



**LINC Foundation, Inc.**  
 1790 30th Street, Suite 440, Boulder, CO 80301  
 Office: (303) 442-3755 Fax: (303) 440-6463  
 Toll Free: 1-877-229-5462  
 Email: [Info@LinkingHumanSystems.com](mailto:Info@LinkingHumanSystems.com)  
 Web: [www.LINC.info](http://www.LINC.info)

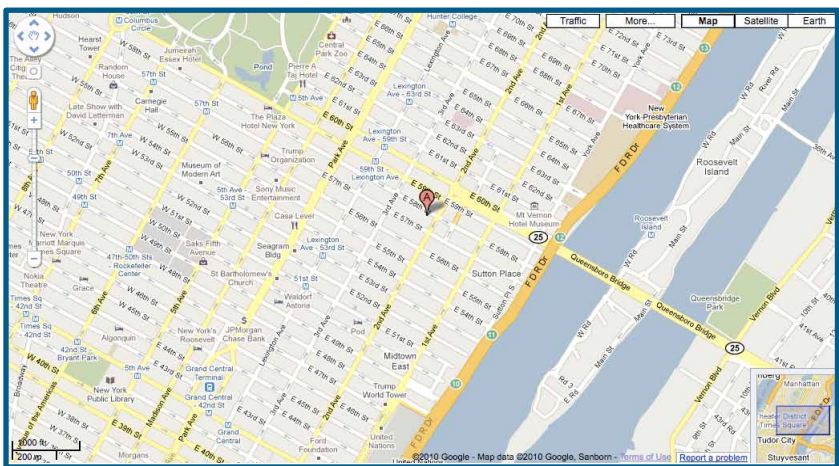
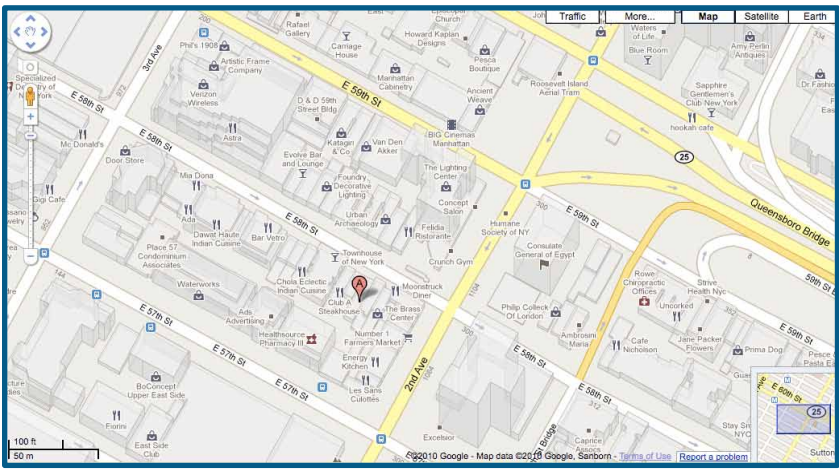


## New York City Hotels & Travel Information for the ARISE Training Event, July 13-15, 2010

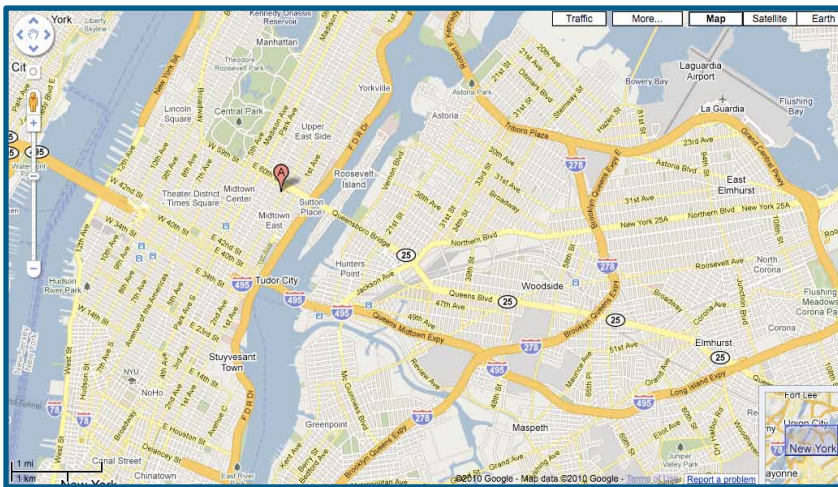
We welcome everyone to the July 13-15, 2010 NYC ARISE Training Event! In this document, you will find helpful information regarding travel, hotels, restaurants, and attractions. This year's event will be hosted & co-sponsored by Caron Treatment Centers ([www.Caron.org](http://www.Caron.org)), and co-sponsored by Willingway Hospital ([www.Willingway.com](http://www.Willingway.com)).

