

Welcome to New York City!

As part of our commitment to supporting you through this journey, we're delighted to share some local places that might ease your stay in our area.

TO BOOK AN APPOINTMENT:
(646) 568-5638
HELLO@SPRINGFERTILITY.COM

AIRPORTS	
LaGuardia Airport (LGA)	Proximity: Approximately 8.5 miles to Spring
	Address: East Elmhurst, NY 11371
	Website: laguardiaairport.com
John F. Kennedy International Airport (JFK)	Proximity: Approximately 16 miles to Spring
	Address: Queens, NY 11430
	Website: jfkairport.com
Newark Liberty International Airport (EWR)	Proximity: Approximately 16.5 miles to Spring
	Address: 3 Brewster Rd, Newark, NJ 07114
	Website: newarkairport.com



HOTELS

Luma Hotel Times Square 15% booking discount! “SPRING FERTILITY”	Proximity: 1 min walk to Spring
	Address: 120 W 41st St, New York, NY 10036
	Phone: (212) 730-0099
	Website: lumahotels.com/times-square
The Knickerbocker Hotel Times Square 18% booking discount! “SF”	Proximity: 2 min walk to Spring
	Address: 6 Times Sq, New York, NY 10036
	Phone: (212) 204-4980
	Website: theknickerbocker.com
Hilton Garden Inn Times Square Central	Proximity: 2 min walk to Spring
	Address: 136 W 42nd St, New York, NY, 10036
	Phone: (212) 840-9600
	Website: hilton.com/en/hotels/nycssgi-hilton-garden-inn-new-york-times-square-central/
Courtyard by Marriot Times Square	Proximity: 3 min walk to Spring
	Address: 114 West 40th Street, New York, NY, 10018
	Phone: (212) 391-0088
	Website: marriott.com/en-us/hotels/nycmd-courtyard-new-york-manhattan-times-square/overview/
The Bryant Park Hotel	Proximity: 4 min walk to Spring
	Address: 40 W 40th St, New York, NY 10018
	Phone: (212) 869-0100
	Website: bryantparkhotel.com
Refinery Hotel Midtown	Proximity: 5 min walk to Spring
	Address: 63 W 38th St, New York, NY 10018
	Phone: (646) 664-0310
	Website: refineryhotelnewyork.com
The James Nomad	Proximity: 15 min drive to Spring
	Address: 22 E 29th St, New York, NY 10016
	Phone: (888) 526-3778
	Website: jameshotels.com
The Plaza New York	Proximity: 18 min to Spring
	Address: The Plaza, 768 5th Ave, New York, NY 10019
	Phone: (212) 759-3000 or (888) 850-0909
	Website: theplazany.com
The Standard High Line	Proximity: 18 min drive to Spring
	Address: 848 Washington St, New York, NY 10014
	Phone: (212) 645-4646
	Website: standardhotels.com/new-york/properties/high-line?gclid=CjwKCAj
Soho House New York	Proximity: 20 min drive to Spring
	Address: 29-35 Ninth Ave, New York, NY 10014
	Phone: (646) 664-0310
	Website: sohohouse.com/en-us/houses/soho-house-new-york/bedrooms

HOTELS (CONT.)

Gansevoort Hotel Meatpacking	Proximity: 20 min drive to Spring
	Address: 18 Ninth Ave (at 13th St) New York, NY 10014
	Phone: (877) 426-7386
	Website: gansevoorthotelgroup.com/hotels/gansevoort-meatpacking-nyc

Airbnb

If you prefer a more personal accommodation during your stay, there are many good options at airbnb.com



