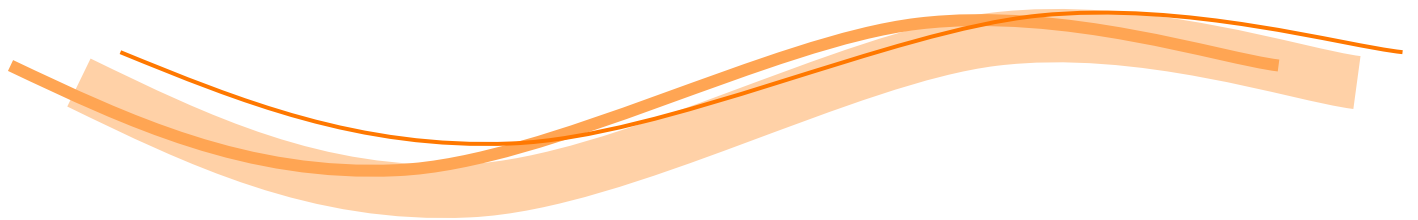




NEW YORK CITY
from BURLINGTON
INTERNATIONAL
AIRPORT





<p>BURLINGTON INTERNATIONAL AIRPORT (BTV)</p>	<p>This week on the Travel Show - Burlington International Airport in Vermont - your quick, easy and economical alternative, just ninety minutes from Montreal. It's a convenient and welcoming airport, with walk-to parking and a new \$15 million expansion. The airport is adjacent to Burlington - there are hundreds of rooms nearby, from modest to magnificent, it is just ten minutes from Lake Champlain, and an hour away from five world-class mountain resorts.</p> <p>Now it's even easier to get to Burlington International Airport – thanks to four times daily service from the Bus Station at Berri in Montreal. A comfortable Greyhound coach takes you right to the terminal. Check out the schedules at www.greyhound.ca or see below for the times.</p> <p>Airfares from Burlington are generally far lower than flying out of Canada – no wonder nearly half the travelers from Burlington International Airport are Canadian! Business and leisure travelers alike will appreciate Burlington Airport's friendliness, excellent on-schedule record, and direct flights to many major cities. You can fly to destinations across the U.S. – and connect around the world. Find out more at www.flybvtv.com</p> <p>Check out JetBlue Airways for your next vacation. JetBlue jets nonstop from Burlington to New York City and Orlando with additional service to over 60 great destinations. Every flight comes with comfy leather seats, lots of legroom, 36 channels of DIRECTV* and over 100 channels of free XM Radio. Happy Jetting as you book your next trip today at www.jetblue.com .</p>
<p>BTV Convenience and Service</p>	<p>Burlington International Airport is northern New England's most convenient and welcoming airport, with walk-to parking and a new \$15 million expansion.</p> <p>Adjacent to Burlington Vermont, BTV is just ten minutes from Lake Champlain and an hour from five world-class mountain resorts. Business and leisure travelers alike appreciate BTV's friendliness, excellent on-schedule record, and direct flights to many major cities. Beautiful, friendly, efficient and convenient-BTV is truly your gateway to a new kind of flying experience!</p>
<p>Montreal to BTV with Greyhound</p>	<p>Now it's even easier to get to Burlington International Airport – thanks to four times daily service from the Bus Station at Berri in Montreal. A comfortable Greyhound coach takes you right to the terminal. No need to worry about driving, parking fees or the weather – just relax and let your vacation start in downtown Montreal! The cost is just \$25 each way.</p>