**Training Location:**  
**Caron Treatment Centers, NYC Regional Office**  
**244 E. 58th Street**  
**New York City, NY 10022 (East Manhattan area)**  
**Phone: (212) 949-6134**  
**Web: [www.Caron.org](http://www.Caron.org)**

*Below: Google Maps of the location Caron & the ARISE Training Event, NYC.*



Below: Google Maps of the location Caron & the ARISE Training Event, NYC, continued.



## Parking near the ARISE Training Event:

(Web: <http://nyc.centralparking.com/Manhattan-Midtown-East-43rd-Street-to-East-59th-Street.html>)

**There is a parking lot located between 57th St. and 58th St., on 2nd Avenue.** If you arrive before 10:00 am, the daily fee is **\$17** for 12 hours worth of parking. After 10:00 am, the fee is \$35 per 12 hours. Street parking is not recommended, as there are many city ordinances and the area can be congested. If you need to call for any reason, the parking lot's phone number is **(212) 755-6223**.

## Hotels in the general East Manhattan area:

(Additional Web Info: <http://new.york.hotelguide.net/>)

### Renaissance New York Hotel 57

<http://www.marriott.com>

130 East 57th St.

NY, NY 10022

Phone: (212) 753-8841

Ranges from \$349-\$399 per night + taxes

Distance to airports by car: JFK 14.7 miles, LaGuardia (LGA) 7.8 miles

### Carvi Hotel New York

<http://www.carvihotel.com>

152 East 55th Street

New York, NY 10022

Phone: (212) 752-0600

Ranges from \$179-\$209 per night + taxes

Distance to airports by car: JFK 15 miles, LaGuardia (LGA) 8.2 miles

### Ivy Terrace Bed & Breakfast

<http://www.ivyterrace.com/>

230 East 58th Street

NY, NY 10022

Phone: (516) 662-6862

Ranges from \$245-\$300 per night + taxes

Distance to airports by car: JFK 17.2 miles, LaGuardia (LGA) 8 miles

*NYC Hotels Continued...*

**AKA Central Park Hotel**

[http://www.hotelaka.com/locations/central\\_park/default.aspx](http://www.hotelaka.com/locations/central_park/default.aspx)

42 West 58th St.

NY, NY 10019

Toll Free: (888) 252-0150

Ranges from \$275-\$430 per night + taxes

Distance to airports by car: JFK 15 miles, LaGuardia (LGA) 8.2 miles

**Fitzpatrick Hotel Manhattan**

<http://www.fitzpatrickhotels.com/manhattan/>

687 Lexington Ave

NY, NY 10022

Phone: (212) 355.0100

Ranges from \$299-\$500 per night + taxes

Distance to airports by car: JFK 14.8 miles, LaGuardia (LGA)

**The Lombardy Hotel**

<http://www.sterlinghotels.com/>

111 East 56th Street

NY, NY 10022

Phone: (212) 753-8600

Ranges from \$249-\$499 per night + taxes

Distance to airports by car: JFK 14.8 miles, LaGuardia (LGA) 7.9 miles

**Edison Hotel**

<http://www.edisonhotelnyc.com>

227 West 47th Street

NY, NY 10036

Phone: (212) 840-5000

Ranges from \$179-\$239 per night + taxes

Distance to airports by car: JFK 16.1 miles, LaGuardia (LGA) 9.2 miles

**Flatotel International**

<http://www.flatotel.com>

135 West 52nd Street

NY, NY 10019

Phone: (212) 887-9400

Ranges from \$189-\$305 per night + taxes

Distance to airports by car: JFK 15.5 miles, LaGuardia (LGA) 8.7 miles

**Grand Hyatt New York**

<http://grandnewyork.hyatt.com>

109 East 42nd Street at Grand Central Terminal,

NY, NY 10017

Phone: (212) 883-1234

Ranges from \$287-\$750 per night + taxes

Distance to airports by car: JFK 16.6 miles, LaGuardia (LGA) 8.6 miles

## **Public Transportation Information:**

(Web: Visit <http://www.mta.info/> for more information on bus & subway routes.)

Subway Services: 4, 5, 6, 7, S to 42 St - Grand Central

Subway Fare: Local \$2.25, Express \$5.50

Bus Services: M60, Q48, Q47, Q33, M15, M27, M42, M50, M104

Bus Fares: Local \$2.25, Express \$5.50 (exact fare needed)

## **Transportation from NYC Airports to Manhattan:**

### **To/From JFK Int'l Airport:**

(Web: <http://www.panynj.gov/airports/jfk.html>)

**JFK Airport Service Express Bus:** Available from 6:30 a.m. - 11:10 p.m., these shuttles leave every 15-30 minutes. Fare is \$13 (\$15 if you want to be dropped off at your midtown hotel), but you can save by buying round trip tickets online, as they are \$22 (you can also buy discounted one way tickets online). One free child under 12 is included in the fare. You can choose to disembark at Grand Central, Port Authority or Penn Station, in addition to hotels between 31st Street and 60th Street. The ride takes about an hour. Return schedules and more information are available on their website.