TRANSPORTATION

Yellow Cab	About: Yellow Cabs are one of the most common forms of transportation in the city and can be accessible on most busy streets. You can call select cab companies in advance or wait in the designated line at the airport.
	Phone: (866) 983-4195
	Website: nycyellowcabs.com/reserve-car
Uber/Lyft	About: This is a great option due to traffic congestion and limited parking. You can order in advance or wait in the designated line at the airport.
	Phone: (415) 486-0788
	Website: uber.com / lyft.com
Call Service	About: This can be a great option for pre-planned transportation to and from the airport and can also be an excellent option for your monitoring appointments. You can call in advance prior to booking your trip. Carey International and Relier are great option for transportation.
	Carey: (800) 336-4646
	Relier: (844) 735-4371
Subway Transit	About: A convenient way to travel from the airports into the city. JFK, LaGuardia, and Newark airports are accessible via public transport.
	Phone: (415) 771-4383
	Website: new.mta.info



CHILD CARE

Care	About: Also available on the App Store/Google Play
	Website: care.com
Urbansitter	About: Also available on the App Store/Google Play
	Website: urbansitter.com



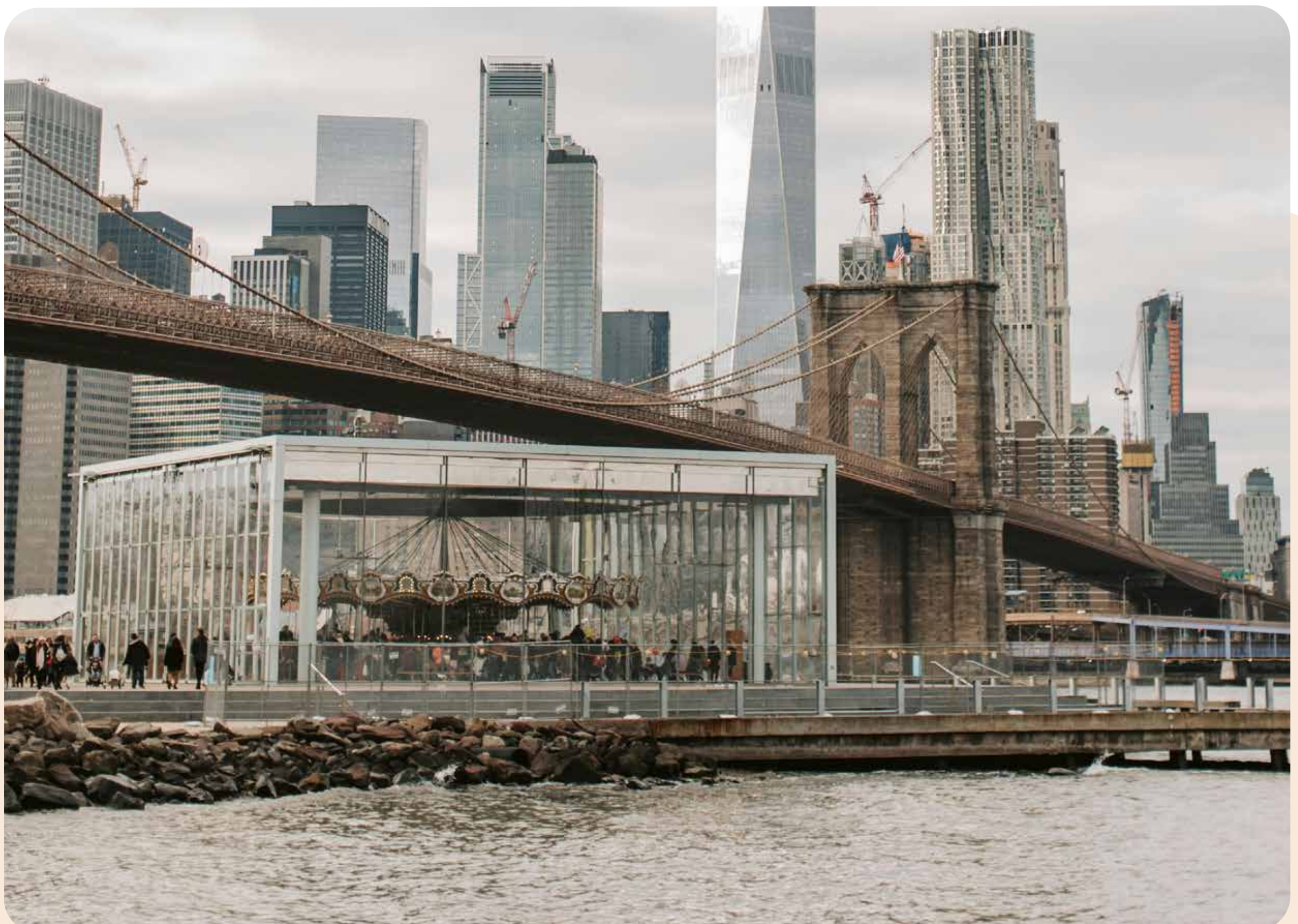
Weather in New York City can be crisp and brisk in the spring and fall, with colder temps in the winter (with beautiful snow) and often humid, warmer summer months. It's best to dress in layers when you're spending the day out exploring the city. Never forget an umbrella.

