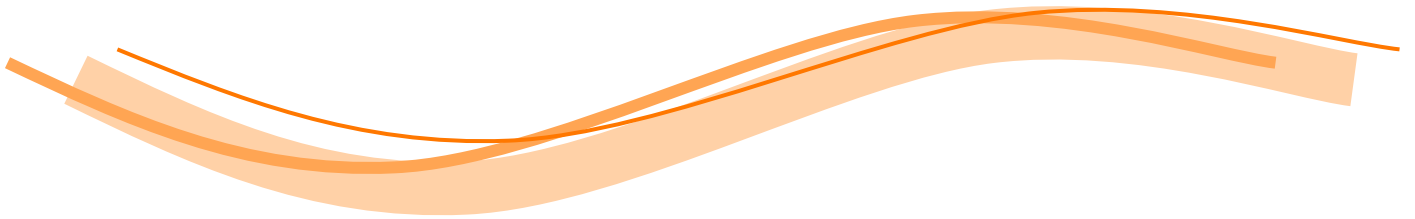




ROCHESTER and NEW YORK STATE





ROCHESTER

Just ninety minutes across the border from Toronto, and a half-day's drive from Montreal, Rochester offers a bustling city break close to the magnificent lakes, gorges and over one thousand waterfalls of this picturesque part of New York State. A mid-size city that maintains a small-town feeling, Rochester is easy to get around by car or public transportation (all city buses have bike racks) and it offers big city amenities without the big city hassles.

Rochester is the North Western gateway to New York's Finger Lakes - a splendid region ranked by Money Magazine as one of the 10 "best places to vacation," and called a "serendipitous and surprising getaway" by USA Today. There are more than 140 festivals and events in the Rochester and Finger Lakes region, it is packed with family activities and it is renowned for its fine food and wines.

Rochester is New York State's third largest city – with museums, spas, charming neighborhoods, shopping, antiques, cultural adventures and sporting activities. Cruise, bike or hike on the original Erie Canal path, while visiting great restaurants, shops and quaint historic villages along the way. Within a 160 km radius of Rochester, tour boats provide cruises including lunch and dinner cruises as well as “low - bridge” cruises where passengers on the top deck of some boats must sit down to go under a bridge.

The Erie Canal caused the first great westward movement of American settlers, making New York City the busiest port in the United States, and turning Rochester into the first boom town in the US. Built just a few years before Ontario's Rideau Canal, one of the most amazing facts in the canal's history is that it was constructed by crews of untrained men, without the aid of a single professional engineer!

Three of Golf Magazine's "Top 20 Public Courses" reside in the region, and there are more than 60 golf courses in all! Rochester native and golfing legend Water Hagen reminded us to “stop and smell the flowers along the way”. No better place than Rochester, dubbed “the flower city” for its stunning gardens and beautiful blooms! You can enjoy hiking in more than 12,000 acres of parkland.

In summer there's the Xerox Rochester International Jazz Festival and the Lilac Festival in Highland Park, celebrating the world's largest Lilac collection. In fall there is the Rochester River Romance Head of the Genesee Regatta - one the best regattas in the Northeast United States. Plus in October ImageOut: The Rochester Lesbian & Gay Film & Video Festival is a 10-day event screening sought-after new material

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	<p>from around the world. The festival kicks off with an opening night party, and closes out with one too.</p> <p>Music lovers will appreciate concerts by the Rochester Philharmonic Orchestra and at the Eastman School of Music. The Memorial Museum of Art has a permanent collection that is renowned for its breadth and quality, and it is also known for the beautiful Centennial Sculpture Gardens.</p> <p>Venture just outside of Rochester to the New York Wine and Culinary Centre in Canandaigua, where there is ample opportunity to sample the delicious cuisine and wines of the Region with a Bistro, Tasting Room and a packed program of culinary events.</p>
Location	Rochester is a city in Monroe County, New York State, south of Lake Ontario in the United States. The city is east of Buffalo, west of Syracuse and sits on the southern shore of Lake Ontario. The Genesee River bisects the city.
Geography	<p>Rochester's geography comes from the ice sheets during the Pleistocene epoch. The retreating ice sheets reached a standstill at what is now the southern border of the city, melting at the same rate as they were advancing, depositing sediment along the southern edge of the ice mass. This created a line of hills, including (from west to east) Mt. Hope, the hills of Highland Park, Pinnacle Hill, and Cobb's Hill. Because the sediment of these hills was deposited into a proglacial lake they are stratified and classified as a "kame delta." A brief retreat and re-advance of the ice sheet onto the delta piled moraine material there, creating a rare hybrid structure called a "kame moraine."</p> <p>The ice sheets also left behind Lake Ontario (one of the five fresh-water Great Lakes), the Genesee River with its waterfalls and gorges, Irondequoit Bay, Sodus Bay, Braddock Bay, Mendon Ponds, numerous local streams and ponds, the Ridge, and the nearby Finger Lakes</p>
Name	Originally named the Village of Rochesterville in 1817 after one of the three original land owners, Colonel Nathaniel Rochester, the 'ville' was dropped a few years later to create Rochester.
Population	Rochester's population is approximately 210,000, making it New York's third most populous city. It is at the center of a larger Metropolitan Area which encompasses and extends beyond Monroe County and includes Genesee County, Livingston County, Ontario County, Orleans County and Wayne County. This area, which is part of the Western New York region, has a population of 1,055,000 people.
Language	English
Currency	US Dollar – the Canadian Dollar is around 80 cents US currently (June 2015)
Tippling	Similar to Canada – 10 – 15% on most services, restaurants etc. At the

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	hotel - \$3 per day for maid, \$1-2 per bag for bell hop etc at hotel, \$5 for concierge
Government	The current Mayor (2015) is Lovely Warren
Documentation	Passports are required for all Canadian visitors
Time zone	Eastern Time Zone, as Toronto and Montreal
Health	Excellent services available but ensure that you have travellers health insurance as health costs in the US can be very high
Safety tips	Rochester has a reputation as one of the safer of the major US cities; however sensible travelers precautions should be adopted

CLIMATE	
General climate	Rochester lies in the Humid continental climate zone, and has four distinct seasons, with often cold and snowy winters. Autumn features brilliant foliage colors, and summer sees comfortable temperatures that usually stay in the upper 20s Celsius and it can be quite humid.
Today's weather	Rochester is 24 Centigrade and sunny (6 June 2015)
Best time to visit	Four seasons: spring is full of flowers, summer is glorious, fall colours are magnificent and Rochester makes for a busy winter break too.

GETTING AROUND	
Getting There	Drive time from Toronto – 3.5 hours; from Montreal – 8 hours
Cities	The 79th largest city in the United States and the third largest city in New York State, the greater Rochester region is inhabited by a little more than one million people. Rochester is in Monroe County, but five additional counties are included in the Greater Rochester Region: Genesee, Livingston, Ontario, Orleans and Wayne.
Distances	Toronto is 370 kms, Montreal is 600 kms from Rochester
Ferries	There used to be a ferry from Toronto, but it is no longer operating
Trains	Amtrak has stations in Rochester and Syracuse. Visit www.amtrak.com for more information
Car Rental	All major car rental companies are represented in the city.
Buses	Bus service to the Finger Lakes region is available on Greyhound Bus Lines (tel. 800/231-2222; www.greyhound.com), with stations in Ithaca, Syracuse, Geneva, and Rochester, and Trailways (tel. 800/343-9999; www.trailways.com), which travels to Elmira, Geneva, Rochester, and Syracuse. Local bus service in Rochester and its county suburbs is provided by the Rochester-Genesee Regional Transportation Authority (RGRTA) via its Regional Transit Service (RTS) subsidiary. RTS also provides suburban service outside the immediate Rochester area and runs smaller transportation systems in outlying counties, such as WATS (Wayne Area Transportation System).

