

NYC Travel & Hotels (close to the Source of Life Conference Center & a few others)

Updated Jan 1, 2020

PLEASE DO NOT TAKE A RED-EYE FLIGHT, ARRIVING THE MORNING OF CLASS, BECAUSE WE HAVE HAD SITUATIONS WHERE A FLIGHT IS DELAYED SUFFICIENTLY THAT BY THE TIME THE STUDENT ARRIVED, IT WAS TOO LATE FOR THEM TO PARTICIPATE IN CLASS.

Unless otherwise indicated, the venue is **Source of Life Conference Center**, at 15 W. 39th Street, 3rd floor. For general NYC info, check out <http://gonyc.com>

Getting Into New York (Manhattan)

NOTE: These prices may be outdated.

There are 3 airports you can fly into: JFK, LaGuardia and Newark. Newark is in New Jersey but Manhattan is very accessible from there and often it is cheaper to fly into Newark than the New York airports. All of the airports have connections to these transportation hubs in Manhattan: *Port Authority Bus Terminal* (42nd St & 8th Ave), *Grand Central Terminal* (120 E 41st St from Park to Lexington Avenues) or *Pennsylvania Station* (also called Penn Station, at 34 St & from 7th to 8th Aves).

Taxi: From JFK it is \$52 (flat rate) + tolls + tip. The ride is 40-60 minutes. From LaGuardia it is about \$35-\$50 + tolls + tip, with ride taking 20-30 minutes. From Newark airport, the cost is about \$70-\$85, + tolls + tip, taking 40-60 minutes. (If your hotel is east of 5th Ave, add \$6 to the cost.)

There are good public transportation options. Note that during rush hour, the subway is not the best place to be with luggage.

From JFK: There is an AirTrain for \$5 that connects you from the airport to either the LIRR (Long Island Railroad) or a subway train. You take the AirTrain to Jamaica Station, about a 10-minute ride.

(<http://www.mta.info/mta/airtrain.htm>) From there you can:

- a) Take the LIRR to Penn Station, about a 35-minute ride, for \$7 during off hours (and few more dollars at busier times).
- b) Take the subway, the E train, that goes into Manhattan, going south on 8th Avenue, getting off at whatever stop is most convenient for you on 8th Avenue. The subway takes almost an hour and is \$2 at all times. (On the way back, to connect to the AirTrain, you would get off at Sutphin Blvd, which is same station as Jamaica Station for the AirTrain and the LIRR.
- c) From JFK and LaGuardia there is also a New York Airport Service Express Bus for \$15+ from JFK and \$13+ from LaGuardia (call 718-875-8200 or www.nyairportservice.com). There are routes that go to the Port Authority Bus Terminal, Grand Central Terminal, Penn Station, or any hotel between 60th and 31st Streets. There are also ways to go to Manhattan from these airports by a combination of city bus and subway, but I'd suggest leaving that for the locals. However, there is a very uncomplicated way to get to LaGuardia airport. The M60 bus goes to LaGuardia and costs \$2.75. Take the #1 train from Penn Station to 110th and Broadway and wait for the bus on the NE corner. There is a free transfer from subway to bus. Depending on time of day, it will take 40 to 90 min.

From Newark there is a bus, the Newark Liberty Airport Express, which runs from 4 a.m. to 1 a.m., leaving every 15 minutes to half hour, either to Port Authority, Grand Central or Penn Station for \$15. A roundtrip ticket is \$25. Call them at: 908-354-3330 or www.coachusa.com. You can go to one of the stops and then take a short taxi ride to your hotel from there. From Newark there are also trains that go to Pennsylvania Station. In the airport you take the Air Train to the North Airport Rail Station (which is within the airport) and then take the NE Corridor Line or North Jersey Coastline into New York for about \$12. For information, go to www.panynj.info or call 888-397-4636.