RESTAURANTS

ilili restaurant	Address: 236 Fifth Ave, New York, NY 10001 (5th Avenue btwn 27th and 28th)
	Phone: (212) 683-2929
	Website: ililirestaurants.com/location/ilili-nyc
Bond St	Address: Bond St, New York, NY
	Phone: (212) 777-2500
	Website: bondstrestaurant.com
4 Charles Prime Rib	Address: 4 Charles St #3004, New York, NY 10014
	Phone: (212) 561-5992
	Website: nycprimerib.com

RESTAURANTS (CONT.)

Fish Cheeks	Address: 55 Bond St, New York, NY 10012
	Phone: (212) 677-2223
	Website: fishcheeksnyc.com
Torrise	Address: Puck Building 275 Mulberry St, New York, NY 10012
	Phone: (212) 254-3000
	Website: torrisinyc.com
Frying Pan NYC	Address: Red Boat In Park 207 12th Ave, New York, NY 10001
	Phone: (212) 989-6363
	Website: fryingpan.com
Don Angie	Address: 103 Greenwich Ave, New York, NY 10014
	Phone: (212) 889-8884
	Website: donangie.com
Estela	Address: 47 E Houston St 1st floor, New York, NY 10012
	Phone: (212) 219-7693
	Website: estelanyc.com
Joe's Pizza	Address: 1435 Broadway, New York, NY 10018
	Phone: (415) 781-1111
	Website: joespizzanyc.com
Roberta's	Address: One Penn Plaza Plaza 33 East, New York, NY 10119
	Phone: (415) 982-7877
	Website: robertaspizza.com
Eataly	Address: 200 Fifth Avenue, New York, NY 10010
	Phone: (212) 229-2560
	Website: eataly.com/us_en/stores/nyc-flatiron



SPA

The Spa at the Mandarin Oriental	Proximity: 15 min drive from Spring
	Address: 80 Columbus Circle, New York, NY 10023
	Phone: (212) 805-8880
	Website: mandarinoriental.com/en/new-york/manhattan/wellness
The Well	Proximity: 15 min drive from Spring
	Address: 2 East 15th Street, New York, NY 10003
	Phone: (646) 560-8080
	Website: the-well.com/new-york
Spa de La Mer at Baccarat Hotel	Proximity: 17 min drive from Spring
	Address: 28 West 53rd Street, New York, NY 10019
	Phone: (212) 790-8910
	Website: baccarathotels.com/spa-de-la-mer
Great Jones Spa	Proximity: 20 min drive from Spring
	Address: 29 Great Jones St, New York, NY 10012
	Phone: (212) 505-3185
	Website: gjspa.com
Aire Ancient Baths	Proximity: 30 min drive from Spring
	Address: 88 Franklin St, New York, NY 10013
	Phone: (917) 563-4542
	Website: beaire.com/en/aire-ancient-baths-newyork



MUSEUMS

The Metropolitan Museum of Art	Proximity: 13 min drive from Spring
	Address: Central Park 1000 5th Ave, New York, NY 10028
	Phone: (212) 535-7710
	Website: metmuseum.org
Whitney Museum of American Art	Proximity: 14 min drive from Spring
	Address: 99 Gansevoort St, New York, NY 10014
	Phone: (212) 570-3600
	Website: whitney.org
American Museum of Natural History	Proximity: 20 min drive from Spring
	Address: 200 Central Park W, New York, NY 10024
	Phone: (212) 769-5100
	Website: amnh.org

MUSEUMS (CONT.)

