. bond45ny.com

Carmine's - 200 West 44th Street (btwn 7th & 8th Avenue). 212-221-3800. Italian, family style, with huge portions so orders can be split, long lines possible, reservations only for groups of 6 or more (also at 2450 Broadway btwn 90 & 91 Streets. carminesnyc.com

Da Tommaso - 903 Eighth Avenue (btwn 53rd & 54th Streets). 212-265-1890. This is an informal dining experience with great Italian food a short walk from the Hotel. datommaso8th.com

Estiatorio Milos - 125 West 55th Street. 212-245-7400. To control sky high pricing consider making a meal of the fabulous appetizers. estiatoriomilos.com

***Marea** - Michelin-rated, classic Italian Seafood restaurant. Must have reservations and willingness to pay dearly for this dining luxury. Comes highly recommended by several of our members. 240 Central Park South. 212-582-5100 marearestaurant.com. Lunch from 12:00 pm to 2:45 pm; Dinner 3:00 - 10:00 pm. Wheelchair accessible.

Victor's Café and Cuba Lounge - 236 West 52nd Street (btwn Broadway & 8th Avenue). 212-586-7714. Cuban. Good food, good sangria, good pre-theater service. Mid-priced. victorscafe.com

Virgil's Real Barbecue - 152 West 44th Street (btwn Broadway & 6th Avenue). 212-921-9494. "Best BBQ in NY", good portions, reasonable prices, long lines. Moderate. virgilsbbq.com

Midtown (further from hotel)

Koreatown - Many restaurants and shops in a small neighborhood, about 1.3 miles from the hotel. <https://www.nyctourism.com/new-york/manhattan/koreatown/>

KJUN - 154 E 39th St. New Orleans meets Seoul. <https://www.kjun-nyc.com/menus>

Siniquial - A fun and festive authentic Mexican restaurant. Fairly affordable. Amazing and unusual drinks. 640 Third Avenue 212-286-0250 Siniquial

Greenwich Village (approximately 2.5 miles)

Arturo's Coal Oven Pizza - 106 W Houston St. Great Pizza and Italian Food. Live Jazz every night. Arturo's Coal Oven Pizza.

Blue Ribbon Brasserie - 97 Sullivan Street - Late Night Dining - Reservations a good idea - A splurge Blue Ribbon Brasserie

Blue Hill - 75 Washington Place. A splurge. Blue Hill at Stone Barns

Claudette - 24 Fifth Avenue - French Restaurant - Near Washington Square Park - [Claudette](#)

Cuba - 222 Thompson Street - Cuban Cuisine [Cuba NYC](#)

Il Cantinori - 32 East 10th Street - Great Italian Food - Expensive - [ilcantinori.com](#)

Japonica - 90 University Place - Great Japanese Food - Pricey - [Japonica](#)

Knickerbocker Bar and Grill - 33 University Place - Live Jazz Friday and Saturday Evenings- Late Dining
[Knickerbocker Bar & Grill](#)

Little Owl - 90 Bedford Street - Mediterranean Cuisine - Late Dining - [The Little Owl](#)

Loring Place - 21 West 8th Street - [Loring Place](#)

Margaux - 5 West 8th Street (located in The Marlton Hotel) - Fire Place - <https://marltonhotel.com>

Minetta Tavern - 113 MacDougal Street - Expensive - *"Parisian steakhouse meets classic New York City tavern."*
[Minetta Tavern](#)

North Square - 103 Waverly Place - Across the Street from Washington Square Park - [North Square](#)

Olive Tree Cafe - 117 MacDougal Street - Live Music Monday Evenings - Late Dining [Comedy Cellar](#)

Osteria 57 - 57 West 10th Street - Italian Cuisine - [Osteria 57](#)

Raoul's - 180 Prince Street - French Cuisine - Reservation a must - [Raoul's](#)

Rosemary's - 18 Greenwich Avenue - Italian Cuisine - [Rosemary's](#)

West Side (below 42nd St)

