ACPT 2008: The Brooklyn Welcome Wagon

After 30 years, the American Crossword Puzzle Tournament has finally left Stamford for a larger venue: the Brooklyn Marriott. Many longtime solvers are sad that the tournament will no longer take place in the same arena where it always has, and wonder what the experience will be like in Brooklyn.

This project is a labor of love from ACPT competitors who live, or have lived, in Brooklyn. We Brooklynites love our borough, and we believe that there are so many wonderful things to do, see, and eat (ESPECIALLY eat!) that you'll find yourself loving the new location in no time. This guide will introduce you to some of the places and things to do that make Brooklyn so special. We hope you enjoy it, and that you'll come to love Brooklyn as we do.

-Stella Daily, Ken Stern, and Francis Heaney

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Getting to Brooklyn

The most convenient airport to fly into is LaGuardia. A cab ride, not rush hour, should take about 20 minutes and cost around \$25. JFK has more traffic and will cost you up to \$40 in cab fare. However, for those on a budget and who have extra time, you can take the A train from JFK all the way to the Jay Street/Borough Hall stop, which costs \$7 and will probably take at least an hour and a half. Note that on the return trip, you must take an A train bound for Far Rockaway or Rockaway Parkway to get to the Howard Beach/JFK station. You cannot get to JFK with a Lefferts Boulevard-bound train.

Getting around

The Brooklyn Marriott is extremely well-connected with public transportation. You can catch the A, C, and F trains at the Jay Street/Borough Hall stop, one block east of the hotel. (A/C will get you to the west side of Manhattan; F train runs along 6th Avenue in Manhattan.) You can also get the 2,3,4,5, and R trains (there's also an M train but it only runs during weekday rush hours) at the Borough Hall/Court Street stop, one block west of the hotel. 2/3 trains run along 7th Avenue, 4/5 will get you to the east side (Lexington Avenue), and R runs along Broadway. Check www.mta.info for any service changes -- weekend service tends to be messy, so it's a good idea to look at the service advisories beforehand and decide whether another train might get you where you need to go faster.

Parking

The best thing to do is to leave the car at home and take the subway. But if you must drive, park using the hotel rate. Street parking is unnecessarily complicated in this area.

Restaurants

Brooklyn Heights and the surrounding neighborhoods have tons of excellent restaurants, many within walking distance and more within 1-2 subway stops of the Marriott. If you'd like to go further afield, Park Slope and of course Manhattan are fertile ground for foodies.

The following list is (intentionally) far from encyclopedic - just a list of a few places some locals like. In particular, Montague Street (Brooklyn Heights, to the west of the hotel) and Smith and Court Streets (Cobble Hill and Carroll Gardens, to the south of the hotel) are enjoyable streets to walk on for many restaurants, with a good variety of price and cuisine.

American

Restaurant name: Boerum Hill Food Company

Location: 134 Smith Street between Dean and Bergen Streets

Distance from hotel: 10-minute walk

Price range: Brunch entrees \$7 to \$12; dinner \$10 to \$15.

Handicapped access: Ground level.

Reservations necessary: No, but can get crowded at brunch.

Description: Great diner-type food, and a few nice, more upscale (yet still inexpensive) dishes as well. Very good though crowded at brunch. Best dishes: cinnamon toast, any omelettes or eggs, avocado/sprouts/cheese sandwich, veggie

burger, vegetable lasagna, duck confit. (Yes, duck confit!)

Recommended by: Stella Daily, Ken Stern

Restaurant name: Chestnut

On the Web at: http://www.chestnutonsmith.com Location: 271 Smith Street at Degraw Street

Distance from hotel: 20-minute walk, or take F train to Carroll Street to get closer.

Price range: Brunch \$7 to \$15; dinner entrees \$17 to \$25.

Handicapped access: Ground level.

Reservations necessary: Definitely; call 718-243-0049

Description: Beautifully prepared New American cuisine that's well worth the slightly-expensive-for-the-neighborhood price tag. Make a reservation or be

prepared to wait. The menu changes seasonally, but the haystack shrimp is always a

treat.