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ACCOMMODATION TYPES	<p>Rochester has two very nice B&Bs in residential neighborhoods as well as a handful of large chain hotels downtown, including the Hyatt Regency Rochester, 125 E. Main St. (tel. 585/546-1234; fax 585/546-6777; www.rochester.hyatt.com ; \$150-\$200 double), probably the best; the Crowne Plaza, 70 State St. (tel. 585/546-3450; www.crowneplaza.com ; \$119-\$179 double); and the Clarion, 120 Main St. E. (tel. 585/546-6400; www.choicehotels.com ; \$139-\$169 double). The large but independent Strathallan Hotel, 550 East Ave. (tel. 800/678-7284; www.strathallan.com ; \$159-\$199 double), in a former apartment building, is very well located, it has a swanky restaurant with an excellent wine list, and most rooms, recently updated, have kitchenettes.</p>
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LIFESTYLES	
Kids	<p>Child Magazine has also listed Rochester one of "America's 10 Best Cities for Families;"</p> <p>Strong National Museum of Play: This imaginative place - a "national museum of play" - is a splendid interactive museum for children and almost certain to entertain adults, too. It is simply one of the finest children's museums in the country. There's a re-creation of Sesame Street, a miniature grocery store where kids can shop and even scan their own groceries, and a fantastic dance lab and radio station where kids make their own sound effects -- a real wonderland. The museum even operates its own mini-branch of the local library system, and there are books at every turn. The museum began as an outgrowth of a local woman's 20,000-strong collection of dolls, dollhouses, and toys (one of the largest collections in the world, it is impressive but comparatively static given all the activity going on elsewhere in the building). Adults will surely feel a tinge of nostalgia viewing the National Toy Hall of Fame. Plan on a visit of several hours if you're in the presence of curious children. Also on-site are a great gift shop and an actual 1950s Skyliner Diner, a great place to take a break and refuel for more playing.</p> <p>www.strongmuseum.org</p>
Teens	<p>Lake Ontario's beaches and the nearby Seabreeze Amusement Park, 4600 Culver Rd. (www.seabreeze.com), open mid-June to Labor Day, are great spots in the heat of summer.</p> <p>The farm team of baseball's Minnesota Twins, the Rochester Red Wings (www.redwingsbaseball.com), play at Frontier Field, downtown, across from High Falls. Tickets are \$6 to \$10</p>
Romance	<p>Fine accommodations and restaurants, gorgeous Lakeland scenery close by and wonderful wineries to explore...romance indeed!</p>
Honeymoons & Weddings	<p>Plenty of opportunities for honeymoons and weddings – perhaps start by looking at our prize partner Belhurst at www.belhurst.com with further details below.</p>

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Zoomers	Erie Canal and Genesee River cruises are offered aboard the Sam Patch, a 19th-century replica packet boat, daily from May to October. Call tel. 585/262-5661 for schedules.
UNIQUES	<p>Erie Canal: Perhaps the most important engineering feat of its day, the Erie Canal, completed in 1825, created an international highway from the Great Lakes to the Atlantic Ocean. Shipping costs of flour and other raw materials and manufactured goods were reduced by as much as 90%. The canal stretched 360 miles from the Niagara River and Lake Erie in the west to the Hudson River in the east. It turned Rochester into a boomtown and was instrumental in transforming New York City into a major port, in the process opening up parts of the West for commercial expansion.</p> <p>The canal diminished in importance as railroads quickly began to crisscross the country, but it is being rediscovered as a tourism waterway. In addition to boating and cruises on the canal, the New York State Erie Canal Heritage trail follows the original towpath along the canal and is ideal for walking, biking, and skiing in winter. Anyone interested in following the canal, by either boat or car, and seeing sights along it should request a copy of Canal Connections from any of the country tourism offices. See also www.canals.state.ny.us</p>
Surprising	Marshmallows were first commercially produced in Rochester, and it was here in 1904 that the first prepared mustard was manufactured by the R.T. French Company. The city inspired a young George Eastman to invent the flexible-film camera, making photography available to the masses
History	<p>In 1789 Ebenezer “Indian” Allen built the area’s first gristmill and the “Flour City” was born. With the advent of the Erie Canal to transport milled grain and lumber, Rochester became America’s first “Boom Town.”</p> <p>Women’s’ Rights: If it were not for one of Rochester’s best-remembered citizens, women would not have the freedoms taken for granted today. Susan B. Anthony was arrested in 1872 for voting in a presidential election. She spent the rest of her life fighting for the basic rights of women to vote, own property, obtain advanced education and be paid an equal wage. Visitors still tour her Madison Street home, and often travel to nearby Seneca Falls to visit the National Women’s Hall of Fame and Women’s Rights National Historical Park.</p> <p>Civil Rights: Abolitionist Frederick Douglass spent 25 of his most productive years in Rochester. Douglass, an escaped slave, published the abolitionist newspaper The North Star and assisted Harriet Tubman in the dangerous work of helping slaves escape via the Underground</p>

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	Railroad. Douglass was involved at one of the most crucial points of the flight, assisting with escape by boat along the Genesee River to Lake Ontario and Canada. His burial site is located in Rochester's Mt. Hope Cemetery.
Books	Frommer's New York
1000 Places to See Before You Die	Finger Lakes – a beautiful region to the south and east of Rochester – see my separate Travel Notes for this destination.
Must Sees	High Falls , a 96 foot high urban waterfall in the heart of Rochester Attractions: High Falls Historic District; George Eastman House; Memorial Art Gallery; Strong Museum; Genesee Country Village and Museum; Erie Canal

SPORTS ACTIVITIES	Rochester sports teams provide great entertainment all year round – choose between the Rhinos Soccer, Red Wings Baseball, Amerks Hockey, Knighthawks Lacrosse and Razorsharks Basketball.
Golf	<p>Rochester and the sport of golf have a long and exciting relationship: a love affair that started in 1895, when the city's first private golf course appeared as the Country Club of Rochester. It was quickly followed in 1899 by one of the first public courses in America at Genesee Valley Park. With accolades from both golfing pros and weekend putters, today's Rochester is a prime destination for those who enjoy playing or just watching, and its courses are ranked in the top 10 of "America's 100 Greatest Courses" by Golf Magazine.</p> <p>There are 82 golf courses in and around Rochester (within a 45-minute drive), including 20 private country clubs, 35 semi-private clubs and 27 public/resort courses - many of them designed by the world's most famous golf architects. Ranging from exclusive private clubs and popular executive-length courses to well-designed semiprivate clubs and heavily-played municipal holes, golfers in Rochester have enough options to play twice a week from spring through fall... and never walk the same course twice!</p> <p>One of the newest courses is Ravenwood Golf Club: an upscale, semiprivate facility featuring a large driving range and seven target greens in addition to its challenging 18-hole course, made playable for golfers at all levels with five sets of tees.</p> <p>One of the oldest Rochester courses is at Durand-Eastman Park, which opened its first nine holes in 1917 and added another nine in 1934. Churchville Park offers one 18-hole course and one 9-hole course, while Genesee Valley Park boasts two 18-hole courses. All three parks provide a club house, pro shop and food concession area; and all are blessed with naturally beautiful settings.</p>
Fishing	There's good fishing in the Genesee River and of course from the south shore of Lake Ontario.
Horse riding	Heberle Stables: The Heberle Family has been serving the equestrian

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	<p>needs of Rochester and the surrounding area since 1926. Located just off the Route 590N expressway, and adjacent to scenic Ellison Park, Heberle Stables is a full-service lesson and boarding facility. http://www.heberlestables.com</p>
<p>Hiking</p>	<p>Long and short, challenging or oh-so-easy...the Rochester area has an abundance of great trails. Choose from trails for leisurely strolls and those calling for good hiking boots. Some are shared by cyclists, and nature trails within area parks are often well-suited to cross-country skiing or a snowshoe trek as well.</p> <p>Within the city, Highland Park offers paved walkways meandering among hundreds of lilac bushes and other flowers plus a natural path through the park's arboretum. A two-mile trail in Seneca Park offers dramatic views of the Genesee River along with wilderness areas to experience. And three overlook areas for the Genesee River's gorge and waterfalls can be found along the Genesee Riverway Trail that is easily accessed from Maplewood Park Rose Garden.</p> <p>In nearby Perinton, an impressive 64 km system of hiking and nature trails has led to its being named a "Top 10 Trail Town" by the American Hiking Society. The Thomas Creek Wetland Walk, just outside the village of Fairport, is a treat for nature lovers with its elevated boardwalk, observation platform, and trails that are even accessible to people with disabilities.</p> <p>Of course, all of the largest, public parks in the Rochester area provide hiking trails as a recreational option. Unique land formations left by retreating glaciers, such as "kettles, kames and eskers," have given Mendon Ponds Park (2,514 acres) recognition on the National Registry of Natural Landmarks and help make it a fascinating place to hike. Black Creek Park (1,500 acres) offers trails for hiking, horse-back riding and cross-country skiing, while Northampton Park (973 acres) adds the attraction of Springdale Farm-with its animals, gardens, and unique robotic milking parlor-to the fun of exploration. At Durand-Eastman Park (965 acres), trails through a hilly terrain sometimes give hikers a view of the park's 5,000 feet of Lake Ontario waterfront, too-an extra bonus!</p> <p>More popular places with great hiking potential are Powder Mills Park (380 acres), with its fish hatchery and a meadow that blooms in May with thousands of daffodils; and Ellison Park (447 acres) with its network of "hidden" trails providing walks of an hour or more through pristine forests that are seemingly far removed from any trace of civilization.</p> <p>Perhaps tracing a route once trod by Native Americans, the Genesee</p>

