

Welcome to the
Big Apple,
where vibrant streets
and iconic landmarks
await cyclists.

Pedal through bustling neighborhoods, feel the wind in your hair as you criss-cross the **world-famous Central Park**, and witness the towering skyscrapers that define the city's skyline. This guided bike tour offers an exhilarating way to immerse yourself in the sights, sounds, and energy of the city while **uncovering hidden gems and local secrets along the way**. Get ready for a two-wheeled adventure that combines the joy of cycling with an unforgettable journey through the heart of New York City.

Some things to remember before you leave the hotel:

- Bring comfortable shoes.
Check the weather forecast and plan accordingly.
- Bring your cash and card, as some places are cash only.
Remember sunscreen and your refillable water bottle.
- Get a New York Pass or Go City Pass to save money on attractions.

By Bike

- If you need to rent a bike, you can check this website out for prices and times: <https://bikerentalcentralpark.com/> (prices are cheaper if you book in advance)

A few tips:

- Wear a helmet.
- Don't forget to lock your bike every time you leave it.
- Bring some water, of course, and a refillable water bottle is best.
Remember the sunscreen.

Let's get started!

+1 212-354-2323

For individual bookings: USA: + 1 (646) 814 30 85

Spain and rest of the world: + 34 91 108 03 11

reservations@45timesquarehotel.com

125 W 45th St, New York, NY 10036, United States

@45timesquare

Enjoying every
NYC minute
THE SEEKER'S GUIDE #5

4 Ways to Discover New York by bike in **5** Days

45 TIMES SQUARE
HOTEL



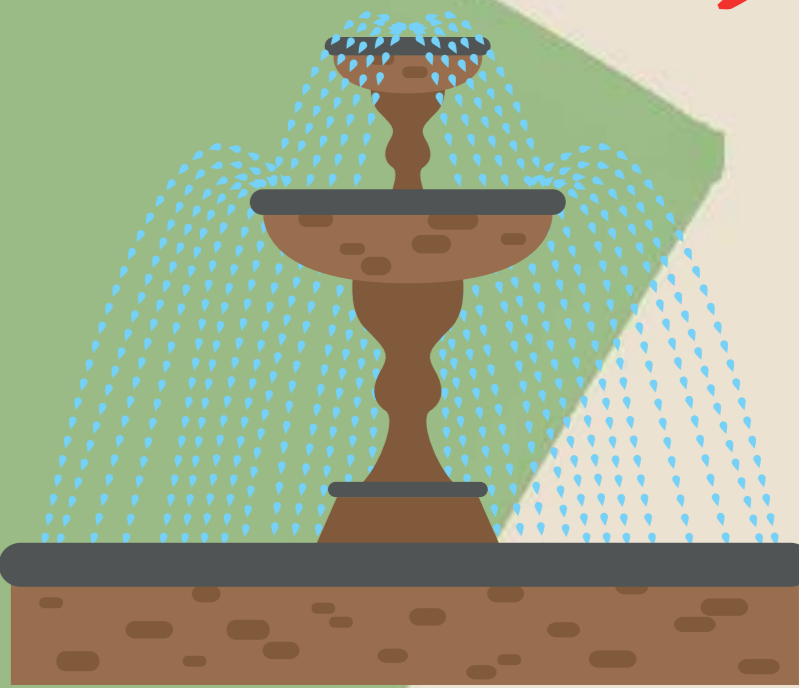
DAY 3

Conservatory Garden

Bike 12 blocks along 5th Avenue until you reach the garden:

Time required: 30 minutes
Hours of operation: Monday to Sunday from 8 AM – 6 PM
The Conservatory Garden in Central Park is a serene oasis of beauty and tranquility. Its meticulously manicured lawns, vibrant floral displays, and elegant fountains offer a peaceful escape from the bustling city, providing a haven for relaxation and contemplation.

8



Bike 6 blocks down 5th Ave:

Solomon R. Guggenheim Museum

Time required: 1.50 - 2 hours (approx)
Attraction price: \$25 per adult
Hours of Operation: Monday to Sunday from 11 AM – 6 PM
The Solomon R. Guggenheim Museum, a masterpiece of modern architecture, stands as an artistic marvel on New York City's Upper East Side. It's spiraling, cylindrical structure houses an impressive collection of contemporary and modern art, inviting visitors to explore.