Accommodations in NYC

General Notes

First of all, the prices vary according to the time of year, and January and February are generally the lowest. This list was completely edited and checked in March of 2009, asking for quotes for the weekend of May 15-18, 2009 when the *EarthShift* and *Meditation with Merlin* classes are taking place, as a general guide to costs. So use the prices here as a general, comparative guideline. It pays to call several places and shop around, as well as checking the sites like www.hotels.com to see if there is a lower rate there. Note that if you need to take a subway that will add a few dollars a day to your cost of staying. Also, be aware that ***better prices can usually be had by booking as far in advance as you can.*** You can always cancel the reservation if something better comes along. Most hotels have discount rates for AAA, or AARP, some have discounts on the Internet and some, like the Comfort Inn, have member programs that you can join to accumulate points for a free night. **These prices do not include tax, which will be around 14.25 %.** **There is also a \$3.50 NYC occupancy tax that may or may not be included, so check that as well.**

Most of Manhattan streets are set up on a grid, with Avenues running North and South and streets running East and West. Fifth Avenue divides the island into East and West, and the streets are numbered in sequence. The higher the number, the further north, or uptown, as locals would say. Note that the hotels that are on the East side (for instance if the address is on E. 21stth St) will require a getting to the west side, where 7th Avenue is. The higher the *address* number (e.g. 322 E.21st is higher than 6 E.21st) the further the walk across the avenue blocks. In general, 20 streets (or blocks) is 1 mile, but the distance from 6th Ave to 7th Ave is about 3 or 4 streets. You can always go to www.mapquest.com and put in the address of the Source of Life and the address of the hotel to see exactly how far you would have to walk. You can also use www.hopstop.com for directions on taking public transportation from one location to another in Manhattan, both bus and subway.

The accommodations are listed below in order of ascending price, hostels are listed first, then contact numbers for B&B's, then inexpensive hotels, then moderate ones, etc.

Hostels and Guest Houses

Check for whether linens are provided. I.D. is necessary. Some of these have age requirements.

In addition to what is listed below, you can also check www.hostelny.com or www.hostels.com/us.ny.html or www.hostelworld.com

(*NOTE:* Leo House, Big Apple Hostel, Chelsea Star Hotel and Gershwin Hotel below, are all within walking distance, all less than a mile. But most of the others are easy enough to reach by foot and train.)

Broadway Hotel & Hostel

212-865-7710 // Fax: 212-865-2993 // 230 W. 101 St, at Broadway, www.broadwayhotelnyc.com
Dormitory-style rooms, with 4, 6 and 8-bed configurations. Also, private rooms, with private baths, contemporary chic design, and either a queen or single-double bed or two double beds. Rates will vary according to time of year. Here were the rates for mid-May: 4-bed room \$30 pp/night; 6-bed room \$30; 8-bed room \$28. The hotel part is more expensive, but they do have private rooms with shared bathrooms. A twin private with bath is \$129 per night. All linens are provided for all rooms. There is free WiFi and Internet access on their computers for \$3 per 20 minutes. They have a 14-night limit. Luggage storage after checkout.

A student staying there wrote: "I highly recommend it. It's clean, in a safe area, easy to get to, and has lots of good movies to watch. To get to class, you would take the local 1/9 train from 103rd St. & Broadway to either Penn Station (34th St.) or to 28th Street, or walk to 96th Street for the Express train (2/3), which is 3 stops to Penn Station."

Leo House

212-929-1010 // fax: 212 -366-6801352 W. 23rd St, between 8-9th Avenues. A Catholic, non- profit guesthouse, people of all faiths are welcome. Walking distance from venues. Austere, safe and clean. All rooms have washbasin and toilet, but not all rooms have showers. Private showers accessible from hall. No smoking anywhere except in outside garden. Safes in room. Minimum stay on weekend is three nights and two nights on weekdays, max is 14 days. WiFi connection available in Canteen and Commons Room on Main floor. Breakfast available for a fee in the Dining Room. Single room with a shower is \$100, without shower, \$90. Double bed with shower, \$120, w/o shower \$110. Twin beds \$125 with shower, w/o \$115.

Getting a reservation here is tricky, as they are much in demand. A student writes “The key to getting the room is to fax them a few minutes after midnight on the 15th of the month, three months before you want to reserve a room. So for a class in November, I fax just after midnight on the 15th of August. I ask them to fax me a reply. Usually they fax it back within two days, if not I call.” This is to get your first choice of room. You can fax or mail on this schedule. They ask you to call only if for a booking within thirty days. Please provide arrival and departure dates, Visa or MasterCard number and expiration date.

The Gershwin Hotel

212-545-8000 //Fax: 212-684-5546// 7 East 27th St.// www.gershwinhotel.com // Email: askus@gershwinhotel.com // \$45 + taxes gets you a bed in a large room with 6 people per room, bathroom inside room. There are other configurations, plus private rooms that run \$188 per night for a single. They have a computer in their business center for checking email, \$5 for half hour. They have WiFi access, \$10 per day; it is less if you buy it for several days.

