

INEKE FAES & PATRICK ROSENDAAL

FOR KIDS OF ALL AGES WITH INEKE FAES & PATRICK VAN ROSENDAAL







FORFWORD

How often do you move to another city and immediately meet its most famous Belgian, who knows every corner of New York City and turns out to be an incredibly nice guy? The answer, of course, is never. But that's what happened to me during my very first days in The Big Apple.

This is Patrick van Rosendaal's third 'BE NY' book, written jointly with his charming wife, Ineke Faes. It is a positive, funny, and useful book that leaves out none of the information you need to know when visiting. Of course, there are the 'must-sees' and 'must-dos', but what makes this BE NY Family really special are the tiny things you will never learn anywhere else, such as facts about dog names and toilet paper. It is a page-turner and it also caters to kids, offering details on where to find the best hot dogs or where to rent bicycles of all sizes. And so much more ... Rest assured that you will have your best visit ever to New York City when you tour with Patrick and his team of city guides.

Enjoy the book, take it everywhere with you but, first and foremost: enjoy this magnificent city, to which Patrick and Ineke, like so many others, have lost their hearts.

Cathy Buggenhout Consul General of Belgium

5



New York: One big playground

WHY THIS BOOK?

Many people leave their children behind with grandma and grandpa when they go on a city trip to New York, or they wait until the kids are 18 before going together to discover the city. Which is a shame, because if there's one city that has a lot to offer to kids, it's New York. All the museums have attractions for children and youths, it's very common to bring children along to a restaurant and if, as an adult, you're so impressed with those skyscrapers, just think how a child would react. And of course there are all the amazing merry-go-rounds in New York, the tranquility of Central Park, the High Line in the heart of the city, the fantastic playgrounds and toy shops and all the cruises you could take. Actually, New York is one big playground. For adults yes, but definitely for children too.

FUNFACT

More than 8.6 million people live in New York, almost 2 million of whom are under the age of 18.

FUNFACT

The Brooklyn Children's Museum was the first museum in the world created especially for children.

WHO IS PATRICK VAN ROSENDAAL?

How he lost his heart to New York, how he sometimes had to struggle to survive and how he finally obtained his much-coveted American citizenship: you can read all about it in BE NY: From Tourist to New Yorker. Since its publication, Patrick's life has shifted into high gear. From one of the many tour guides in the city, he has become the city guide for Belgian and Dutch visitors to New York, recognizable by his canary-yellow jacket. Patrick is a pedigree storyteller. He can bombard you with facts and figures but he can also surprise you with original stories and juicy anecdotes or show you places you never would have found without a guide.

He got to know Ineke when she was travelling in New York and it didn't take much convincing to get her to move to The Big Apple. Their daughter Marie was born there and she has helped Patrick see New York in a different light.

Patrick has lived in Paris and London, he studied at the Vlerick Business School and, before moving to New York, he worked as a sales and marketing manager.

WHO IS INFKE FAFS?

Ineke met Patrick at a rooftop bar with a view of the Manhattan skyline. It was love at first sight and Ineke didn't think twice before leaving everything behind and moving to New York. Romantic comedies pale in comparison.

A year later Marie was born, a very sociable, active and curious little girl. Marie discovered the city together with Patrick and Ineke. Ineke started writing the BE NY blog, where she shares cool spots and new places that are interesting for parents with children. This book is the obvious next step. The daughter of an instrument maker and a graphic designer, Ineke grew up with music and art. She has taken classes in piano, cello, drawing and yoga and taught for more than six years in a creative primary school in Antwerp.

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FACEBOOK.COM/BENYFAMILY Www.beny.be/blog Instagram/patrickvanrosendaal ĥ

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Gluten-free & vegan favorites Between youngster and adult Vintage-chic

New York in a nutshell

GFOGRAPHY

There are 50 states within the United States, one of which is New York. There are many cities in New York State but, if you're holding this book, you're probably planning a visit to New York City.