6

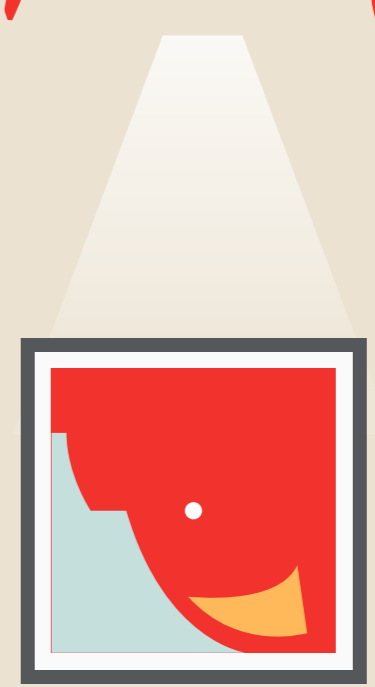
DAY 2

Cross 79th St, enter the park and go to the MET:

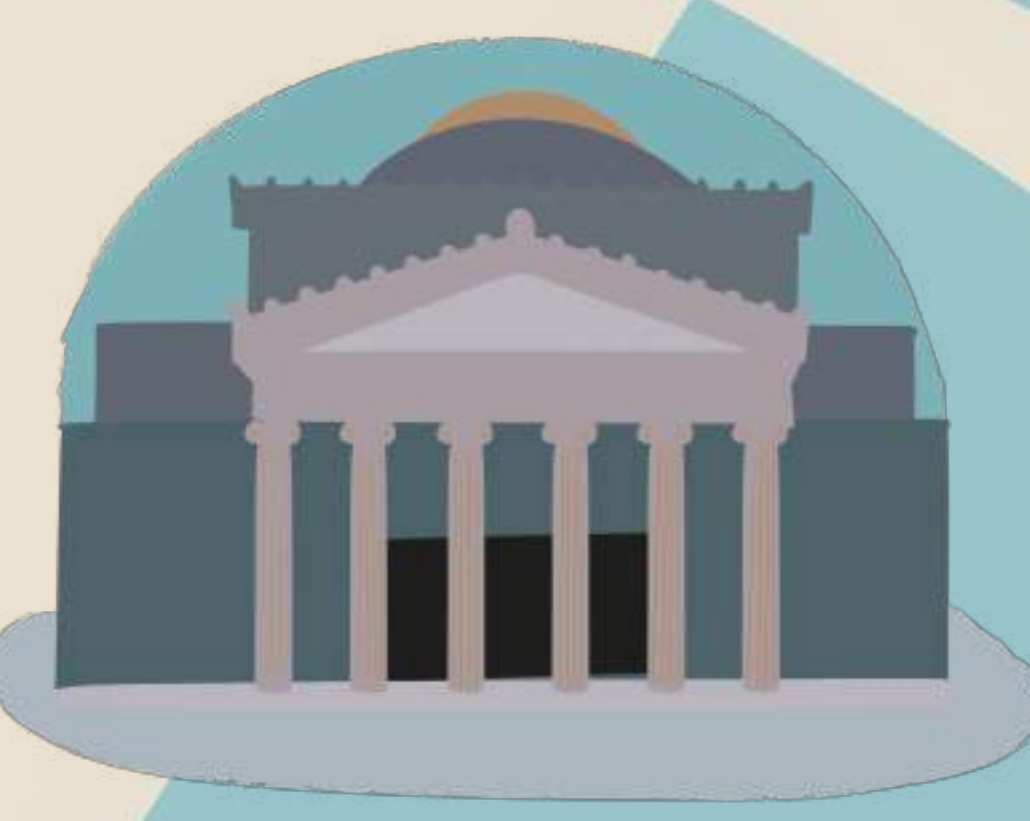
The Metropolitan Museum of Art

Time required: 2:30– 3 hours
Cost: \$25 per adult
Hours: Monday, Tuesday, Thursday: 10 AM – 5 PM / Friday to Sunday: 10 AM– 9 PM
The MET is a world-renowned cultural institution in New York City. With its vast collection spanning over 5,000 years of art history, the MET offers a captivating journey through civilizations and artistic masterpieces. From ancient Egyptian artifacts to European paintings, Asian sculptures, and contemporary works, the museum showcases the breadth and depth of human creativity. With its iconic steps and grand halls, the MET is a must-visit destination for art lovers and a true treasure trove of artistic inspiration in the heart of NYC.

