

Jetset Journals


no.1

2026

NEW YORK

7 Days

Citytrip



a travel guide

SUMMARY

01.

INTRO

Everything you need to know before your trip to New York City!

p.3

03.

DAY-TO-DAY

A suggested itinerary for a 7-day trip to the American metropolis.

p.10



02.

HIGHLIGHTS

My Top 20 NYC Highlights including tips and tricks!

p.4

04.

WHERE TO EAT

The best coffee shops and restaurants that you definitely shouldn't miss.

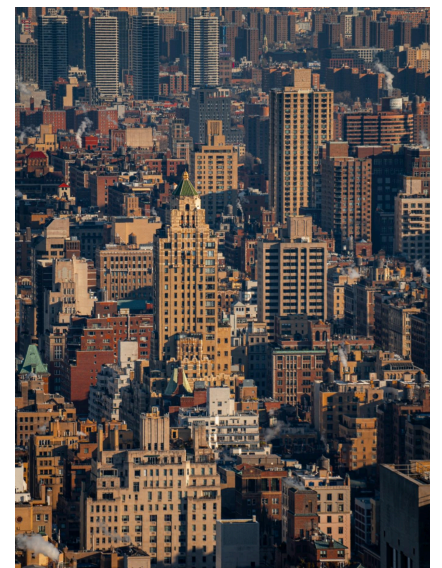
p.12

05.

WHERE TO SLEEP

My recommendation for a place to stay so you can make the most of your city trip.

p.13





INTRO

New York City—the city that never sleeps, known for its skyscrapers, its vibrancy, and great food—is an ideal destination for a city break.

Especially if you're traveling from Europe, you should plan on staying at least a week, and even that is barely enough time to see all the highlights, particularly if it's your first trip to New York.

This global metropolis is served by several European airports, and the flight time is approximately 6–8 hours.

The city has three airports, and from any of them, you can reach Manhattan in about an hour by subway or by Uber. Depending on your accommodations, the Uber shuttle may be a good option.

The metro is a great way to get around the city, and you can pay conveniently with Apple Pay. The limit is \$34 for a 7-day period; after that, you ride for free.

A trip to NYC is worth it any time of year—summer has its own unique vibe (see also my Summer Spots Guide), the holiday season is magical (see the Christmas Edition), but fall and late spring are also great times to visit.

In addition to its countless sights, the city is known for its unique atmosphere and its many excellent restaurants and cafés. There's always something new to discover on every visit.

HIGHLIGHTS



01.

Statue of Liberty

The Statue of Liberty is undoubtedly one of the city's most famous landmarks. If you'd like to see it up close, you can book a boat tour to Liberty Island that includes a stop at Ellis Island.

Here on Liberty Island, you can see the statue up close and also book access to the base of the crown. From the Staten Island Ferry or the Brooklyn Bridge, you can see it from a distance at a low cost.

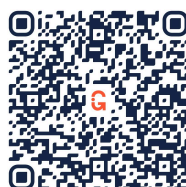


02.

Empire State

Like the Statue of Liberty, the Empire State Building is one of the city's iconic landmarks.

Even though it hasn't been the tallest building in the city for a long time now, it still gives its name to the state of New York, the Empire State. It stands in the heart of the city on 5th Avenue, and you can take the elevator up to the observation deck on the 86th floor.