Hostelling International New York

212-932-2300/ Fax: 212-932-2574 // 891 Amsterdam Ave, between 103rd -104th Streets. www.hinewyork.org. They have air conditioning in summer and have non smoking rooms, cafe, communal kitchen facilities, fax machine, garden, & laundry services. The subway is right there at 103 St. (See directions for *Broadway Hotel & Hostel*.) \$38 for a bed in 12-bed co-ed room, \$41 for 8 bed room. Tax included, different configurations of co-ed or single sex rooms. Seasonal prices. Shared bath in the hall. There is a family room available that sleeps four and has private bath for \$150. Lockers available for storing belongings, bring a lock or buy one there. Linens provided.

American Dream Hostel

212-260-9779// 917-885-6191 // 168 E. 24th St. (Lexington-3rd Ave) www.americandreamhostel.com
Room options: 4 person room, that has two bunk beds \$52.50 per night, per person, a single private room is \$75 per night, double is \$105 per night. All have shared bathrooms.

There is a kitchen equipped with a microwave-oven refrigerator, and space for food storage. A free breakfast of coffee, milk, toast, hot/cold cereal is served every morning. WiFi is free if you have your own laptop, otherwise, a charge to use their computers. They also have 24-hour reception & check-in (so there is no curfew). They accept children, credit cards, have luggage storage & security lockers, have a common room, have telephone/fax facilities. Non-smoking on premises.

Note: getting to class would involve either a walk of 1.3 miles (to Source of Life), or a combination of cross town bus, and a walk.

Big Apple Hostel

212-302-2603 // 119 W. 45th St., between 6th & 7th Ave.// www.bigapplehostel.com
\$36.87 per person in dorm rooms of up to 4 people. (They have both single sex and mixed rooms). Rates vary by season. Also private rooms with a double bed at \$110.72 that has a cable TV, a phone with free local calls, and an in room safe large enough for a laptop. Shared bathrooms. Sheets and

blankets provided. Maximum stay is 21 days. WiFi free if you have a device, \$1 for ten minutes to use their computers. They have a coin laundry, and a luggage room for the day you check out.

Manhattan Inn & Hostel

212-629-4064 // 303 W. 30th St. at 8th Ave. // www.manhattaninnhostel.com

This has received positive recommendations from on-line guides. A passport is required to check-in. There is a common kitchen & rooms have Direct TV, A/C, linens provided. Internet access on the ground floor, \$2 for twenty minutes. Free WiFi with your own device. Can receive incoming calls for free, can make outgoing calls with a phone card. Free continental breakfast. Luggage storage after checkout. Shared baths. 8 bed dorm \$39, 6 bed dorm \$42, 4 bed dorm \$44, bunk beds \$130, double \$130.

International Student Center

212-878-7706 // 38 W 88th St. // <http://www.nystudentcenter.org/>

You must be between 18 and 30 to stay here, with a valid ID. \$35 dormitory accommodations only. One-week maximum stay in summer; 2 weeks maximum other times. No luggage storage after checkout. Common kitchen and lounge. \$10 deposit for dorm key if coming in after 11 p.m. Subway at 86th Street to stops near class venues.

Central Park Hostel

Tel: 212-678-0491; fax: (212) 678-0453 // 19 West 103rd Street near Central Park West.

<http://www.centralparkhostel.com/> email: info@centralparkhostel.com It's in a newly renovated brownstone, a 5-story walk-up. Features colorful, sunny dorm style rooms with 4, 6, 8 or 10 beds per room (plus air conditioning), ranging from \$34 to \$40/night. They also have a private room for \$119. Bathrooms are shared. Linens and blankets are included, plus lockers are supplied—bring your own padlock. Tours and airport transfers can be booked at front desk. 24-hour security. A rec room has TV, pool table and table tennis, with computers that can be rented for \$2 for 20 minutes. There is free WiFi in the rec room area, which is in the basement. Subway nearby is a straight shot to venues.

Menno House

212- 677-1611// 314 E. 19th St. near 2nd Avenue // www.mennohouse.org and for info,

manager@mennohouse.org This is the home of church volunteers. They have 3 guestrooms that cost \$75 per night for the first person, and \$20 for each additional person. There is a queen size bed in the room and a loft that holds additional mattresses. Shared bathroom on ground floor, bedrooms on second floor. Students stayed here recently and were pleased. Healthy walk crosstown and uptown should take about half hour or walk and take bus or subways.

