

Track list with running times:

- 01 Moving from East River towards central Manhattan (01:46)
- 02 Traffic - light with distant siren (02:04)
- 03 Traffic - flowing with wheels over a grating (01:27)
- 04 Traffic - trucks with beeps and horns (01:01)
- 05 Traffic - cars & heavy vehicles (03:47)
- 06 Traffic - with pedestrians & road work (02:28)
- 07 Moving into office building then elevator - Lexington Ave (01:22)
- 08 Revolving doors (00:53)
- 09 Revolving doors & eerie draft - Chenin Building (00:38)
- 10 Street outside Grand Central Station – quiet (01:24)
- 11 Street outside Grand Central Station – traffic & sporadic car horns (01:55)
- 12 Traffic from underpass near Grand Central Station (01:39)
- 13 Traffic - flowing from Park Ave median (01:58)
- 14 Traffic - stop & go with loud car horns Park Avenue (02:34)
- 15 Traffic - flowing & church noon chimes on Park Ave (01:41)
- 16 Siren - single blast then repeated in far distance (00:39)
- 17 Siren - in middle distance against traffic background (00:56)
- 18 Siren - approaching then stopping – loud (00:39)
- 19 Siren - musical fading into sidewalk pedestrian chatter (00:23)
- 20 Siren - passing in mid distance from 11 floors up (01:06)
- 21 Union Square - with sparrows, cleaners & light construction (04:47)
- 22 Union Square - quiet with buses (01:45)
- 23 Garbage truck (00:29)
- 24 Kids playground (05:19)
- 25 Traffic passing fairly fast - Pulaski bridge (05:11)
- 26 Traffic whizzing by really fast - Pulaski bridge (01:24)
- 27 Traffic passing fast - while cycling on Pulaski bridge (02:59)
- 28 Construction on a quiet street – Greenpoint (02:35)
- 29 Giant pile driver from one block away – Greenpoint (01:01)