Recommended by: Stella Daily, Ken Stern

Restaurant name: Downtown Atlantic

Location: 364 Atlantic Avenue between Hoyt and Bond Streets

Distance from hotel: 10- to 15-minute walk

Price range: Entrees \$12 to \$20 Handicapped access: Ground level.

Reservations necessary: May be helpful on weekends; call 718-852-9945. **Description:** Well-prepared comfort food, and delicious, gargantuan desserts.

Recommended by: Stella Daily

Restaurant name: Five Front

On the Web at: http://www.fivefrontrestaurant.com

Location: 5 Front Street

Distance from hotel: 15-minute walk **Price range:** Entrees \$12 to \$20 **Handicapped access:** Ground level.

Reservations necessary: Yes, call 718-625-5559

Description: Elegant comfort food in a warm, congenial setting. Menu changes

seasonally.

Restaurant name: Grocery

Location: 288 Smith Street near Sackett Street

Distance from hotel: 20-minute walk, or take the F train to Carroll Street to get

closer.

Price range: Entrees \$20 to \$30 Handicapped access: Ground level.

Reservations necessary: Definitely; call 718-596-3335.

Description: The only restaurant in Brooklyn to have received a 28 rating from Zagat. I can't vouch for the food myself, having never been able to get a table! Ken Stern: It is a very good, high-end restaurant - though the hype is perhaps a bit

much. Very hard to get a reservation as it is very small.

Recommended by: Stella Daily, Ken Stern

Restaurant name: Heights Cafe

On the Web at: http://www.heightscafeny.com Location: 84 Montague Street at Hicks Street

Distance from hotel: 5-minute walk

Price range: Brunch \$8 to \$14; dinner entrees \$10 to \$20.

Handicapped access: Ground level.

Reservations necessary: No, but can get crowded for brunch.

Description: Upscale diner food, with a nice brunch service. Best dishes: rock

shrimp frittata, pancakes, Texas meatloaf platter.

Recommended by: Stella Daily

Restaurant name: Henry's End

On the Web at: http://www.henrysend.com

Location: 44 Henry Street between Cranberry and Middagh

Distance from hotel: 20-minute walk **Price range:** Entrees \$15 to \$30 **Handicapped access:** Ground level.

Reservations necessary: Recommended; call 718-834-1776

Description: American food, specializing in wild game. Space is a bit cramped, but the staff is very friendly. In my opinion this is the best restaurant in Brooklyn. Best dishes: Elk chops. Also, turtle soup, steak diane, shrimp/andouille sausage appetizer.

Recommended by: Ken Stern

Restaurant name: Saul

On the Web at: http://www.saulrestaurant.com

Location: 140 Smith Street between Bergen and Dean Streets

Distance from hotel: 10-minute walk **Price range:** Entrees \$20 to \$30 **Handicapped access:** Ground level.

Reservations necessary: Yes; call 718-935-9844 or reserve online at

http://www.opentable.com

Description: New American at one of only two Brooklyn restaurants to be awarded a Michelin star. Very pricey, but excellent if you're in the mood to splurge. The menu can be rather limited, making it a bit of a crapshoot for larger groups or picky poletes.

Recommended by: Stella Daily, Francis Heaney, Ken Stern

Bar food

Restaurant name: Atlantic ChipShop

On the Web at: http://www.chipshopnyc.com

Location: 129 Atlantic Avenue between Clinton Street and Henry Street

Distance from hotel: 10-minute walk

Price range: Entrees \$7 to \$14
Handicapped access: Ground level.

Reservations necessary: No

Description: Artery-clogging, tasty fish and chips, shepherd's pie, and other English

pub fare, with a fine selection of beers as well. For dessert, almost anything,

including Mars bars, Oreos, and Twinkies, comes fried.

Recommended by: Stella Daily, Ken Stern

Restaurant name: Buffalo Wild Wings

On the Web at: http://www.buffalowildwings.com

Location: Atlantic Center mall, 139 Flatbush Avenue at Atlantic Avenue

Distance from hotel: 20-minute walk, or take the B63 bus from Atlantic Avenue

and Court Street

Price range: Wings \$5/half dozen

Handicapped access: Elevator to second floor of the mall.

