



The Princeton Area Walkers invite you to walk the MIDTOWN Year-round Event

Event Y307, MIDTOWN MANHATTAN, Year-round Event 12 km; AVA trail rating 1A

Walk Overview:

This walk visits the Lincoln Center, Times Square, Broadway Theater district, Rockefeller Center, Madison Square Garden, UN complex, and several other famous NYC landmarks.

Choose Walk Completion Method:

The Princeton Area walkers provide support for either using "Remote Registration" or the "Online Start Box" for signing an AVA waiver, collection of walk fees, and IVV credit (stamping books or insert cards). Whatever method you have chosen to get these directions, please continue to use that method to "complete" your walk.

Remote Registration Walk Completion:

The event POC, Charles Kaiser at charles.a.kaiser.civ@mail.mil, supports remote registration via email and regular mail. Please contact Charles to arrange for IVV credit (stamping books or insert cards). Please note Charles does NOT provide Online Start Box support.

Online Start Box Walk Completion:

Login to your online start box account provided by the American Volkssport Association website (<https://my.ava.org/login.php>). Click on the "My Event Bag" tab to assure you have sufficient funds in place to pay for your walk (if not use links/buttons on this page to add funds to your account). Click on the "My Start Box" tab then the "Finish Table" tab. On the displayed page, click on the "Event Complete, go to finish" button for this event (that you registered for). Use the displayed entry form to enter the date and distance of your walk as well as select applicable AVA Special Programs, then hit "Submit" to generate stamped "virtual" insert cards that you may later choose to print out.

Walk Directions Format:

Walk direction directives (turns, etc.) are in **BOLD**. Informational points of interest appear in *Italic text*.

Special Programs:

View the list of AVA Special Programs on this event's website: <https://my.ava.org/event-view.php?y=0307>

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In case of Emergency: Dial 911
 Event related assistance: Maureen Penta
 Cell Phone: 908-309-8398 (Leave Msg.)
 (not for Online Start Box Issues)

Restrooms: Public Restrooms are available in Bryant Park at the end of the park adjacent to the NY Public Library on 42nd St

1. Starting point is at the corner of 42nd St and 6th Ave next to Bryant Park. Proceed along 42nd St heading East with Bryant Park on your right to 5th Ave.

Named after William Cullen Bryant—1794-1878, American poet, critic, and newspaper editor—this city park has always been a favorite meeting place of the literary crowd. They come here to sit and talk in groups or to read alone. The park fell into disrepute when it became a Hippie hangout in the 1960s and a haven for drug pushers in the 1970s. The city made a valiant effort in the '90s to restore the park to its original use and safety. You can see the results. Besides the memorial to Bryant, there are memorials dedicated to literary notables such as Johann Wolfgang von Goethe and Gertrude Stein.

*At the far end of the park near 5th Av. you will find a structure resembling a Greek temple with its rows of Corinthian columns, the New York Public Library, one of the world's greatest research libraries. Completed in 1911 and dedicated by President Howard Taft, it houses over 38 million volumes occupying 80 miles of book shelves, which are guarded by the twin marble lions, Patience and Fortitude. **RESTROOMS AVAILABLE HERE.** If you are stopping in to see this enormous library, ask the librarian to direct you to the display case with George Washington's handwritten recipe for making a home brew of beer. Turn around to look east on 42nd St. and you can have a great view of the Chrysler Building.*

2. Cross 5th Av. and continue on 42nd St. downhill to Park Av. and Grand Central Terminal

After crossing 5th Av., Madison Av., and Park Av., you pass largest railroad station in world, Grand Central Terminal, built during Civil War and then rebuilt to its present structure in 1913. Its main concourse is one of the most impressive interior spaces in America.

3. LEFT turn at the main entrance to Grand Central Terminal. **Enter the terminal** and **continue straight** to the Main Concourse.

See the remarkable results of its renovation completed in 1998. Notice the restored ethereal ceiling of the main concourse, the glitter of the new lighting, and the sparkle of the marble walls and columns. Michael Jordan's Steak House is one of the new upscale restaurants inside the terminal. Restrooms and more food downstairs.