**JFK Super Shuttle:** Available 24 hours a day, this shuttle provides door-to-door service for your party. Fares are \$15 - \$19, depending on destination. No reservations are required to get from the airport to your destination, but they are required for your return trip to the airport. Consult their website or call 1-800-258-3826 for more information. Book your SuperShuttle Transfer through Viator.

### **Taxi's:**

Range in price from \$45 - \$65 from JFK Airport to Manhattan with tolls & tip.

### **AirTrain:**

Budget travelers who don't mind carrying their own luggage will find the AirTrain at JFK & Newark Airports a welcome addition to New York City's extensive public transit offerings. For \$7.25 and in just an hour, visitors can make it between JFK and Manhattan.

*You Should Know:* AirTrain JFK requires transferring to a subway or train in order to reach Manhattan - the AirTrain does not travel directly to Manhattan.

### **AirTrain Fare Information:**

AirTrain Fare: \$5

Subway Fare: \$2.25



*Above: The AirTrain from **JFK Airport***

**To/From LaGuardia/LGA Int'l Airport:**

*(Web: <http://www.panynj.gov/airports/laguardia.html>)*

**LGA New York Airport Service Express Bus:** Available from 6:30 a.m. - 11:10 p.m., these shuttles leave every 15-30 minutes. One-way fare is \$10 (\$12 if you want to be dropped off at your midtown hotel), but you can save by buying roundtrip tickets online, as they are \$16 (you can also buy discounted one way tickets online). One free child under 12 is included in the fare. You can choose to disembark at Grand Central, Port Authority or Penn Station, in addition to hotels between 31st Street and 60th Street. The ride takes about 45 minutes. Return schedules and more information are available on their website.

**LGA Super Shuttle:** Available 24 hours a day, this shuttle provides door-to-door service for your party. Fares are \$15 - \$19, depending on destination. No reservations are required to get from the airport to your destination, but they are required for your return trip to the airport. Consult their website or call 1-800-258-3826 for more information. Book your SuperShuttle Transfer through Viator.

**Taxis:**

Range in price from \$28 - \$50 from LaGuardia to Manhattan with tolls & tip.

## Area Attractions:

### Museums in Upper East Side Area:

- Asia Society:** 725 Park Avenue (between 70th & 71st)  
**Colonial Dames Of America:** 417 E 61st Street (between 1st & York)  
**Cooper Hewitt National Design Museum:** 2 E. 91st Street (between 5th & Madison)  
**Frick Collection:** 1 E 70th Street (between 5th & Madison)  
**Goethe House New York:** 1014 5th Avenue (between 82nd & 83rd)  
**Guggenheim Museum:** 1071 5th Avenue (between 88th & 89th)  
**Mount Vernon Hotel Museum & Garden:** 419 E 61st Street (between 1st & York)  
**Museum for German and Austrian Art:** 1048 5th Avenue (between 85th & 86th)  
**National Academy Museum:** 083 5th Avenue (between 89th & 90th)  
**Neue Galerie New York:** 1048 Fifth Avenue (between 85th & 86th)  
**Park Avenue Armory:** 643 Park Avenue (between 66th & 67th)  
**Society Of Illustrators, Inc:** 128 E 63rd Street (between Lex & Park)  
**The Americas Society:** 680 Park Avenue (between 68th & 69th)  
**The Jewish Museum:** 1109 5th Avenue (between 92nd & 93rd)  
**The Metropolitan Museum of Art:** 1000 Fifth Avenue (between 82nd & 83rd)  
**The Metropolitan Museum of Art Office Annex:** 6 E 82nd Street (between 5th & Madison)  
**Whitney Museum Of American Art:** 945 Madison Ave Fl 5 (between 74th & 75th)

### Popular Restaurants in the area:

There are many restaurants on the block such as Pita Grill, Subway, Energy Kitchen, Indian Food, and a steak house, however if you would like to try excellent restaurants in the area, here is a list of the best rated restaurants in Midtown East:

- **Tao** : 42 E 58th St
- **Sofrito** : 400 E 57th St
- **Sushi Yasuda** : 204 E 43rd St
- **Rosa Mexicano** : 1063 1st Ave
- **Smith & Wollensky** : 797 3rd Ave
- **Grand Central Oyster Bar** : Grand Central Terminal
- **Sparks** : 210 E 46th St
- **Ess-a-Bagel** : 831 3rd Ave Ste 1
- **Avra** : 141 E 48th St
- **Le Cirque** : 151 E 58th St

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Please contact our office at (303) 442-3755 or email us at [Info@LinkingHumanSystems.com](mailto:Info@LinkingHumanSystems.com) if you have any questions or need assistance!

We look forward to meeting everyone at the NYC ARISE Training Event, on July 13-15, 2010!

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