Reservations necessary: Not accepted; expect 30-minute wait or longer at peak

times.

Description: This is a chain restaurant many non-Brooklynites may be familiar with from home, but it's worth mentioning because the wings are very good, and come in

about a dozen varieties. Skip the burgers, which can be on the dry side.

Recommended by: Stella Daily

Restaurant name: Pete's Waterfront Ale House
On the Web at: http://www.waterfrontalehouse.com

Location: 155 Atlantic Avenue between Clinton Street and Henry Street

Distance from hotel: 10-minute walk **Price range:** Entrees \$8 to \$20

Handicapped access: Ground level.

Reservations necessary: No, but you may encounter a wait.

Description: A dive with some of the best bar food anywhere in NYC. Wide selection

of beers, too, and free popcorn. Best dishes include all burgers, the pulled pork sandwich, spare ribs, and an outstanding bourbon bread pudding.

Recommended by: Stella Daily, Ken Stern

Chinese

For good, authentic Chinese, take the R train to Canal Street in Manhattan, where you can explore the many delicious restaurants of Chinatown. But if you just want something decent and close to the hotel, you have a couple of options.

Restaurant name: Lichee Nut

Location: 162 Montague Street at Henry Street

Distance from hotel: 5-minute walk

Price range: Lunch specials \$5 to \$8; dinner entrees \$8 to \$12

Handicapped access: Down a short flight of stairs.

Reservations necessary: No

Description: Serviceable, and sometimes very good, Chinese. Best dishes include

black pepper beef and dim sum-style dumplings.

Restaurant name: Sea Asian

Location: 78 Clark Street at Henry Street **Distance from hotel:** 10-minute walk

Price range: Entrees \$8 to \$15 (not including sushi)

Handicapped access: Ground level.

Reservations necessary: No

Description: Decent Chinese and surprisingly good sushi.

Recommended by: Stella Daily

French

Restaurant name: Bacchus

On the Web at: http://www.bacchusbistro.com Location: 409 Atlantic Avenue at Bond Street

Distance from hotel: 15-minute walk

Price range: Brunch \$7 to \$15; dinner entrees \$15 to \$20.

Handicapped access: Ground level.

Reservations necessary: Helpful; call 718.852.1572. **Description:** Cozy French bistro with well-prepared food.

Recommended by: Stella Daily

Restaurant name: Bar Tabac

On the Web at: http://www.bartabacny.com Location: 128 Smith Street at Dean Street Distance from hotel: 10-minute walk

Price range: Brunch \$5 to \$15; dinner entrees \$10 to \$20.

Handicapped access: Ground level.

Reservations necessary: May be helpful. Call 718-923-0918

Description: French brasserie-style restaurant with good food. Can be a bit crowded particularly at brunch and prime-time dinner. Recommended: steak, mussels, fries,

burger, eggs, merguez sausage **Recommended by:** Ken Stern

Restaurant name: Jolie

Location: 320 Atlantic Avenue between Smith Street and Hoyt Street

Distance from hotel: 10-minute walk

Price range: Brunch \$7 to \$15; dinner entrees \$15 to \$20.

Handicapped access: Ground level.

Reservations necessary: Helpful; call 718-488-0777. **Description:** Very similar to Bacchus (see above).

Recommended by: Stella Daily

Indian

Restaurant name: Amin (same as the nasty dictator!)

Location: 140 Montague Street between Clinton Street and Henry Street

Distance from hotel: 5-minute walk **Price range:** Entrees \$10 to \$20

Handicapped access: Up a flight of stairs.

Reservations necessary: No

Description: Quite good Northern Indian food, served in abundance. Not as good as

a trip to Curry Hill, but pretty good for Brooklyn.

Restaurant name: Raga

Location: 142 Smith Street between Bergen Street and Dean Street

Distance from hotel: 10-minute walk **Price range:** Entrees \$10 to \$20 **Handicapped access:** Ground level.