***Estiatorio Milos** - Amazing Mediterranean Seafood Restaurant at Hudson Yards. It overlooks the Vessel, the Hudson River, and the New Jersey Skyline. It is a super splurge, more affordable at lunch or brunch. 20 Hudson Yards, fifth floor. 646-907-1970 [estiatoriomilos.com](#)

Keens Steakhouse - 72 West 36th Street (5th & 6th Avenues). 212-947-3636. Steakhouse and pub, fireplace, speakeasy atmosphere, good meats. Expensive. [keens.com](#)

***Le Zie 2000** - 172 7th Avenue (20th & 21st Streets), Chelsea. 212-206-8686. Italian home-style food, very good service, and homemade pasta. [lezie.com](#) Splendid old European style Venetian restaurant. ALSO, magnificent immigrant support work. 15 minutes by subway. It has a level entrance, but it can be cramped.

Tea & Sympathy - 108 Greenwich Avenue (Village) (12th & 13th Streets). 212-807-8329. Great Tea Shoppe, tiny eating area, good English favorites, a fun destination. [teaandsympathy.com](#)

Favorite Vegetarian/Vegan Restaurants

***Blossom** - Refined Vegan dining. Upper West Side 507 Columbus Avenue (Between 84th and 85th streets) 212-875-2600. [Blossom](#)

***Délice & Sarrasin** Outstanding Vegan French. Savory and sweet crepes. West Village 20 Christopher St. (b/w Gay St. & Waverly Pl [Délice & Sarrasin](#)

***Dirt Candy** - Award winning Vegetarian. Must have reservations. Prix Fixe dinner. Has been recognized by the Michelin Guide. On the Lower East Side. 86 Allen Street 212-228-7732. [Dirt Candy](#)

***Hangawi** - This is a highly recommended Korean Vegan restaurant that is known for its creativity and culinary awards. (Midtown East) 12 E 32nd St, New York, NY 10016. (212) 213-0077. [Hangawi](#)

Le Botaniste- "The only organic, plant based and carbon neutral restaurant in NYC"(from their website). Four locations: Upper East Side: 833 Lexington Ave. (and 63rd street), 917-262-0766; Midtown East: 666 Third Avenue (43rd St.) 917-261-6728; SOHO: 127 Grand Street 646-870-7770, and Upper West Side: 156 Columbus Ave. 646-998-4605 [Le Botaniste](#)

P.S. Kitchen - Place for vegan plates & bar snacks with style, donating all of its profits to charity. (Theater District) 246 W 48th St. 212-651-7247 [P.S. Kitchen](#)

***Peacefood Downtown** 41 East 11th St (at University Place) [Peacefood Downtown](#)

***Peacefood-Uptown** 460 Amsterdam Ave (at 82nd St -Upper West Side) [Peacefood Uptown](#)

Spicy Moon Delicious Vegan Szechuan has two locations. East Village: 328 East 6th St. 646-429-8471. West Village: 68 West 3rd St. 646-590-1390 [Spicy Moon](#)

***Urban Vegan** - "Vegan Comfort Food" Creative drinks come both with and without alcohol. West Village 41 Carmine St. 646-438-9939 [Urban Vegan](#)

***Vatan** - Indian Vegan/vegetarian Restaurant. 409 Third Avenue in New York City between 28th and 29th Street (Look for the Elephant!) 212-689-5666. Unique and charming ambience. Very helpful waitstaff. [Vatan](#)

Upper West Side (approximately 1.9 miles)

Take in a new neighborhood, an easy subway, or a moderate walk. Take the #1 subway from 50th Street and Broadway for a 5-10-minute ride to the Upper West Side (UWS). On the UWS, you will find great shopping, fine dining, and easy access to Riverside Park, Central Park, Carriage Rides, Strawberry Fields, Imagine, The Legendary Dakota, Museum of Natural History, New York Historical Society, Lincoln Center, Time Warner Shopping Mall, the Turnstile Underground Shops at 59th Street, and Columbus Circle. AMC Lincoln Square 13 theaters. All within walking distance from the #1 Subway.

