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— ACCESSIBLE TOURISM —

# New York Accessible City Guide

**5-Day Itinerary**



for people with  
**reduced mobility**



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## Destination: New York

“I want to wake up in a city that never sleeps. And find I’m number one, top of the list”, sang Frank Sinatra. New York is always awake, full of dynamic people. Buses and the metro are available around the clock, as are many shops. Travelers always find something new to do on each of their visits.

The metropolis has broken down many architectural barriers and has most of its tourist attractions accessible to people with **reduced mobility**, making it a perfect destination to create unforgettable memories.

In this guide we invite you to make a 5-day **accessible itinerary**. However, you can select

the information that interests you and plan your trip around your schedule.

You will discover...

- What places can you visit as a wheelchair traveler.
- What activities are accessible in New York.
- What accessible transportation options are available and where you can find them.
- Which hotels we recommend from our catalog.
- Where you can get medical or other assistance.





# Accessibility at the airport

The New York metropolitan area has three main airports: [John F. Kennedy International Airport](#) (JFK), [LaGuardia Airport](#) (LGA), and [Newark Liberty International Airport](#) (EWR). The first two are located in Queens, while the latter is in Newark, NJ.

As outlined on their official web pages, these airports offer the following **accessible services** for passengers using wheelchairs:

- Accessible restrooms and drinking fountains in each terminal.

- Service animals rest area.
- [AirTrain JFK](#) and [AirTrain Newark](#), the fastest transportation systems for getting around JFK and EWR are accessible.
- Car parks near the terminals with limited accessible parking.

If you need special assistance, contact your airline in advance. You can check the lists of airlines in [JFK](#), [LGA](#) and [EWR](#).



# Recommended hotels

## TOP 5 IN NEW YORK



### The New Yorker, A Wyndham Hotel

Located in the Midtown area, this Art Deco inspired high-rise hotel is steps from Broadway, Penn Station and the High Line. From here, guests have easy access to landmarks such as...



From: US\$ 153.51

[Book Now](#)



### Hotel Mela Times Square

The Mela Times Square Hotel is located in the center of Manhattan, near Times Square. The Empire State Building, Rockefeller Center, the New York Public Library, Bryant Park and popular...



From: US\$ 105.91

[Book Now](#)



### Doubletree By Hilton Metropolitan

Designed by architect Morris Lapidus, the Doubletree by Hilton Metropolitan New York City is located in an Art Deco building east of midtown Manhattan. Right next to the subway...



From: US\$ 253.47

[Book Now](#)



### Radisson Martinique on Broadway

The Martinique Hotel New York on Broadway, Curio Collection by Hilton is located in Midtown, half a mile from 33rd Street Station and the Empire State Building. The Broadway Theater and...



From: US\$ 249.90

[Book Now](#)



### Paramount Times Square

The Paramount Times Square is located in downtown Manhattan and very close to Times Square NYC, an iconic area of New York. It opened in 1928 and was designed by Thomas...



From: US\$ 92.82

[Book Now](#)



# 5-Day Accessible Itinerary

The [Planet D](#), considered one of the best travel blogs in the world, proposes an itinerary to get to know New York in five days. We have made some modifications and added all the **accessibility** information you need to be able to carry it out without problems. We hope you have fun on this trip.

## Day 1

Once you've settled into your hotel, start your day by visiting the iconic **Statue of Liberty** and nearby **Ellis Island**. To do this, you will have to [board a ferry](#).

On the [Statue City Cruises](#) website you can book tickets for the shuttle service (round trip), as well as to visit the Statue of Liberty, Ellis Island and the museums. Ferries are **accessible to wheelchair users**.





You should also keep the following in mind:

- The crown of the statue is only **accessible** by stairs. However, you can enter the museum and the pedestal, where you can see the monument from up close. Elevators, ramps, and restrooms are accessible.
- You can borrow **wheelchairs** on the islands, but there is a limited number and they are issued on a first-come, first-served basis.
- **Emergency medical services** are available on both islands. If you need help, ask any employee of the National Park Service.
- The **Ellis Island National Museum of Immigration** has an accessible main entrance with ramps with railings. There are elevators to visit the three floors and all the exhibits.



