

FIFA World Cup 2026 in New York/New Jersey: A Complete Travel Guide



New York/New Jersey is one of the premier host regions for the [*FIFA World Cup 2026 in the USA*](#) and will take center stage as the venue for the FIFA World Cup Final. Matches will be played at the world-renowned **MetLife Stadium** in **East Rutherford, New Jersey**, just a short distance from Manhattan, giving football fans the opportunity to experience the world's biggest sporting event alongside one of the world's most iconic destinations.

From the bright lights of Times Square and the Statue of Liberty to Broadway, Central Park, and the skyline of Manhattan, visitors can combine unforgettable football with world-class sightseeing, dining, shopping, and entertainment.

Whether you are attending the Final or following your favorite national team throughout the tournament, New York/New Jersey offers one of the most complete travel experiences of any FIFA host city.

This guide covers everything you need to know about attending the FIFA World Cup 2026 in New York/New Jersey, including the match schedule, MetLife Stadium, transportation, accommodation, and the best attractions to visit before or after the match.

New York/New Jersey FIFA World Cup 2026 at a Glance

New York/New Jersey is one of the most important host regions of the FIFA World Cup 2026. All matches will take place at MetLife Stadium in East Rutherford, New Jersey, one of the largest stadiums in the United States.

The region will host eight FIFA World Cup matches, including the FIFA World Cup Final, making it one of the most sought-after destinations of the tournament.

Why New York/New Jersey Is One of the Best FIFA Host Cities

- Hosts **8 FIFA World Cup 2026 matches**
- Venue for the **FIFA World Cup Final**
- Home to the iconic **MetLife Stadium**
- Three major international airports nearby
- Excellent public transportation
- Hundreds of hotels across multiple price ranges
- World-famous attractions in New York City
- Outstanding shopping, entertainment, and dining

New York/New Jersey FIFA World Cup 2026 Match Schedule

New York/New Jersey will host eight FIFA World Cup 2026 matches, including the tournament's biggest game.

Tournament Overview

- **Total Matches:** 8
 - **Group Stage:** 5 Matches
 - **Round of 32:** 1 Match
 - **Round of 16:** 1 Match
 - **FIFA World Cup Final:** 1 Match
 - **Venue:** MetLife Stadium, East Rutherford, New Jersey
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Quick Information

Information	Details
Host Region	New York/New Jersey
Stadium	MetLife Stadium
Tournament Matches	8
Primary Airport	John F. Kennedy International Airport (JFK)
Other Airports	Newark Liberty International Airport (EWR), LaGuardia Airport (LGA)
Public Transportation	NJ Transit, PATH, Subway, Bus, Ride-share
Best Areas to Stay	Midtown Manhattan, Jersey City, Hoboken, Newark, Secaucus, East Rutherford
Stadium Capacity	Approximately 82,500

Time Zone Eastern Time (ET)

Recommended Stay 5-7 Days

About MetLife Stadium

Located in **East Rutherford, New Jersey**, MetLife Stadium is one of the largest and most recognizable sports venues in North America. It serves as the home of both the **New York Giants** and the **New York Jets** and regularly hosts international football matches, concerts, and major sporting events.

In 2026, the stadium will make history by hosting the **FIFA World Cup Final**, placing it at the center of the global sporting spotlight.

Stadium Capacity

MetLife Stadium accommodates approximately **82,500 spectators**, making it one of the largest venues in the FIFA World Cup 2026.

Stadium Location

The stadium is located approximately:

- 10 miles (16 km) from Midtown Manhattan
- 13 miles (21 km) from Newark Liberty International Airport (EWR)
- 20 miles (32 km) from LaGuardia Airport (LGA)
- 23 miles (37 km) from John F. Kennedy International Airport (JFK)

World-Class Facilities

Visitors can enjoy:

- Excellent views from every seating level
- Large HD video displays
- Premium club seating and hospitality suites

- Official FIFA merchandise stores
- Wide variety of food and beverage options
- Mobile ticket entry
- Accessible seating and guest services
- Spacious concourses

Match-Day Experience

As the venue for the FIFA World Cup Final, MetLife Stadium will deliver one of the tournament's most exciting atmospheres. Fans can expect official FIFA fan festivals, entertainment, interactive exhibits, sponsor activations, and supporters from every corner of the world.

Accessibility

MetLife Stadium offers accessible entrances, elevators, wheelchair seating, companion seating, accessible restrooms, and guest assistance services.

Best Seating Areas

- **Lower Bowl:** Closest views of the pitch and an energetic atmosphere.
- **Club Level:** Premium seating with enhanced comfort and amenities.
- **Upper Level:** Panoramic views and more affordable ticket options.

How to Reach MetLife Stadium

The New York metropolitan area has one of the most extensive transportation networks in the world, making it relatively easy to reach MetLife Stadium.

From Newark Liberty International Airport (EWR)

Newark is the closest major airport to the stadium.