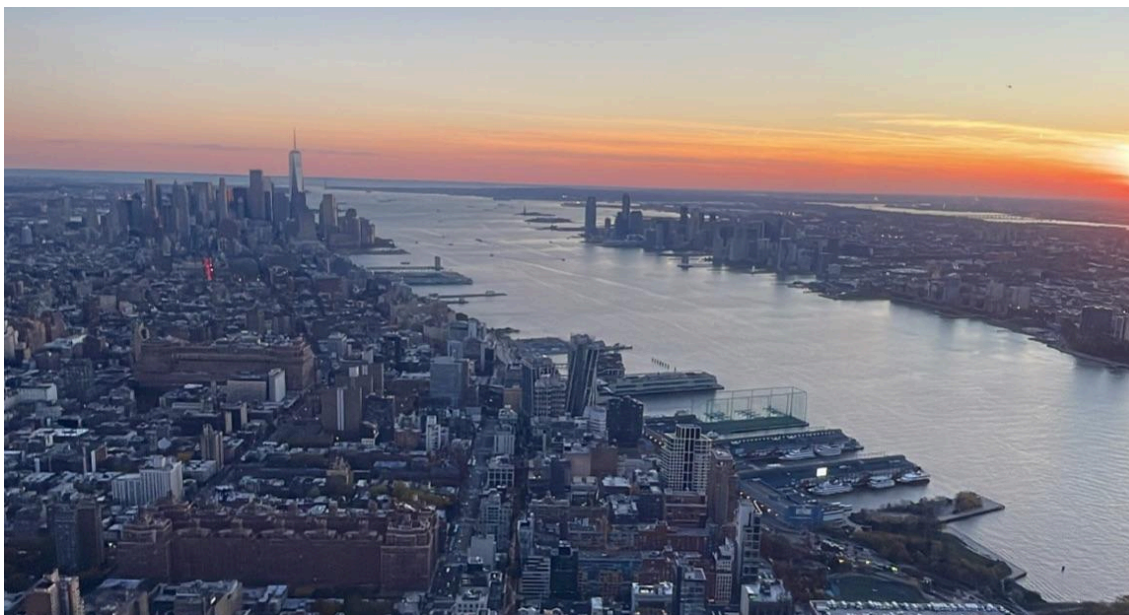


03.

Central Park

Central Park is another of those landmarks that everyone has surely heard of, and a visit to the city's largest park should definitely be on your itinerary—whether for ice skating in the winter or a leisurely stroll in the spring, summer, or fall.

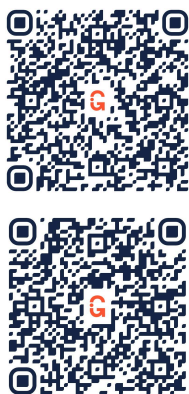
Particularly beautiful are The Mall, Bethesda Terrace, and the small lakes and bridges, such as the Bow Bridge.



04.

The Edge & Summit

One of the city's newer observation towers is The Edge in the Hudson Yards complex. From here, you get a completely different view. Summit One Vanderbilt also offers a great experience in addition to the view.



05.

Chrysler Building

Despite its relatively modest height, the Chrysler Building is definitely one of the city's most famous buildings. Built in the Art Deco style, it is certainly one of the city's most beautiful skyscrapers.

06.

Bryant Park

Another must-see park, right next to Central Park, is Bryant Park, with its many small cafés and food stalls, central location, and green space in the middle. In the summer, it hosts outdoor movie screenings and yoga classes, and in the winter, there's a Christmas market.

07.

High Line

The High Line, on the other hand, is not a traditional park. Built on an old freight rail line a few meters above street level, it's a wonderful place to take a stroll and relax. A visit to the High Line can be combined with a trip to the Meatpacking District and Chelsea Market.



08.

Brooklyn Bridge

Of course, the Brooklyn Bridge is also an absolute must-see.

The bridge spans the East River and connects Brooklyn with Manhattan.

As you walk across the bridge toward Manhattan, you can see the Statue of Liberty in the distance on your left and the Midtown Manhattan skyline on your right.



09.

Top of the Rock

In my opinion, the best and most classic view is still from Top of the Rock at Rockefeller Center.

Even though, “unfortunately,” more and more taller buildings are now being built around the Empire State Building, you can still look in one direction at the tower and in the other at Central Park.



10.

Times Square

Nowhere in the city is as colorful, vibrant, and exciting as Times Square. Especially after dark, huge billboards light up every corner and people in costumes are everywhere. The square is particularly famous for Broadway, where the world’s most famous musicals are performed. Get reduced tickets at the TKTS ticket counter.



11.

Wall Street

Wall Street—or rather, the entire Financial District—is certainly worth a visit. This is where international banks have their headquarters in state-of-the-art skyscrapers, and where you'll find the New York Stock Exchange, the world's largest stock exchange. The bronze statue of the Charging Bull, a symbol of rising stock prices, and Trinity Church are also located not far from here.



12.

Grand Central

If any central station deserves a spot among a city's top highlights, it's Grand Central Station in New York. It's centrally located in the heart of Manhattan, so it should be easy to fit a stop here into your itinerary. The building is already quite grand from the outside, just like the marble corridors and halls and the gigantic golden chandeliers inside.



13.

Flatiron Building

Another highlight was unfortunately obscured by scaffolding for several years, but now it's finally visible again—the Flatiron Building. The building gets its name from its unusual triangular shape, which resembles an iron (flatiron). The Flatiron Building is also located in the heart of Manhattan, and a visit there can easily be combined with a trip to Madison Square Park, which is just around the corner.

14.

MET

New York is also home to some of the world's most famous museums, and the MET—the Metropolitan Museum of Art—is certainly one of them, with its vast collection of art historical works.

15.

Other Museums

The American Museum of Natural History is also worth a visit, as are the 9/11 Museum, the Museum of Modern Art (MoMA), and the Guggenheim Museum.