PHOTO: NATIONAL PARK SERVICE

If you have any questions or requests related to **accessibility**, contact the National Park Service or call (212) 363-3200. Due to the high volume of calls and emails, it is recommended to do so at least 21 days in advance.





Your visit may be long and last up to six hours, so be sure to take some time to unwind when you're done. You can take a leisurely stroll through **Battery Park** if you wish.

Later, we recommend exploring the city's financial district and Wall Street. Along the way you will find tourist attractions such as the **Bull of Wall Street**, the **New York Stock Exchange** building, **Federal Hall** and the **Church of the Trinity**.

Make a stop at the **National September 11 Memorial & Museum**, a thought-provoking solemn tribute to the great tragedy that occurred on September 11, 2001. All travelers can visit the National Monument and Museum.

As specified by their official website, the memorial has the following [characteristics and services](#):

- **Accessible entrances** are marked with the International Symbol of Access.
- The monument has been designed so that **wheelchair users** or people of small stature can contemplate it and experience the same sensations as the rest.
- Caregivers can request free admission at [access@911memorial.org](mailto:access@911memorial.org) or by calling (646) 480-3739.
- The museum's restrooms are **accessible**.
- Service animals are welcomed inside and outside the museum.





Next to it is the tallest building in the city, the **One World Trade Center**. If you have enough time and are not afraid of heights, get tickets and appreciate the spectacular views it offers. It is [accessible](#) for people using [wheelchairs](#).

Nearby you will also find the World Trade Center station, the **Oculus**, which stands out for its architecture designed by the renowned Santiago Calatrava.

At night, go for a quiet plan. Dinner somewhere near the hotel and rest. There are still four days to fully enjoy New York!







## Day 2

After having a delicious breakfast, head to the extraordinary **American Museum of Natural History**, which is internationally recognized as one of the best cultural, scientific and educational institutions.

The museum is committed to [accessibility](#) and [inclusion](#), which is why all its facilities, services and exhibitions are aimed at all people. It also has:

- **Accessible entrance** at the Rose Center for Earth and Space.
- **Accessible bathrooms** on the ground floor, the first floor and the fourth.

- Availability of manual wheelchairs that are assigned on a first-come, first-served basis. They are near the Rose Center entrance, the main entrance, or the parking lot.
- Free entrance for caregivers.
- [Free mobile application to obtain a map of the museum with accessible routes.](#)
- Service animals are welcome.

If you need to request an accessible service not listed, please contact [accessibility@amnh.org](mailto:accessibility@amnh.org) in advance.



Next, venture into one of the largest urban parks in the world, the famous **Central Park**. We recommend that you download the [Central Park Conservancy accessibility map](#) and carry it with you. In this way, you will be able to more easily locate the paths with flatter gradients, the barrier-free spots or the accessible restrooms.

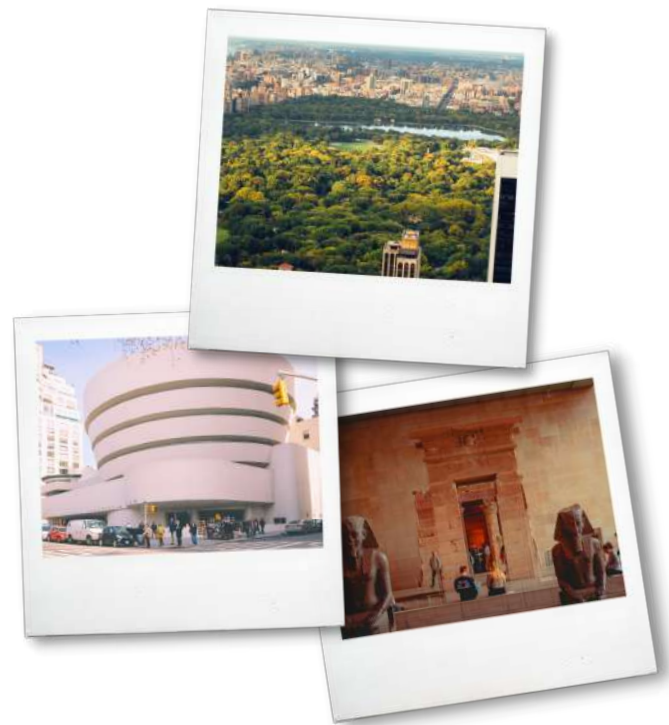
In the afternoon, get lost in the art exhibitions at **The Guggenheim**. The building is **accessible** to people with **reduced mobility**. In fact, manual chairs can be requested without prior reservation. Also, in the museum you will find accessible restrooms, elevators, drinking fountains and seats.