Attention seafood lovers! The Oyster Bar, rated tops in the city, is located inside the Terminal.

4. At the tracks turn RIGHT and **exit the building** at the side exit on Lexington Ave. **TURN RIGHT** on Lexington Av. and **continue** to 42nd St.

5. TURN LEFT on 42nd St., **crossing** Lexington Av. and **continue downhill** past the Chrysler Building to First Av. and the UN Complex.

After crossing Lexington Av. on your way down 42nd St., you pass, on your left, the sleek art deco Chrysler Building, one of the most distinctive features of the Manhattan skyline. At 1048 feet, it reigned for a while as the tallest building in the world. Notice plaque on the wall of the building at the corner of Lexington Av.

6. LEFT on First Av. a.k.a. United Nations Plaza. **Walk through** Ralph Bunche Park. At 43rd St. end of park, **cross** 1st Av.

7. TURNING LEFT, go north, **passing** the United Nations Complex on your right.

The UN building complex consists of the Secretariat Building, the tall building, and the Assembly Building. John D. Rockefeller donated the land for the UN HQ. He bought the land to entice the U.N. to come to New York as other cities, notably Philadelphia, were vying for the U.N. The land used to be known as "blood alley" because it was the site of New York's slaughterhouse. You may want to stop at the Visitor Center (security check required) to take a guided tour of the UN Building, visit the gift shops and the International Post Office. Restrooms and a cafeteria available here.

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8. CONTINUE north on U.N. Plaza after passing gate.

U.S. Mission to UN is located across street from gate.

9. LEFT turn on 47th, **cross** UN Plaza and 47th St. **Continue** to 50th St.

At No. 871 UN Plaza you pass the new German Mission to UN. the German House opened in 1998. Its Visitor Center is open to the public on weekdays, 10 to 5.

10. LEFT turn on 50th. **Continue** to Park Av.

On your left at Park Av. you find one of the most famous hotels in the world, The Waldorf-Astoria, the ultimate in wealth and luxury. Cole Porter and his wife used to occupy one of the permanent apartments in the Waldorf Towers. Other famous residents included Gen. Douglas MacArthur, Herbert Hoover, and the Duke and Duchess of Windsor, to name a few. More recently, former Secretary of State, Madeleine Allbright resided here when she was U.S. Ambassador to the United Nations

11. CROSS Park Av. **Continue** on 50th St. to 5th Av.

As you approach 5th Av. you pass St. Patrick's Cathedral on your right. Modeled after Cathedral of Cologne and designed by James Renwick who also designed the Smithsonian Castle building on the Mall in Washington, D.C. It is an outstanding example of Gothic architecture. Its construction took twenty-one years. Sen. Bobby Kennedy's funeral took place here in 1968 following his assassination. This is the seat of the Archdiocese of New York. Go inside to view the interior of this great edifice.

In front of you across 5th Av. is Rockefeller Center, a complex of some 19 skyscrapers built during the 1930s by John D. Rockefeller, Jr. as a "City within a City". Sacks Fifth Avenue is also nearby, where restrooms are available.

12. CONTINUE straight along 50th St. to Rockefeller Center.

13. TURN LEFT down steps into Rockefeller Plaza,

This is the site of the outdoor ice skating rink during the winter months. Around the rink flutter the flags of many nations. Each holiday season a giant Christmas Tree stands here. In the summer, this area becomes an outdoor cafe.

Notice the building behind the statue of Prometheus (the statue weighs 4 tons) across Rockefeller Plaza. You are looking at No. 30 Rockefeller Plaza, originally the "RCA Building", then the "GE Building", and now named the "Comcast Building". It is a stunning example of art deco architecture.