4



3



Museum of the City of New York

Exit central park and cross the street to see the New York museum:

Time required: 1.5 hours
Attraction price: \$20 per adult
Hours of operation: Thursday: 10 am – 9 pm / Friday to Monday: 10 am – 5 pm
The Museum of the City of New York, located in Manhattan, is a captivating institution that celebrates the rich history and diverse culture of the city. Through its exhibits and collections, the museum offers a fascinating glimpse into the past, present, and future of New York, providing visitors with a deeper understanding and appreciation of this vibrant metropolis.

9

Enter Central Park at 102nd St and pedal all the way that will later become East Dr until you reach Huddlestone Arch:

Time required: 15 minutes
Huddlestone Arch, located in Central Park, is a picturesque stone structure. Its graceful design and intricate details make it a popular spot for photographs.



Huddlestone Arch

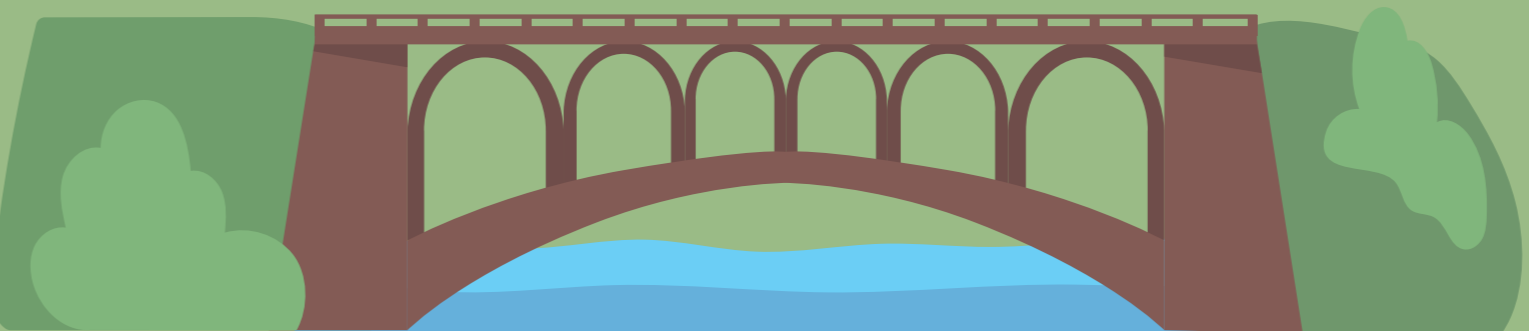


7

Glen Span Arch

Head down the Loch Walking Path until you find Glen Span Arch:

Time required: 15 minutes
Glen Span Arch showcases stunning architectural design, and adds a touch of grandeur to the park's scenery.