Contact [visitorinfo@guggenheim.org](mailto:visitorinfo@guggenheim.org) or 212-423-3618 if you have any questions.

Art lovers shouldn't miss the great collection at **The Metropolitan Museum of Art**, which features works of up to more than 5,000 years old. It will be worth spending at least a couple of hours to discover them.

Although the main entrance has steps, it can be accessed at the entrance located on 81st. Street or the parking lot on 80th. Street.

In addition, the museum offers other services such as manual **wheelchair loans** or **personal aides** (request with at least two weeks prior notice by email to [visitor.assistance@metmuseum.org](mailto:visitor.assistance@metmuseum.org) or by calling 212-570-3711).



Allow yourself to be carried away by New York's lively nightlife by strolling through the famous **Times Square**. Take the opportunity to attend a **Broadway** show. We recommend you visit the [Theater Access NYC website](#), where you can review all the details about theater accessibility, and book in advance.





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ECEMBER 31.

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DANCE, JUST PLAIN LOVE!

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JERSEY BOYS

OPEN 24 HOURS

McDonald's Restaurant

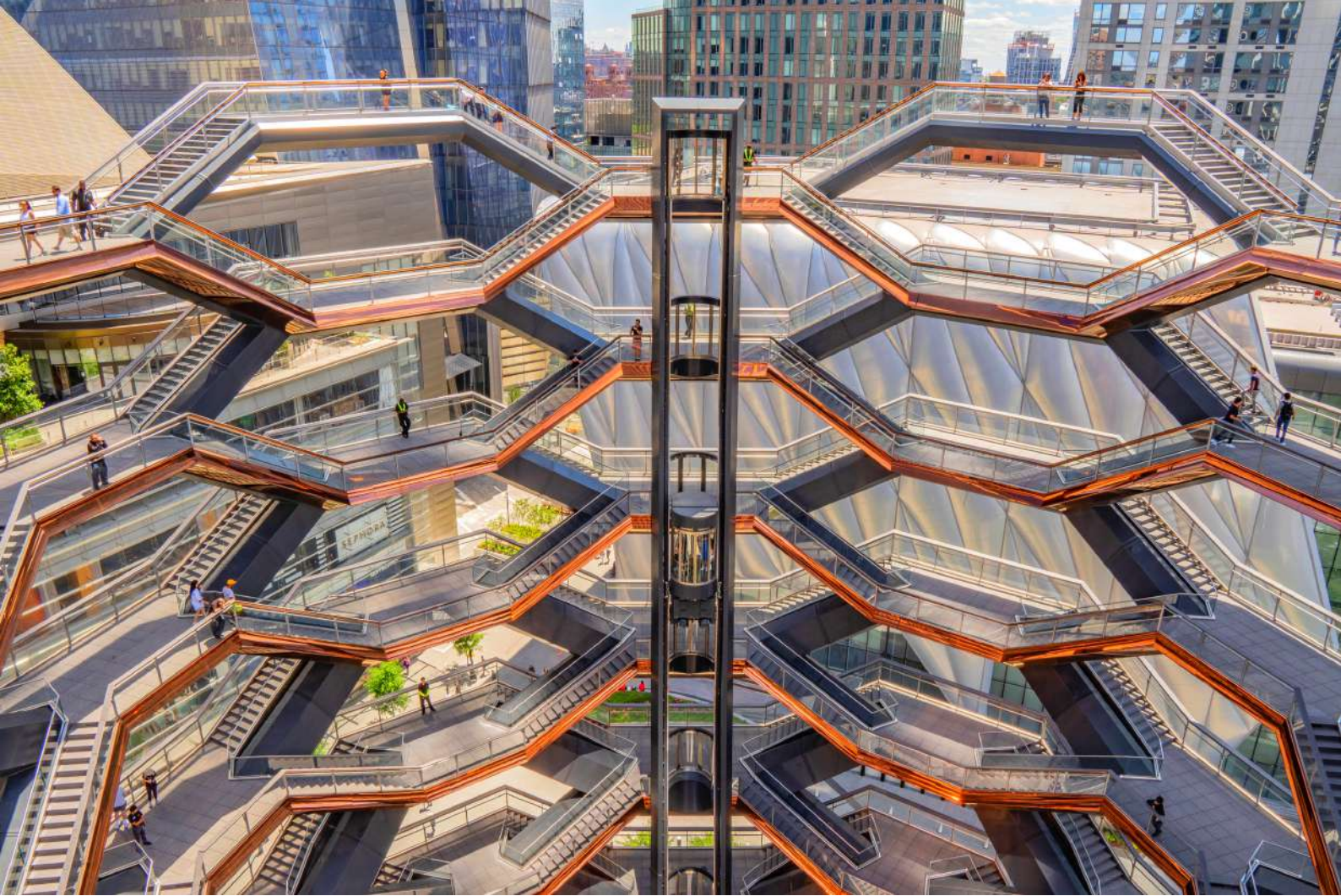
KYLESS+STEPHEN CURRY  
#GIVESTYLE EXPRESS