14. Go down a set of stairs, **turn right**, and **walk across** the plaza, and **go up** another set of stairs to the entrance of No. 30, the Comcast Building, which is to the left of Crew, a sporting goods store. You may either:

- **enter the lobby** of No. 30 Rockefeller Plaza, which is decorated with the famous murals by Jose Maria Sert, and **walk through the entire length** of the building passing many shops, including the ticket counter for tickets to some of the TV studios up in the tower, until you **exit on 6th Av.** or
- **stay outside** and **walk clockwise** around the building by **heading west** on 49th St. to 6th Av.

Pass entrance to NBC Studios where "Late Night" with David Letterman was taped before he defected to CBS.

15. At 6th Av. turn RIGHT and **walk to** 50th St.

Before crossing 50th St., look at building at corner ahead of you. It houses New York's famous Radio City Music Hall, home of the Rockettes. It may well be the world's largest movie theater with almost 6000 seats. It used to have 6200 seats before the stage was enlarged during a major renovation in the 1970s. Its stage is state-of-the-art equipment and tours are available to see it all. Stop in and view the art deco elegance of the lobby. Restrooms available at the lower level of the lobby when open.

16. CROSS 50th St. and **continue on** 6th Av. to 52nd St.

The original Heartland Brewing Co. is at 6 Ave and 51 St.

Princeton Area Walkers

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17. RIGHT on 52nd and **continue to** 5th Av.

This block was site of a number of illicit speakeasies during Prohibition. After its repeal, many establishments on this street became jazz clubs attracting famous performers such as Dizzy Gillespie and Billie Holliday, also Sarah Vaughan. The block became known as "Swing Street." The Twenty-One Club at 21 W. 52nd St. is still a popular restaurant and one of the few establishments to survive from this era. Note New York Jockey Club on left.

18. LEFT on 5th Av. to 55th St. **Cross** 55th.**19. RIGHT** and stop before **crossing** 5th Ave.

You are now looking at another landmark, the St. Regis Hotel, built in 1904 and housing some of the most expensive rooms in the city. Ernest Hemingway and Alfred Hitchcock occupied suites here and so did John Lennon and Yoko Ono for a while in the early 1970s. It is said that the Bloody Mary was invented here at the hotel's King Cole Bar and Lounge. Looking east on 55th St., three blocks down across Lexington Ave. is the location of the Central Synagogue, the oldest synagogue in continuous use in the city. Dedicated in 1870, it is a fine example of Moorish-Revival-Style architecture in New York.

20. Cross 5th Av. and turn LEFT and **continue north** on 5th Av.

In the next block, you are passing the black Trump Tower, one of Donald Trump's prized possessions. It houses million dollar apartments up in the tower. If you like, enter the building, ride up the escalator, and take a look at the posh shopping atrium with an 80-foot waterfall and lots of pink marble. Andrew Lloyd Webber occupies a suite in the tower.

Next door, near 57th St. you are passing on your right the house of amazing gems, Tiffany & Co. It is the location of the movie "Breakfast at Tiffany's" which made Audrey Hepburn famous.

21. Continue to 59th St. **cross** 59th and **turn LEFT. Cross** 5th Av.

On your left across Central Park South on Grand Army Plaza is The Plaza Hotel, much favored in the past by honeymooners with deep pockets. Frank Lloyd Wright occupied a suite here overlooking Central Park while designing the Guggenheim Museum.

22. TURN RIGHT on 5th Av. **Continue to** Central Park South.**23. TURN LEFT** on Central Park South. **Continue to** Columbus Circle.

Monuments in Circle on left are memorials for Christopher Columbus and heroes of Battleship Maine. The latter is located near entrance to Central Park.

24. CIRCLE RIGHT around circle to Broadway.**25. TURN RIGHT** on Broadway to the Lincoln Center. **Cross** Broadway and

You will enter the Lincoln Center —New York's famous Center for the Performing Arts, including the prestigious Juilliard School of Music.

26. ENTER into Lincoln Plaza area and walk around the fountains. (There is an outdoor cafe here in the summer months.) **Stop** at the Metropolitan Opera House.