***5 Napkin Burger** - 2315 Broadway, New York, NY 10024 Casual, fun burger joint. Great place to bring kids. [5 Napkin Burger](#)

72 Street Thai Great food and comfortable atmosphere. Strongly suggest reservations. 128 West 72 Street. 212-496-6153. [THAI72](#).

- ***Ashoka** - Indian food with both Northern and Southern influences. 489 Columbus Ave. (bw 83rd & 84th) 212-875-1400 [Ashoka Indian Restaurant](#)
- ***Atlantic Grill** 50 West 65th St (at Lincoln Center Plaza) "the freshest seafood from the Atlantic Ocean and Mediterranean Sea, the finest cuts of meat and local produce with Chef Antonio's signature Mediterranean Flare" [Atlantic Grill](#)
- Bella Luna** - Reasonably priced, quality Italian dishes and a personable staff. A true neighborhood restaurant! 574 Columbus Ave (at 88th St.) 212-877-2267 [Bella Luna](#)
- ***Bodrum** - Quality Turkish / Mediterranean with delicious brick oven pizzas 584 Amsterdam (bw 88th & 89th) 212-799-2806 [Bodrum](#)
- ***Bustan** - Israeli/ Northern African/"pan-Mediterranean" Excellent innovative dishes. 487 Amsterdam Ave (bw 83th & 84th Sts.) 212-595-5050 [Bustan](#)
- ***Cibo e Vino** Northern Italian menu is frequently updated with new and exciting dishes. 2418 Broadway (at 89th St.) 212-362-0096 [Cibo e Vino](#)
- ***Crave Fishbar** - NYC's first 100% sustainable seafood restaurant. 428 Amsterdam Ave (bw 80th & 81st Sts.) 646-494-2750 [Crave Fishbar](#)
- ***Dagon** -Excellent "Israeli cuisine with Levantine influences" is a little pricier, but the food is creative and outstanding. Reservations needed. 2454 Broadway at West 91 St. (212) 873-2466 [Dagon](#)
- ***Elea** - Excellent Greek - Great Luncheon Special. Reservations are essential on weekends. 217 West 85th Street. 212-369-9800. [Eléa](#)
- ***Gazala's** - Druze Israeli - Spacious indoor dining area [Gazala's](#)
- Han Dynasty** - Very good and popular Chinese Restaurant. Reservations are a must on the weekend. 215 West 85th Street. 212-858-9060. [Han Dynasty](#)
- ***Jing Fong** - Chinese dim sum. Originated in Chinatown in 1978 and then added a restaurant on the UWS 380 Amsterdam (at 78th St.) [Jing Fong](#)
- ***La Sirène** - Authentic French Bistro. Reservations strongly suggested. 416 Amsterdam Ave. (at 80th St) 917-261-5279 [La Sirène](#)
- Leyla** - Superb Mediterranean Restaurant. 108 West 74 Street. 347-334-7939. [Leyla](#)
- Lilly's Wine Bar** - Good food and wine. Affordable neighborhood place. 50 West 72nd Street. 212-799-4140. [Lilly's Cocktail & Wine](#)
- ***Lincoln Ristorante** - Exceptional cuisine in a beautiful and relaxing setting. A splurge for a very special occasion. At Lincoln Center. 142 West 65th Street. 212-359-6500. [Lincoln Ristorante](#)
- ***Manny's Bistro** - Great French food and wine at reasonable prices. Good service, friendly wait staff, and French ambiance. Feels like you're in Paris! 225 Columbus Ave (b/w 70 and 71 Sts) (646) 882-0110 [Mannys Bistro](#)
- Momoya** - Traditional and Inventive Japanese fare 421 Amsterdam Ave (bw 80th and 81st) [Momoya](#)
- ***Nice Matin** - Elegant French Provençal-inspired bistro (pricier than average), Wine Spectator Grand Award-winning wine list. Reservations strongly recommended. 201 West 79th St. (Entrance on Amsterdam) 212-873-6423 [Nice Matin](#)
- ***Pekerna** - "New American" restaurant, mixology cocktail bar and event venue that hosts "pop-up shows" (tickets required for shows). Elevated pub grub. 594 Amsterdam (89th St) (646) 974-9070 [Pekerna](#)