Seafarers & International House

212-677-4800 // 123 E. 15th St // email: res@sihnyc.org // Website: <http://www.sihnyc.org>

This is a guesthouse operated by a church agency. They offer clean rooms.

Single: \$84; twin bed and a rollaway bed \$104; these have shared toilet and bath, two twin beds \$135 and have private bath. They are about a 20-minute walk to Source of Life and 25 minutes to Hotel Pennsylvania. Some features are: air-conditioned and smoke free accommodations, color TV and full cable service, private telephones with voice mail, linen service, free Internet access, locker storage, kitchen for light food prep.

The Chelsea Center

212-643-0214// 313 W. 29th St. at 8th Ave. // www.chelseacenterhostel.com // This is a small hostel with two dorm rooms very close to the venues. They provide linens and blankets, free luggage storage after check out, kitchen facilities and a small common room. There is no curfew. 6 to 12 beds

in a co-ed or women only dorm, a bed is \$35 per night. WiFi is free. Free breakfast. Note: CASH only, they do not take credit cards. Email reservations@chelseacenterhotel.com

Chelsea Star Hotel

212-244 7827 // 877-827-6969//300 W. 30th St. at 8th Ave. // www.starhotelny.com

Recently renovated and expanded. Free WiFi throughout the hotel, they offer beds in a dorm up to 10 beds for \$30/night, providing linens and shared baths. Single room with shared bath \$89, double with shared bath, \$109. They also have regular hotel rooms with private baths, Queen bed for \$169, and a one-bedroom suite, which can sleep four for \$249. Email reservations@starhotelny.com

YMCA's

You can make a reservation and get more information at www.ymca.org

There are shared bathrooms, single and double rooms, no tax because it is a non-profit, and you get access to their fitness facilities. You can get a better rate by going to www.hostelworld.com, but they only get a certain amount of rooms to book. The three below are in Manhattan.

Vanderbilt YMCA

212- 912-2500// 224 E. 47th St. bet. 2nd and 3rd Avenues (Grand Central Station area) Single is \$55 per night and there is free WiFi access. 40 min. walk or bus or subway options.

Harlem Claude McKay Residence

212-281-4100// 180 W. 135th. St.// \$75 for single, \$55 on hostelworld.com #2 or #3 subway at the corner goes express to Penn Station, about half hour door to door

West Side YMCA

212-875-4100// 5 W. 63rd. St. at Central Park West// Right on Central Park just above the Columbus Circle area, and a straight subway ride of about 15 minutes to venue. \$92 for a single

Bed and Breakfasts

Below are some agencies to try for these:

- Bed and Breakfast Hosts and Guests, Inc. (212) 874-4308
- Bed and Breakfast of New York City (212) 645-8134
- You can also check LanierBB.com, Bedandbreakfast.com, BBOnline.com and bnbfinder.com, which have extensive listings.
- <http://www.airbnb.com/> -- a global network of accommodations offered by locals.

Least Expensive Hotels

In addition to what is listed below, you can check these websites: www.travelweb.com or www.ny.com/hotels/budget.html or www.hotels.com or www.orbitz.com or <http://nymag.com/urban/guides/nyonthecheap/travel/hotels.htm> or www.quikbook.com. And there are others. Be aware many of these inexpensive hotels are walk-ups, which means they have no elevator. If the information was available, I have noted which do and don't, and how many floors the walk-ups have. If there is no mention, then the information was not available from the online listing. Note that to compile such a large list, I had to also rely on online sources, which didn't always provide detailed information about the rooms, including whether or not there was a dial-out phone, phone-rates, etc. You need to ask these questions if the information is not provided and find out, **without making assumptions** about the nature of the rooms.

Chelsea Lodge

Tel: 212 243 4499// Fax: 212-243-7852 // 318 W 20th St // chelsealodge@mindspring.com
www.Chelsealodge.com Single: \$119; double: \$129+ taxes. A deposit is required and there is a 72-hour cancellation policy.