The center was completed in 1966. In the summer free evening concerts are offered outdoors in the plaza. One-hour tours of the Center are available for a small fee. Right of the plaza facing the opera is Avery Fisher Hall, home of the New York Philharmonic, the Nation's oldest orchestra. Its first performance took place in 1842. To the left of the Plaza is the New York State Theater, which includes the New York City Opera. To make room for this Center, nearly 200 apartment houses were demolished, displacing 4,000 people.

27. Return to Broadway. Exit plaza going down steps at 63rd St. (George Balanchine Way). **Cross** Columbus Ave.**28. RIGHT** on Broadway. **Cross** 63rd St. **Continue** on Broadway to Columbus Circle and **bear right** around the Circle. Do not cross any streets until you get to 8th Ave. Cross 8th Av. and **continue** to Broadway.**29. RIGHT** on Broadway, continuing south.

You are now entering Midtown Manhattan and the section of Broadway between 60th and 42nd Sts. known in the past as THE GREAT WHITE WAY. Broadway glitter has dimmed in the last decades as the larger theaters on Broadway (500 seats plus) have become

less popular with theater-goers than the smaller, more intimate off-Broadway theaters (500 seats and less) located in the many side streets which you are about to pass. Notice the CBS Studio on your right, site of Dave Letterman's Night Show. Stop at the corner of 57th St. and look east across Broadway. A block down on 57th St. on the right is one of the world's most famous music halls, Carnegie Hall, built in 1891 and seating 2800. Its unusually fine acoustic quality has attracted the top performers in the world ever since. Tours available for a small fee. If you are a fan of Hard Rock Cafe, there is one on 57th St. just a short distance to your left (east).

30. Continue south on Broadway.

You are walking through theater district with its many small, cozy restaurants where theater-goers dine before shows. Stop at MARS 2112 at 51 St. for an example. The name says it all. Watch for roaming aliens as you dine. If you are interested in seeing a show, look for TKTS booth at 46th St. on Duffy Square. They sell Broadway show tickets at discounts. At 44th St. you approach Times Square, site of the annual New Year celebration attended by a million plus people. Not really a square, it's more like a triangle. Look for the world's largest electronic display board and new street-level studios of TV News on your left. One of the world's largest toy stores, Toys'R'Us Times Square, which features a 60 foot Ferris wheel, a 2-story life size Barbie dream house, and an animated T-Rex, is located here. Now called the New Times Square, this part of city has received a badly needed facelift. The red light district of 42nd St. is almost gone.

31. At 44th St., Broadway goes off to the left, you will **continue straight** and you will be on 7th Av. **Continue** to 42nd St.

32. RIGHT on 42nd St. to 8th Ave.

This block was home to adult entertainment, theaters, prostitution, and drug sales until the late 1980's. It was purchased by Disney, most of the old theaters were torn down, and you can see the results. Visit the BB King Blues Club. Notice the Lion King display.

33. CROSS 42nd St. and 8th Ave. and **enter** the Port Authority Bus Terminal (PABT) on 8th Ave entrance.

This terminal is the bus gateway to New York. Buses from as far away as Los Angeles and Canada terminate at its 4 levels of berths. It has a direct connection to the Lincoln Tunnel, with direct busses to all NYC airports and non-stop to Atlantic City casinos. It includes numerous restaurants, and a bowling alley on level 2.

34. ASCEND on escalator to the left to second level. **Turn left** at Jay's Hallmark, passing restrooms on left. Look down through glass, and **take** either escalator down, then **turn right**.

You are now in the main bus ticketing area.

35. EXIT PABT and **turn right** on 8th Ave. Continue to 34th St.

36. CROSS 8th Ave and **continue east** on 34th St. until reaching Broadway. You will **pass** Macy's on the left.

Macy's at Herald Square, the world's largest department store, was opened in 1902. Although you can no longer go all the way to the top, it still includes wooden escalators and attendant-operated elevators. Enjoy shopping or dining.

37. TURN RIGHT on Broadway to 32nd St.

You will pass the famous "Macy's window," in which promises were made of a kiss to certain body parts if unusual things came to pass. Victoria's Secret is across the street. The new Manhattan Mall is on the right at 33rd St., with its 50 stores, huge food court, 14 story atrium, glass elevators with a view, and Video Wall.