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	Here is the timetable (July 2010):			
	Burlington to Montreal		Montreal to Burlington	
	Departing / Arriving		Departing/ Arriving	
	4:15am	6:45am	8:15am	10:45am
	12:30pm	3:00pm	10:45am	1:15pm
	3:05pm	5:35pm	3:45pm	6:15pm
	7:15pm	9:45pm	11:05pm	1:35am
Connecting Flights from BTV (July 2010)	City	Airline	Frequency	
	Chicago (ORD)	United	3 daily	
	Cleveland (CLE)	Continental	1 daily	
	Detroit (DTW)	Delta	3 daily	
	Newark (EWR)	Continental	4 daily	
	New York (JFK)	JetBlue	3-4 daily	
	New York (JFK)	Delta	3 daily	
	New York (LGA)	US Airways	2-7 day	
	Orlando (MCO)	JetBlue	1 daily	
	Philadelphia (PHL)	US Airways	6 daily	
	Washington DC (DCA)	US Airways	3 daily	
	Washington DC (IAD)	United	3 daily	
Dining	<p>Terminal Snack Bar: BTV offers several dining options. A casual snack bar with seating is located on BTV's first level, across from the United and USAirways ticket counters. Visitors can enjoy Green Mountain Coffee, Ben & Jerry's ice cream, freshly made sandwiches, soups, and other snacks.</p> <p>One Flight Up Restaurant: Located on BTV's second level above the United and USAirways ticket counter, One Flight Up serves breakfast, lunch, dinner, and cocktails. Our chef's cuisine is eclectic and makes One Flight Up a favored venue for local diners as well as travelers.</p>			
Shopping	Located just off the main concourse, the Gift Shop offers everything for the busy traveler: books, magazines, newspapers, snacks, drinks, toiletries and personal items, and a wide assortment of specialty foods, craft items, and gifts for those wishing to take home a little bit of Vermont.			
Relaxation	Busy travellers long for a comfy place to just kick back and relax, so they have furnished the mezzanine with couches, coffee tables, and easy chairs. The perfect place to wait for flights, friends, or families. You'll also find a row of white rocking chairs in the Skyway, which provide spectacular views of the runways and aircraft			
Internet Access	Wireless Internet Access - Free high-speed wireless internet access is available in the North Concourse.			
Directions from Montreal	From Montreal (150km or approx 2 hours) Take Autoroute 10E to Autoroute 35; Turn slight left onto Boulevard d'Iberville/Provincial Secondary Route 133 South. Enter U.S., proceed			

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	south on I-89 to exit 14E toward South Burlington. Drive east 1.5 miles on Williston Rd./Rt. 2. Turn left onto Airport Dr.
	Check for border wait times – if any – by going to this website before departing: http://apps.cbp.gov/bwt
Travel Tips	<p>Arrive early Plan to arrive at BTV two hours before your flight. Remember that you may need to find a parking place, carry luggage into the terminal, check in, and pass through security. And keep in mind that flights usually board at least 30 minutes prior to scheduled departure time. Once the aircraft doors are closed, they will not be reopened for late arrivals.</p> <p>Park Smart BTV's new parking garage additions make "Garage Full" conditions rare, but they do occasionally occur. Be sure to call ahead to the parking garage at 802-865-7572 for up-to-the-minute parking conditions status. Alternate parking is available the Airports' overflow parking at Park & Shuttle, adjacent to the main terminal.</p> <p>Pack smart Please check the TSA's web site at www.tsa.gov for a list of items banned from checked bags or carry-ons. Do keep your prescription drugs, jewelry and other valuables with you. If you store toiletries and other small items inside plastic bags, it will help prevent spillage, breakage or loss in case your bag is searched.</p>
Car Rental	BTV car rental agency counters are located inside the terminal, on the main floor, adjacent to the baggage carousels. Rental vehicles are just a short walk from the counters via a covered skywalk. All the major companies are available: Avis, Budget, Enterprise, Hertz, National and Alamo
Telephone	802-863-2874
Website	http://www.flybtv.com

AIRLINE PRIZE PARTNER: JETBLUE	Check out JetBlue Airways for your next vacation. JetBlue jets nonstop from Burlington to New York City and Orlando with additional service to over 60 great destinations. Every flight comes with comfy leather seats, lots of legroom, 36 channels of free DIRECTV* and over 100 channels of free XM Radio. Happy Jetting as you book your next trip today at www.jetblue.com .
Flight details	<p>JetBlue fly non-stop from BTV to both New York City (JFK) 3 to 4 times daily and to Orlando (MCO) once a day.</p> <p>New York City from BTV in August 2010 for instance, is from just \$84 US one way.</p> <p>From New York City, travellers can connect to a huge range of destinations across the USA, the Caribbean and Central America,</p>

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	including: Aruba, Jamaica, DR, Puerto Rico, Barbados, St. Maarten, Bogota, Cancun, Costa Rica and West Coast States (Seattle, Portland, San Francisco, Los Angeles and San Diego).
Low Fares, High Standards	From new planes to great in-flight entertainment, JetBlue is very impressive. They have the youngest and most comfortable aircraft in the aviation industry. Their fleet of Airbus A320s and new Embraer 190s has roomy, plush leather seats, 36 channels of free DIRECTV® programming, and more than 100 channels of Free XM Satellite Radio on the new E190s and coming soon on their entire fleet. Complimentary brand name snacks and delicious beverages are available, including freshly brewed Dunkin Donuts coffee. They have easy online check-in and change management systems. Plus award-winning customer service-named 'Best Domestic Airline' in Condé Nast Readers' Choice Awards for six consecutive years.
Legroom!	JetBlue recently removed a row of seats from their Airbus A320 Aircraft to offer customers more legroom. The new configuration provides customers one of the most spacious rides in the airline industry - in fact, with 36" of legroom, they offer more room to stretch your legs than the first class cabin on a variety of other aircraft.
Jet Blue Reservations	Call 1-800-538-2583