Average travel time:

- **Rental Car:** 20-25 minutes

- **Ride-share:** 25-35 minutes
- **NJ Transit:** Approximately 40 minutes

From John F. Kennedy International Airport (JFK)

Average travel time:

- **Rental Car:** 45-60 minutes
- **Public Transportation:** Approximately 75-90 minutes

From LaGuardia Airport (LGA)

Average travel time:

- **Rental Car:** 35-45 minutes
- **Public Transportation:** Approximately 60-75 minutes

NJ Transit

NJ Transit will be one of the easiest ways to reach MetLife Stadium. During major events, special train services typically operate directly to the **Meadowlands Sports Complex**, allowing visitors to avoid traffic and parking challenges.

By Car

Visitors driving to the stadium should reserve official parking well in advance, especially for knockout-stage matches and the FIFA World Cup Final.

Ride-Sharing Services

Uber and Lyft provide designated pickup and drop-off locations near the stadium, although demand is expected to be high on match days.

Best Areas to Stay During World Cup

The New York/New Jersey region offers accommodation options for every travel style and budget.

Midtown Manhattan

The most popular area for international visitors, Midtown offers iconic attractions, Broadway, Times Square, restaurants, and excellent public transportation.

Best for:

- First-time visitors
 - Sightseeing
 - Nightlife
 - Luxury hotels
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Jersey City

Located across the Hudson River from Manhattan, Jersey City offers modern hotels, waterfront views, and quicker access to MetLife Stadium.

Best for:

- Families
 - Better hotel value
 - Stadium access
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Hoboken

Known for its restaurants, cafés, waterfront parks, and skyline views, Hoboken provides a quieter alternative to Manhattan while remaining close to the stadium.

Best for:

- Couples
 - Dining
 - Relaxed atmosphere
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Newark

Newark offers convenient airport access, numerous hotels, and direct transportation to MetLife Stadium.

Best for:

- Short stays
 - Budget-conscious travelers
 - Airport convenience
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Secaucus

Secaucus is one of the closest hotel areas to MetLife Stadium and is popular with visitors attending major sporting events.

Best for:

- Football fans
 - Families
 - Match-day convenience
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East Rutherford

Staying in East Rutherford places visitors within minutes of MetLife Stadium and the American Dream entertainment complex.

Best for:

- Visitors attending multiple matches
 - Families
 - Stadium convenience
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Best Hotels Near MetLife Stadium

The New York metropolitan area offers thousands of accommodation options. These hotels provide excellent access to MetLife Stadium.

Hilton Meadowlands

Located just minutes from MetLife Stadium, this hotel is one of the most convenient choices for FIFA visitors.

Best for: Match-day convenience.

Renaissance Meadowlands Hotel

Modern accommodations with easy access to MetLife Stadium and nearby highways.

Best for: Families and business travelers.

Hyatt Place Secaucus

A comfortable hotel offering spacious rooms, complimentary breakfast, and convenient access to both Manhattan and the stadium.

Best for: Families and extended stays.

Courtyard by Marriott Lyndhurst Meadowlands

A reliable option located close to MetLife Stadium with comfortable rooms and easy highway access.

Best for: Budget-conscious travelers.

The Westin Jersey City Newport

A luxury waterfront hotel with spectacular Manhattan skyline views and convenient PATH train access.

Best for: Luxury travelers and couples.

New York Marriott Marquis

Located in the heart of Times Square, this iconic hotel places visitors close to Broadway, restaurants, shopping, and public transportation.

Best for: First-time visitors and sightseeing.

Hyatt Regency Jersey City on the Hudson

Offering beautiful waterfront views and excellent transportation connections, this hotel is ideal for visitors wanting easy access to both Manhattan and MetLife Stadium.

Best for: Couples, families, and international travelers.

Things to Do Before or After the Match

The New York/New Jersey region offers some of the world's most famous attractions, allowing football fans to enjoy an unforgettable travel experience beyond the tournament.

Visit Times Square

Experience the bright lights, giant digital billboards, street performers, restaurants, and vibrant energy of one of the world's most recognizable destinations.

See the Statue of Liberty and Ellis Island

Take a ferry across New York Harbor to visit two of America's most historic landmarks and enjoy spectacular skyline views.

Walk Through Central Park

Relax in New York City's famous urban park by exploring scenic walking trails, lakes, gardens, and iconic filming locations.

Visit the Empire State Building

Enjoy breathtaking panoramic views of Manhattan and the surrounding boroughs from one of New York City's most iconic skyscrapers.

Explore the American Dream Mall

Located next to MetLife Stadium, this massive entertainment complex features shopping, indoor skiing, a water park, an aquarium, and numerous dining options.

Experience Broadway

Watch a world-class musical or theatrical performance in Manhattan's famous Theater District.

Walk Across the Brooklyn Bridge

Take in spectacular views of Manhattan while crossing one of the most famous bridges in the world.