38. TURN RIGHT on 32nd St. to 7th Ave. **Cross** 7th Ave. and **enter** Pennsylvania Station **down** the stairs/escalator.

Madison Square Garden, the world's most famous arena, is located on top of Penn Station. Opened in 1966, it is the oldest remaining major sports arena in the US hosting basketball and hockey, and is home to the Rangers, Knicks, and Ringling Brothers and Barnum and Bailey Circus, as well as other sports and concerts. Tours are available. Pennsylvania Station is the main Amtrak hub in New York. Commuter trains come in from Long Island, New Jersey, and upstate New York. Built originally by the Pennsylvania Railroad when electric service began.

39. At the bottom, **turn right** and **descend** on escalator/stairs to the Long Island Railroad. **Turn left** at Walgreens/Duane Reede, enjoy shops/eateries, and **turn left** at "Exit Concourse" before Starbucks on right.

40. ASCEND on escalator/stairs at Track 13/14. **Continue** toward tracks 7/8, then **bear right**.

You are now in the main AMTRAK/NJ Transit concourse.

Thank you for walking our Midtown YRE!

41. ASCEND on escalator/stairs to exit Penn Station on corner of 8th Ave. and 31st St.

We hope your walk in this magnificent park was a rewarding experience. Please mention us to your friends at home.

The Central Post Office is across 8th Ave. The slogan "Neither rain, nor snow, nor... (you know the rest)" originated here and is engraved on the façade. Built in 1914, it is officially known as the James A. Farley Building and contains 1.4 million square feet of workspace. Facility has been replaced and has limited use today. Since 2010, plans have been under way to integrate Penn Stations's "Moynihan Train Hall" into the landmark as part of the Penn Station Expansion.