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	<p>Riverway Trail is a 5.4km hard-surface trail linking downtown Rochester and Genesee Valley Park. Along its path, hikers are treated to splendid skyline vistas, heavily wooded areas, picnic spots, fishing docks, and more. Clearly marked with green signs, access points to this trail include downtown Rochester, South Avenue near Court Street, and within Genesee Valley Park.</p>
<p>Cycling</p>	<p>Cyclists from every U.S. state, every Canadian province and countries around the world have come to the Rochester area to indulge their two-wheeling passion! With its outstanding array of recreational and off-road trails plus well-maintained highways, visitors are soon singing the praises of this bike-friendly community. Urban bike trails and most major streets have lanes that are wide enough to accommodate a bicyclist's needs, while state and county roads have paved shoulders that are separated from lanes of motorized traffic by a white stripe. Rochester's municipal buses (http://www.rgtra.com) all have bike racks, too, for those who want to travel to their biking destination using public transportation. Most local trails also provide smooth riding on surfaces ranging from stone dust (sedimentary rock) to asphalt. Another option is to travel rural roads with little traffic and picturesque villages providing good rest stops.</p> <p>Opportunities for beautifully scenic rides in the Rochester area are remarkable with recreational trails ranging from 1.6 km to more than 80 km. Cyclists are regularly seen enjoying the views and cooling breezes of a ride along the shoreline of vast Lake Ontario-one of America's five Great Lakes. Ambitious cyclists may also want to follow the Genesee River south into Letchworth State Park, the "Grand Canyon of the East," with a 64km ride from Rochester using the scenic Riverview Trail and Genesee Valley Greenway. A good resource to finding trails in the Rochester area for both cyclists and hikers is the "Genesee-Finger Lakes Regions Trails Guide" compiled by the Genesee Region Trails Coalition (http://www.grtcinc.org) and listing 30 multi-use trails along with parks and other recreation areas.</p> <p>In addition to Rochester's impressive park system, the world-renowned Erie Canalway Trail offers 720kms of wonderful views along old towpaths of the legendary waterway created to link Albany and Buffalo. With no motorized vehicles allowed, walkers, joggers, hikers and cyclists enjoy safe, easy traveling. The Erie Canal Heritage Trail, part of the longer Canalway Trail, covers 112kms between Fairport and Lockport. A promenade-style section of this trail through the Corn Hill neighborhood of Rochester also features interpretive signage of canal history along with benches for resting and docking for boats</p>
<p>Canoeing and Kayaking</p>	<p>For those who love spending their recreational time surrounded by water, Rochester is ready with a wonderful variety of easily accessible waterways ranging from scenic and peaceful to exciting and surprising.</p>

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	<p>So while sailboats and motorboats primarily claim the waves of Lake Ontario and Irondequoit Bay, the allure of Rochester's rivers, inlets, coves, and canal belongs to those seeking premier paddling territory. Gliding along the Genesee River toward Rochester in a canoe or kayak brings a thrilling sight when the city's skyline suddenly springs into view and the pulse of an urban area mingles with the quiet lapping of oars dipping into the river.</p> <p>Don't miss docking for awhile at Corn Hill Landing to enjoy a meal, indulge a taste for great ice cream, or explore a few of Rochester's nearby historic sites. Or paddle in the other direction to find where the Erie Canal flows into the Genesee River. Turning into this historic waterway soon brings views of charming homes and gardens along the water as well as still undeveloped vistas...and even the fun of going through a lock. If time allows, indulge in several days of paddling the Erie Canal with stops in picturesque canal-side villages like Pittsford, Fairport, Spencerport and Brockport. Each of these canal ports exudes its own special charm while providing helpful services and amenities for visitors traveling a water-filled "road."</p> <p>Yet another delightful destination is Ellison Park, where canoe and kayak outfitters, such as the BayCreek Paddling Center, offer rentals and even shuttle rides into the heart of the park so that paddlers can enjoy a carefree mosey down Irondequoit Creek.</p>
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<p>CULTURE</p>	<p>Rochester is made culturally rich by the renowned George Eastman House International Museum of Photography and Film, the Rochester Philharmonic Orchestra and Eastman School of Music, Strong National Museum of Play (and home to the National Toy Hall of Fame), the Rochester Museum & Science Center, Genesee Country Village & Museum, and The Memorial Art Gallery. Its beautiful and varied architecture includes the Art Deco splendor of the "Wing of Progress" atop the times Square Building, a multitude of interesting architecturally impressive buildings, and the spectacular mansions of East Avenue.</p> <p>Rochester's Geva Theatre Center features live performances of classic plays and debuts of original works, year - round. The Downstairs Cabaret offers a slate of rotating performances. And a host of regional theater companies offer much variety to Rochester's very active theater scene.</p> <p>Rochester is home to Tony Award - winning choreographer Garth Fagan and the internationally lauded Garth Fagan Dance. Rochester City Ballet's young dancers have gone on to perform with large dance companies nationally and internationally.</p>
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Arts	Artist's Way: Nationally recognized American artists Wendell Castle and Albert Paley live and work in Rochester. Castle's carved wooden sculpture, including a grandfather clock from his popular clock series, may be seen at the Memorial Art Gallery. Paley's metal sculptures grace the entrance to Bausch & Lomb World Headquarters, the railing of the Main Street Bridge, as well as the Memorial Art Gallery's collection. The late painter Ramon Santiago, left a legacy to Rochester in his images, which can be seen in quantity at Charlie's Frog Pond.
Music	With the internationally recognized Eastman School of Music and Rochester Philharmonic Orchestra, it's no wonder Rochester has ties to Grammy Award - wining musicians like Chuck Mangione, Renee Fleming, Jeff Tyzik and Mitch Miller. Late musical greats include William Warfield best known for his rendition of "Old Man River" in the musical Porgy & Bess, and Cab Calloway of "Minnie the Moocher" fame.
Films	Visit the Rochester High Falls International Film festival in May – check www.rochestermoviefest.com for updates
Museums	Visit some of Rochester's excellent Museums – like the Rochester Museum and Science Center and the Strasenburgh Planetarium. The International Museum of Photography and Film provides a fascinating insight into the story of photography and motion pictures and to the history of George Eastman and the Kodak Company in Rochester. Don't miss The Strong Museum of Play - a unique museum, dedicated to the study and Interpretation of play. The National Toy Hall of Fame includes Alphabet blocks to Yo-Yos - and many old favourites like Barbie and Mr Potato Head!
Festivals	<p>Rochester has over 100 festivals a year. Here are some examples:</p> <p>Rochester River Romance Head of the Genesee Regatta October - one the best regattas in the northeast of the USA</p> <p>ImageOut: The Rochester LGBTFilm Festival October - 10 day festival featuring more than 40 programs and 90 films</p> <p>Zoo Boo at Seneca Park Zoo October - This Merry-Not-Scary event includes trick-or-treat stations and family-friendly entertainment.</p> <p>Other festivals to mention are: Rochester International Jazz Festival established in 2002, the Corn Hill Festival (arts, crafts, and food in this Third Ward neighborhood), the Rochester-High Falls International Film Festival held at the George Eastman House's Dryden Theatre and the Little Theatre downtown), Clothesline Art Festival (artists from the region display their works on the grounds of the Memorial Art Gallery), Park Avenue Merchants Festival, Lilac Festival at Highland Park, St.</p>