The Frick Collection	Proximity: 20 min drive from Spring
	Address: 1 E 70th St, New York, NY 10021
	Phone: (212) 288-0700
	Website: frick.org
Museum of Ice Cream	Proximity: 20 min drive from Spring
	Address: 558 Broadway, New York, NY 10012
	Website: museumoficecream.com/new-york-city
New Museum	Proximity: 23 min drive from Spring
	Address: 235 Bowery, New York, NY 10002
	Phone: (212) 219-1222
	Website: newmuseum.org
Solomon R. Guggenheim Museum	Proximity: 23 min drive from Spring
	Address: 1071 5th Ave, New York, NY 10128
	Phone: (212) 423-3500
	Website: guggenheim.org
911 Memorial Museum	Proximity: 30 min drive from Spring
	Address: World Trade Center 180 Greenwich St, New York, NY 10007
	Phone: (212) 312-8800
	Website: 911memorial.org

And many more art galleries in SoHo!



FERRYS | PARKS | ATTRACTIONS

Times Square	Proximity: 7 min drive from Spring
	Address: Times Square, Manhattan, NY 10036
	Website: timessquarenyc.org
High Line	Proximity: 10 min drive from Spring
	Address: The High Line, New York, NY 10011
	Website: thehighline.org
Greenwich Village	Proximity: 11 min drive from Spring
	Address: Greenwich Village, New York, NY
	Website: nyctourism.com/new-york/manhattan/greenwich-village
Washington Square Park	Proximity: 13 min drive from Spring
	Address: Washington Square, New York, NY 10012
	Website: washingtonsqpark.org

FERRYS | PARKS | ATTRACTIONS (CONT.)

Staten Island Ferry	Proximity: 40 min drive from Spring
	Address: Whitehall Terminal in Lower Manhattan St. George Terminal on Staten Island
	Website: siferry.com
Big Tour Bus	Proximity: 5 bus stops near Spring
	Routes: Downtown loop Uptown loop
	Website: bigbustours.com/en/new-york/new-york-bus-tours
Empire State Building	Proximity: 5 min drive from Spring
	Address: 20 W 34th St, New York, NY 10001
	Website: esbnyc.com
Madison Square Garden	Proximity: 5 min drive from Spring
	Address: New York, NY 10001
	Website: msg.com/madison-square-garden
Hudson Yards Neighborhood	Proximity: 10 min drive from Spring
	Address: Hudson Yards, New York, NY 10001
	Website: hudsonyardsnewyork.com
NYC Ballet Show	Proximity: 16 min drive from Spring
	Address: David H. Koch Theater 20 Lincoln Center Plaza, New York, NY 10023
	Website: nycballet.com/season-and-tickets/seasons
Radio City Music Hall	Proximity: 7 min drive from Spring
	Address: 1260 6th Ave, New York, NY 10020
	Phone: (212) 465-6000
	Website: msg.com/radio-city-music-hall
The Bowery Ballroom	Proximity: 23 min drive from Spring
	Address: 6 Delancey St, New York, NY 10002
	Phone: (212) 260-4700
	Website: mercuryeastpresents.com/boweryballroom
Yankee Stadium	Proximity: 30 min drive from Spring
	Address: 1 E 161st St, Bronx, NY 10451
	Website: mlb.com/yankees/ballpark
Upstate New York	Proximity: 3 hr drive from Spring
	Address: Upstate New York, New York

More timely New York activities can be found at timeout.com/newyork