EXPRESS

McDonald's Restaurant

McDonald's Restaurant





## Day 3

Make your way to the **Hudson Yards** neighborhood, where the Vessel sculpture is located. Despite its peculiar design, it is **accessible** via an elevator for visitors with **reduced mobility**. The website provides a contact email to request other additional information:  
[container@hudsonyardsnewyork.com](mailto:container@hudsonyardsnewyork.com).

Enjoy a walk along the accessible **High Line** park. You can also find the **Chelsea Market** in the area, with a variety of shops with gastronomic and other artisan products.







In the afternoon, visit the **Museum of Modern Art (MOMA)** and reflectively contemplate its modern works of art. There you will find famous paintings such as Van Gogh's *Starry Night*, Dalí's *Persistence of Memory*, Picasso's *The Young Ladies of Avignon* and René Magritte's *Les amants*, among others.

**Rockefeller Center** is closeby, an essential stop on any visit to the Big Apple.

By booking hours in advance, you can take a tour of the **Radio City Music Hall** stage and go behind the scenes.

To end the day in the best possible way, see the city from the **Top of The Rock at 30 Rockefeller Plaza**. Both the building and its spectacular lookout are **accessible** to everyone. If you want, buy the tickets in advance and enjoy the views.









## Day 4

Explore **Grand Central Terminal**, in the heart of Manhattan. This historical monument is not just any station, it is a famous meeting point for many New Yorkers. There you can find more than 60 shops and 35 restaurants, so take a little time out to explore it.

The building is accessible to all visitors. You can take the elevators and use the ramps instead of the stairs.







Continue your stroll and head towards beautiful **Bryant Park** (500 meters away). It is accessible for **wheelchair users**. If you travel in the fall or winter, you will see the Winter Village ice rink open, which has an accessible sled and allows wheelchairs or motorized ones inside the rink.

Make your way to the iconic **Flatiron Building** and snap a photo. Continuing on 5th Avenue, you come to lively **Washington Square Park**.

Visit the **SoHo, Little Italy and Chinatown** neighborhoods during the rest of the morning and afternoon.

Finish your second-to-last day by going up to the iconic **Empire State Building**. As specified on its [official website](#), it has an **accessible entrance** at 20 West 34th Street. It admits **wheelchairs** (motorized or not) and service animals. In addition, it has **access ramps**, **accessible restrooms**, observation decks at a lower height and **accessible binoculars**.







## Day 5

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If you have enough time on your last day, take a tour of Brooklyn. Don't forget to take a picture of the famous bridge. Also, take a leisurely stroll through **Brooklyn Bridge Park**, which is accessible to everyone.

We leave it up to you where to go before heading to the airport. We give you other ideas in the next section.





## More accessible attractions

**1** Enjoy a show in one of the most famous clubs in the country, as the **Apollo Theater** is **accessible**. However, before delving into "the soul of American culture", you can address any inquiries by [filling out its contact form](#).