***Plum** Cosy and casual Vietnamese. Excellent pho, bahn mi, curry dishes and more. Kimchi Fries are out of this world! 210 West 94th St. (bw Broadway & Columbus) 646-884-4289 [Plum](#)

***Rosa Mexicano** Very good Mexican Fare. Noisy, festive environment. Just across from Lincoln Center. Must have reservation. 61 Columbus Avenue (Near 62nd Street) 212-977-7700 [Rosa Mexicano](#)

***Shalel Lounge** - Like eating in an exotic cave. Great Middle Eastern food, and sangria to share. 22 West 70th Street. 212-777-9988. [Shalel Kitchen](#)

***Tessa** - "Modern American... with an emphasis on Italian and French fare" 349 Amsterdam (bw 76th and 77th) 212-390-1974 [Tessa](#)

The Smith - Trendy, noisy, young and lots of fun. Just across from Lincoln Center. 1900 Broadway (at 63rd Street) 212-496-5700. [The Smith Restaurant](#)

Nearby Happy Hour (5 minutes walking distance)

Blue Seafood Bar and Eatery - Specializes in fish dishes and Mediterranean Fare. 856 9th Ave at 56th Street. Happy Hour daily 212-757-7511 [Blue Seafood Bar](#)

Bocca di Bacco - 828 9th Avenue 212-265-8828 [Bocca di Bacco](#)

Copper Johns - 160 WEST 54th Street [Copper Johns](#)

Empire Steakhouse - 237 West 54th Street Happy Hour daily 4-7 PM. 212-586-9700. [Empire Steak House](#)

Faces and Names - 159 West 54th Street [Faces & Names](#)

Flute Champagne Bar - 204 West 54th Street [Flute Bar](#)

Iguana New York - 240 West 54th Street [Iguana NYC](#)

Quality Bistro - 120 West 55th Street [Quality Bistro](#)

Redeye Grill - 890 7th Avenue (between 56th & 57th Street) [Redeye Grill](#)

Rosie O'Grady's - 800 7th Avenue (52nd Street) - Steak & Seafood Restaurant [Rosie O'Grady's](#)

RPM Underground - 246 West 54th Street- Karaoke Bar - [RPM UNDERGROUND](#)

The Three Monkeys - 236 West 54th Street [The Three Monkeys - NYC](#)

ViceVersa - Local Italian favorite with a Happy hour. Homemade pasta specials. Hell's Kitchen. 325 West 51st Street. 212-399-9291 [ViceVersa](#)

Vida Verde - 248 West 55th Street - Mexican Cuisine [Vida Verde](#)

Museums:

Many museums are closed on Mondays. Please check before you head over.

American Museum of Natural History - 200 Central Park West (79th St & CPW). 212-769-5200. Open Daily from 10am-5:30pm. Be sure to see the Dinosaur Exhibit, the Rose Center for Earth & Space (truly spectacular), and the Gems. [American Museum of Natural History](#)

The Frick Collection - 1 E 70th St. 212-288-0700. Tuesday-Sunday. Mansion with paintings, sculpture, and decorative arts that are incredibly beautiful. [The Frick Collection](#)

Guggenheim Museum - Fifth Avenue & 89th Street. 212-423-3500. Frank Lloyd Wright landmark. Closed Thursday. [Guggenheim Museum](#)

Leslie-Lohman Museum of Art - 26 Wooster St. Hosts LGBT social, political & erotic art, plus educational resources, talks & performances. <http://www.leslielohman.org/>

Metropolitan Museum of Art - 5th Avenue (82nd Street). 212 879-5500. Note the recommended admission is \$20, but give as you wish. Especially if you just want to briefly check it out. Closed on Wednesdays. [The Metropolitan Museum of Art](#)

The Museum of Modern Art - 9 West 53rd Street (btwn 5th & 6th Avenues). 212-708-9400. Recently renovated. [MoMA](#)