All rooms include 1 twin or double bed, free wireless connection (which is flakier on the upper floor), shower, sink, TV w/basic cable; a/c or heat, ceiling fan, & maid service. Toilets are shared with other rooms, but there are 2 toilets and not many people on each floor. This place has gotten rave reviews in the New York Times and Frommer's: "Impeccable renovations have restored original woodwork to mint condition and created a homey, country-in-the-city vibe with beautiful wallpapers..." And that "Everything is like new and impeccably kept, and the staff is friendly." A note was that the high ceilings on the first floor make those rooms feel bigger. **NOTE:** There is no elevator here. There are 3 floors.

Ric stayed here. His comments are that the rooms are very nice and very clean, but the ones under or next to the stairs will be noisy, and there is very little storage space—no shelves or drawers—just room for a suitcase to stand up between the bed and the shower, and a small closet. In his room, there was also a small desk with a chair for it. He also found the staff a little flaky.

Chelsea Lodge Suites

Contact info is the same as for Chelsea Lodge, above, but the 4 suites are in a separate building. Suite info can be found at www.chelsealodgesuites.com. Each suite is basically a studio apartment, and can have up to 4 people. Cost is \$229/night + taxes for 1 or 2 people, and then \$15/night for each extra. A deposit is required and there is a 72-hour cancellation policy.

Suites comes with a queen bed, a full-sized sleeper couch, a/c, phone (free local calls) with data port, TV & VCR, kitchenette (equipped) & maid service. No wireless connection, although we are told that on a 'good day' you may be able to access a network from there.

Americana Inn

212-840-6700 // 69 W. 38th Street// www.americanainn.com this inexpensive hotel does have an elevator. Rooms very small but very clean. Single \$95 + tax. Sink in the room. Shared bathrooms. No WiFi, computer in lobby, 10 minutes for \$1. If you want a phone, it is a \$50 deposit, and costs 85 cents per local call. Pay phone in lobby.

Amsterdam Inn

212-579-7500 // 340 Amsterdam Ave (at W. 76th St)// <http://www.amsterdaminn.com>
 Single: \$119-139 with private bath, \$89-\$99 with shared bath, some rooms have frig and microwave and coffee maker; Dial out phones, toll free calls cost 50 cents and each local call of three minutes costs 35 cents. WiFi for an access fee, they have different plans depending on length of time purchased. **NOTE:** There is no elevator here. There are 4 floors. Subway at 72nd St and Broadway is 5 blocks away and a straight run to venue.

Murray Hill Inn

212-545-0879 // 212-683-6900 // 143 East 30th Street (nr. Lexington)// www.murrayhillinn.com
 Singles: \$96 with shared bath, King, two beds in room available, with shared baths and private baths. WiFi on a paid plan. The rooms and bathrooms have been tastefully refurbished—lots of pretty wood. **NOTE:** There is no elevator here. There are 5 floors.

Union Square Inn

212-614-0500 // 209 East 14th Street // <http://www.unionsquareinn.com> Single: \$149; two twins \$169 with private bath. Dial out phones for a fee. WiFi in rooms, \$6.95 per 24 hrs. **NOTE:** There is no elevator here. There are 5 floors. Recent review "Convenient, clean and cheap".

Grand Union Hotel

Tel: 212-683-5890// fax: 212-689-7397 // 34th E. 32nd Street, between Madison and Park Avenue.
<http://grandunionhotelnewyork.com/> Single Rooms and Double Rooms from \$150 plus tax online.
 For May a single is \$175, and a room with two beds is \$215. Full amenities, with free WiFi access in guest rooms.

Chelsea Savoy Hotel

866-929-9353// 212-929-9353 // 204 W. 23rd St, at 7th Avenue // www.chelseasavoy.com
 Conveniently located to several subways and good nightlife and dining options, each room in this hotel has a private bath, cable television, and goose-down pillows. Rates include continental breakfast served beginning at 7:30 a.m. 6 blocks to venue at Source of Life. WiFi costs \$10 for 24 hours.
 Double bed runs \$99-\$125, Queen, \$145-\$375, 2 doubles \$155

Colonial House Inn

800-689-3779// 212-243-9669 // 318 W. 22nd St between 8th & 9th Aves// www.colonialhouseinn.com
 Renovated brownstone, Continental breakfast and rooftop patio, which is clothing optional are available for guest use. Internet kiosk in lobby for a fee. Economy and standard rooms have shared baths; deluxe rooms have private baths. Sink, cable TV, and some rooms have fridges and/or fireplaces. They seem to cater to a male gay crowd, which may appeal. WiFi is \$10 for 24 hours.
 Price Range: Full bed \$130, Queen \$150, Queen with full bath \$180.
Note: This is about a 20-minute walk to Source of Life.