Reservations necessary: No

Description: Very similar to Amin (see previous listing).

Recommended by: Stella Daily

Italian

Restaurant name: Franny's

On the Web at: http://www.frannysbrooklyn.com

Location: 295 Flatbush Avenue

Distance from hotel: 10 minutes on the subway (2/3 train to Bergen Street)

Price range: Pizzas \$12 to \$15 Handicapped access: Ground level.

Reservations necessary: Not accepted; expect 20- to 30-minute wait at

dinnertime.

Description: Slightly out of the way, but worth it for the absolutely incredible seasonal pizzas, with tasty appetizers and desserts to boot. If pumpkin fritters are on

the menu, order them. Same goes for whatever panna cotta is on offer.

Recommended by: Stella Daily

Restaurant name: Lunetta

On the Web at: http://www.lunetta-ny.com

Location: 116 Smith Street between Pacific Street and Dean Street

Distance from hotel: 5-minute walk **Price range:** Entrees \$12 to \$20 **Handicapped access:** Ground level.

Reservations necessary: Accepted only for parties of 6 or more; call 718-488-

6269.

Description: Nicely prepared non-red-sauce Italian, with local ingredients.

Extremely good - in Ken's top 3 restaurants in the area. Recommended: orecchiette

with sausage and rapini, meatballs, sparkling lambrusco (red wine)

Recommended by: Stella Daily, Ken Stern

Japanese/Sushi

Restaurant name: Cube 63

On the Web at: http://www.cube63.com
Location: 234 Court Street at Baltic Street
Distance from hotel: 10- to 15-minute walk
Price range: Allot \$20 to \$35 per person for sushi.
Handicapped access: Down a short flight of stairs.

Reservations necessary: May be helpful at dinner; call 718-243-2208.

Description: Very tasty and inventive sushi. Unfortunately, does not serve lunch on

weekends. Best rolls: volcano roll, Barbados roll.

Restaurant name: Ki Sushi

Location: 122 Smith Street between Dean Street and Pacific Street

Distance from hotel: 10-minute walk

Price range: Allot \$20 to \$30 per person for sushi.

Handicapped access: Ground level.

Reservations necessary: No.

Description: Very good sushi. Not cheap, but not out of line for New York City.

Probably the best in the area. **Recommended by:** Ken Stern

Restaurant name: Migita

Location: 130 Montague Street at Henry Street

Distance from hotel: 5-minute walk

Price range: Allot \$15 to \$25 per person for sushi.

Handicapped access: Ground level.

Reservations necessary: No.

Description: Decent, if not spectacular, sushi, at reasonable (for sushi) prices.

Recommended by: Stella Daily

Restaurant name: Osaka

Location: 272 Court Street between Butler Street and Douglass Street

Distance from hotel: 15-minute walk

Price range: Lunch specials \$8 to \$10; dinner, allot \$20 to \$35 per person for sushi.

Handicapped access: Ground level.

Reservations necessary: May be helpful at dinner; call 718-643-0044.

Description: Some of the best sushi in Brooklyn, and an incredibly good deal at

lunchtime. Best rolls: White River roll, Valentine roll.

Recommended by: Stella Daily

Middle Eastern

Restaurant name: Bedouin Tent

Location: 405 Atlantic Avenue at Bond Street

Distance from hotel: 15-minute walk, or take an eastbound B63 bus from Court

Street/Atlantic Avenue.

Price range: Entrees \$7 to \$12 Handicapped access: Ground level.

Reservations necessary: No

Description: Excellent, and dirt cheap, Middle Eastern pita sandwiches and platters. Best dishes: "garlic bread" (which is actually more like a pizza), lamb sandwich with

lemon mint mayonnaise.

Recommended by: Stella Daily

Restaurant name: Taze

Location: 142 Montague Street between Clinton Street and Henry Street

Distance from hotel: 5-minute walk **Price range:** Entrees \$12 to \$20 **Handicapped access:** Ground level.

Reservations necessary: No

Description: Solid Turkish cooking, served in sizeable portions.