Think New York and you probably think Manhattan high-rise. But the city is much bigger, of course. New York consists of five large areas or boroughs: Manhattan, The Bronx in the north, Queens in the east, Brooklyn in the southeast and, finally, Staten Island in the south. Each borough has its own neighbor-

Each borough has its own neighborhoods; Manhattan's being the most famous.

Their names are generally of ethnic or geographical origin. The former would include Chinatown, Koreatown and Little Italy. The latter includes Upper East Side, Upper West Side, the West Village, Lower East Side, SoHo (South of Houston), NoHo (North of Houston), TriBeCa (Triangle Below Canal Street), NoLIta (North of Little Italy), FiDi (Financial District), DUMBO (Down Under Manhattan and Brooklyn Bridge Overpass) and so on.

FUNFACT

New York City is the most populous city in the United States.

ORIFNTATION

Manhattan, with the exception of Lower Manhattan, is crisscrossed by its well-known grid of streets and avenues. This makes finding your way a piece of cake. Follow these guidelines and you'll have a hard time getting lost:

- Avenues run from north to south. Streets from east to west.
- If you're heading north they call that Uptown, if you're heading south it's Downtown.
- 5th Avenue divides Manhattan into east and west. When you see the letters E or W in front of a street name (for example, E 50th Street), that tells you on which side of 5th Avenue your destination is located.
- The majority of streets are one-way;
 even-numbered streets run eastwards. So
 by looking at the traffic you can tell in which direction to head.
- The distance between streets is usually around 260 ft. The distance between avenues is about three or four times that
- New Yorkers count in blocks, so addresses are specified by them. For example, '56th Street between 5th and 6th'



A tip from Patrick

Watch out for the avenues in the Midtown and Upper Manhattan region. Avenues are numbered from east to west and from 1 to 12 but, in a large area of Manhattan, after 1st, 2nd and 3rd you get Lexington, Madison and Park Avenue, and only then 5th, 6th, 7th, etc.

HOW DO YOU TRAVEL?

The predominant mode of transportation in New York is walking. 10 miles a day is not exceptional. For longer distances, take the subway, but if you're looking to get from A to B in comfort, you could always take a cab. Only a nutcase would actually try to explore Manhattan in a rental car.



FUNFACT

The winter of 1780 was so harsh that New York Harbor froze and you could walk on the ice from Manhattan to Staten Island.

HOW DID THE BOROUGHS GET THEIR NAMES?

Manhattan comes from the Algonquin Lenape Indians, the native inhabitants of the island. They called Manhattan 'Manahatta', which means something like hilly island.

Queens was one of the twelve New York counties under British rule and owes its name to Queen Catherine of Braganza, wife of King Charles II of England.

Brooklyn is derived from Breukelen, a town in the Netherlands. It is a reminder of the time when New York was still under Dutch rule, when its name was still New Amsterdam.



The same goes for Staten Island. Staaten Eylandt was a Dutch trading post and refers to the Staten-Generaal (The States-General), the Dutch parliament.

The Bronx is named after the Swede Jonas Bronck, the European pioneer who settled there and who amassed a considerable amount of land.

Ready, set, go!

Get ready for a fantastic journey.
Before you go, prepare yourself a bit by leafing through this book. That way, you could learn something about New York in advance and show your family around just like a real guide.
Make sure to check the calendar (page 17) for special events during your stay in New York. Holidays, parades, film festivals; you don't need to miss a thing.

A tip from Marie

Take some toys with you on the trip. Triangular pencils or chalk are convenient when travelling because they don't roll off the table.



A tip from Patrick

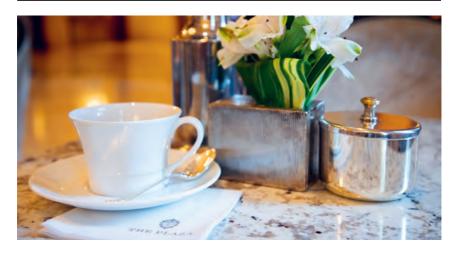
This isn't a city trip but a world journey. Don't forget your passport and make sure your debit and credit cards are accepted in the United States.