Explore Hudson Yards and The High Line

Discover modern architecture, public art, elevated gardens, shopping, and dining while walking along one of New York City's most popular urban attractions.

Best Time to Arrive on Match Day

Arriving early allows you to enjoy the excitement surrounding the FIFA World Cup Final venue while avoiding long lines.

- **Arrive at Least Three Hours Before Kickoff:** This provides enough time for transportation, security checks, and finding your seat.
 - **Use NJ Transit Whenever Possible:** Train services are often the fastest way to reach MetLife Stadium during major events.
 - **Explore the FIFA Fan Areas:** Official fan zones around the stadium will feature entertainment, interactive experiences, merchandise stores, and food vendors.
 - **Download Your Mobile Tickets Before Departure:** Save your tickets offline and ensure your phone is fully charged.
 - **Check Transportation Updates:** Train schedules and traffic conditions may change on match days. Review updates before leaving your hotel.
 - **Review Stadium Entry Policies:** Check FIFA's latest guidelines regarding bags, prohibited items, and security procedures before arriving.
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Practical Travel Tips for FIFA Fans

These recommendations will help you enjoy a smoother and more memorable FIFA World Cup experience in New York/New Jersey.

- **Reserve Accommodation Early:** Hotels throughout Manhattan, Jersey City, and areas near MetLife Stadium are expected to book months in advance.
- **Stay Near Public Transportation:** Choosing hotels close to subway stations, PATH stations, or NJ Transit lines makes traveling significantly easier.
- **Purchase Transit Passes:** Unlimited MetroCards or OMNY payments can simplify travel throughout New York City during your stay.
- **Carry a Portable Phone Charger:** Mobile tickets, maps, and ride-sharing apps will rely heavily on your smartphone.
- **Wear Comfortable Walking Shoes:** Expect significant walking while exploring Manhattan, transportation hubs, and the stadium.

- **Allow Time for Security Screening:** Security procedures for the FIFA World Cup Final and knockout matches may take longer than regular sporting events.
 - **Experience Local Cuisine:** Try classic New York pizza, bagels, cheesecake, pastrami sandwiches, international cuisine in Queens, and waterfront dining in New Jersey.
 - **Combine Football with Sightseeing:** Extend your stay to visit museums, Broadway, Central Park, Hudson Yards, Brooklyn, and nearby attractions that make New York one of the [*USA top travel destinations*](#).
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Conclusion

New York/New Jersey will deliver one of the most memorable FIFA World Cup 2026 experiences, culminating with the **FIFA World Cup Final** at the iconic MetLife Stadium. Combined with world-famous landmarks, exceptional public transportation, outstanding hotels, and endless entertainment, the region offers an unmatched destination for football fans from around the globe.

Whether you are watching the Final, exploring Times Square, visiting the Statue of Liberty, or enjoying Broadway, New York/New Jersey promises a once-in-a-lifetime journey that blends the excitement of the world's biggest football tournament with one of the [*USA's popular tourist cities*](#).

Frequently Asked Questions

How many FIFA World Cup 2026 matches will be played in New York/New Jersey?

New York/New Jersey will host eight FIFA World Cup 2026 matches at MetLife Stadium, including five group-stage matches, one Round of 32 match, one Round of 16 match, and the FIFA World Cup Final.

Which stadium will host the FIFA World Cup in New York/New Jersey?

All matches will be played at MetLife Stadium, located in East Rutherford, New Jersey, just a short drive from Manhattan.

Will the FIFA World Cup Final be played in New York?

The FIFA World Cup Final will be played at MetLife Stadium in East Rutherford, New Jersey, which serves as the official New York/New Jersey host venue for the tournament.

What is the closest airport to MetLife Stadium?

Newark Liberty International Airport (EWR) is the closest major airport. John F. Kennedy International Airport (JFK) and LaGuardia Airport (LGA) also provide excellent access to the region.

Where should I stay during the FIFA World Cup in New York/New Jersey?

Midtown Manhattan is ideal for first-time visitors, while Jersey City, Hoboken, Secaucus, Newark, and East Rutherford offer convenient access to MetLife Stadium and often provide better hotel value.

What are the best attractions near MetLife Stadium?

Top attractions include Times Square, Central Park, the Statue of Liberty, the Empire State Building, Broadway, Hudson Yards, the Brooklyn Bridge, and the American Dream entertainment complex.

What is the best way to get to MetLife Stadium?

NJ Transit is expected to be the most efficient transportation option on match days. Visitors can also use ride-sharing services, official FIFA transportation, or drive with pre-booked parking.

How early should I arrive for a FIFA World Cup match?

Plan to arrive at least three hours before kickoff to allow time for transportation, security screening, and exploring the official FIFA fan areas around the stadium.

Is New York/New Jersey a good destination for international football fans?

Yes. The region offers world-class transportation, three major international airports, outstanding accommodation, iconic attractions, and the opportunity to watch the FIFA World Cup Final, making it one of the tournament's premier destinations.