Museum of Jewish Heritage - 36 Battery Place. Monday – Friday 9am – 5pm (closed Saturday). 646-437-4202. [The Museum of Jewish Heritage](#)

Museum of Sex - Intimate museum chronicling the evolution of human sexuality. An ever changing exhibit. 233 Fifth Avenue at 27th street. 212-689-6337. [Museum of Sex](#)

National Museum of the American Indian - One Bowling Green (Old Custom House) (btwn State & Whitehall Streets). 212-574-3700. Open daily 10am-5pm. [National Museum of the American Indian](#)

Neue Gallery - 1048 5th Avenue (86th Street). 212-628-6200. Early 20th Century German and Austrian art owned by the Lauder Family. Closed Tuesday & Wednesday. [Neue Galerie](#)

New York Historical Society - 2 West 77th Street (Central Park West) 212-873-3400. Closed Monday. Open until 8pm on Saturdays. [Visit | New-York Historical Society](#)

The Rubin Museum - Dedicated to the Art of the Himalayas. 150 West 17th Street (btwn 6th and 7th Avenues) 212-620-5000. Closed Tuesday. Wednesday thru Monday opens at 11:00 AM. Late night Friday closes at 10:00 PM [Rubin Museum of Art](#)

Schomburg Center for Research in Black Culture - a world-leading cultural institution devoted to the research, preservation, and exhibition of materials focused on African American, African Diaspora, and African experiences. 515 Malcom X Boulevard at 135th Street, 917-275-6975, Monday- Saturday 10-6, Friday, 12-6. [Schomburg Center for Research in Black Culture | The New York Public Library](#)

The Tenement Museum - 103 Orchard Street. Daily 10 am-5 pm. 212-982-8420. [Tenement Museum](#)

Whitney Museum of American Art - 99 Gansevoort Street. 212-570-3600. New amazing location at the beginning of Highline Park south of 14 Street near 10th Avenue. One of the world's pre-eminent collections of 20th century American art. [Whitney Museum of American Art](#)

Theater (off the beaten path or other than Broadway):

These are theaters or venues that are member favorites.

Brooklyn Academy of Music – 651 Fulton Street, Brooklyn <https://www.bam.org/>

Classic Stage Company – 136 E 13th Street <https://www.classicstage.org/>

Longacre Theater – 220 W 48th Street <https://shubert.nyc/theatres/longacre/>

Park Avenue Armory - 643 Park Avenue, New York, NY 10065 <https://www.armoryonpark.org/>

The Public Theater – 425 Lafayette Street <https://publictheater.org/>

Rattlestick Theater - 224 Waverly Place (Manhattan) 212-627-2556 [The Rattlestick Theater](#)

The Shed 545 W 30th Street. <https://theshed.org>

Signature Theater: <https://www.sigtheatre.org/>

St. Ann's Warehouse <https://stannswarehouse.org/>

Recreation (5 to 10 minutes walk from hotel):

Ice Skating.

1. **Ice-skating at Rockefeller Center** -- At 5th Avenue between 49th & 50th Streets 212-332-7654. see [The Rink at Rockefeller Center | NYC's Iconic Rink](#) Admissions, skate and locker rentals are cash only.
2. **Ice-skating at Bryant Park** - The only free ice skating rink in the city. Between 40th and 42nd Streets and 5th and 6th Avenues. [Bryant Park](#)

Favorite Walks:

1. **Riverside Park** - From hotel walk west to the river and North to 60th street. [Riverside Park Conservancy](#)
2. **Central Park** walk to 59 St and enter the park. There are miles of paths in Central Park. Take the 7th Avenue subway #1 to 72 Street then change to express #2 or 3 to 110 Street Central Park West/110 Street and walk around the Harlem Meer (Lake). See www.centralparknyc.org for downloadable maps for walking, biking and running in the Park. [Central Park Access map](#) (includes helpful info about accessible paths)
3. **High Line Park**-newest NYC Park - built on old historic rail tracks high above NYC streets in Chelsea. This is a unique one of a kind walking space that looks out to the Hudson River from Hudson Yards/34th Street to its

most southern entrance at Gansevoort & Washington Streets at 14 th Street. WONDERFUL EXPERIENCE-GREAT WALK. [High Line - NYC](#) Closest subways stops are 14 th Street on A,C,E or #7 at Hudson Yards. Seasonal hours of 7am to 7pm. Elevator Status: [Elevator Status | The High Line](#) Tours: [High Line Tour: From Freight to Flowers](#)