A tip from Ineke

Before you set out on your trip, you should apply online for ESTA (Electronic System for Travel

Authorization) or you won't be allowed into the US. If need be, you can use one of the terminals at the airport. (esta.cbp.dhs.gov/esta)





Hotels

Most hotels are child-friendly and have enough cribs or high chairs available, although it can't hurt to inquire in advance

There are so many hotels in New York, there's plenty of choice. Here are a few to get you started:

BELVEDERE

319 W 48th St., Midtown www.belvederehotelnyc.com Centrally located at Times Square and budget-friendly. Walking distance from the M&M's Store.

TRYP BY WINDHAM TIMES SQUARE

345 W 35th St., Midtown www.tryptimessquaresouth.com Centrally located, close to the busy and perpetually buzzing Times Square and easily reachable by subway. There are rooms with bunk beds and in-room gaming is also possible.

PARKER NEW YORK

II9 W 56th St., Midtown
www.parkernewyork.com
This chic hotel is two
blocks from Central Park. It
has a 'secret' burger restaurant, a magnificent indoor
pool on the roof with a
view of Central Park, and a
junior suite that has plenty
of room for a family of four
or five.

CROSBY STREET HOTEL

79 Crosby St., SoHo
www.firmdalehotels.com
This luxurious boutique
hotel is very trendy and also
perfect for a stay with older
children. Dogs are welcome
too. It's located between
Tompkins and Washington
Square Parks, ideal parks
for a morning stroll, with or
without a dog. The hip SoHo
district is nearby too.







WI-FI IN NY

Not only do all the cafes and restaurants have Wi-Fi, you can also access the internet on the subway. In T-Mobile phone stores you can buy an unlimited weekly pass for \$30. Phone booths have disappeared from the streets and have been replaced by Wi-Fi masts. There are 7,500 spread throughout the city. If you're close to one you can easily access the internet.

USEFUL APPS

<u>Google Maps:</u> for easily mapping out your route.

NYC Subway: an offline subway map.

<u>Yelp:</u> want to know whether the beauty shop next to your hotel is worthwhile? Check it on Yelp.

<u>Uber:</u> for families with small children, UberFAMILY is the way to go. From 12 months, 22 lbs and 31 inches you can use the IMMI Go car seat. Don't forget to reserve it through the app (it costs \$10 extra). The Car Seat Lady has a helpful YouTube film: 'How to buckle a child in the IMMI Go car seat.'

HOW DO YOU GET FROM JFK AIRPORT TO MANHATTAN?

There are several ways to get to your hotel from JFK. It all depends on your budget and your penchant for adventure. After a long flight you deserve to get to your hotel as quickly as possible; one of the reasons Uber's popularity is booming. If your budget dictates, you could share a car. Prefer going in Jay-Z style? Opt for the luxury SUV.

PUBLIC TRANSPORTATION

SEE MORE ON

Minute

/BENYMINUT

Depending on the airport, you can easily get to Manhattan either on the subway (JFK) or by train (Newark). Very

trustworthy, no traffic jams and the cheapest option. A ticket for the *airtrain* from JFK can be bought only after transferring at Jamaica station, where you can also buy a ticket for the second half of your journey.

A tip from Patrick

Don't let yourself be talked into taking a cheap shuttle bus from the airport.

Inexpensive, yes, but do you really want to stop at every hotel, packed like sardines, only to arrive at your hotel completely exhausted after an endless journey?

FUNFACT

SEE MORE ON

Thinking of driving one of those yellow cabs too? Think again! A taxi medallion costs about one million dollars.



SUBWAY TIPS

The subway is the best and cheapest way to travel. A ticket costs \$2.75. You can buy refillable cards with cash or credit card from the large vending machines on the platforms. Instead of a PIN code, you need to enter a five-digit zip code. Let your imagination run wild: as long as there are five digits, anything's okay.