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	<p>Patrick's Day parade (March), Rose Festival at Maplewood Park, Irish festival (September), two Greek festivals - one on East Avenue (in June) and one on South Avenue (in September), Gay Pride Festival (July), Puerto Rican Festival(August), Rochester Music Festival, and the Cold Rush Winter Celebration (celebrating winter sports in the Rochester area). In the summer, especially on the Fourth of July, downtown after dark is lit with fireworks and a laser show at the High Falls venue.</p> <p>The most popular of these is undoubtedly the Lilac Festival, which attracts many from areas outside of Rochester and draws on average 500,000 people every year.</p> <p>Xerox Rochester International Jazz Festival June Celebrating its 11th edition, 1200 musicians gather from around the world to perform in more than 300 concerts in Downtown Rochester www.rochesterjazz.com</p> <p>Park Avenue Summer Arts Festival August Music, arts and craft exhibits, outdoor dining and unique shopping. www.rochesterevents.com</p>
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ATTRACTIONS	
Beaches	Beaches on the Lake Ontario shoreline, north of the city, are very popular with locals. Ontario Beach Park, often called "the Port of Rochester," at the mouth of the Genesee River, has piers, a boardwalk, and an antique carousel in addition to a pleasant lake beach.
Waterfalls	High Falls , at 96 feet tall, is most famous as the largest urban waterfall in America, is located on the edge of downtown just a few blocks from Main Street. The historic mill area adjacent to the falls is home to a museum, gift shop, restaurants, and night life. The Pont de Rennes bridge offers prime viewing of the falls.
Grand Canyon of the East	Just west of the Finger Lakes is Letchworth State Park , known as the "Grand Canyon of the East." Here the Genesee River Gorge is 600 feet deep; the area boasts three waterfalls, scenic roads and trails, numerous overlooks, and some of the most magnificent scenery in the United States. The park itself sprawls over 14,340 acres, and is perhaps the most popular western New York destination for fall foliage fanciers. Visitors can enjoy hiking, swimming, whitewater rafting, horseback riding, birdwatching, canoeing, kayaking, picnicking, and even hot air ballooning.
Wildlife	Montezuma Wildlife Refuge Wetlands, a legacy of the glaciers, abound in the Greater Rochester Metropolitan Area. Attractive to wildlife and humans alike, many have been designated wildlife refuges with nature trails. The largest, the

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	<p>Montezuma Wildlife Refuge, is located about an hour's drive east of the city. With its nature trails, observation towers, self - guided auto tours, and enormous numbers of water birds and other wildlife, the refuge's 7,000 acres provide plenty of surprises for even the most seasoned nature observer.</p> <p>Seneca Park Zoo is a great place to see wildlife of all kinds, from leopards to polar bears. Open year round. Rates: \$11 adults, \$8 kids http://www.senecaparkzoo.org</p>
<p>Parks</p>	<p>Highland Park</p> <p>Highland Park was designed by famous landscape architect Frederick Law Olmsted - who also designed New York's Central Park. This historically significant landscape features the world's largest public lilac collection and it is home to the annual Rochester Lilac Festival. More than 1,200 lilac shrubs representing over 500 varieties are planted on 22 of the park's 155 acres. Highland Park is also noted for many other horticultural displays. In early May its flowering pears and tulips are in bloom; in mid-May the dogwoods and crabapples flower; and in late May the azaleas, horse-chestnut trees, pansies, spirea, wisteria, and tree peonies blossom. Highland Park's famous Rhododendron and Azalea collection bloom from May into mid-summer. Within the glass walls of Lamberton Conservatory are many plants that are not hardy outdoors in Rochester's temperate climate. In Highland Park's historic Scottish-style Warner Castle you will find Rochester Civic Garden Center - a non-profit group chartered by the State University to provide horticulture information. The Castle's Sunken Gardens have recently been restored and other display gardens include a Shady Border, a Rock Garden, a Courtyard Garden, an Iris and Daylily Bed, an Old-Fashioned Rose Bed, a Miniature Rose Bed, a Fern Bed, and a 13th Century Herb Garden.</p>
<p>Gardens</p>	<p>Rochester was originally referred to as the "Flour City" because of its flour milling Heritage. But in 1859 its nickname became the "Flower City" due to its burgeoning nursery and seed industry – and these horticultural roots, as it were, are reflected everywhere in the city today. The city's earliest horticultural pioneers were George Ellwanger and Patrick Barry and thanks to their skills and research Mt. Hope Garden and Nurseries in Rochester became one of the largest nurseries in the world by 1840. By 1855 half of all New York State's nurserymen were from Rochester and more fruit trees had been raised in Rochester by 1856 than the rest of the entire United States. Over one-third of the Rochester area was in nursery cultivation by the 1880's. The legacy of this green industry today is the magnificently-landscaped historic parks and world-famous gardens of the Rochester area. Here are just a few of the floral delights awaiting garden lovers in Rochester:</p>

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Ellwanger Garden

A restored historic landscape, this beautiful site consists of a colorful perennial garden planted by George Ellwanger of the world-famous Mt. Hope Nurseries in the 1800's. Rare peonies, tulips, and iris can be found here. The gardens are open to the public during the Lilac Festival in May and Peony Weekend in June.

George Eastman House

Featuring Kodak founder George Eastman's restored mansion and four restored or adapted gardens (terrace, library, rock, and sunken west gardens); this historic 12.5-acre site is planted with over 300 historic varieties of perennials, bulbs, groundcovers, trees, and shrubs. Hundreds of flowering bulbs are displayed in the Conservatory of the restored mansion, recreating Mr. Eastman's bulb orders for his home. Hyacinths, tulips, and orchids are a welcome treat for the eyes and nose in the midst of winter.

Maplewood Park

Home of the annual Maplewood Rose Festival each June, this historic park displays more than 5,000 rose blossoms in 300 varieties during its summer blooming season.

Sonnenberg Gardens

An historic Victorian Garden Estate and Mansion, Sonnenberg Gardens is the former summer home of Frederick Ferris and Mary Clark Thompson. About a 30-minute drive from Rochester, this 50-acre property features a 40-room stone mansion built in 1887, a Lord & Burnham conservatory, and nine theme gardens: Italian, old-fashioned, rose, rock, pansy, sub-rosa, moonlight, blue-and-white, and Japanese. The gardens feature more than 20,000 annuals, 2,600 rose bushes, waterfalls, caverns, rock formations, wildflowers, and trees. They are open to the public May through October with guided tours available.

Genesee Country Village & Museum

Ten recreated historic gardens dot the landscape of this restored 19th Century village approximately a half-hour drive from downtown Rochester; they trace the evolution of the horticultural tradition in the Genesee Valley. On display is a rudimentary pioneer's garden, as well as an elegant Victorian garden. The village's orchards, fruit, herb, and vegetable gardens furnish fresh produce for the village's working kitchens. Also on site are the Nature Center - an area of ecological interest with native plants in the heirloom vegetable seed garden and the Shaker garden of medicinal plants.

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Historical Sites	Beautiful and varied architecture includes the Art Deco splendour of the winged Times Square Building and the spectacular mansions of East Avenue; Visit the Susan B. Anthony House, a National Historic Landmark, and tour the rooms where leaders of the women's suffrage movement met and where Anthony was arrested for the "crime" of voting.
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OTHER ACTIVITIES	
Shopping	Spend a little time shopping in Rochester's quaint boutiques or the nearby Waterloo Premium Outlet Mall . The main shopping areas are: Eastview Mall (Victor, New York), The Mall at Greece Ridge (Greece, New York), The Marketplace Mall (Henrietta, New York), Pittsford Plaza (Pittsford, New York), Rochester Public Market, South Town Plaza and Village Gate Square. The biggest mall in the area is EastView Mall , 7979 Pittsford-Victor Rd., Victor, about 20 minutes south of Rochester. Craft Antique Co-op, 3200 W. Ridge Rd., is one of the state's largest craft-and-antiques co-ops, with 210 shops. Antiques hounds will want to visit the Bloomfield Antique Country Mile corridor along routes 5 and 20 in Bloomfield, on the way to Canandaigua, where a few dozen antiques shops are located.
Markets	Rochester's Public Market is over 100 years old and provides bargains every Tuesday, Thursday and Saturday. Vendors offer their fresh foods, ethnic delicacies and specialty items. Sunday special events throughout the year include "Greatest Garage Sales Ever," "Holidays at the Market" and "Homegrown at the Market."
Nightlife	Rochester's East End , within downtown, is well known throughout the area for being a center of late-night activity. It gets its name for being the stopping point for East Avenue, and both East and the surrounding streets are crowded with bars, nightclubs, coffee shops and high-end restaurants.