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NEW YORK	
Location	New York City is located in the Northeastern United States, in southeastern New York State, approximately halfway between Washington, D.C. and Boston.
Geography	The location at the mouth of the Hudson River, which feeds into a naturally sheltered harbor and then into the Atlantic Ocean, has helped the city grow in significance as a trading city. Much of New York is built on the three islands of Manhattan, Staten Island, and Long Island, making land scarce and encouraging a high population density.
Name	In 1664, the city was surrendered by the Dutch to the English and renamed "New York" after the English Duke of York and Albany.
Population	8.4 million
Language	English.
Currency	US Dollars; the current exchange rate at July 22 nd 2010 is 94 cents US to the Canadian Dollar
Tipping	The custom of tipping is a common practice in NYC: 15% to 20% for waiters; 10% to 15% for taxi drivers; \$1 per bag for bellmen. Occasionally gratuities are automatically added to restaurant checks, but not usually.
Government	Since its consolidation in 1898, New York City has been a metropolitan municipality with a strong mayor-council form of government. In New York City, the central government is responsible for public education, correctional institutions, libraries, public safety, recreational facilities, sanitation, water supply and welfare services. The mayor and councillors are elected to four-year terms.
Documentation	Passports are now required for Canadian visitors arriving by air and land. An enhanced provincial driving license will also be an alternative if you are driving to NYC.
Time zone	Eastern Standard Time (EST)
Health	Excellent services are available but ensure that you have travellers health insurance as health costs in the US can be very high.
Safety tips	NYC is relatively safe for the tourist. One should use the same precautions as when travelling anywhere - try not to travel alone and avoid deserted areas at night.

CLIMATE	
General climate	New York has a humid subtropical climate, and it is the northernmost major city in North America with this type of climate. The area averages 234 days with at least some sunshine annually, for an average of 2680 hours of bright sunshine per year. Winters are cold, and prevailing wind patterns that blow offshore minimizes the effect of the Atlantic Ocean. Yet, the Atlantic Ocean keeps the city warmer in the winter than inland North American cities

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	located at similar latitudes.
Today's weather	35C with sun and showers (24 July 2010)
Best time to visit	Very much a four season destination.

GETTING THERE	
Flying time	From Burlington International: less than an hour.
Boroughs	New York City is composed of five boroughs: Brooklyn, Queens, Staten Island, Manhattan, and the Bronx. Throughout the boroughs there are hundreds of distinct neighborhoods, many with a definable history and character to call their own. If the boroughs were each independent cities, four of the boroughs (Brooklyn, Queens, Manhattan, and the Bronx) would be among the ten most populous cities in the United States.
Distances	Montreal to New York is approx 600 kms.
Ferries	The busiest ferry in the United States is the Staten Island Ferry, which annually carries over 19 million passengers on the 8.4 km run between Staten Island and Lower Manhattan.
Trains	New York City is served by Amtrak, which uses Pennsylvania Station. Amtrak provides connections to Boston, Philadelphia, and Washington, D.C. along the Northeast Corridor and long-distance train service to cities such as Chicago, New Orleans, Miami, Toronto and Montreal.
Car Rental	All major car rentals are available, both at the airports and in city locations.
Subway	The New York City Subway is the largest rapid transit system in the world when measured by stations in operation, with 468. New York's subway is also notable because nearly all the system remains open 24 hours a day.

ACCOMMODATION TYPES	<p>NYC has a huge range of accommodation options, but be prepared to pay big bucks for small rooms! The featured hotels are a notable exception to this: Apple Core Hotels own and operates five Manhattan-based hotels in great locations:</p> <ul style="list-style-type: none"> •nyma, The New York Manhattan Hotel •Comfort Inn Times Square •The Hotel @ Times Square •La Quinta Manhattan •Ramada Eastside <p>See below for further details.</p>
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TARGET GROUPS	
Kids	Central Park: With its carousel, a zoo, two ice-skating rinks and pools (depending on the season), playgrounds, and ball fields, Central Park is a children's wonderland.

