

NEW YORK/NEWARK

1 MINUTE/1 HOUR/1 DAY GETAWAY

Legendary streets, iconic monuments and buildings, world-class dining and entertainment and an energy that can't be beat. If there's ever been a city that truly is a "state of mind," it's New York City. Whether you're in the mood to shop, catch a show, explore a museum or discover a new neighborhood, the Big Apple can always show you something new—no matter how many times you visit.

1 MINUTE

Empire State Building

350 Fifth Ave. • 212-736-3100 • esbnyc.com

Go up 1,050 feet and 85 floors and see an unparalleled view of the Big Apple below. Whether you're behind glass or on the outer deck, you'll discover just how far the city stretches—on a clear day, you can see up to 80 miles away. Save time and buy your ticket online beforehand.

Grand Central Terminal

E. 42nd St. • 212-935-3960

Before heading in, check out the Beaux Arts south façade's soaring arched windows, graceful columns and the statues of Minerva, Mercury and Hercules atop the clock. Once inside, look up. A ceiling map depicts the zodiac constellations against a field of blue. On the lower level, dining and shops abound; for a real treat, grab a bite at the famous Grand Central Oyster Bar. On your way back upstairs, pause at the Whispering Gallery: put two volunteers at opposite corners of the ramp, and have one whisper. The other, miraculously, will be able to hear them perfectly.

1 HOUR

Lower East Side Tenement Museum

108 Orchard St. • 212-431-0233 • tenement.org

In this former immigrant homestead, each room is faithfully recreated to reflect different eras of the tenement's history. Learn of the hardships the Levine, Baldizzi, Confino, Rogarshevsky and Gumpertz families had to endure once they left their countries for ours.

Madison Ave. Shopping

Upper East Side

Start at 42nd Street and head north, and you're in one of the world's premier streets for shopping, stretching more than 35 city blocks. Here, you'll find the latest from Calvin Klein, Ralph Lauren Polo, Versace, Barneys New York, Armani, Givenchy and more.

Statue of Liberty / Ellis Island

New York Harbor • 866-882-8834

Head to Battery Park or Liberty State Park, pick up a free timed pass and take the Circle Line ferry to visit these two must-see symbols of freedom. At Ellis' Immigration Museum, photographs and oral histories provide extraordinary accounts of the 12+ million immigrants who were processed here. As for Lady Liberty, take the guided tour, visit its base for exhibits and concessions and be sure to check out the observation deck for breathtaking views.

1 HOUR (CON'T)

Metamorphosis Day Spa

127 E. 56th St. • 5th Floor • 212-751-6051 • metspa.com

Get pampered from head to toe. On the go? Opt for the Lunchtime Face Lift or Swedish massage. Got more time? Abandon yourself to a revitalizing milk-and-honey wrap or the couples' massage, where you relax head-to-head in adjoining suites. Men constitute almost half the clientele here, so look for services specially formulated for the male physique. Sage green walls, plenty of plants and the heavenly scent of lavender will make you forget you're in the city that never sleeps.

Sotheby's

1334 York Ave. at 72nd St. • 212-606-7000 • sothebys.com

An American institution since 1744, Sotheby's offers ten floors of art, antiques, jewelry and even automobiles to peruse. There's a diamond collection on the 6th floor you can visit by appointment (212-894-1400), and be sure to check out the 10th floor gallery space, where you can examine items more closely and discuss them with curators. If the spirit moves you, attend a Sotheby's auction, where you can sit back and watch the bids bounce about the room. Want to bid on an item? Be sure to register beforehand.

1 DAY

Brooklyn

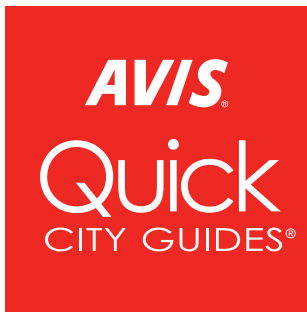
718-802-3846 • brooklyntourism.org

Spend a day in the city's most populated borough. Climb the hills of historic Green-Wood Cemetery, visit the Transit Museum, tour the Brooklyn Brewery, stroll Prospect Park or explore some of city's hippest neighborhoods. For elegant brownstones, chic restaurants and eclectic boutiques, check out historic Brooklyn Heights; for a taste of the avant-garde, visit the artists' havens of Williamsburg and DUMBO (Down Under the Manhattan Bridge Overpass). And if the weather is right, walk the majestic Brooklyn Bridge for stunning views of the city.