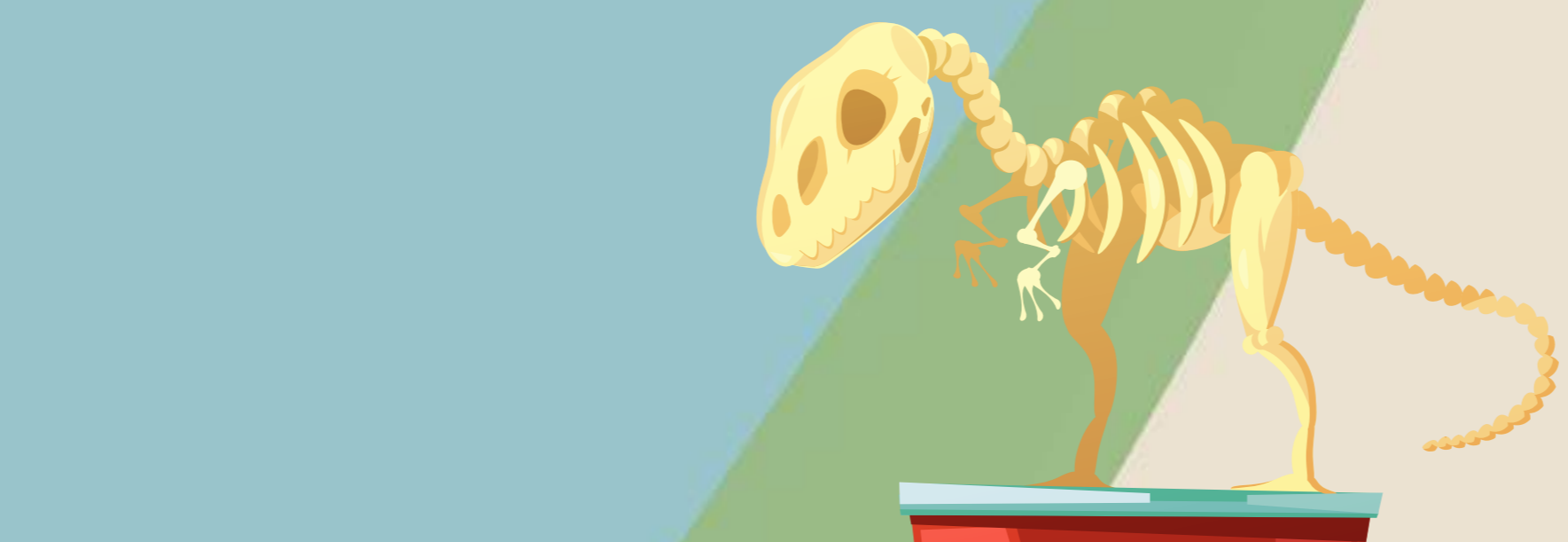


5

Head back on Broadway to 79th St, go 2 blocks to the museum, walk around the museum, enter Central Park and continue along the W77th St trail which then becomes West Dr. Turn left on Terrace Dr until you reach Matys St. Turn right and continue the path to the Bow Bridge:

Bow Bridge

Time required: 10 - 15 minutes
A picturesque cast-iron bridge in Central Park, the Bow Bridge is a symbol of romance and tranquility. Spanning across The Lake, it offers stunning views of the park's surrounding beauty, including the shimmering water, lush greenery, and iconic city skyline. To no surprise, it's a popular spot for wedding photos.

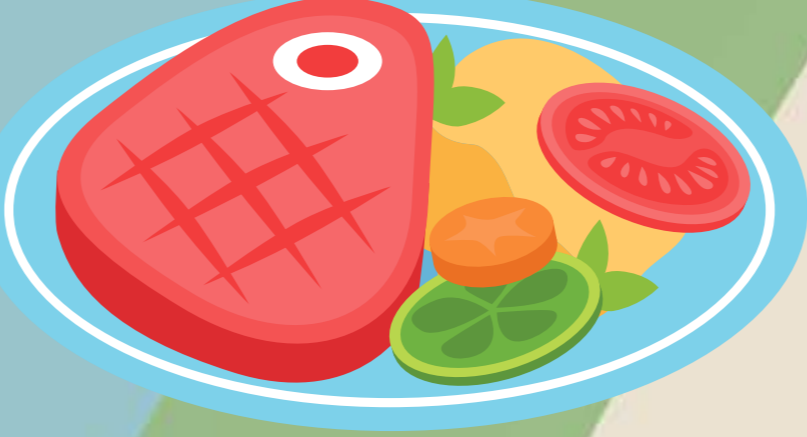


10

American Museum of Natural History

Ride about 10 blocks down Central Park West until you reach the Museum of Natural History:

Time required: 2 - 2.5 hrs (approx)
Attraction price: \$23 per adult
Hours of operation: Monday to Sunday: 10 AM – 5:30 PM



DAY 4

11

Zabar's

Go to the back of the museum to find 79th St and Columbus Ave. Continue for 2 blocks on 79th street until you find Broadway and turn right for 1 block to find Zabar's:

Time required: 40 minutes
Hours of Operation: Monday to Saturday: 8 AM – 7:30 PM / Sunday: 9 AM – 6 PM

This iconic gourmet food emporium offers a wide array of delicacies, including specialty cheeses, smoked fish, baked goods, and a vast selection of international foods. With its bustling atmosphere and reputation for exceptional culinary delights, Zabar's is a destination that captures the essence of New York City's storied food culture.

12

Central Park West of Reservoir

Take the West Dr trail until you see the reservoir:

Time required: 30 minutes (approx)
The Reservoir in Central Park is an iconic feature of the park's landscape. With its tranquil waters and scenic views, it provides a peaceful oasis for joggers, walkers, and nature enthusiasts.



13

Lincoln Center Plaza

Head towards West 66th St and continue for 2 blocks (exiting the park) to Columbus Ave, then turn left and continue 1 more block to Lincoln center:

Time required: 30 minutes (approx)
This plaza is a gathering place for music, dance, theater, and film enthusiasts. With its stunning fountain, grand architecture, and bustling atmosphere, Lincoln Center Plaza serves as a focal point for New York City's cultural scene.