Larchmont Hotel

212-989-9333// 27 W. 11th St. between Fifth and Sixth Avenues// www.larchmonthotel.com
 Right in the heart of Greenwich Village. About a mile to venue. Rooms feature TVs, phones, robes and sinks, with full baths available in the hall. Continental breakfast is included. Different rates for weekend and weekday. Weekend range for single \$109-\$125, double \$130-\$145, Queen \$165. Weekday range is single- \$90-\$125, Double \$119-\$129 and Queen \$149.

The Latham Hotel

212-685-8300// 4 E. 28th St. at 5th Ave. // www.thelathamhotel.com or info@thelathamhotel.com
 Recommended by students who stayed here recently. Full amenities with smaller TV & A/C, with WiFi for a fee. Offering rooms with double beds, or two twins, with either shared or private bathrooms. Double bed with shared bath is \$119. Check for seasonal specials.

The Marcel at Gramercy

212-696-3800 // 201 E. 24th St at 3rd Avenue // www.hotelmarcelnewyork.com
 Rooms all feature private baths, upscale linens, full amenities like down comforter and iPod docking station, 32" flat screen TV. WiFi in room costs \$12/day. Business center has complimentary use of high speed Internet accessible computer. Tenth floor lounge serves free coffee from 10 a.m. to 10 p.m.
 Price Range: Website says online rates start at \$111. In May, there are weekend and weekday rates and a double or queen bed is \$249 -\$269.*Note:* This is about a 25-minute walk to Source of Life.

The Milburn

800-833-9622// 212-362-1006 // 242 W. 76th St. between Bwy & West End // www.milburnhotel.com
 Rooms include free WiFi. Full amenities private baths. They can accommodate families and groups in their suites. Queen \$189, King \$239, Queen suite \$259 can sleep up to four.
Note: the 1, 2 or 3 subway at 72nd Street takes you to 7th Ave & 34th St in 15 minutes

The Harlem Flophouse

212-662-0678 // 242 W.123rd Street, between 7 & 8 Aves // www.harlemflophouse.com

E-Mail: harlemflophouse@gmail.com The Harlem Flophouse has four large airy guest rooms. It was originally built as a single-family home in the 1890s. Each bedroom has a sink with hot and cold running water. There are two full baths with antique claw foot tubs shared by all four rooms. Period detail and jazz themed, it is clean and renovated recently. Rates are based upon occupancy and range from \$100 to \$175 depending on the season and day of the week. Each room has one full sized bed. A futon with linen can be made available at no extra charge. Please note that there are *two cats on the premises*. **Note:** To get to class you would take the A or D train about 15 minutes to 34th St & 8th Ave, and then it would be about a 7-minute walk to Source of Life.

Chelsea Inn

212-645-8989 // 46 W. 17th St., between Fifth and Sixth Aves // www.chelseainn.com
From an online guide: “With its muraled art-deco bathrooms and flea market furniture, the Chelsea Inn has all the bohemian charm of a Montmartre flat. They offer a choice of private or shared singles and suites, ranging from \$89 to \$259. Sinks in rooms, shared baths, no elevator. Guests get voucher for breakfast at Nana’s Treat’s, the coffee shop at ground level. WiFi plans for a fee. Check often for seasonal specials.

Hotel Newton

212-678-6500 // 2528 Broadway, between 94th and 95th Sts // www.thehotelnewton.com
From an online guide: “This Upper West Sider makes a smart choice for travelers willing to lose some frills while still maintaining their dignity. The hotel’s clean, kitsch-free rooms come with large bathrooms, basic amenities, and refined touches like cherry wood desks and headboards.” There are rooms that share a bathroom with another room and rooms with private baths. Microwave, frig, Flat screen TV. WiFi for a fee. Standard double with a shared bath is \$185, and with private bath \$245 Rates much lower in Jan, Feb, March, and in July and August.
Note: To get to class you would take the #2 or #3 Express train at 96th St. to 34th St. & 7th Ave.

Cosmopolitan Hotel -Tribeca

212-566-1900 // 95 W. Broadway, at Chambers St // www.cosmohotel.com
This hotel offers 122 small, clean rooms. If you do want a bit more space, however, they can accommodate — book one of their eleven 2-level mini-lofts with a lower-level sitting area and upper-level bedroom area. All rooms have color televisions and private bathrooms, as well as free wireless Internet in all rooms. They have 5 different kinds of rooms. Call or check their website. Rates start at about \$169. **Note:** To get to class you would take the #1 train uptown to 28th St & 7th Ave.