You can use a card for up to four people. If you're staying for a week, an unlimited Metrocard (\$32) may be worthwhile. A card for 30 days costs \$121. Unlimited cards are non-transferable, of course.

Make sure you're on the right side of the platform, uptown or downtown. That could save you a lot of back and forth. You can check for delays or work in progress on www.mta.info.

JETLAG STRESS

West is best:

After arriving, it's best to stay awake as long as possible. That'll get you into the right rhythm as quickly as possible. Up early? No problem! The Apple Store on 5th Avenue is open day and night, all year round. Or you could go for breakfast at a 24-hour diner or walk around and see the city wake up.

East is a beast:

If you've visited America from Europe, it's recommended that you take a 3-hour nap when you get back home and then return to your normal rhythm.

Most people find travelling eastwards more tiring than travelling westwards.





HOW ABOUT FROM NORTH TO SOUTH?

(0-3 YEARS)





STROLLING AROUND

0-3 YEARS

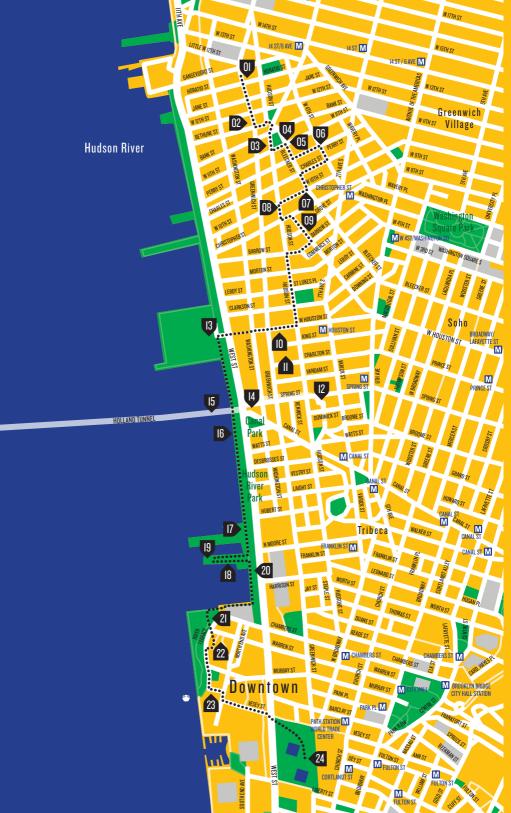
+/- 5 MILES

MIDTOWN - CHELSEA - MEATPACKING DISTRICT - WESTVILLAGE - TRIBECA -FINANCIAL DISTRICT

PART I: NORTH

- I SUBWAY STOP HUDSON YARDS
- 2 VESSEL
- 3 HUDSON PARK PLAYGROUND
- 4 HIGH LINE START POINT
- 5 NORTH RIVER LOBSTER COMPANY
- 6 INTREPID SEA, AIR & SPACE MUSEUM
- 7 CIRCLE LINE SIGHTSEEING CRUISES
- 8 ZAHA HADID
- 9 THE McKITTRICK HOTEL
- 10 HOTEL AMERICANO
- II AVENUES: THE WORLD SCHOOL
- 12 EMPIRE DINER
- (3) PIER 62 CAROUSEL
- 14 DAVID ZWIRNER
- 15 WOMEN'S JAIL
- 16 IAC
- 17 CHELSEA MARKET
- 18 THE STANDARD, HIGH LINE
- 19 WHITNEY MUSEUM OF AMERICAN ART
- 20 GANSEVOORT MARKET