**2** Visit the **Queens Museum** and appreciate the details of The Panorama of the City of New York, a scale model of the entire city. **Wheelchairs** are available in the lobby and service animals are allowed. If you have any questions, email [artaccess@queensmuseum.org](mailto:artaccess@queensmuseum.org).

**3** The [accessible Staten Island Ferry](#) is a good option if you don't want to go to Liberty Island, but do want to enjoy a beautiful view of the city and the famous landmark. You will also get to know the riveting Staten Island district.

**4** If you are going to **watch a game of your favorite sport**, check the stadium accessibility beforehand. Take a look at the official pages or read the article that we linked to from [NYC The Official Guide](#) where additional details are offered.



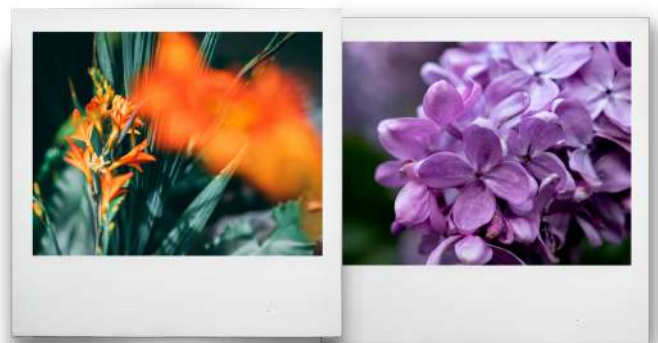


## More accessible attractions

**5** Discover **New York Botanical Garden**, one of the largest botanical gardens in the United States and its beautiful Victorian-style conservatory. According to [NYC The Official Guide](#), it has the following **accessible features**:

- At the ticket office you can ask for a map of the garden that indicates the accessible paths. If you prefer, download the [PDF that links nycgo.com in the "Access information" section](#).
- **Manual wheelchair loan** on a first-come, first-served basis.
- Free entrance for caregivers.

- **Accessible bathrooms** with changing tables.
- **Stair lift** to access the library and cactus collection.
- Rest areas in the Garden.
- Service animals admitted with the corresponding documentation.







## Transportation around the city

It is essential that during your trip you can adequately move to all the places you want to visit. Therefore, do not forget to look at this list with information on **transportation** and **mobility aid rentals**.

- **Metro**. New York has 130 accessible stations.
- **Bus**. The vehicles have priority seats for customers with reduced mobility.
- **Commuter Rail**. Preferential rates for people over 65 and with reduced mobility.
- **Access-A-Ride Paratransit Service**. Provides public transportation to clients with different abilities.
- **Accessible Dispatch NYC**. Accessible taxis.
- **NYC Wheelchair Accessible Transportation**. 24-hour accessible transportation service.
- **Big Apple Mobility**. Rental of wheelchairs, scooters and other mobility equipment.
- **NYC Mobility Rentals**. Rental of medical and mobility equipment.
- **Homepro Medical**. Rental of medical and mobility equipment.
- **Scootaround**. Rental of wheelchairs, scooters and other mobility equipment.





## Medical attention

Remember that if a serious medical emergency arises during your trip, you can call 911. If it is a minor problem, check with the hotel itself or go to the nearest pharmacy.

Traveling with health insurance is practically essential. If you need medications, bring them with you in your hand luggage accompanied by a prescription.

Below is a list with the websites of several **hospitals** in New York:

- **Mount Sinai Beth Israel**. Ranked 14th nationally in orthopedics.

- **NYC Health + Hospitals / Bellevue**. Oldest hospital in the United States, with one of the largest emergency rooms in the city.
- **Lenox Hill Hospital**. Leader in heart and lung care.
- **NewYork-Presbyterian**. Recognized as one of the best hospitals. It has a large number of prominent physicians.





## Other useful information

### Weather conditions

We leave you several links where you can see the weather conditions in New York, so that you can decide when is the best time to travel:

- **[AccuWeather](#)** and **[The Weather Channel](#)**. Daily, weekly and monthly weather forecasts. Weather radar and air quality.
- **[National Weather Service](#)**. Detailed weather forecasts.

### Save during your stay

If you plan to follow the guide's itinerary, purchase the [New York Pass®](#), which allows you to access more than 100 tourist attractions for much less.



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