CUISINE	
Food	Transplanted Rochestarians travel thousands of kilometers for a spoonful of Abbott's Custard , a local frozen treat available at Ontario Beach Park and other Abbott's locations throughout the Rochester region. White hots , a local tradition invented more than 100 years ago in Rochester, are now shipped nationwide for those who can not bear to have a barbecue without them. And if someone offers you a Garbage Plate while you are in Rochester, don't turn them down. It's a tasty combination of deep fried hotdogs, hamburgers, potatoes and macaroni salad spiked with hot sauce, made popular by the Rochester restaurant Nick Tahou's. To wash all of these good things down the Rochester region supplies super-caffeinated Jolt Cola; Genny Beer, now made by High Falls

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	Brewing Company; and a host of wines from the Finger Lakes wine trails.
Wine	<p>Genesee Brewing Company, maker of the Genesee beers and JW Dundee's brand (Honey Brown) also calls Rochester home. Arbor Mist wines are produced in nearby Canandaigua, NY by owner Constellation Brands. And of course all the 100+ wineries of the Finger Lakes region are on your doorstep.</p> <p>The Canandaigua Wine Trail is a unique collection of wineries producing a variety of fine wines, with spectacular scenery, and many shops and attractions to enjoy along the way</p>
Restaurants	<p>Rochester has a surprisingly lively dining scene. Much of it is clustered around two areas, East Avenue, or the so-called "East End Entertainment District," and Park Avenue and Alexander Street. Two restaurants worth visiting, especially when you're out sightseeing, are actually located in museums: Cutler's (tel. 585/473-6380) is an upscale option just off the modern sculpture gallery at the Memorial Art Gallery, serving lunch Tuesday through Sunday, 11:30am to 2pm; and Bill Gray's Skyliner Diner (tel. 585/232-5284) is the Strong Museum's authentic 1950s diner, with food that kids will love.</p> <p>Take a relaxing lunch or dinner cruise on the historic Erie Canal.</p>
MORE INFO	The Downtown Visitor Information Center is located at 45 East Ave. (tel. 800/677-7282 or 585/546-3070; www.visitrochester.com). The Events line (tel. 585/546-6810) is a 24-hour recorded message highlighting current events and activities in the Rochester area. You will also find a tourism information centre at the rest stop of the New York State Thruway (westbound lane) near exit 45.
Brochures	Request a Travel Guide: 1 800 677-7282 info@visitrochester.com
Websites	www.visitrochester.com Connect with Rochester on Facebook: www.facebook.com/VisitRochester Rochester on YouTube: www.youtube.com/user/VisitRochester Twitter: https://twitter.com/visitrochester
CURRENT DEALS	For a wide variety of special, money-saving deals, go to this special website section: http://www.visitrochester.com/deals/index.cfm
PERSONAL EXPERIENCES	Rochester: High Falls, George Eastman House Wineries; Seneca and Cayuga Lakes; Captain Bill's Seneca Lake Cruise; Watkins Glen; Geneva, Penn Yan, Ithaca, Syracuse

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NEW YORK STATE

New York State is family friendly, great value and full of surprises all year round! And it is close to hand whether you live in Ontario or Quebec with the 1000 Islands and the Finger Lakes regions right on our borders. Reach New Your State in just ninety minutes from Toronto, or a half-day's drive from Montreal. And it offers the visitor everything from the ultimate bustling city break to a relaxing rural escape. This diverse State has 10 different regions with vibrant cities, spectacular landscapes, events galore, gourmet food and wine – and historical attractions everywhere!

New York State is packed with wildlife and natural wonders. From millions of acres of protected wilderness to billion year old caves and with hiking and biking trails, birdwatching, foliage tours and more – New York State is a natural paradise. There are 176 state parks and Adirondack Park alone is larger than Yellowstone, Yosemite, Grand Canyon, Glacier, and Olympic Parks combined. And with over 70,000 miles of rivers and streams plus canals, lakes and ocean shores, New York State is a paddler's paradise.

When it comes to cultural attractions – New York City springs to mind for world beating live entertainment and performing arts. New York's theatres include the Lincoln Center, Carnegie Hall, Beacon Theater, Saratoga Performing Arts Center and more. There are also a number of Film Festivals throughout the year that take place everywhere from Long Island, to Woodstock to the Capital Region of NY. For its size, the city of Rochester in the Finger Lakes Region is particularly blessed with cultural attractions – in part thanks to the bequests of George Eastman who founded the Kodak Company and had his home in the city.

History is everywhere in New York State – from Colonial battlegrounds to Sports History, and from Civil War sites to the homes of great men of commerce and innovation who helped shape a nation. "Paths through History" are itineraries that provide signage and interpretation to help visitors explore the history of the State in a fun and relaxed way.

And of course, you can't visit New York State without sampling the wine. There are more than 400 wineries, 220 breweries, 75 Farm breweries and 50 cideries in the State! You will discover globally recognized wineries from Long Island's North Fork to Lake Erie Wine Country that are especially known for award-winning Rieslings. Visitors can follow Wine Trails such as the Thousand Islands-Seaway Wine Trail and there are no less than four wine trails in the Finger Lakes Region.

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	This part of the State is also where you will find the New York Wine and Culinary Centre in Canandaigua – a celebration of (and opportunity to sample) the excellent food and wine of the region. The Upstairs Bistro overlooking Canandaigua Lake features locally sourced ingredients and exclusive New York State beer, wine, spirits and specialty drinks.
Location	New York is a state in the Mid-Atlantic and Northeastern regions of the United States. The state is bordered by New Jersey and Pennsylvania to the south, and Connecticut, Massachusetts and Vermont to the east. The state has a maritime border with Rhode Island east of Long Island, as well as an international border with the provinces of Ontario to the west, and Quebec to the north.
Geography	New York covers 141,299 km ² and ranks as the 27th largest state by size. The Great Appalachian Valley dominates eastern New York, while Lake Champlain is the chief northern feature of the valley, which also includes the Hudson River flowing southward to the Atlantic Ocean. The rugged Adirondack Mountains, with vast tracts of wilderness, lie west of the valley. Most of the southern part of the state is on the Allegheny plateau, which rises from the southeast to the Catskill Mountains. The western section of the state is drained by the Allegheny River and rivers of the Susquehanna and Delaware systems. The highest elevation in New York is Mount Marcy in the Adirondacks at 5,344 feet.
Name	Both state and city were named for the 17th century Duke of York, James Stuart, future James II and VII of England and Scotland.
Population	Approximately 20 million, making it the third most populous state in the United States
Language	English
Currency	US Dollar Today's rate (June 2015) is \$1 CDN = 80 cents US
Tipping	Similar to Canada – 10 – 15% on most services, restaurants etc. At the hotel - \$3 per day for maid, \$1-2 per bag for bell hop etc at hotel, \$5 for concierge, Maitre D
Government	Under its present constitution (adopted in 1938), New York is governed by the same three branches that govern all fifty states of the United States: the executive branch, consisting of the Governor of New York and the other independently elected constitutional officers; the legislative branch, consisting of the bicameral New York State Legislature; and the judicial branch, consisting of the state's highest court, the New York Court of Appeals, and lower courts. The state has two U.S. senators, 29 members in the United States House of Representatives, and 31 electoral votes in national presidential elections
Documentation	Passports are required for Canadian visitors arriving by air and land.
Time zone	Eastern Time Zone, as Toronto and Montreal
Health	Excellent services available but ensure that you have travellers health insurance as health costs in the US can be very high

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Safety tips	Sensible travellers precautions should be adopted.
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CLIMATE	
General climate	Summer is peak season, accounting for about 40% of New York State tourism. From June to August, the weather is pleasant and mostly sunny, though it tends to be humid. Temperatures usually remain below 29°C except in the vicinity of New York City and Long Island, which is about 6°C warmer than the rest of the state year-round.
Today's weather	New York City is 25 Centigrade with sunny periods (6 June 2015)
Best time to visit	Since New York State is a four-season destination, the best time to visit depends on what you want to do. Fall, from September to November, is an extremely popular time to visit. Upstate, the air turns to crisp jacket weather in September, but farther south summertime lingers until early October. New York's beautiful fall foliage is a huge draw, especially in mid-October - the best time to catch trees sporting brilliant reds and golds.

GETTING AROUND	
Getting There	New York is very drivable from both Ontario and Quebec and there are also frequent flights from Montreal and Toronto to a range of New York airports, especially to New York City. The Port Authority of New York and New Jersey operates three major airports in the New York City area: John F. Kennedy International Airport (JFK), LaGuardia Airport (LGA), and Newark Liberty International Airport (EWR).
Cities	The five largest cities are: New York City (8,274,527) Buffalo (279,745) Rochester (211,091) Yonkers (196,425) Syracuse (141,683)
Distances	New York State is considerably larger than many people realize; the drive from New York City to Niagara Falls can take 7 or 8 hours
Ferries	The Staten Island ferry to New York City is one of the world's most fun and cheapest ferry rides!
Trains	International visitors can buy a USA Rail Pass, good for 5, 15, or 30 days of unlimited travel on Amtrak (tel. 800/USA-RAIL; www.amtrak.com). The pass is available online or through many travel agents. Reservations are generally required and should be made as early as possible. Regional rail passes are also available.
Car Rental	Car rental is widely available in all major towns and cities as well as the railway stations and airports throughout the state.
Buses	Bus travel is excellent in the cities, but outside the cities a car is recommended.