4. **Walking across the Brooklyn Bridge** - Beautiful views of the Manhattan and Brooklyn skylines. take the A or C train to the High Street-Brooklyn Bridge subway stop and follow the signs. Incredible views from Cadman Plaza West and Cranberry and Henry Streets. Cross to the park, and take the footpath that is on the far left. The pedestrian stairway will be under the bridge. From Manhattan, you enter the bridge near City Hall, right along Centre Street. Nearby trains include the 4, 5, 6, J, Z and R lines. See [Walking Across the Brooklyn Bridge](#)
5. **Brooklyn Bridge Park** - An 85-acre world-class waterfront park with rolling hills, riverfront promenades, lush gardens, and spectacular city views. Take the A or C train to High Street, head north on Cadman Plaza West towards Middagh Street, continue on to Old Fulton Street, turn left to remain on Old Fulton St and Continue on to Furman Street. Destination on the right. [Brooklyn Bridge Park](#)

Other Only in New York Activities:

1. **Hudson Yards** Newest development in New York City. Many shops, restaurants, and an architectural wonder, The Vessel. [Hudson Yards](#) (1.6 miles from Sheraton Hotel)
2. **Chelsea Piers** - Hudson River, 12th Avenue between 17th -23rd Streets. 212-336-6666 or see [Chelsea Piers](#) . Every sport imaginable! Including golf driving range, tennis, bowling, in-line skating, ice-skating, roller skating, rock-climbing, restaurants, and more. (2.3 miles from Sheraton Hotel)
3. **Biking in the Park** - There are 2 bike rental stations nearby: CPW Central Park South/59th Street and 58th Street and 68th St and 6th Avenue. Visit <https://bikerent.nyc/> for more information and Broadway and 57 St. Citibike offers day passes with bike stations at 7th , 6th & 5th and Central Park South/59th Street. See <https://citibikenyc.com/explore/bike-rental-in-central-park-temp> You use a credit card. (855)2453311. Ride in a counter-clockwise direction. (.5 mile from Sheraton Hotel)
4. **Central Park Zoo** – Enter at 64th Street & 5th Avenue. Call 212-439-6500 or see centralparkzoo.com for downloadable map, tickets, animal feeding times and special seasonal events. (.8 mile from hotel)
5. **Central Park Fitness** – year-around events for group yoga and running. Reservations required. See [Central Park Yoga Classes](#) (2.8 miles from Sheraton Hotel)
6. **9/11 Museum and Memorial** Take a 90 minute, very informative tour, followed by a visit to the museum and One World Observatory. Must plan ahead and make reservations. [9/11 Ground Zero All Access Tour](#)
7. **New York Botanical Garden** If you are into flowers this is a sensory delight. [New York Botanical Garden](#). (57 minutes by car; 50 minutes by subway) Wheelchair rentals available.
8. **The Apollo Theater** in Harlem [Apollo Theater](#). Wheelchair accessible. Twenty minutes by train. 25 minutes by car. Accessible wheelchair seating.
9. **Steve Cohen’s Chamber Magic**. “A riveting evening of mind-blowing interactive magic. Small audiences. Located at 50th and Madison. [Chamber Magic](#). 12-minute walk from the hotel. Wheelchair accessible.

Queer/LGBTQIA+

The neighborhoods of Greenwich Village, Chelsea, and Hell's Kitchen, all within a few miles of the hotel, are home to vibrant queer history and present community.