42. TURN LEFT on 31st St. to 5th Ave

43. TURN LEFT on 5th Ave. **Continue** to 34th St.

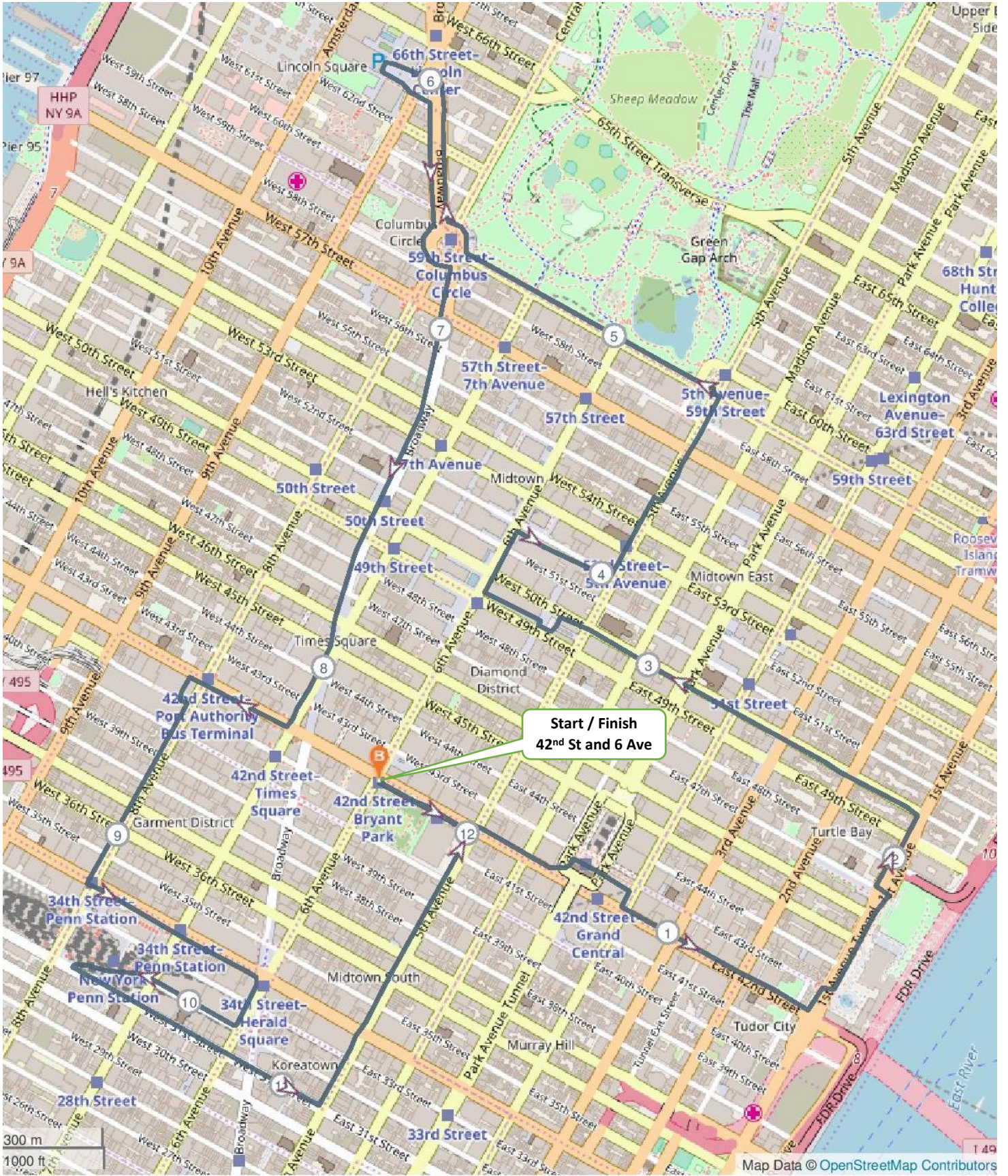
The world famous Empire State Building stands here. The Observatory, opened in 1931, is located on the 86th floor, and is visited by over 3.5 million visitors annually. Tours are \$12.00. The building includes 2 restaurants, a sushi bar, 3 coffee shops, a drug store, a Hallmark card shop, a post office, and 2 banks. You can take a helicopter ride from the top or camp out if you are with the Boy or Girl Scouts. Numerous scenes of movies were filmed here, including King Kong, Affair to Remember, and Sleepless Seattle.

44. CONTINUE on 5th Ave. to 42nd St.

Ah, 5th Ave. Still thirsty? Visit the Gingerman at 11 E. 36 St. and TRY to make a selection from their 66 taps. Good food, too. Shop till you drop at Lord & Taylor between 38th and 39th Sts., the oldest specialty department store in America.

45. LEFT on 42nd St. to 6th Ave and finish.

NYC Midtown 12km



The following is a nowhere near complete guide for NYC newbies on how to get into and around NYC. For a more complete guide, consider using the official NYC tourism website: <https://www.nycgo.com/>. An excellent source for paper NYC street maps that can be purchased online can be found at <http://vandam.com>. For example, here is a link for a paper map focusing on downtown Manhattan: http://vandam.com/mapstore_title.php?id=57 (scroll down on this page to see the contents of this map). Note that vandam.com has other types of NYC maps.

Please note this guide is **not** intended for those living in the NYC suburbs in Connecticut, New York, and New Jersey who should know most the info below and most likely already have their favorite way to get into and around Manhattan.

If you are driving, consider parking outside of “the city” (local jargon for Manhattan) and taking a train into the city. The cost of traversing bridges/tunnels from NJ into Manhattan is currently \$15 and parking in the city can range from \$20 to \$50 depending on the location and time of day. Parking on the street is not recommended for the novice. Figuring out the meaning of NYC parking signs is challenging to say the least. If your car gets towed for being illegally parked, you can expect to be out hundreds of dollars and a couple hours getting your car including tracking down and getting to the location of where your car was towed.