South Norwalk, CT

95N • southnorwalk.com

SoNo is an historic riverfront gem featuring 19th century architecture, an eclectic mix of restaurants and shops, museums, beachfront parks and more. Check out the aquarium or walk the lavish halls of the Lockwood-Mathews Mansion, a Victorian treasure box with original marble floors, a Renaissance Revival-style library and an elaborate indoor garden. Round out your visit by crossing the river to Calf Pasture Beach City Park for spectacular views of Long Island Sound.



NEW YORK/NEWARK

GOURMET DINING AND LOCAL FAVORITES

GOURMET DINING

Le Bernardin

Seafood is presented freshly and with class at this French dining room of deep blue and teak. Order from a prix-fixe menu separated by “Almost Raw,” “Barely Touched” and “Lightly Cooked” categories.

155 W. 51st St. • 212-554-1515

Frankie & Johnnie's Steakhouse

With its dark burgundy velvet and wood-paneled surroundings, it's not hard to believe this classic New York institution first opened as a speakeasy in 1926.

32 W. 37th St. • 212-947-8940

L'Impero

Along with its distinction of being the only restaurant in the UN's neighborhood, Tudor City, L'Impero is also noted for its understated take on modern Italian cuisine. Billowing off-white curtains and mirrors accent elegant meals of spinach, truffle and pea raviolini, lump crab risotto and other specialties.

45 Tudor City Pl. • 212-599-5045

Aureole

Housed in an Upper East Side brownstone with elegant, modern appointments, Aureole reinterprets classic European fare using American artisanal products. Its “Progressive American” cuisine has won raves from patrons and reviewers alike, and the prix-fixe menu's past offerings have included seared scallops and foie gras with port-glazed Bing cherries as well as ginger-marinated duck with sugar snap peas, mango and wild mushroom roulade. Those in the know recommend requesting a table in the tiny back garden.

34 E. 61st St. • 212-319-1660

Maize, *The Robert Treat Hotel*

The cuisine at Maize has received accolades from the *New York Times*, and highlights include wild mushroom veloute with pink peppercorn mint oil, Provencale crusted rack of lamb and lavender honey lacquered chicken. Situated across from the New Jersey Performing Arts Center, Maize offers pre-theatre dining a post-theatre cocktail and dessert selections. If its softly sophisticated décor seems familiar, it should: Maize has been a filming location for *The Sopranos*.

50 Park Place, Newark • 973-639-1200

LOCAL FAVORITES

Pastis

An impeccable reproduction of a 1930's Parisian brasserie, this Meatpacking District hot spot features distressed mirrors, globe lights and brass appointments. Expect hearty Provençal classics like moules frites au Pernod, seared tuna Nicoise and leg of lamb with flageolet beans and rosemary. After midnight, you'll find an abbreviated supper menu. The vibe is hip, happening and highly popular with local celebs, so keep your eyes peeled. Reservations highly recommended.

9 Ninth Ave. at Little 12th St. • 212-929-4844

Boqueria

Here's where to go for upscale Spanish tapas in a sleek atmosphere of clean, modern lines, soft light and raised banquettes. Look for Catalanian, Basque and other regional influences in dishes like the quail egg and chorizo toast, almond soup and squid with fried chick peas. Be sure to ask about pork specials like suckling pig, as all of Boqueria's pork is delivered weekly from a specially selected Vermont farm.

53 West 19th St. • 212-255-4160

The Stanton Social

Handsome, modern lines, lizard skin banquettes and inventive lighting make for a luxurious, sexy and decidedly downtown vibe. Highlights include Petrossian American caviar service, potato and goat cheese pierogies, wasabi pea crusted wild salmon with Asian pesto and soba noodle-beet salad and grilled filet mignon with foie gras mousse and mushroom duxelles wrapped in puff pastry. Pricey, but worth the indulgence.

99 Stanton St. • 212-995-0099

Wallse

Handsome yet understated, Wallse features midnight blue banquettes, clean lines and crisp linens. But the original 20th century canvases from the Upper East Side's Neue Galerie, including a few by Julian Schnabel, makes this Austrian restaurant a destination for art lovers in the know. Expect authentic Old World fare with a twist, like cod strudel with wild mushrooms or veal wiener schnitzel accompanied by a cool potato-cucumber salad with lingonberries.

344 W. 11th St. • 212-352-2300

Sueños

Lush fuchsia walls, folk art dioramas and a rock garden make a hip, rustic backdrop for Sueños' “Nouvelle-Mexican” cuisine. Discover traditional concepts expertly reinvented: achiote-rubbed bronzini with Yucatan salsa, lobster-corn fritters with chipotle cream sauce and shredded pork-stuffed poblano with walnut-sherry sauce. Be sure to check out the elevated station where an expert shapes and cooks tortillas and mashes guac to order in an impressive volcanic stone mortar.

311 W. 17th St. • 212-243-1333