

FREE MINI PLAN / FIRST TRIP, SORTED

Your first NYC day. A very good start.

A complete Midtown route and a simple planner from Things To Do NY. Keep the famous sights. Make room for a real lunch.



New York from above. Florian Wehde / Unsplash

One district. One good day.

Start at Grand Central, walk through Bryant Park and finish around Rockefeller Center. Add one paid experience only if you want it. Keep a seated rest before your evening plans.

Inside this free mini plan

A suggested walking order, places to pause, rainy-day and budget choices, live map links, and a fillable daily planning page.

THE FULL TRIP GUIDE

First New York Trip, Sorted adds 2-, 3- and 5-day plans, airports, hotel areas, transit, food, museums, seasonal choices and four reusable planning pages. See the current offer at [Things To Do NY downloads](#).

Research checked October 17, 2026. Times and distances are planning estimates. Check current venue hours, closures, weather and access before traveling. This free sample is for personal use.

YOUR MIDTOWN DAY / WALKING ORDER

The New York you recognize.

Start: Grand Central. Finish: Rockefeller Center, then your hotel or evening venue. About 1.5-2.5 outdoor miles plus any venue walking.



Grand Central Terminal. Robert Bye / Unsplash

Suggested time	Your plan
9:30	Grand Central, 89 E 42nd St. Look up at the main concourse and use the terminal map for facilities. Keep commuter routes clear.
10:30	Walk west to Bryant Park and the library exterior at Fifth Avenue / 42nd Street. Reading rooms have their own access rules.
11:30	Early lunch near Bryant Park. Le Botaniste, 11 W 42nd St, is one plant-based option. Check today's menu and opening hours.
12:45	Continue to Rockefeller Center. A look around the public plaza can be enough; an observation deck is an optional, separate ticket.
3:30 onward	Hotel or seated rest, then dinner and your evening plan. If you booked a show, work back from its actual curtain time.

[Open the walking order in Google Maps](#)

Shorten the day by finishing after Rockefeller. Use live MTA or taxi directions for your return; this stop list is not a step-free navigation map.

MAKE IT FIT / WEATHER, ENERGY AND BUDGET

Choose your pace. Keep the good parts.

The mostly free version

Enjoy Grand Central's public spaces, Bryant Park, the library exterior and Rockefeller Center's public areas. Food and transport still cost money. Finish with a brief Times Square look if it suits your evening.

The skyline version

Choose one observation deck rather than two. Top of the Rock fits the Rockefeller end of this walk. SUMMIT fits the Grand Central end; reorder the route around your actual entry slot.

[Compare Top of the Rock ticket options](#)

Affiliate link: Things To Do NY may earn a commission from qualifying bookings, at no extra cost to you.

[Compare SUMMIT ticket options](#)

Affiliate link: Things To Do NY may earn a commission from qualifying bookings, at no extra cost to you.

The rainy-day version

Use MoMA, 11 W 53rd St, as your main indoor stop on an operating day. Keep lunch and a rest. Cut the outdoor loop to match conditions. Museum admission is separate; check current tickets and hours.

[MoMA: official visitor information](#)

The theater version

Book the show first. Reserve a meal near the actual theater and allow time to eat. Los Tacos No. 1 at 229 W 43rd St is a casual option; check hours and remember it is not a quiet seated dinner.

YOUR SPENDING CAP

Choose your food, transport and ticket allowance before leaving. Include mandatory fees, tax and any planned tips. Tickets, meals, transport and hotels are not included with this mini plan or the full guide.

Affiliate links above may earn Things To Do NY a commission from qualifying bookings at no extra cost to you. Booking providers set prices, inclusions and cancellation terms.

MINI PLANNER / REUSE FOR YOUR DAY

Make it your New York.

Type into a compatible PDF reader and save a new copy, or print. Leave enough room for the meal, the rest and the return journey.

Date / district

Start point / time

Time	Stop / exact address	Ticket or note

Meal / rest / rain alternative

Return destination / leave by

Full-day spending cap

READY TO PLAN THE WHOLE TRIP?

Explore [First New York Trip, Sorted](#) for the 36-page guide and separate four-page planner. One purchase for the purchaser and their travel party. Current availability and price are shown on the downloads page.

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