

## Not Just Trains: Best Things to Do with Kids at Grand Central

11/2/17 - By Jody Mercier

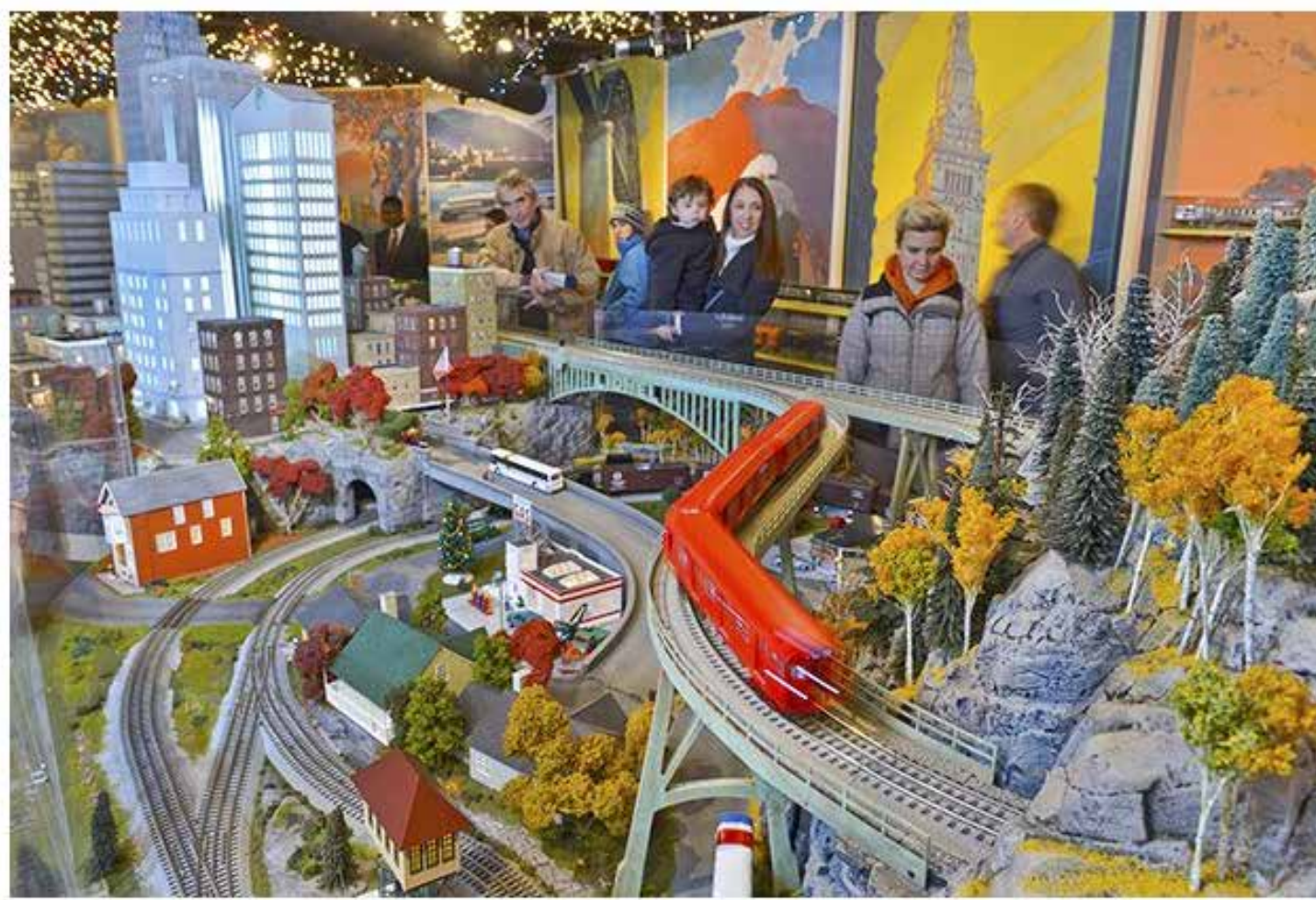
The typical New Yorker probably passes through Grand Central Terminal now and again, heading off on a [family getaway](#), but there's plenty of fun inside the cavernous space to make the commuter hot spot the destination in itself.

Grand Central Terminal has tons to offer from [dining](#) to shopping and even [seasonal toy train displays](#). Next time you are shuttling through the corridors, allow a little extra time to see for yourself what Grand Central has to offer you and your kids. Read on for our favorite ways to pass the time at this NYC institution.

[Sign up for our FREE newsletters](#) to get posts like this delivered to your inbox.

### See the Trains

Let's start with the obvious. More than 750,000 daily commuters pass through the station, heading to/from communities in the Bronx, Westchester, and beyond. Tiny vehicle enthusiasts delight in seeing the trains chug to-and-fro on the station's 67 tracks. Head toward the north side of the terminal where you can walk the entire length of the platform watching them come and go.



### Pick up Dinner ...

Besides plenty of retail shops, food options abound here. Head to [Grand Central Market](#) to pick up specialty ingredients for your next meal. You'll find high-quality, local fare from the likes of [Murray's Cheese](#), [Eli Zabar's Bread and Pastry](#), [Spices and Tease](#), [Oren's Daily Roast](#), and more. More grab-and-go spots line the terminal, too!

### ... Or Let Someone Else Cook

If you need to take a load off during your adventure, Grand Central Terminal offers a wide variety of spots from sit-down restaurants to sweet treats. The subterranean [Dining Concourse](#) evokes an old-NYC glamour. You'll find kid-friendly favorites here like [Shake Shack](#) and [Magnolia Bakery](#), where curious sugar fiends can watch cake decorators work, and also sit-down, table-service spots like [Prova Pizza Bar](#) and the aforementioned [Oyster Bar](#), which is perhaps more well-suited to your date night than family meal.

**A final tip:** Keep in mind that the passageways and corridors are packed during rush hour, so plan your visit accordingly. If you're looking for other kid-friendly places in the area, check out [Grand Central Library](#) located at 135 East 46th Street. It has a great children's room and offers special activities throughout the week. We've got tons of other great ideas for [family-friendly destinations in Midtown East](#), too.

*A previous version of this post was published on November 23, 2010, but it has since been updated.*

Top photo by Frank English/courtesy of MTA