DAY 5

14

Strawberry Fields

Go back the way you came to reach West Dr (then turn left to enter Terrace Dr) but this time you will continue straight down, and at that intersection, to find the John Lennon memorial:

Time required: 10 minutes
This memorial dedicated to the legendary musician John Lennon serves as a place of remembrance and peace, adorned with flowers and the famous 'Imagine' mosaic, where visitors can pay tribute to Lennon's legacy.

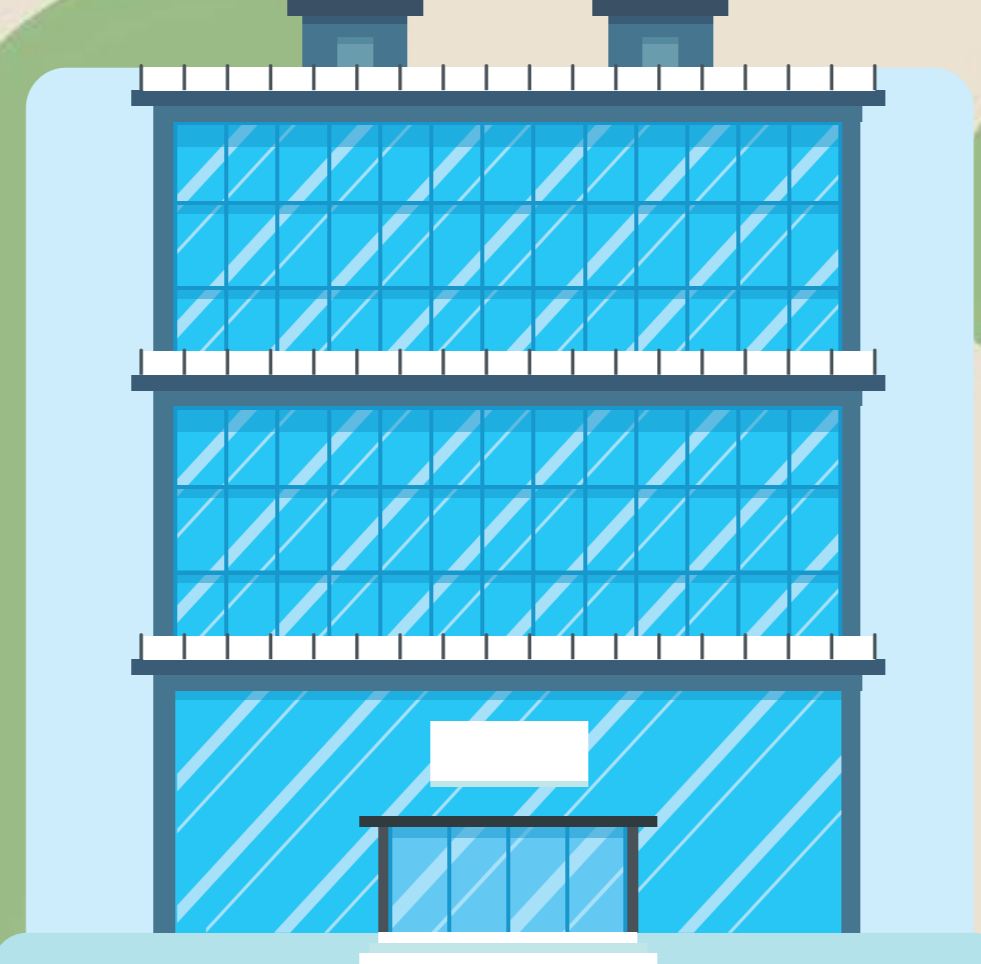


Head down 4 blocks until you reach:

15

The Shops at Columbus Circle

Hours of Operation: Monday to Saturday: 10AM – 8PM / Sunday: 11 AM – 7PM
This shopping mall is perfect for a food or water break, or a shopping excursion.



16

Just across the street:

Magnolia Bakery

Pedal 12 blocks on Broadway to 46th St, continue on 7th Ave for 1 more block, then turn onto 45th St to return to the hotel.



1

DAY 1

From the hotel, go to 6th Ave, turn left and ride 13 blocks to 59th St, turn right for 1 block to the entrance of Central Park.

Central Park

Hours of Operation: Monday to Sunday: 6 AM – 1 AM
Places to stop (In order, to optimize your time in the park): The Pond, Central Park, Carousel, The Mall, Bethesda Terrace, Belvedere Castle.



Starting Point

NYC by bike