More Expensive Hotels (but still ‘reasonable’ for NYC)

(**Note:** All the hotels below except for the Portland Square Hotel are a short walk from Source of Life. Also, many NYC hotels charge 75 cents to \$1.00 for local calls. I’ve made notes about some of the hotels below. Inquire when making a reservation as policies change.)

Thirty Thirty Hotel

212-689-1900 // 30 E. 30th St, near Park Ave. // www.thirtythirty-nyc.com
This hotel is “European style” which probably means charming ambiance with small rooms. Standard amenities. WiFi fee \$13.95 per day. Lots of specials listed on website. Standard queen room or two double beds \$249-\$349. Crosstown walk about 20 minutes.

Herald Square Hotel

212-279-4017// 19 W. 31st St. (5th Ave- Broadway)// www.heraldsquarehotel.com or info@heraldsquarehotel.com Each room is unique in this small hotel, and has elevators. Rooms have

cable TV with free HBO, free WiFi in rooms, on site laundry. Free coffee, cappuccino and hot chocolate in the lobby. Queen Bed either double or single \$199 has private bath

Hotel Pennsylvania

212-736-5000 // 401 Seventh Ave at 33rd St. www.hotelpenn.com

This is an old and large hotel centrally located and very close to the venue at Source of Life. The rooms are a good enough size and the rooms with 2 beds are quite large with a very large closet. But the carpet in unrenovated bedrooms is old and a bit grungy. The renovated rooms are called “Penn 5000” and “superior” rooms. The “standard” rooms are not renovated. The hotel itself, its website, Hotels.com, Orbitz and Expedia book the renovated rooms. Most tour operators and other Internet sites have the unrenovated rooms. So if you do a price check, make sure you know which type of room you are getting for the price. Full amenities, and they are proud of their “Energy Star” rating which makes this an energy efficient hotel. WiFi in the lobby only, costs \$2 for a half hour. There is also a business center where you can use their computer for \$3/hr. Superior room, which is renovated is \$186 for a Queen and \$211 for a 2-bed room. With 1,700 rooms to fill there are usually specials and discounts to be found.

Hotel Stanford

212-563-1500 or 1-800-365-1114 // 43 W. 32nd St. between 5th & Bwy // www.hotelstanford.com

The rooms are older, but clean. Boutique hotel. All standard amenities, private baths, elevator. TV, frig in room, and complimentary continental breakfast. WiFi in room for \$10/day. Business center has free Internet access on two computers from 7 a.m. to 10 p.m.

The New Yorker Hotel

866-800-3088 481 8th Ave (at 34th Street). www.newyorkerhotel.com Well located and with full amenities free WiFi in room, charge of 45cents for local phone call. Rates more on weekends, average rate for double bed is \$226 per night, two doubles, \$245 per night.

Wyndham Garden Hotel

Tel: 212-243 0800// 37 West 24th Street// www.wyndham.com

This is a full service hotel with all amenities and private baths done in granite with flat panel TV, etc, WiFi access. They have a payment plan, if you pay in advance there is no refund or cancellation, so a king sized bed is \$224 a night, regularly \$249 if booked with cancellation option.

Portland Square Hotel

212-382-0600, 800-388-8988 // 132 West 47th Street between 6th and 7th Avenues

www.portlandsquarehotel.com Single, shared bath \$119 average rate, includes WiFi for free in all rooms, computers in lobby, phone with voicemail. About a mile walk to the venue.

NOTE: The chain hotels listed below sometimes have specials, and often better deals for them can be found at their sites or general hotel booking sites on the Internet. All of them have TV's and direct dial phones. They are all a reasonable walk from Source of Life. The first four hotels are a mini chain, the Applecore hotels, and share a website.

The Hotel at Times Square

800-848-0020, 212-719-2300 // 59 W. 46th St. www.applecorehotels.com

Free WiFi access & continental breakfast; all rooms have private baths, cable, & coffee makers.

Note: This is about a 20-minute walk to Source of Life, or one subway ride and a short walk.