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ACCOMMODATION TYPES	New York offers a wide range of accommodations - from the super-chic luxury hotels of Manhattan and the Victorian B&Bs of Saratoga Springs to the rustic mountain retreats of the Catskills and Adirondacks and the salty seaside motels of Long Island.
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LIFESTYLES	
Kids	New York's varied cultural landscape offers plenty of opportunities for family fun. You can pack up the station wagon for a Brady Bunch-style camping trip through the wilderness, visit the National Baseball Hall of Fame and Museum in quaint Cooperstown, or take in a Broadway show amid the bright lights of Manhattan's now-family-friendly Times Square.
Teens	So many sports and activities are available in NY State that there should be no trouble keeping teenagers happy on your trip. And then there's the amusement parks such as Darien Lake Theme Park & Resort near Niagara which features over 100 rides, shows and attractions. Camping & on site hotel, performing arts center, hotel, restaurant and huge water park; kids favorite comic and superhero characters come to life! www.godarienlake.com
Romance	The Hudson Valley, the Adirondacks and the Finger Lakes Region all have some wonderfully romantic inns and spa to kindle, or re-kindle, romance.
Seniors	Mention the fact that you're a senior when you make your travel reservations. In most cities, people over the age of 60 qualify for reduced admission to theatres, museums, and other attractions, as well as discounted fares on public transportation.

UNIQUES	
Surprising	Town of Mediums, Lily Dale: This haven for those in touch with otherworldly spirits has been celebrating its odd collection of residents for nearly 130 years. You can stop by for a private reading any time of year, or come in the summer for daily events, along with meditation and healing services.
History	New York harbor was visited by Verrazano in 1524 , and the Hudson River was first explored by Henry Hudson in 1609. The Dutch settled here permanently in 1624 and for 40 years they ruled over the colony of New Netherland. It was conquered by the English in 1664 and was then named New York in honor of the Duke of York. Existing as a colony of Great Britain for over a century, New York declared its independence on July 9, 1776 , becoming one of the original 13 states of the Federal Union. The next year, on April 20, 1777, New York's first constitution was adopted. In many ways, New York State was the principal battleground of the

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Revolutionary War. Approximately one-third of the skirmishes and engagements of the war were fought on New York soil. The Battle of Saratoga, one of the decisive battles of the world, was the turning point of the Revolution leading to the French alliance and thus to eventual victory. New York City, long occupied by British troops, was evacuated on November 25, 1783. There, on December 4 at Fraunces Tavern, General George Washington bade farewell to his officers.

The first government of New York State grew out of the Revolution. The State Convention that drew up the Constitution created a Council of Safety which governed for a time and set the new government in motion. In June 1777, while the war was going on, an election for the first governor took place. Two of the candidates, Philip Schuyler and George Clinton, were generals in the field. Two others, Colonel John Jay and General John Morin Scott, were respectively leaders of the aristocratic and democratic groups in the Convention. On July 9, George Clinton was declared elected and he was inaugurated as Governor at Kingston, July 30, 1777. **Albany became the capital of the State in January 1797.**

Alexander Hamilton was a leader in the movement which ended in the development of the Federal Constitution, and he was active in its ratification. New York City became the first capital of the new nation, where President George Washington was inaugurated on April 30, 1789.

In following years, New York's economic and industrial growth made appropriate the title "**The Empire State**," an expression possibly originated by George Washington in 1784. In 1809, Robert Fulton's "North River Steamboat," the first successful steam-propelled vessel, began a new era in transportation.

The Erie Canal, completed in 1825, greatly enhanced the importance of the port of New York and caused populous towns and cities to spring up across the state. The Erie Canal was replaced by the Barge Canal in 1918; and the system of waterways was further expanded by the construction of the St. Lawrence Seaway.

Overland transportation grew rapidly from a system of turnpikes established in the early 1880s to the modern day Governor Thomas E. Dewey New York State Thruway. By 1853, railroads, that had started as short lines in 1831, crossed the state in systems like the Erie and New York Central.

Located in New York harbor, the Statue of Liberty was formally presented to the U.S. Minister to France, Levi Parsons on July 4, 1884 by Ferdinand Lesseps, representing the Franco-American Union. The cornerstone was laid in August 1884 and the Statue of Liberty arrived in June 1885, in 214 packing crates. President Grover Cleveland dedicated the Statue of Liberty on October 28, 1886, when the last rivet

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	<p>was put into place.</p> <p>During the nineteenth century, America became a haven for many of the oppressed people of Europe, and New York City became the "melting pot." The Statue of Liberty (dedicated in 1886 in the harbor), with its famous inscription, "Give me your tired, your poor, your huddled masses yearning to breathe free," was the first symbol of America's mission.</p>
Books	Frommer's New York State – the bible for visitors to this region.
1000 Places to See Before You Die	<p>The Adirondacks – the largest park in continental US</p> <p>The Catskills – mountain wilderness beauty in miniature</p> <p>Cooperstown – upstate home to Baseball's Hall of Fame</p> <p>East Hampton – seaside Long Island</p> <p>Finger Lakes – see separate Destinations file</p> <p>Hudson Valley – historic scenic waterway</p> <p>New York City – the centre of it all!</p> <p>Saratoga Springs – 50 kms north of Albany: high society</p>
Must Sees	<p>The Statue of Liberty in New York City was a gift from France to the United States to mark the Centennial of the American Declaration of Independence. The idea of giving a colossal representation of republican virtues to a "sister" republic, across the sea, served as a focus for the republican cause against other politicians. The Statue of Liberty was dedicated in New York Harbor on October 28, 1886.</p>

SPORTS ACTIVITIES	
Golf	<p>New York State boasts a preponderance of courses routinely rated by golfing magazines and organizations to be among the country's best. There are more than 600 public and private golf courses, many in gorgeous natural settings. Some of the nation's most prestigious golf tournaments, including the U.S. Open and the PGA Championship, are routinely held in New York. Championship status has been awarded to James Baird and Rockland Lake North in the Hudson Valley; Saratoga Spa and Battle Island in Fulton; Chenango Valley in Binghamton; Green Lakes in Fayetteville; Beaver Island in Grand Island; and Montauk Downs and Bethpage on Long Island.</p> <p>But throughout the state, in the Catskill region, Long Island, Finger Lakes, Hudson Valley, Adirondacks, western New York, and the area around Saratoga Springs, there are dozens of superb courses for golfers of all abilities. Many of the large resort hotels in regions like the Catskills and Adirondacks have their own golf courses, many of them quite good.</p>
Fishing	<p>The trout streams and rivers of the southwestern Catskills, such as Beaver Kill and the Delaware River, are among the best in North America - or the world, for that matter - for fly-fishing. For additional information, contact the Delaware County Chamber of Commerce (tel.</p>

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	<p>800/642-4443; www.delawarecounty.org) or Sullivan County Visitors Association (tel. 800/882-CATS; www.scva.net).</p> <p>The Hudson River is very good for striped bass and trout fishing from mid-March to the end of May. For more information, visit www.hudsonriver.com/stripers.htm .</p> <p>At the eastern end of Long Island, Montauk is a sport-fishing capital known for its shark fishing (peaks in late June). Sport-fishing boat rentals and charters are available.</p>
Horse riding	<p>Horse riding stables exist throughout the New York countryside, particularly in the north of the State.</p>
Hiking	<p>Few places on the East Coast have the variety of mountains, forest preserves, and hiking trails of New York State, making it a superb destination for anyone from hard-core trail hounds to casual day hikers. The wild, remote Adirondacks - an area that covers nearly one-fifth of the state - are probably the state's top location for hiking, with a great hiking trail system to high peaks, waterfalls, and secluded lakes. Serious hikers will want to head to the High Peaks region. Mount Marcy, at 5,300 feet, is New York State's highest mountain, but with a heavy tree cover, there are peaks with better views to be found. One of them is Bald Mountain, east of Old Forge, a 2-mile (steep) climb with gorgeous vistas. The trail to Avalanche Lake is extraordinary, and Phelps Mountain is a moderate climb rewarded by 360-degree views of the high peaks.</p> <p>The Catskill Mountain region abounds with fantastic hiking possibilities. Particularly good are trails in the Minnewaska Preserve and Mohonk Preserve. Hugely popular with climbers, the Shawangunks (commonly known as the 'Gunks'), at the southeastern edge of the Catskills, also have great hiking trails. For trail information throughout the region, see www.catskillguide.com/hiking.htm .</p> <p>The Hudson River Valley is more hilly than mountainous, but there are great hikes in Bear Mountain, Hudson Highlands, and Fahnestock state parks.</p> <p>The Finger Lakes are a real sleeper region as far as hiking goes. The numerous gorges and glens in and around the lakes are terrific for hiking. The 16,000-acre Finger Lakes National Forest (between Cayuga and Seneca lakes) contains nine trails of up to 20 kms in length. The New York State Canalway System comprises 400 kms of multiuse trails across upstate, including the 170 kms Erie Canal Heritage Trail; the 60 kms Old Erie Canal Park Trail in central New York; the 42 kms Mohawk Hudson Bikeway in eastern New York; and the 14 kms Glens Falls Feeder Canal Trail in the foothills of the Adirondacks (near Lake Champlain).</p>
Cycling	<p>New York State has thousands of excellent roads and mountain trails for cycling. The Hudson Valley has moderate hills, Hudson River views,</p>

