

Retreat and Refresh

New York



Country Inn & Suites By Carlson, Newark Airport

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Country Inn & Suites By Carlson, New York City at Queens

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Indulge in the Arts

Our Queens property is located in a very arts-minded neighborhood. A few blocks from the hotel, you can grab the subway into Times Square, where a variety of Manhattan entertainment is at your fingertips. From Broadway shows to small galleries and large museums, New York City is truly a place to indulge in the arts. Check out nyc-arts.org for details, hours, websites and information on all the artistic goings-on of the city that never sleeps.

Eat, Drink and Be Merry

It's not really a trip to Queens without a stop at Nick's Pizza. How he makes these perfect pies is a mystery—no wood, no brick oven, just a gas stove that leads to the melty crispy creamy perfection of a real NYC pizza. Nick's also boasts a killer wine list and a cannoli so good it will make a grown (wo)man cry. nymag.com/listings/restaurant/nicks-pizza01

The Bohemian Hall & Beer Garden is also a favorite Queens destination—it is one of the last-standing beer gardens in the NYC area, and is considered a precious piece of history. Visit bohemianhall.com/home.htm for hours of operation, then stop in for a pint of your favorite beer and a fantastic meal.

Take a Breath of Fresh Air

If a trip to the beach is in order, make sure you visit Rockaway Beach, where entertainment is offered year-round. If it is too cold to swim or sunbathe, make sure you visit the Whalemna for a photo op, or simply enjoy the varied people watching of the area. nymag.com/listings/attraction/rockaway_beach

If you want to take art outdoors, visit the Socrates Sculpture Garden, an organization whose mission is to encourage strong interaction between the arts, artists and the public. You can roam the beautiful gardens or take in an exhibit. The garden even has workshops, and sometimes yoga classes in the park. Visit socratessculpturepark.org/about for hours and schedule information.

Shop Till You Drop

What would a trip to NYC be without shopping? There are too many options to even list. Visit styleguidenyc.com to create a customized shopping tour or just to learn about the different neighborhoods before you head out on your own.

If you feel like bonding with your favorite TV girlfriends, check out the *Sex and the City* guided tour to visit all the hotspots where Carrie, Miranda, Samantha and Charlotte gossiped, talked, laughed, drank, ate and shopped. screentours.com/tour.php/satc

Relax and Rejuvenate

After a day of shopping, dining and taking in the scenery, relax with a massage, a facial or a sun salutation. The below spas and yoga studios will leave you breathing deeply and thinking clearly.

3ehac.com

ascendspa.com

bodyandmindspa.com

yogaroomlic.com

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