Southeast Asian

Restaurant name: Hanco's

Location: 85 Bergen Street between Smith Street and Hoyt Street

Distance from hotel: 10-minute walk. **Price range:** Sandwiches approximately \$5.

Handicapped access: Ground level.

Reservations necessary: No

Description: Of the two dueling Vietnamese hoagie shops (the other is Nicky's; see below), this is the slightly better one. Best sandwich: the pork chop banh mi or the

classic banh mi, ordered spicy.

Recommended by: Stella Daily, Ken Stern, Francis Heaney

Restaurant name: Joya

Location: 215 Court Street at Warren Street Distance from hotel: 15-minute walk. Price range: Entrees \$7 to \$12.

Handicapped access: Ground level.

Reservations necessary: Not accepted; expect a 30-minute wait for dinner. **Description:** Extremely cheap, and very tasty (if a tad Americanized), Thai food. Because it's so good and cheap, there is almost always a wait for a table, and the room is very loud, so your best option may be to call ahead (718-222-3484), pick up your order, and eat it at the hotel. (No delivery on the weekends, unfortunately.)

Recommended by: Stella Daily, Ken Stern, Francis Heaney

Restaurant name: Mai

Location: 497 Atlantic Avenue between Nevins Street and 3rd Avenue

Distance from hotel: 20-minute walk, or take an eastbound B63 bus from Court

Street/Atlantic Avenue.

Price range: Entrees \$9 to \$18
Handicapped access: Ground level.
Reservations necessary: No

Description: Flavorful Indonesian cooking. The lychee limeade is delish. Best

dishes: mee goreng noodles, pan-seared salmon. **Recommended by:** Stella Daily, Ken Stern

Restaurant name: Nicky's Vietnamese Sandwiches

Location: 311 Atlantic Avenue between Smith Street and Hoyt Street

Distance from hotel: 10-minute walk. **Price range:** Sandwiches approximately \$5.

Handicapped access: Ground level.

Reservations necessary: No

Description: The other dueling Vietnamese hoagie shop. Not quite as good as

Hanco's, but still very good, with a tasty ginger limeade as a bonus.

Coffee, dessert, and quickie meals

Those famous New York bagels are in abundance in Brooklyn, but so are some great muffin shops and other places to grab a bite. So there's no need to wait in line at the hotel coffee shop!

Bagel World: 181 Court Street between Dean Street and Bergen Street; 5-10 minute walk from the hotel. Ken's favorite coffee in the area, and very good bagels. **Betty:** 448 Atlantic Avenue near Nevins Street; 20-minute walk from the hotel. Wonderful comfort-food desserts from celebrity wedding cake baker Cheryl Kleinman. The bakery was featured in a roundup by the New York Times of the best red velvet cakes in the city.

Damascus: 195 Atlantic Avenue between Court Street and Clinton Street; 5-minute walk from hotel. Come here if you want some delightful Middle Eastern pastries for breakfast.

Garden of Eden: 180 Montague Street between Court Street and Clinton Street; less than 5-minute walk from hotel. A grocery store, but with excellent prepared foods (for all meals) and sandwiches.

La Bagel Delight: 90 Court Street between Livingston Street and State Street; less than 5 minutes from the hotel.

Montague Street Hot Bagels & Deli: Montague Street between Henry Street and Hicks Street; less than 5-minute walk from hotel.

Starbucks: If you need your fix, the closest branch is on the corner of Joralemon and Court Streets, near the Borough Hall train station.

Sweet Melissa Patisserie: 276 Court Street near Butler Street; 15-minute walk from hotel. Although it's far, it's worth it for the delicious breakfast pastries and desserts. If you end up eating dinner at Osaka (see restaurant section), this is where to have dessert!

Bars/Nightlife

Last Exit Bar: www.lastexitbar.com, a comfortable neighborhood pub. If you are staying in Brooklyn beyond the weekend, Last Exit has a fun and well-attended Pub Quiz night on the first and third Mondays of every month. Teams of up to 4 are allowed, and the fee is \$5 per person. Great for pop culture/trivia buffs.