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	<p>farm landscapes, and the allure of historic estates such as those in Hyde Park. Excellent off-trail riding is possible in the Catskill Mountain region in the Mohonk Preserve (www.mohonkpreserve.org) and Minnewaska State Park Preserve. For mountain-biking trails, road-cycling routes, and trip reports in the Shawangunk Mountains, at the edge of the Catskills, see www.gunks.com.</p> <p>The Finger Lakes region is ideal for cyclists who want to circle the lakes, perhaps stopping off at wineries en route. Cyclists are very fond of scenic lake loops around several of the larger Finger Lakes, such as the 180 kms loop around Cayuga Lake and the 70 kms loop around Skaneateles Lake. In the Catskills, Plattekill Mountain is one of the top five mountain-biking destinations in North America, and other mountains, such as Windham and Hunter, also cater to mountain bikers in summer.</p> <p>There's easy cycling along the Catskill Scenic Trail (tel. 607/652-2821), a 34 kms "Rails to Trails" pathway. Farther upstate, The Seaway Trail, a scenic road route, runs 800 kms miles from Massena to Niagara Falls and goes along the south shore of Lake Ontario and the St. Lawrence River. Near the shores of Lake Champlain, Lake Champlain Bikeways is a series of demarcated bicycling loops. A terrific cycling option for cyclists of all abilities is along the historic New York State Canal System, comprising more than 400 kms of trails across upstate New York. Multiuse trails include the 40 kms Hudson-Mohawk Bikeway in the Capital-Saratoga region, the 60 kms Old Erie Canal State Park in central New York, the 160 kms Erie Canal Heritage Trail in the northern Finger Lakes region, and the 14 kms Glens Falls Feeder Canal Trail in the foothills of the Adirondacks near Lake Champlain.</p>
<p>Canoeing and Kayaking</p>	<p>From the Hudson River to the Adirondacks and rivers in the Catskills, New York State has thousands of miles for canoeing, kayaking, and rafting. In the Adirondacks alone, there are over 2,000 kms of rivers designated wild, scenic, and recreational rivers - little-changed since first used by Native Americans. One of the most popular routes is the Adirondack Canoe Route, which begins at Old Forge and flows 250 kms through the Fulton Chain of Lakes to Raquette Lake and north to the Saranac Lakes through Long Lake and then on to Tupper Lake, or east to Blue Mountain Lake. Nick's Lake is excellent for beginning paddlers, and the north branch of Moose River is more challenging. Another great spot for canoeing is the St. Regis Canoe area near Saranac Lake, with 57 interconnecting lakes and ponds.</p>

<p>CULTURE</p>	
<p>Arts</p>	<p>Museum of Modern Art, New York City: The newer, larger MoMA, after a 2-year renovation, is almost twice the</p>

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	<p>space of the original. The renovation, designed by Yoshio Taniguchi, highlights space and light, with open rooms, high ceilings, and gardens - a beautiful work of architecture and a perfect complement to the art within. This is where you'll find van Gogh's Starry Night, Cezanne's Bather, Picasso's Les Demoiselles d'Avignon, and the great sculpture by Rodin, Monument to Balzac.</p>
Music	<p>See what's happening at Carnegie Hall and the Brooklyn Academy of Music, two of the most respected - and enjoyable - multifunctional performing-arts venues in New York City. And then there are the Broadway musicals to consider too...</p>
Films	<p>Countless films and television series have been filmed in the state and New York City is second only to Hollywood as the centre of American film-making.</p>
Museums	<p>There are innumerable museums in the State, but the greatest are inevitably in New York City...</p> <p>Metropolitan Museum of Art, New York City: Home of blockbuster after blockbuster, the Metropolitan Museum of Art attracts some five million people a year, more than any other spot in New York City. And it's no wonder -- this place is magnificent. At 1.6 million square feet, this is the largest museum in the Western Hemisphere. Nearly all the world's cultures are on display through the ages - from Egyptian mummies to ancient Greek statuary to Islamic carvings to Renaissance paintings to Native American masks to 20th-century decorative arts - and masterpieces are the rule. You could go once a week for a lifetime and still find something new on each visit.</p> <p>The American Museum of Natural History: This is one of the hottest museum tickets in town, thanks to the Rose Center for Earth and Space, whose four-story-tall planetarium sphere hosts the show, Cosmic Collisions, narrated by Robert Redford, about the violent beginnings of the universe. Prepare to be blown away by this astounding, literally earth-shaking short film. Buy your tickets in advance for the Space Show in order to guarantee admission (they're available online). Other must-sees include the Big Bang Theater, which re-creates the theoretical birth of the universe; the main Hall of the Universe, with its very own 16-ton meteorite; and the terrific Hall of Planet Earth, which focuses on the geologic processes of our home planet (great volcano display!). All in all, you'll need a minimum of 2 hours to fully explore the Rose Center. The rest of the 4-square-block museum is amazing too. Founded in 1869, it houses the world's greatest natural-science collection in a group of buildings made of towers and turrets, pink granite, and red brick. The diversity of the holdings is astounding: some</p>

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	<p>36 million specimens, ranging from microscopic organisms to the world's largest cut gem, the Brazilian Princess Topaz (21,005 carats). And don't miss the Dinosaurs exhibit.</p>
<p>Festivals</p>	<p>There are events and festivals happening in New York State year-round...Here are just a few for the month of August:</p> <p>Antique Boat Show & Auction, Clayton (Thousand Islands). It's the oldest continuous boat show in the world - you can even bid on a boat at the auction. Cruise the commercial marketplace and flea market, sit in on an educational forum, listen to music, and sample food. Lots of kids' programs, too. Call tel. 315/686-4104. Early August.</p> <p>Maverick Concert Series, Woodstock. America's oldest summer chamber music series, continuous since 1916, is this agreeable version of "Music in the Woods." Call tel. 845/679-8217 or visit www.maverickconcerts.org . August through early September.</p> <p>Harlem Week, New York City. The world's largest black and Hispanic cultural festival actually spans almost the whole month to include the Black Film Festival, the Harlem Jazz and Music Festival, and the Taste of Harlem Food Festival. Call tel. 212/484-1222. Throughout August.</p> <p>NASCAR Winston Cup at the Glen, Watkins Glen. Among legions of race fans, this huge event is unparalleled in the Northeast, and it draws NASCAR fans from across the state and region, filling up just about every bed in the Finger Lakes. Visit www.theglen.com . Second week in August.</p> <p>Toy Fest, East Aurora. The home of Fisher-Price toys (western New York) comes to life with a toy parade along Main Street, an antique toy show, rides, and other activities. Call tel. 716/687-5151 or visit www.toytownusa.com . Late August.</p> <p>National Buffalo Wing Festival, Buffalo. This festival features many restaurants and sauces from Buffalo and around the country. Best wing and sauce competitions, wing-eating contests, and more. Call tel. 716/565-4141 or visit www.buffalowing.com . Late August.</p> <p>New York State Fair, Syracuse. New York State's massive 12-day agricultural and entertainment fair, with all kinds of big-name music acts and food you'll be glad only comes 'round once a year. Call tel. 800/475-FAIR or visit www.nysfair.org . Late August to early September.</p>