16.

SoHo

The SoHo arts district is definitely worth a visit. Here you'll find the famous and distinctive cast-iron buildings, great shopping, and plenty of cafés and bars. The streets around Greene and Broome Streets are especially worth checking out.

17.

Neighborhoods

In addition to its classic highlights, New York is also known for its cool and trendy neighborhoods—including Greenwich Village, the East and West Villages, Little Italy, Chinatown, and the Upper East and West Sides. Brooklyn and Williamsburg are also worth a visit.



18.

Helicopter flight

Who hasn't dreamed of seeing NYC from the air? The only way to get even higher than the observation decks is on a helicopter tour.

Of course, it's quite an expensive undertaking for just a few minutes in the air, but if there's anywhere it's worth it, it's definitely NYC.



19.

DUMBO

DUMBO is a neighborhood and stands for "Down Under Manhattan Bridge Overpass."

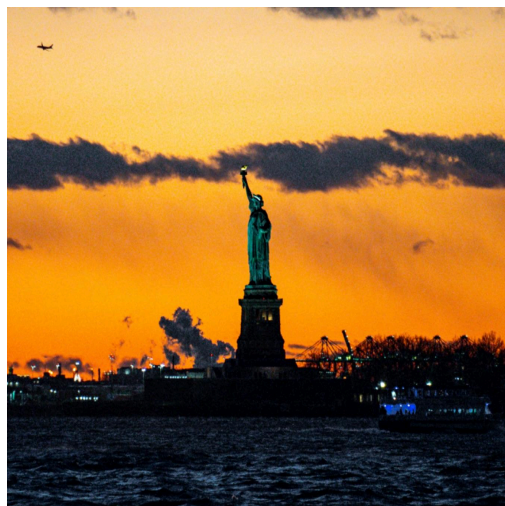
The view from the end of Washington Street of the Manhattan Bridge between the buildings and the Empire State Building through the lower arch of the bridge is one of the most popular in the city.



20.

Sports events

If you want to experience an authentic American sporting event, this is the place to be—this is where the NY Giants and Jets play football, the Mets and Yankees play baseball, the Rangers and Islanders play hockey, and the Knicks and Nets play basketball, and it's also where the US Open and other events take place.



DAY TO DAY

Day 1 - Once you arrive, the first thing to do is get to your accommodation. To do this, take either the subway or an Uber (shuttle) from the airport.

Once you arrive, grab a burger at *7th Street Burger*, then check out *One World Trade Center* and *The Oculus* before making a detour to the *Financial District*—to *Wall Street*, the *Charging Bull*, and the *Stock Exchange*.

At sunset, take a stroll across the *Brooklyn Bridge* and grab dinner at *Los Tacos No. 1*.

Day 2 - The first stop of the day is *Apollo Bagels* in the *West Village*.

There, you can grab a coffee from *Do Not Feed Alligators* and take a stroll to *Washington Square Park* near the *Flatiron Building*. From there, head to *Grand Central Station*, where you can also check out the *Chrysler Building*.

In the late afternoon, you can plan to visit one of the observation decks to watch the sunset—*Top of the Rock* at *Rockefeller Center* or *Summit One Vanderbilt*.

Once it gets dark, head to *Times Square* and wrap up the day at *L'industrie Pizza*.

Day 3 - The next morning, head to *Smør Bakery* in the *East Village* for breakfast. Grab a coffee just around the corner at *La Cabra*. Then head to *Central Park*. If the weather is nice, take a long walk; if it's bad, you can visit the *MET*.

Then it's just a few steps further to check out the *Upper East Side* and grab a hot dog at *The Mark Hotel* and a cookie at *Levain Bakery*.

If you've managed to get tickets, you'll head to a *Broadway* show in the evening and have dinner at *Dante*.

Day 4 - On the fourth day, breakfast is another bagel, this time from *Leon's Bagels*. Afterward, we grab a coffee at *Black Fox Coffee* and take a walk along the *High Line*, then grab lunch at *Chelsea Market*.

Depending on the day and season, you should definitely plan to attend a *sporting event*—for example, you can head to MetLife Stadium in New Jersey to watch a football game, or to Yankee Stadium in the Bronx for a baseball game, or to the famous Madison Square Garden for basketball or hockey.

Depending on your plans and when you're back, you can book a nice dinner with a great view at *Manhatta* for the evening, or go for a more casual meal at the *230 Fifth Rooftop Bar*.

Day 5 - After a leisurely breakfast at *Hole in the Wall* and a coffee from *Black Fox* in Downtown, head to *Battery Park* in the southern part of *Downtown*. From there, you can take the ferry to *Liberty Island* and the *Statue of Liberty*.

