

TRANSPORTATION

NYC is one in one of the most heavily trafficked areas in the world. It can be overwhelming, frustrating, and sometimes scary if you aren't prepared, but manageable with some key resources that include simply knowing what you're up against. Please consider this seriously, plan ahead and take necessary precautions. Taking this approach you are sure to stay efficient and optimize your transportation experience.

Public Transportation

The MTA provides the buses and trains that serve as public transportation in NYC and some surrounding areas. Although coins can be used to pay for all buses, the MetroCard is the preferred method for payment as it may be used for subways, may be used for multiple fares and carries up to four transfers (from bus to bus, Subway to bus, or bus to Subway), an option not available when using coins, not to mention that it spares the need to keep heavy change on hand.



MetroCards function like debit cards. You can buy and refill them at all subway stations. **The Office of Student Activities also sells MetroCards!** They may also be purchased in a number of stores, including the Checks Cashed store just up Morris Park Ave by Best Bagel. When purchasing a MetroCard anyplace other than an MTA vending machine, make sure it is wrapped and sealed in a transparent plastic that is labeled with the prepaid card value. It costs one dollar for a new MetroCard.

Unlimited weekly, monthly, and Express Bus MetroCards are also available for purchase and mostly used by commuter students. Fare prices tend to increase in small increments every couple of years. As of May 2017, one MTA Subway or bus fare is \$2.75 and includes one free transfers within two hours when using a MetroCard, one Express Bus fare is \$6.50. At Einstein you can buy a MetroCard in the convenience store with the yellow awning across the street on Eastchester Road (Star Deli).

MTA Smartphone Apps (Free)

Those with smartphones are encouraged to download free transportation apps including Transit for MTA bus and Subway maps and schedules, and Einstein Bus for specific Einstein transportation maps and schedules.

MetroCard Standard Usage

With a MetroCard, you receive one free transfer from subway to bus, bus to subway, or bus to bus within two hours of the start of your first ride (when transferring from subway or city bus to the express bus, your transfer is worth \$3.50 off the regular \$6.50 fare). To transfer, simply insert the MetroCard as you would to pay the regular fare.

Multiple People on One Metro Card

To pay for more than one person on the same MetroCard, dip/slide the MetroCard once for each person on the first ride, and then dip/slide it a single time for everyone when you transfer. Note that you cannot use the free transfer for a round trip or to switch between buses that run along the same line. Also note that when used for multiple riders, one card will only hold four transfers. Larger groups are therefore advised to have at least one card for every four riders.

Easy Pay Xpress Pay-Per Ride MetroCard

With this special MetroCard, you never have to worry about your card expiring or running out of funds. The card can be used for regular and Express MTA busses as well as the Subway. Consumers link this card with a credit card and refill it at their convenience with a 5% bonus added with each payment. Finally, the card can be set to automatically refill when the balance dips too low. Just go online to order the card from MTA and it will be mailed to you within a couple of weeks.

HOW DO I GET TO...?



Photo by Lucas Man

The Hospitals

Walking Distance

(Weiler, Van Etten, Jacobi Medical Center, Calvary Hospital, Montefiore Medical Park)

Einstein has many affiliate hospitals, some of which are in walking distance. Weiler (Einstein Hospital) is located on Eastchester Road, right behind the Forchheimer building. Van Etten is across Morris Park Avenue (behind the Price Building), and Jacobi Medical Center is behind that on Pelham Parkway. You cannot miss it.

When walking away from Pelham Parkway toward Starbucks and Stop & Shop on Eastchester Road, Calvary Hospital is on your left. Continuing past the Stop & Shop and taking the first left, Bronx State Psychiatric will be on your left. Continuing on Eastchester instead of turning after Stop & Shop, you will see a “green glass building” which is Montefiore Medical Park further down Eastchester on your right.

Shuttle and Taxi

(Montefiore, LIJ-Northwell Health, North Central Bronx, Bronx Lebanon)

The Einstein shuttles are recommended for transportation to Montefiore, LIJ, or North Central Bronx. The shuttles stop in front of the Belfer Building and schedules are available at the security desks in both the Forchheimer and Belfer buildings. For more complete shuttle information visit:

<https://www.einstein.yu.edu/uploadedfiles/administration/auxiliary-services/shuttle-schedule.pdf>

Alternatively, if you need transportation outside of shuttle hours or to a different clinic, you can call the Einstein Security Office at (718) 430-2180 and they will call Vital cab company for an immediate or scheduled pick up. Cabs are for official business and need to be pre-approved.