Pete's Waterfront Ale House: See restaurant listings.

There are many other bars and nightclubs with which the authors of this guide have no particular experience. If you're looking for a drink, just head south on Smith Street or Court Street to find a bar or club.

Shopping

American Apparel (Court Street at State Street): Fun, colorful casual clothing. Barnes & Noble (Court Street at State Street): Decent-sized B&N less than 5-minute walk from hotel.

Book Court (Court Street between Pacific and Dean Streets): Community bookstore, the "local merchant" alternative to B+N. Has a good local author / Brooklyn interest section.

Community Bookstore (Court Street at Warren Street): A rundown bookshop with dust everywhere and completely unpredictable hours, but very much worth the look for used books of all kinds. About 10-minute walk from hotel.

Duane Reade (Several - Court Street at Montague Street, Court Street at Joralemon Street): Basic drugstore.

Flight 001 (Smith Street between Bergen and Dean Streets): Cool travel bags and accessories. Pricey, but very nifty. About 10-minute walk from hotel.

Jacques Torres (66 Water Street, between Main and Dock Streets): Chocolate that is, simply put, to die for. Expensive (about \$1 per piece) but oh so very worth it. Since the tournament takes place in the winter, have a cup of the hot chocolate. It's like drinking a melted candy bar. And, if you're into pastries, walk across the street to Almondine (same owner) for really divine confections. About a 15-20-minute walk from the hotel (or take the A or C train one stop to High St./Brooklyn Bridge).

Refinery (254 Smith Street, between Douglass and Degraw Streets): Trendy purses and other accessories.

Sahadi's (Atlantic Avenue between Court Street and Clinton Street): An absolutely incredible array of groceries from the Middle East and elsewhere. The spices are ridiculously cheap, as are many condiments you've never heard of. Only caveat: They're closed Sundays, and insanely crowded on Saturdays (plus, they close at 7). So, if you're getting in before 7 on Friday, check it out then. About 10-minute walk from hotel.

Stinky (Smith Street at Degraw St.): These people know their cheese. There's also an interesting array of condiments from all over the world, including fruit jellies to pair with your cheese, hot sauces of varying degrees, and unusual spices. About 20-minute walk from hotel (or take F train to Carroll Street to get closer).

Things to do

Brooklyn Academy of Music: (http://www.bam.org; 30 Lafayette Avenue; take 2,3,4,5, or R train to Atlantic Avenue) Classic and avant-garde films as well as live theater, dance, and music are all on offer. During the weekend of the ACPT, Patrick Stewart (of *Star Trek: The Next Generation*) will be starring in a production of *Macbeth*. Buy tickets early for live performances; movie tickets can be purchased the day of the show. Prices vary by event.

Brooklyn Botanic Gardens: (http://www.bbg.org; 900 Washington Avenue; take 2 or 3 train to Eastern Parkway/Brooklyn Museum station) Even in February and March, there are lovely flowers to see in the conservatory here. Admission is \$8 for adults, \$4 for students and seniors, and free for children.

Brooklyn Children's Museum: (http://www.brooklynkids.org; St. Mark's Avenue between Brooklyn and Kingston Avenues; take A or C train to Fulton Street or 3 train to Kingston Avenue) Exhibits specifically designed for young children to enjoy. Exhibits include cultural objects, natural history specimens, and spaces like sandboxes and ponds for kids to play. Admission \$5.

Brooklyn Museum: (http://www.brooklynmuseum.org; 200 Eastern Parkway; take 2 or 3 train to Eastern Parkway/Brooklyn Museum station) A collection of art and artifacts from all over the world and some wonderful architecture, including the beautiful domed Beaux-Arts Court. Take advantage of the timing of the ACPT and visit on Saturday night, March 1; on the first Saturday of each month, the museum stays open until 11 PM and offers free admission after 5 PM. Otherwise, admission is a suggested \$8 for adults, \$4 for students and seniors, and free for children.