SEE NEXT PAGE $\rightarrow \rightarrow \rightarrow$





STROLLING **AROUND**

0-3 YEARS +/- 5 MILES

MIDTOWN - CHELSEA - MEATPACKING DISTRICT - WESTVILLAGE - TRIBECA -FINANCIAL DISTRICT

PART 2: SOUTH

- I CHRISTIAN LOUBOUTIN
- D'AGOSTINO 2
- TEICH TOYS & BOOKS 3
- BLEECKER PLAYGROUND 4
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- **CARRIE BRADSHAY'S APARTMENT** 6
- VILLAGE APOTHECARY
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- 14 SPRING STREET SALT SHED
- 15 PIER 34 - VENTILATION HOLLAND TUNNEL
- 16 HI SPY VIEWING MACHINE
- CITY VINEYARD 17
- 18 PIER 25
- **GRAND BANKS**
- TRIBECA SKATE PARK
- 21 THE REAL WORLD
- 22 TEARDROP PARK
- 23 IRISH HUNGER MEMORIAL
- 9/II MEMORIAL

Manhattan is more extensive than you may expect. From the completely new Hudson Yards district we descend via the High Line, museums and playgrounds towards Midtown. You can get something to eat at the former cookie factory in Meatpacking, buy a cupcake in West Village like Carrie Bradshaw or Chandler Bing, or relax on the Hudson. We end at the 9/11 Memorial, an impressive monument to the victims of the terrorist attacks etched in every New Yorker's memory. Since 2001, a new generation of youngsters has grown up, whose knowledge of the attacks comes only from their parents' stories. For them, the playgrounds we come across are at least as important as the modern architecture. But all their scrambling will also help them climb the Vessel, New York's Eiffel Tower.

PART I: NORTH

THUDSON YARDS SUBWAY STOP

W 34th St. and 11th Ave.

This brand-new subway stop has been named after the large-scale redevelopment program, still underway. Money talks, bull*** walks. Hudson Yards cost more than 20 billion dollars and is the largest development project since Rockefeller Center in the 1930s. It will include more than 4,000 residences, 100 shops, a big school, modern offices, and luxury hotels and restaurants. More than 23,000 construction workers have been involved in this mega-project.

2 VESSEL

W 34th St. and IIth Ave.

www.hudsonyardsnewyork.com

The centerpiece of Hudson Yards and a new New York landmark, Vessel is a 150 ft high modern tower, which you may also climb. Good for your fitness, because with its 154 flights of stairs and 2,500 steps you'll be at it for a while. The New York Times called Vessel 'The \$150 million stairway to nowhere'. Not short of ambitiousness, the aim is for Vessel to be as popular as the Eiffel Tower in Paris.

3 HUDSON PARK PLAYGROUND

Hudson Yards Park, 542 W 36th St.

+1 212-239-1619

[©] Mo.-Su. 7 a.m.-7 p.m.

This playground is ideal for letting the little ones clamber around for a while. Everything is brand-new and super safe. Slightly fewer steps than Vessel, but enough climbing equipment to get them in shape for the ultimate achievement.

4 HIGH LINE START POINT

5861 High Line

www.thehighline.org

© Open 24 hours

The High Line is a 1.45-mile-long park built on an elevated rail line that's no longer in use. It's not only a green vein running through the city, but also a route full of art. A whole slew of New Yorkers have received marriage proposals here, although it can be a risky business-many a ring has fallen through the small cracks. So watch out with those shaky hands.

FUNFACT

Due to the success of the High Line, a Low Line will open in 2021: an underground park next to Delancey Street on the Manhattan Lower East Side. Special light collectors will absorb sunlight and reflect it underground allowing grass, trees and plants to grow.

NORTH RIVER LOBSTER COMPANY

I2th Ave. and W 41st St. www.northriverlobsterco.com +1 212-630-8831

ⓑ Mo.-Th. 9 a.m.-5:30 p.m.,

Fr.-Su. 10 a.m.-6:30 p.m.

A cruise on the Hudson while enjoying fresh lobster and a view of the New York skyline? At the North River Lobster Company it's possible, even without a seven-digit account balance.