After returning, you can spend the afternoon on the other side of the Hudson, taking the *ferry* from Wall Street to *Williamsburg*.

If you plan it for the right day in the summer, you can also visit the *Smorgasburg street food market* here in *Williamsburg*. Later in the afternoon, head a bit further south toward *Brooklyn*, and from *Washington Street*, enjoy the iconic view of the *Manhattan Bridge* and the *Empire State Building* behind it.

You can then watch the sunset from one of the popular photo spots atop the *Manhattan Bridge*, looking through the bridge's latticework.

After sunset, you can stroll across the bridge to Manhattan and wander through the streets of *Chinatown* and *Little Italy*. Here, you can also grab a bite to eat, for example at *Manero's Pizza* on *Mulberry Street*, *Chinese Tuxedo*, or *Gotham Burger*.

Depending on the weather and day of the week, *Chinatown* also offers great *outdoor bars* on the streets.

Day 6 - On the second-to-last day, you can grab a bagel at *Ess-A-Bagel* and a drink and cookie at *Culture Espresso*, then head over to *Bryant Park*.

After some window shopping on *5th Avenue*, you can take a *helicopter* tour of the city in the afternoon, or go shopping at the *Jersey Gardens Outlet* if the weather is bad.

For dinner, grab some slices from *Lucia Pizza* in *SoHo*.

Day 7 - On the last day, there's still some time left for shopping and leisurely strolls through the city's coolest neighborhoods. You can start by grabbing a bagel at *Apollo* and a coffee at *Rhythm Zero*, then take a leisurely stroll through *Greenwich Village* and, especially, *SoHo*, popping into a few shops along the way.

After lunch at *Katz's Delicatessen*, you'll slowly collect your luggage and head to the *airport* to catch your flight home.

WHERE TO EAT

Restaurants:

- **Katz's Delicatessen**

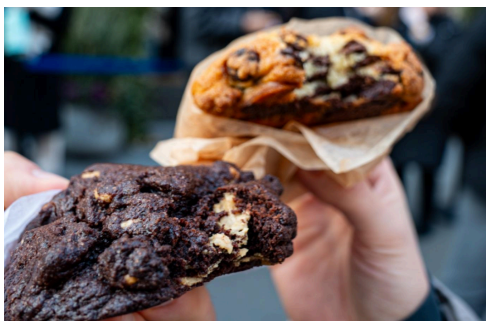
Outstanding Pastrami Sandwiches

- **Gotham Burger Social Club**

best burgers for me in the East Village

- ★ **Scarr`s Pizza**

Delicious Pizza, in Chinatown



To-Go:

- **Burger**

7th Street Burger, Smashy Burger, Skinny Louie or Shake Shack,

- **Pizza**

L'industrie, Lucia Pizza of SoHo, Manero`s or Joe`s Pizza

- **Bagel**

Apollo Bagels, Russ & Daughters, Broad Nosh, Leon`s or Pop Up Bagels

- **Cookies**

Levain Bakery (!) or Culture Espresso



Coffee Shops:

- ★ **Black Fox Coffee**

- **La Cabra**
- **Birch Coffee**
- **Fellini Coffee**
- **Rhythm Zero**
- **Simpl Coffee**
- **Do Not Feed Alligators**

Breakfast Spots:

- **Smør Bakery**

Favorite spot, Kardamom-Buns (!)

- **Two Hands**

great avocado bread

- **Hole in the Wall**

Delicious bowls

- **Super Moon Bakehouse**

Stuffed croissants & more

WHERE TO SLEEP

There's a wide variety of hotels and Airbnbs in NYC. The real question is whether they're affordable. Airbnbs are usually small rooms in locals' homes—you might also want to consider staying in Brooklyn, Williamsburg, or New Jersey. Just make sure to stay near the subway so you have good access to Manhattan, since you'll be spending most of your time in the city center. We've tried a few hotels so far, all of which we've been happy with; they're located in Manhattan and fall into the mid-range price category for NYC, such as the following:

Four Points by Sheraton Downtown NYC - great location in downtown.

Cloud One Hotel NY Downtown - also nice location in downtown.

Hilton Garden Inn Tribeca - average standard, but great location at Metro station

Hugo Hotel - few minutes' walk from the metro, but with a lovely rooftop terrace/bar.

Thanks for reading! You can find more details on my website or on Instagram and TikTok!



jetset_journalist

<https://www.jetset-journals.com/>

*Affiliate Disclosure: I may earn a commission from purchases made through affiliate links on this page, at no extra cost to you.