New York City Transit Museum: (http://www.mta.nyc.ny.us/mta/museum/; corner of Schermerhorn Street and Boerum Place; 5-minute walk from hotel) Hidden underground just blocks from the hotel is this fun tribute to the history of mass

transit. A highlight: Real subway cars from several different decades are open to explore. Admision is \$5 for adults, and \$3 for seniors and children under 18. **Prospect Park:** Brooklyn's largest park offers a 3-1/3 mile loop course for runners and cyclists, a zoo (open 10 AM-4:30 PM; admission \$6 for adults, \$2 for children), a pond for dogs to play in, a carousel, and more. While the weather during ACPT time isn't ideal for picnicking, Prospect Park is still a fun place for a stroll or to play outdoors with the kids.

Other parks: Van Voorhees Park stretches from Congress to Pacific Streets along Columbia Street, south and west of the hotel. Cadman Plaza Park is a small green area right by the hotel – just walk west from the hotel to Cadman Plaza West.

Exercise

If you're into running, there are definitely places to go. For short runs, you can head west to the Brooklyn Heights Promenade, which overlooks the East River and provides lovely views (even in winter) of lower Manhattan and the Brooklyn Bridge. It's only 0.39 miles in length, so you'll have to run a few laps if you're looking for distance.

You can also run or walk across the Brooklyn Bridge (about 1 mile long) on the pedestrian center path. You'll be able to see it from the hotel. Note that the path can get quite crowded, so it's not ideal for runners going at fast paces – but the view cannot be beat!

For longer runs or cycling, take the 2 or 3 train to Grand Army Plaza (or F train to 15th Street/Prospect Park). Either of these will get you to Prospect Park, which has a pretty 3-1/3 mile loop to run or bike. Those who don't mind going farther afield can go to Central Park (R train to Fifth Avenue, 4 or 5 train to 86th Street, 2 or 3 train to 72nd Street, and several other possible routes). Central Park offers a number of possibilities for running or biking, with routes up to 6 miles in length. Check out the New York Road Runners site at http://www.nyrr.org for a listing of running routes by length.

For those who are members of a Town Sports club (New York Sports Club, Boston Sports Club, Washington Sports Club, or Philadelphia Sports Club), there is an NYSC location 1 block away from the hotel, on the corner of Remsen Street and Court Street. A nice option if you'd prefer something better equipped than the Marriott fitness center.

Getting to popular Manhattan destinations

If you want to explore Manhattan (and who doesn't?), here are the easiest public-transit methods of getting to popular destinations. Check http://www.mta.info before you go as service interruptions may require a detour.

Carnegie Hall: Take the R train from Court Street/Borough Hall to 57th Street.

Chinatown: Take the R train from Court Street/Borough Hall to Canal Street, or the F train from Jay Street/Borough Hall to East Broadway (first stop in Manhattan).

Fifth Avenue/Museum Mile: Take the 4 or 5 train from Borough Hall station to 86th Street in Manhattan. Walk west to Fifth Avenue to reach the museums.

Fifth Avenue shopping: Take the R train from Borough Hall station to Fifth Avenue.

Grand Central: Take the 4 or 5 train from Borough Hall station to Grand Central/42nd Street.

Lincoln Center: Take the 2 or 3 train from Borough Hall station. At or before 42nd Street/Times Square, change to a 1 local train, which stops at 66th Street/Lincoln Center. Alternately, you can take the 2 or 3 train to 72nd Street and walk down a few blocks from there.

Rockefeller Center: Take the F train from Jay Street/Borough Hall station to 47-50 Sts/Rockefeller Center station. If the F is malfunctioning (as it often does on weekends), you can also take the R train from Borough Hall to 49th Street station, which is just a few blocks away from Rockefeller Center.

SoHo: Take the R train from Borough Hall station to Prince Street. You can also take the C train from Jay Street/Borough Hall station to Spring Street. There are other routes that require changing trains, but these are the simplest.

Times Square/Theater District: You have several options. The 2 or 3 trains at Borough Hall are usually the fastest. Alternates are the A or C train at Jay Street/Borough Hall, or the R train at Court Street/Borough Hall. Any of these trains will take you to Times Square/42nd Street.