• INTREPID SEA, AIR & SPACE MUSEUM

Pier 86, W 46th St. and 12th Ave. www.intrepidmuseum.org +1 212-245-0072

ⓑ Mo.-Su. 10 a.m.-5 p.m. Visiting an aircraft carrier-it's many a young (and older) child's dream. But Intrepid is much more than that. How about a visit to a space shuttle or a top-secret submarine? Good news for those unable to tear their children away: you can stay overnight. Or convince your offspring to come along to the science playground on Pier 84. The water pumps and miniature canals with sluices are always a big hit.

CIRCLE LINE SIGHTSEEING CRUISES

Pier 83, W 42nd St.

www.circleline.com

+1 212-563-3200

ⓑ Mo.-Su. 9 a.m.-7 p.m.

Legs aching from all the walking but still wanting to see more of New York?
In that case a Circle Line Sightseeing Cruise is a good idea. The professional guides provide you with interesting details about the city while you sail around Manhattan Island in three hours.

8 7AHA HADID

520 W 28th St.

This futuristic apartment building was designed by Zaha Hadid's architecture firm and is an impressive sight. A pied-à-terre next to the upper crust will easily set you back a cool \$5 million.

9 THE McKITTRICK HOTEL

530 W 27th St.

www.mckittrickhotel.com

+1 212-904-1883

Ever heard of 'Sleep No More?' You can watch the modern version of Shakespeare's 'Macbeth' here. For three hours, you wander through an abandoned hotel where all kinds of things are going on everywhere. You will be immersed in different

ambiances with accompanying music and find yourself lured into a multitude of deep mysteries.

O HOTEL AMERICANO

518 W 27th St.

www.hotel-americano.com

+1 212-216-0000

The rooftop bar of this amazing hotel is where I met Ineke. I'm therefore a bit biased but I still think this is the ideal location to make a deep impression on your (future) partner.

AVENUES: THE WORLD SCHOOL

259 Inth Ave.

www.avenues.org

This school has the reputation of being one of the best, if not the best in New York. Ineke and I would love to send Marie there but with tuition at more than \$50,000 a year, we'll just have to keep on dreaming.

12 EMPIRE DINER

210 10th Ave.

www.empire-diner.com

+1 212-355-2277

ⓑ Mo.-Su. 8 a.m.-l a.m.

This magnificent diner combines New York tradition – the iconic structure was built in 1976 – with a modern interior and delicious dishes. Not surprising that so many pictures are taken here.

22 TEARDROP PARK Warren St. and Murray St.,

Battery Park City
www.bpcparks.org
This hidden playground has
a large slide, fun sprinklers and rocks to clamber
on. There's lots of shade
and you're completely
surrounded by green. The
chaotic, hectic metropolis
seems miles away. A practical tip: the toilets are on

23 IRISH HUNGER MEMORIAL

the northwest side of the

Solaire Building.

North End Ave. and Vesey St.

www.bpcparks.org
+1 212-267-9700

Mo.-Su. II a.m.-6:30 p.m.

An abandoned brick house,
brick walls, and a fallow
potato field. This is the
monument to the great
Irish famine of 1845-1850.

Artist Brian Tolle wishes
to demonstrate that, to
this day, hunger is often

due to limited access to

fertile land.

9/11 MEMORIAL 180 Greenwich St.

www.911memorial.org +1 212-312-8800 ⓑ Mo.-Su. 7:30 a.m.-9 p.m. The day the two hijacked planes hit the Twin Towers is etched in everyone's memory. This monument is a fine tribute to the victims of the terrorist attacks. The waterfalls symbolize the New Yorkers' grief; the new tower, higher than the Twin Towers, is a sign that the people of New York will never give in to terror. The museum contains all vou need to know about the saddest day in New York's recent history. The Oculus station by architect Santiago Calatrava puts the finishing touch on this unintended makeover forced

FUNFACT

on the city.

Near the 9/II Memorial is the Survivor Tree, a tree that survived the attacks.





SEE MORE ON BENYMINUTE Minute

WELCOME TO THE FAMILY

- /BENYFAMILY
- /PATRICKVANROSENDAAL
- #BENYFAMILY

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