Costs to take New Jersey Transit (NJT) trains from/to NJ to/from Manhattan vary from \$4 to \$12 (one-way) depending station location. Here is a link to a NJT system map: https://www.njtransit.com/pdf/rail/Rail_System_Map.pdf. Senior rates (typically a 50% cheaper) are available for those 62 and older and you don’t need to be a NJ resident. All NJT trains go to Penn Station in Manhattan, located between 31st - 34th streets and between 7th - 8th Avenues (underneath Madison Square Garden). Parking at NJT stations can be free during off hours and weekends at some locations. But weekday rates and availability vary significantly depending on the station. For example, the rate at Secaucus Junction is \$32 per day, while Princeton Junction is \$6/day. See https://www.njtransit.com/rg/rg_servlet.srv?hdnPageAction=StationParkRideTo.

Costs to take Metro North Rail (MNR) trains from/to Connecticut/NY to/from Manhattan vary from \$5 to \$28 (one way) depending station location and time of day (peak vs. off-peak). Here is a link to a MNR system map: <http://web.mta.info/mnr/html/mnrmap.htm>. Senior rates (typically are 50% cheaper) are available for those 65 and older and you don’t need to be a NY/CT resident. All MNR trains on the east side of the Hudson River go to Grand Central Station in Manhattan, located on 42nd street and Park Ave. MNR trains on the west side of the Hudson River feed into the NJT Secaucus Station where one must transfer to a NJT train to get to/from Penn Station. Parking at MNR stations can be free during off hours and weekends at some locations. But weekday rates and availability vary significantly depending on the station. For example, the rate at the Tarrytown Station is \$18 for 12hrs (max), while Beacon is \$2.75/16hrs. See <http://web.mta.info/mnr/html/parking.htm>

A fun way to get to or from a walk starting point is via the NYC Subway, a ride currently costs \$2.75 but if you use a one-ride metro card, the cost is \$3. If riding the subway multiple times, you should consider purchasing a metro card with more cash on it. Another option is to use your tap (contactless) credit card or smart phone via the new OMNY (One Metro NY) pay system being deployed system-wide. See <https://omny.info/>. Unlike many other cities in the US, you do NOT swipe your card when you exit the system. If you purchase a Metro card with more than \$5.50 credited, you also receive a 5% bonus. On the following page is a Manhattan Subway Map where the 4 NYC YRE starting points are shown. You may wish to get a paper map from a NYC Information center at Times Square, Macy’s at Herald Square, or City Hall. See <https://ny.curbed.com/2019/1/25/18195014/new-york-mta-subway-map-fare-history>

NYC YRE Name	Starting Point Location	Nearest Subway Station
Central Park	Radio City Music Hall – 1260 6 th Ave (Corner of 50 th St and 6 th Ave.)	47 th - 50 th St / Rockefeller Center
High Line Park, Greenwich Village, China Town, Little Italy	Corner of 34 th St and 7 th Ave Next to Penn Station	Penn Station – between 7 th - 8 th Ave and 31 st -34 th St.
Lower Manhattan	Chambers and Hudson St Subway Station (1, 2, and 3 Trains)	Chambers and Hudson St (1, 2, and 3 Trains)
Midtown	Corner of 42 nd St and 6 th Ave next to Bryant Park	42 nd St Bryant Park

Manhattan Subway Map with Walk Starting Points



Other YRE/SE Events
Sponsored by the Princeton Area Walkers
(See <http://www.avaclubs.org/paws/>)

- Atlantic City - 5km/10km/12km Walk
- Asbury Park - 5km/10 km Walk
- Barnegat Light – 5km/10 km Walk
- Long Branch - Ocean - 5km/10km Walk
- Princeton Tow Path - 5km/10km/15km/20km Walk
- Princeton Historic/Capital - 5km/10km Walk
- Moorestown - 10km
- Sea Girt - 5km/10 km Walk
- Titusville - Washington Crossing - 5km/10km Walk
- New York City - Lower Manhattan - 12km Walk
- New York City - Central Park - 11km Walk
- New York City - Midtown - 12km Walk
- New York City - High Line - 13km Walk