

## Information on Traveling to and Staying in New York City April 24-27, 2006

April training (April 24-27) will be here before you know it, so it is important that you begin making your travel arrangements sooner rather than later. Every month is a very busy month in NYC and hotel occupancy will be very high, so book your rooms now or you will be faced with paying for the most expensive broom closet ever or camping out in Madison Square Park.

To help you organize your trip to New York, I have provided information on two hotels where we have been able to secure a preferred rate for our members, as well as other travel related information. Our training this April will take place in the **Park South Hotel**, located on 28<sup>th</sup> Street between Park Avenue South and Lexington Avenue. The **Ramada Inn** is only about a 3 minute walk away. However, New York is a city made for walking, the area is vibrant and very safe, and the weather is usually beautiful that time of year. So, if you are unable to secure a room in the Park South, the Ramada Inn should provide you with a reasonable alternative for your stay in New York.

### TRAINING LOCATION

#### Park South Hotel

122 East 28th Street (between Park Avenue South and Lexington Avenue)

<http://www.parksouthhotel.com>

### HOTEL INFORMATION

#### Park South Hotel

\$225 for Superior Room (based on availability) and \$259 for an Executive  
122 East 28th Street (between Park Avenue South and Lexington Avenue)  
Contact **Jessica Zuluga** directly at 212.204.5226 and **reference Companion Connection**

<http://www.parksouthhotel.com>

*Ideally located in Manhattan's Murray Hill neighborhood on 28th Street between Park Avenue South and Lexington Avenue, the Park South is a beautifully restored historic 1906 building. Combining the design elements of a classic New York-style hotel with the latest high-tech amenities, contemporary decor and a boutique ambiance, our 141 rooms feature refined, relaxing common areas and stylishly furnished guestrooms, ranging from standard to superior, each outfitted with state-of-the-art technology. We also offer a number of personalized service programs that ensure guests a one-of-a-kind New York hotel experience.*

**The Ramada Inn (Eastside)**

161 Lexington Avenue (and 30<sup>th</sup> Street)

Reservations: (800) 567-7720

Phone: (212) 545.1800

No preferred pricing is available here but I was assured that their rates are approximately \$120 - \$200, depending on the season. Call the Reservations number above for a room rate. My recent online query got me a rate for \$180/night. WARNING: Reviews from members for this hotel have not been favorable. If it is in your budget I would strongly recommend the Park South Hotel, which is much better.

**General Information**

The area where training will be held and where the three hotels are located offers countless restaurants and bars for you to discover in the evenings, and the list of lunch places is virtually endless. A general rule of thumb in New York City is that there is at least one deli within a block radius of where you are standing. So if you're hungry and looking for a lunch spot just walk around the block and you're more than likely to find something suitable. As for dinner, I have put together a list of some of the better dinner spots which you will find below. About a week before training I will email you the training syllabus and inform you of any other last minute details you might need to be aware of.

There are, of course, many other hotels in New York City. We recommended the Park South and the Ramada Inn because of their convenient locations to our training site and because we were able to secure what we feel are reasonable rates for you. Feel free to search for alternative hotels on your own. Hotels.Com is a great site and they always offer good hotels for every budget. Travelocity and Orbitz are also good travel sites that combine hotel and airfare.

No matter where you stay, New York City is an easy place to get around, whether you travel on foot, by subway or taxi. For those of you unfamiliar with the City, do not fear! New York is visited every year by millions of tourists from around the country and around the world with good reason. It is a wonderful, beautiful and exciting city. Whether you like the theatre, history & culture, shopping or great restaurants, the City offers something for everyone. New York is also a very safe place to visit. According to the FBI's December 13, 2003 crime figures, New York remains the safest large city in the United States.

While I can't help you with your flight information, you should be aware that NYC is serviced by three international airports; JFK, LaGuardia, and Newark (in New Jersey). All three are commonly used to travel to and from the city. Taxis are readily available from all three, with flat rates standard from JFK (\$44.00) to anywhere in Manhattan. LaGuardia and Newark offer metered taxis. The rates

from LaGuardia are roughly \$30.00, not including tolls and tip, and from Newark it will vary between \$50 and \$60.