The official NYC Tourism LGBTQ+ page: <https://www.nyctourism.com/maps-guides/lgbtq-nyc/>

The Gay Center: for resources, including 12-step and support groups. <https://gaycenter.org/>

The Official NYC LGBTQIA+ resource directory: <https://comptroller.nyc.gov/lgbtq/>

Queer Money Project: a map of queer owned businesses. <https://www.queermoneyproject.com/>

Best Lesbian Bars: <https://www.timeout.com/newyork/lgbt/best-lesbian-bars-in-nyc> (Henrietta Hudson and Cubbyhole are about 20-25 mins by train from the hotel.)

Best Gay Bars: [Around the city](#) or [within blocks of the hotel](#)

The Stonewall Inn: historically significant [bar](#) and [monument](#) a 20 minute train ride from the hotel

ACCESSIBILITY RESOURCES

NYC Accessible NYC Restaurant Guides:

- Quiet NYC Restaurants: [Quiet List - New York, New York | SoundPrint](#)
- Wheelchair Friendly Restaurants Locator: [NYC Wheelchair Friendly Restaurant Locator](#)
- Mayor's Office for People with Disabilities Recreation and Culture Guide: [Recreation & Culture - MOPD](#)
- Online Accessible NYC Restaurant Menus (for low vision/blind/curious diners): [Menus4ALL](#)

Accessible NYC Travel Guides:

- Basic Accessibility Information: [Accessibility Information | NYCgo](#)
- Guides & Tips for Traveling With a Disability in New York City: [Visiting NYC with Special Needs](#)
- New York City Wheelchair Accessible Travel Guide: [New York City Wheelchair Accessible Travel Guide - WheelchairTravel.org](#)
- [Central Park Access map](#) - a map with information about accessibility in Central Park
- Wheelchair accessible taxis: [Accessible Dispatch - TLC](#)
- Wheelchair Accessible Transportation in NYC | MTA & Taxis [Wheelchair Accessible Transportation in NYC | MTA & Taxis](#)
- Wheelchair accessible Uber <https://www.uber.com/us/en/ride/uberwav/>

Accessible Museums in NYC:

- American Museum of Natural History - 79th Street & Central West. 212-769-5200. Be sure to see the Dinosaur Exhibit, the Rose Center for Earth & Space (truly spectacular), and the Gems. [American Museum of Natural History](#)
- The Frick Collection - 5th Avenue & 70th Street. 212-288-0700. Tuesday-Sunday. Mansion with paintings, sculpture, decorative arts that are incredibly beautiful. [The Frick Collection](#)
- Guggenheim Museum - Fifth Avenue & 89th Street. 212-423-3500. Frank Lloyd Wright landmark. Closed Thursdays [Guggenheim Museum](#)
- Metropolitan Museum of Art - 5th Avenue (82nd Street). 212 879-5500. Note the recommended admission is \$20, but give as you wish. Especially if you just want to briefly check it out. [The Met](#).
- The Museum of Modern Art - 9 West 53rd Street (btwn 5th & 6th Avenues). 212-708-9400. [MoMA](#)
- Museum of Jewish Heritage - 36 Battery Place. Monday – Friday 9 am – 5 pm (closed Saturday). 646-437-4202. [The Museum of Jewish Heritage](#)

Accessible Transportation:

Subways near the hotel & recreation listings with wheelchair accessible elevators. When NYC subway elevators are out of service, commuters can find accessible alternatives by checking the [MTA website](#) or by using a bus (all are ADA-accessible):

- 49th & 7th Avenue: for northbound-only lines of N-R-W (5- minute walk)

- 47-50th Street/Rockefeller Center@ 6th Avenue: via NW corner of 6th & 49th Street for lines E-B-D-F-M (5-minute walk)
- For travel to & from 72nd & Bway for Central or Riverside Parks - 59th Columbus Circle: via NW corner of Columbus Circle & Central Park West or SW corner of 8th Avenue & Columbus Circle for lines A-B-C-D-1 (7 min train ride; 10 minute walk)
- 72nd Street & Bway: via north side for lines 1-2-3 (Walk to 50th Street and 7th avenue 6 mins.; take the train 4 minutes)