Price Range: \$89 - \$329

La Quinta

212-736-1600 // 17 W. 32nd St (5th Ave- Broadway). www.applecorehotels.com

Singles are a good size, clean & modern, with a large TV. Free local & 800 calls. All amenities, WiFi in room. Queen for Friday and Sat is \$140, Sunday \$109, 2 double beds \$160 for Friday and Sat. and \$130 for Sunday.

Red Roof Inn

212-643-7100 // 6 W. 32nd St. (5th Ave- Broadway) www.applecorehotels.com Free local & 800 calls. Renovated in 2005, a highly sensitive student found this clean and did not trigger allergies. All amenities. Free WiFi. Queen, \$140 per night, 2 doubles \$160.

Comfort Inn

212-221-2600// 129 W. 46th St.// www.applecorehotels.com. Or, Or, You can also, by calling 800-521-2121, become a member of Choice Hotels, which includes Comfort Inns, Quality Inns, Econo Lodge and Clarion Hotels. Then you can use this number for reservations at any of them and the membership puts you in a program and you accumulate points for a free stay. All amenities. Queen on Friday and Saturday is \$180 and Sunday \$140.

Comfort Inn

442 W. 36th St at 212-714-6699, or 42 W.35th at 212-947 0200 or 18 W. 25th St., 212 645 3990. www.comfortinn.com The Comfort Inn listed above is part of the mini chain; these are part of the larger group of Choice Hotels. See info above on joining the “insider” club. These will be heavily discounted on booking sites. On their site, prices range from \$150 to \$230 for a queen bed. All amenities.

Holiday Inn Express

212-695-7200// 232 W. 29th St. between 7th and 8th Ave.// www.hiemanhattan.com // Full amenities. This was just built circa 2006, so it is clean and new but lacking the grandeur of older buildings. The rooms are small but adequate. It is literally around the corner from Source of Life. Free Continental breakfast; free WiFi, and free use of computer in business center. A King or Queen room costs \$199 in May, but if you use their advance book and pre-pay plan it is \$157. The rates vary seasonally and because it is a chain, often there are specials and discounts and you can use airline or other rewards points for stays.

Radisson Martinique Hotel

212-736-3800 // 49 W. 32nd Street at Broadway, www.radisson.com. Ask for a room away from Broadway. They charge 1.00 for the first 5 min of local calls; 800 calls are free. Full amenities, including free WiFi in room. A classic guest room, with one double bed, varies in price per day of the week. Friday night \$289, Sat. \$309, Sunday \$229

Apartments

With the high rates/night for NYC hotels, it may be both more economical and more luxurious to look into renting an apartment, if you'll be in New York for at least a week. Below is one possibility. In addition, you can check these agencies:

info@psthny.com or call 212 874 4308. This is an agency that brokers housing for performing artists for short-term stays in New York. Please email exact number of people and exact arrival dates. You will do better with a group, as the apartments usually sleep several people and are a minimum of \$125 per night.

www.craigslist.org has apartments of all sizes for as little as \$75 a night.

www.roomorama.com For those worried about handing over cash to a stranger, this would be better than Craigslist. Roomorama also takes credit cards, offers automated booking and is more organized than Craigslist.

Chelsmore Apartments

212-924-7991 // 205 W. 15 St. // www.chelsmore.com email: reservations@chelsmore.com. Excellent rates. About a 10-15 minute walk from Source of Life. But many of the apartments face 7th Ave and they can't guarantee one in the back when you reserve. All the 1 BR apts though are in the back. There is usually a 6-night minimum, but that may be waived in slow times of the year.

Hotel in New Jersey with easy commute

Some students just don't like staying in the city. Particularly if driving to New York, parking the car can add \$20 to \$50 a day to your stay. (if you fly to NY, and wish to stay here use Newark, NJ airport). Recent students did some research and discovered this place:

EconoLodge Meadowlands

201- 935-4600, 395 Washington Avenue, Carlstadt, New Jersey www.econolodgemeadowlands.com
Parking is free. Clean and well kept rooms. Typical motel amenities, free breakfast, coffee, microwave and frig in room, cable TV. WiFi in rooms for no charge. Basic rooms, double beds or queen \$99.
Commute: the #161 bus at 8:00 am is a two minute walk from the motel. It costs \$3.40. That takes you to the Port Authority Bus Terminal at 42nd Street and 8th Ave. You can walk to the venue, or take the subway to 34th or 28th Streets, for another \$2. The trip takes about 50 minutes door to door.