



# MNYBA and New York City Guide

Welcome to New York City! Here is some information about the MNYBA building and New York City to help prepare you for your visit with us.

## About the MNYBA Building

### An Overview

Floor 1: Chapel

Floor 2: Offices (Office Hours: 9 a.m. until 4:30 p.m., Tuesday through Thursday)

Floor 3: Kitchen, dining room, classroom and Global Gates office

Floor 4: Men's & women's restrooms, private office, staff apartment

Floor 5: Housing, single restroom with shower

Floor 6: Individual rooms, staff apartment

## Connectivity/Communications

The MNYBA provides free internet access. The network name and password are posted on each floor.

USB hubs and surge protected power strips are provided in designated areas. Due to the electrical limitations of the building, please do not bring or purchase your own extension/power cords. We will work with you to accommodate your charging/power needs.

## About the Neighborhood

When you come to MNYBA, you'll be staying in one of the best neighborhoods in Manhattan. It is situated in the Upper West Side between Riverside and Central Parks. This is an affluent area that is one subway stop from Time Square and in walking distance from several restaurants and coffee shops.

## How to Get to the MNYBA From the 3 Local Airports:

LaGuardia - Take the M60 Bus to 125th Street and Malcolm X Ave/Lenox Ave (\$2.50 per ride)

Take the 2 or 3 subway (Downtown)

Get off at the 72nd Street Stop (4 stops)

Walk west on 72nd past Bank of America

JFK - Take the AirTrain to Sutphin Blvd (\$5 per ride)

Take the E Train to 42nd Street/Port Authority (\$2.50 per ride)

Transfer to the 2 or 3 Subway (Uptown)

Get off at the 72nd Street Stop (1 stop)

Walk west on 72nd past Bank of America

Newark - Take the Newark AirTrain to the Newark Airport Railroad Station (\$5 per ride)

Take the train to New York Penn Station (\$7.50 per ride)

Transfer to 2 or 3 subway (Uptown) (\$2.50 per ride) Get off at the 72nd Street stop (2 stops)

Walk west on 72nd past Bank of America

\*If you don't wish to use public transportation to get from the airports you can:

Wait in taxi line (make sure they turn on their meter; do not take quotes)

-OR-

Schedule pickup service for groups using SuperShuttle ([www.supershuttle.com](http://www.supershuttle.com))

or other companies. Reservations not required for individuals.

### **Transportation** ([www.mta.info](http://www.mta.info))

Public transportation (subway & bus) is the best for navigating the five boroughs of New York City. A weekly unlimited pass will allow you access on trains (what New Yorkers call the subway) and buses. You can get detailed directions on your cellphone using Google Maps or other navigational apps.

*Base Fare* - \$2.75

*7-Day Unlimited Ride MetroCard* - \$32

- Good for unlimited subway and bus rides until midnight, 7 days from day of first use

*30-Day Unlimited Ride MetroCard* - \$121

Good for unlimited subway and bus rides until midnight, 30 days from day of first use

- This card is protected against loss or theft when purchased at a vending machine with a credit or debit card

### **Parking Lots/Garages**

Websites [www.iconparkingsystems.com](http://www.iconparkingsystems.com)

[nyc.bestparking.com](http://nyc.bestparking.com)

[gmcparking.com/locations-and-rates/upper-west-side](http://gmcparking.com/locations-and-rates/upper-west-side)

Parking at LaGuardia [www.panynj.gov/airports/laguardia.html](http://www.panynj.gov/airports/laguardia.html)

Parking at JFK Airport [www.panynj.gov/airports/jfk.html](http://www.panynj.gov/airports/jfk.html)

Parking at Newark Airport [www.panynj.gov/airports/airport-parking.cfm](http://www.panynj.gov/airports/airport-parking.cfm)

### **Subway Stop**

The 72<sup>nd</sup> Street station is half of a block away. There are three (3) different trains that come through this building. The one (1) train is a local train. It makes every stop along the way. The 2 and 3 trains are express trains meaning that they skip some stops to get to major destinations faster.

### **Nearby Conveniences**

Grocery Stores

- Trader Joe's
  - 2073 Broadway
  - Hours: 8 a.m. - 10 p.m. daily
- Fairway: Here you will find more mainstream brands that you recognize
  - 2127 Broadway (74th and Broadway)
  - Hours: 6 a.m. - 1 a.m. daily
- Western Beef: They deliver to MNYBA for \$6
  - 75 West End Ave / between W 62nd St and W 63rd St ([westernbeef.com](http://westernbeef.com))
  - Hours: 7 a.m. - 10 p.m.
- Costco (Harlem)
  - 517 E. 117th Street (at Pleasant Ave)
  - Hours: M-F 10 a.m. - 8:30 p.m., Saturday 9:30 a.m. - 6 p.m., Sunday 10 a.m. - 6 p.m.

## Drug Stores

- Duane Reade (Walgreen's) open 24 hours
- CVS open 24 hours

Laundry: These places offer wash and fold laundry. You would need to bring a laundry bag, drop it off, and pick it up either the same day or next day, depending on your drop off time. Most places charge about \$1.00/lb.

- CU Launderette - 244 W 72nd Street

## Hospitals

- Bellevue Hospital Center
- Gouverneur Healthcare Services
- Harlem Hospital Center
- Metropolitan Hospital Center

## Exploring the Upper West Side

The MNYBA is within walking distance of Central Park and Riverside Park. We are just a few blocks away from Lincoln Center for Performing Arts and the Julliard School. The Metropolitan Museum of Art and the Museum of Natural History are also nearby.

*\*Most NYC museums advertise a suggested admissions fee but for a small donation (as little as \$1), you will be admitted. This reduced admissions fee is not available if tickets are purchased online. Please let us know if you plan to visit a museum or attend shows so we can suggest ways to save money.*