Car services are available for about the same price or less. The benefit is that you won't have to stand on line for a cab and you can pay with a credit card. Two of the most prominent in NY are listed below. (**Insider's tip:** You don't have to be a millionaire to use a car service in this city. We use them because they are fast, safe and affordable - and they make us feel important, which is what New Yorker's want.)

### **Car Services**

Carmel Car Service  
212.666.6666  
<http://www.carmellimo.com/>

Tel-Aviv Car Service  
212.777.7777  
800.222.9888  
[www.telavivlimo.com](http://www.telavivlimo.com)

### **Travel Websites**

Hotels.com  
<http://www.hotels.com>

Orbitz  
<http://www.orbitz.com>

Travelocity  
<http://www.travelocity.com>

New York City's Official Travel Website  
<http://www.nycvisit.com/home>

### **Entertainment**

The City Guide to Entertainment, Restaurants, Events, Hotels in New York  
<http://newyork.citysearch.com>

**Madison Square Park** is located at 26<sup>th</sup> & Madison. It is a beautiful park just minutes from the Park South Hotel and it is a perfect spot to bring your sandwich during lunch break.

## Hot Spots and Safe Bets for Dinner

This is just a sampling of some of the excellent restaurants in the area near training. Be sure to stroll around and investigate all the different opportunities within the Chelsea, Murray Hill, Gramercy Park and Union Square areas. Visit the following Website for more information of all of the below.

[http://newyork.citysearch.com/section/restaurants/?cslink=topbar\\_restaurants](http://newyork.citysearch.com/section/restaurants/?cslink=topbar_restaurants)

Casa Mono & Bar Jamon: Mario Battalli's new Spanish restaurant & adjoining tapas bar (both located at 17<sup>th</sup> & Irving Place)

Tabla and Tabla Bread Bar: Indian fusion (25<sup>th</sup> & Madison)

Gramercy Tavern: Classic American (20<sup>th</sup>, Park & Broadway)

Sushi Samba: Japanese/Brazilian and always hopping (Park between 20<sup>th</sup> & 19<sup>th</sup>)

L'Express: French bistro (20<sup>th</sup> & Park)

City Crab: Seafood (19<sup>th</sup> & Park)

Bolo: Bobby Flay's tapas restaurant (22<sup>nd</sup> between Park & Broadway)

Kitchen 22: Delicious and very reasonable American (22<sup>nd</sup> between Park & Broadway)

Tamarind: Fine Indian (22<sup>nd</sup> between Park & Broadway)

Beppe: Italian (22<sup>nd</sup> between Park & Broadway)

Flute Champagne Lounge: Have a glass of bubbly while you decide where to eat (20<sup>th</sup> between Park & Broadway)

Veritas: Possibly the premier wine cellar in NYC (20<sup>th</sup> between Park & Broadway)

Silver Swan: German (20<sup>th</sup> between Park & Broadway)

Craft & Craft Wine Bar: 2 separate restaurants next door to each other (19<sup>th</sup> between Park & Broadway)

Angelo Maxies: Prime steak & chops & cigars (19<sup>th</sup> & Park)

Park Avalon: Continental (18<sup>th</sup> & Park)

Olive's: Todd English's place on Union Square (16<sup>th</sup> & Park)

Blue Water Grill: Seafood (14<sup>th</sup> Broadway-Union Square)

Houston's: Old reliable (27<sup>th</sup> & Park)

Les Halles: Belgian steak restaurant – delicious! (28<sup>th</sup> & Park)

I hope this information serves you well as you prepare for your trip to New York. I want to do everything I can to make your NYC trip a fun and successful one. If there is anything I can do to help you plan your trip, please do not hesitate to contact me.

Sincerely,

Oliver Harlow  
Director Membership Services  
Companion Connection Senior Care, Inc.  
304 Park Avenue South, 11th Floor  
New York, NY 10010  
Tel: 800.270.6949  
Fax: 212.590.2513  
[oliver@companionconnectionsniiorcare.com](mailto:oliver@companionconnectionsniiorcare.com)  
[www.companionconnectionsniiorcare.com](http://www.companionconnectionsniiorcare.com)