Transportation Tips

- ◇ Uber, Juno, and Lyft are great alternatives to yellow cabs. Check out their apps
- ◇ Check the MTA's homepage before heading out to confirm that trains and buses are running on their normal schedules, especially on weekends and holidays, and if your travel plans include very early morning or late night hours.
- ◇ Buy a MetroCard and refill your card regularly. Once in the station, you can transfer from one Subway to another as many times as you'd like, and with busses have two hours of unlimited transfers, but both require a MetroCard.
- ◇ Green globes outside a subway entrance mean the entrance is open 24 hours a day; red globes mean the entrance is sometimes closed.
- ◇ To ride the bus, use your MetroCard or exact change (currently \$2.75, no pennies or dollar bills) and place into the fare box.
- ◇ If you are paying with coins on the bus, ask the driver for a transfer when you board the bus.
- ◇ The best apps for navigation around the city are CityMapper, Transit, Google Maps, and MTA. Make sure to also download a pdf of the MTA, because there is no reception underground (here is a link).

Manhattan

Manhattan is huge and can be confusing, so having a map handy is helpful. Those with smart phones are encouraged to download the NYC Mate app or Google Maps. Once downloaded, the app can be used even when service is limited. Subway.

The East Side

The BxM10 express bus stops at the Bx21 stop on Morris Park. The BxM10 stops in Manhattan along the east side. Keep in mind that this bus stops running past midnight, generally runs less frequently than does the regular busses, and that bus fare is \$6.50.

The Bx21 stops at the corner of Morris Park and Seminole Ave and has a stop at the E 180th Street Station. There you can hop on the 2 or the 5 trains to Manhattan. Take the 5 train, which runs along the city's east side.

Taking the Bx21 OR Bx31 in the other direction, you can get off at Westchester Square and from there, take the 6 train downtown for local east side service. At the 125th Street Subway station you can transfer to the 4 or 5 trains for express service.

The Pelham Parkway Subway station is a 10-15 minute walk from campus. Walk on Pelham Parkway toward Williamsbridge and White Plains Roads on the right side of the street. At this station you can get the 5 train.

Travel time will depend on your particular destination and varies with time of day. Rush hour travel is crowded, but also faster. Getting to downtown Manhattan usually takes between 40-60 minutes.

Bay Plaza

(Large Shopping Center in Co-Op City)

Take the Bx12 Limited east on Pelham Parkway. This will take you to Co-Op City and the Bay Plaza shopping center. Note that Bx12 eastbound service extends to Orchard Beach during the summertime.

For service to Fordham Center, Fordham University, the Bronx Zoo and Little Italy on Arthur Ave, take the Bx12 westbound.

The West Side

The Bx21 stops corner of Morris Park and Seminole Ave and has a stop at the E 180th Street Station. There you can hop on the 2 or 5 trains to Manhattan. Take the 2 train, which runs along the west side.

The following two alternative routes are utilized as a last resort option, as when 2 trains are out of service, since they are time consuming and require more than one transfer:

1. Take the Bx31 to Westchester Square, then the 6 train to 125th street. From there:
 - a) Either catch the M60 bus to the 1/2/3 or A/B/C/D Subway lines.
 - b) Or transfer to the uptown 4 train to Yankee Stadium, and there catch the downtown D train.
2. Take the Bx21 to E180th Street, then take the 5 train to the east side and once there take a cross town bus.

For more info on cross town busses, consult with the MTA website or phone app.

Flushing

Take the Bx12 Bus from Eastchester Rd. to Pelham Bay Park one of the 6 train terminals. Transfer to the QBx1 bus which will take you across the White Stone Bridge and all the way to Main Street in Flushing, Queens.

Airports

You can take a shuttle service, taxi, MTA public transportation, or drive to all NYC airports. Besides MTA (\$2.75 to LGA in about an hour and \$7 to JFK in about 1.5 hours), National Mountain Line Inc. (718-884-9400) is likely the cheapest shuttle service at about \$25 each way. You must call at least one day in advance to schedule a pick-up. Plaza Cab (718) TU1-1111 is another option and charges about \$45 to La Guardia and \$55 to JFK.