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	<p>U.S. Open Tennis Championships, New York City. The final Grand Slam event of the tennis season is held at the Arthur Ashe Stadium at the USTA National Tennis Center, the largest public tennis center in the world, at Flushing Meadows Park in Queens. Tickets go on sale in May or early June, and the event sells out immediately. Visit www.usopen.org or www.usta.com for additional information. Two weeks around Labor Day.</p>
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ATTRACTIONS	
Beaches	<p>Along the southern shore of Long Island, Jones Beach and Long Beach make great day trips from New York City, while Fire Island is a magical, car-free beach community and a world unto itself. Go out to the Hamptons, the beach playground for New York City-based celebs, and you may just catch an impromptu Billy Joel concert or dine with Martha Stewart.</p>
Wildlife	<p>Bronx Zoo Wildlife Conservation Park: Founded in 1899, the Bronx Zoo is the largest metropolitan animal park in the United States, with more than 4,000 animals living on 265 acres, and one of the city's best attractions. One of the most impressive exhibits is the Wild Asia Complex. This zoo-within-a-zoo comprises the Wild Asia Plaza education center; Jungle World, an indoor re-creation of Asian forests, with birds, lizards, gibbons, and leopards; and the Bengali Express Monorail (open May-Oct), which takes you on a narrated ride high above free-roaming Siberian tigers, Asian elephants, Indian rhinoceroses, and other non-native New Yorkers (keep your eyes peeled - the animals aren't as interested in seeing you). The Himalayan Highlands is home to 17 extremely rare snow leopards, as well as red pandas and white-naped cranes. The 6 1/2-acre Congo Gorilla Forest is home to Western lowland gorillas, okapi, red river hogs, and other African rainforest animals www.BronxZoo.com</p>
Parks	<p>New York has many state parks and two major forest preserves. Adirondack Park, roughly the size of the state of Vermont and the largest state park in the United States, was established in 1892 and given state constitutional protection in 1894.</p> <p>The Catskill Park was protected in legislation passed in 1885, which declared that its land was to be conserved and never put up for sale or lease. Consisting of 700,000 acres (2,800 km²) of land, the park is a habitat for bobcats, minks and fishers. There are some 400 black bears living in the region.</p>
Gardens	<p>New York Botanical Gardens: A National Historic Landmark, the 250-acre New York Botanical Garden</p>

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	<p>was founded in 1891 and today is one of America's foremost public gardens. The setting is spectacular - a natural terrain of rock outcroppings, a river with cascading waterfalls, hills, ponds, and wetlands.</p> <p>Highlights of the Botanical Garden include the 50 specialty gardens, an exceptional orchid collection, and 40 acres of uncut forest, as close as New York gets to its virgin state before the arrival of Europeans. The Enid A. Haupt Conservatory, a stunning series of Victorian glass pavilions that recall London's former Crystal Palace, shelters a rich collection of tropical, subtropical, and desert plants as well as seasonal flower shows. There's also a Children's Adventure Garden. Natural exhibits are augmented by year-round educational programs, musical events, bird-watching excursions, lectures, special family programs, and many more activities. Best of all is the annual Holiday Train Show (late Nov-early Jan; call for exact dates), where railway trains and trolleys wind their way through more than 100 replicas of historic New York buildings and attractions - such as the Statue of Liberty, the Metropolitan Museum of Art, and the Garden's own Enid A. Haupt Conservatory - all made from plant parts and other natural materials. There are so many ways to see the garden - tram, golf cart, walking tours - that it's best to call or check the website for more information. www.nybg.org</p>
<p>Historical Sites</p>	<p>Hudson Valley's Great Estates: American history was made up and down the Hudson River, and not just at Revolutionary War battle sites. The grand estates of important literary figures, railroad magnates, and finance barons - including Washington Irving's Sleepy Hollow, the Lyndhurst Estate, the Rockefeller Family's Kykuit Estate, and the Vanderbilt Mansion - are lasting portraits of a young country's great expansion and riches at the height of the Industrial Age. History lessons that go to the core of the country's development are sensitively presented at the Philipsburg Manor, an 18th-century farm that serves as a living-history museum about slavery in the North, while the FDR Presidential Library and Home and Eleanor Roosevelt's Val-Kill Cottage in Hyde Park document another crucial period in the country's more recent history.</p> <p>Fort Ticonderoga: In the Adirondacks (Rte. 74, Ticonderoga; tel. 518/585-2821; www.fort-ticonderoga.org) was once a grimy, bloody stage for battle during the French and Indian War and the American Revolution. The fort has been impressively restored and is surrounded by 2,000 acres of carefully manicured grounds. The fort maintains one of the most extensive collections of colonial weapons in the country: Muskets, cannons, and arrowheads are displayed in the museum. A 20-minute</p>

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	narrated tour by staff historians offers background on the fort, and then visitors are on their own to explore the fort's historic corridors, barracks, and even a walk-in cooking oven used to feed the troops. Daily musket demonstrations staged by period-costume-clad staff are heaven for imaginative kids. And the King's Garden, an unexpected pleasure, is lovely; benches are scattered throughout for admiring the peonies, day lilies, and other flowers.
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OTHER ACTIVITIES	
Shopping	Visitors love shopping in New York State. Stroll through quaint towns where the streets are lined with unique shops or treat yourself to a weekend shopping spree at one of our mega malls. Looking for great deals? Visit the many factory outlets, where you'll find quality items at affordable prices.
Markets	Roadside markets abound in rural New York and antiquing is highly prized...Here are a couple of suggestions Hudson: This formerly run-down town along the Upper Hudson has exploded with high-end and eclectic antiques shops, making it the antiquing destination of the Hudson River Valley (indeed of any place in the state north of Manhattan). Almost all the dealers are confined to the long stretch of Warren Street, making it ideal for window-shopping. Bloomfield Antique Country Mile: Just west of Canandaigua, this mile-long cluster of antiques dealers along routes 5 and 20 in Bloomfield is one of the best concentrations for antiquing in the Finger Lakes, with several multidealer shops lined up back-to-back.
Nightlife	Broadway, New York City – need we say more? New York's nightlife scene is an embarrassment of riches. There's so much to see and do in this city after the sun goes down that your biggest problem is probably going to be choosing among the many temptations.
Casinos	There are several in the state – here is one recommendation: Turning Stone Resort and Casino Region: Central-Leatherstocking Verona, NY www.turningstone.com An all-season destination featuring 3 championship golf courses, big name entertainment, fine dining and luxury accommodations, with personal attention to details.

CUISINE	
Food	The beautiful New York Wine & Culinary Center (tel. 585/394-7070; www.nywcc.com) is on the north shore of Canandaigua Lake. The

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	<p>stunning complex contains a wine tasting room, New York Lounge restaurant and bar, and swanky instruction kitchen for cooking classes. The centre's mission is to promote the agriculture, food, and wine of New York State and it appears to be succeeding admirably.</p>
Wine	<p>New York is the nation's third-largest grape-producing state, behind California, and second-largest wine producer by volume. The south shore of Lake Erie and the southern Finger Lakes hillsides have many vineyards. In addition, the North Fork of Long Island developed vineyards, production and visitors' facilities in the last three decades of the 20th century. The state has 30,000 acres (120 km²) of vineyards, 212 wineries, and produces over 200 million bottles of wine.</p>
Restaurants	<p>New Yorkers crave red meat, or so one would assume with the opening of countless new steakhouses including Kobe Steak, Quality Meats, Benjamin Steakhouse, Harry's Steaks, and Porter House New York. New York has also welcomed the arrival of two renowned European chefs. The notorious super-chef Gordon Ramsay from London opened his restaurant Gordon Ramsay at The London in The London NYC hotel, 151 W. 54th St. (tel. 212/468-8888; www.gordonramsay.com), and quickly earned two stars from the New York Times. Joel Robuchon from Paris opened L'Atelier de Joel Robuchon in the Four Seasons Hotel 57 E. 57th St. (tel. 212/350-6658) and earned three New York Times stars.</p>

Connect	<p>There are many ways to connect with new York State and learn more about the destination:</p> <p>Website: www.iloveny.com</p> <p>Telephone: 1-800-CALL-NYS</p> <p>New York State Travel Guides: http://www.iloveny.com/travel-tools/guides/#.VXZBMM9VhBd</p> <p>Facebook: https://www.facebook.com/iloveny</p> <p>Follow New York State on Twitter: https://twitter.com/i_love_ny</p> <p>Read the I love New York blog: http://www.iloveny.com/blog/#.VXZBjs9VhBd</p>
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