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	<p>Bronx Zoo Wildlife Conservation Park: This is one of the great zoos in the world - and you don't have to be a kid to love it.</p> <p>New York Hall of Science: This Queens museum, in Flushing Meadows-Corona Park, has hands-on exhibits that thrill, preschoolers on up. The surrounding park offers a carousel, zoo, and boat and bike rentals.</p> <p>Coney Island: It's not a theme park (yet!), just an old-fashioned amusement park on the beach. Nearby is the NY Aquarium, Keyspan Park, and Nathan's Hot Dogs. What more could a kid, want?</p> <p>I recommend purchasing a copy of Frommer's New York City with Kids, an entire guidebook dedicated to family visits to the Big Apple. Good bets for the most timely information include the "Weekend" section of Friday's New York Times, which has a section dedicated to the week's best kid-friendly activities; the weekly New York magazine, which has a full calendar of children's events in its listings section; and Time Out New York, which also has a weekly kids section with a bit of an alternative bent. The Big Apple Parents' Paper is usually available, for free, at children's stores and other locations in Manhattan; you can also find good information from the folks behind the paper at www.parentsknow.com</p> <p>Children's Museum of Manhattan Here's a great place to take the kids when they're tired of being told not to touch. Designed for children ages 2 to 12, this museum is strictly hands-on. Interactive exhibits and activity centres encourage self-discovery. The Time Warner Media Center takes children through the world of animation and helps them produce their own videos. "Gods, Myths and Mortals: Discover Ancient Greece" introduces them to art, science, and literature. This isn't just a museum for the 5-and-up set - there are exhibits designed for babies and toddlers, too. The schedule also includes craft classes and storytellers, and a full slate of entertainment on weekends. www.cmom.org</p>
Teens	<p>Liberty Helicopters These flight-seeing trips offer a quick thrill - literally. Eight-minute tours from Downtown take in the Downtown skyscrapers and Ellis Island, while longer tours last 10 or 15 minutes and take in a wider view. If you opt for the longest tour, you'll fly far enough uptown to take in the George Washington Bridge and Yankee Stadium. Flights leave every 15 minutes daily from 9am to 7pm, but note that at least a 24-hour advance reservation is required. Price is from \$120 and the website is www.libertyhelicopters.com</p>

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	<p>The Rock and Roll Hall of Fame Annex NYC Cleveland Rocks, and now so does SoHo where, as of late 2008, teens can all hail rock 'n' roll in Manhattan. If your teens are into this music, into the lore, into the instruments, into the costumes, into the "everything" of it...they will love this. The experience begins with a blasting, let's-get-pumped 10-minute film that kicks off with John Lee Hooker and takes us on through Elvis, Chuck, and Jerry Lee, down to John, Paul, George, and Ringo, then over to Jimi, Mick, and Keith, and to the present day. The space is divided into galleries, each one ostensibly with a theme. You've given a pair of earphones that play music while you walk that's appropriate to the display or exhibit you're viewing. www.rockannex.com</p>
Romance	<p>Just view some of the romantic films shot in New York for some ideas on how to spend some romantic time in the NYC. The skies not even the limit: apparently many proposals are made on the helicopter flights above the city!</p>
Seniors	<p>New York subway and bus fares are half-price (\$1) for people 65 and older. Many museums and sights (and some theatres and performance halls) offer discounted admittance and tickets to seniors, so don't be shy about asking. Always bring an ID card, especially if you've kept your youthful glow. Many hotels offer senior discounts; Choice Hotels (which include Comfort Inns, popular affordable Midtown hotels), for example, gives 30% off the published rates to anyone over 50, provided you book your room through the nationwide toll-free reservations number.</p>

UNIQUES	
Surprising	<p>The Staten Island Ferry remains absolutely free to riders and is the best travel bargain in New York!</p>
History	<p>The area that became New York City was the home to many Native Americans before Giovanni da Verrazano arrived in 1524. And it wasn't until 1609, when Henry Hudson, while searching for the Northwest Passage, claimed it for the Dutch East India Company, that New York was recognized as a potential, profitable settlement in the New World. (And it's 1609 that the city uses as its founding date). Hudson said of New York, "It is as beautiful a land as one can hope to tread upon." By 1625, Dutch settlers established a fur trade with the locals and called their colony New Amsterdam. A year later, Peter Minuit of the Dutch West India Company made that famous deal for the island. He bought New Amsterdam from the Lenape Tribe for what has widely been reported as \$24...but was probably much more. New Amsterdam became a British colony in the 1670s, and during the Revolutionary War it was occupied by British troops. England controlled New York until 1783, when it withdrew from the city 2 years after the end of the American Revolution.</p>

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	<p>Two years after that, New York was named the first capital of the United States. The first Congress was held at Federal Hall on Wall Street in 1789, and George Washington was inaugurated president. But New York's tenure as the capital didn't last long. A year later, the government headed south to the newly created District of Columbia.</p> <p>By 1825, New York City's population swelled to 250,000 and rose to a half-million by midcentury. The city was a hotbed of Union recruitment during the Civil War; in the 1863 draft riots, Irish immigrants violently protested the draft and lynched 11 African-Americans.</p> <p>With industry booming, the late 19th century was termed the "Gilded Age." New York City was an example of this label in action; millionaires built mansions on Fifth Avenue, while rows of tenements teeming with families (made up of the cheap, mostly immigrant labourers who were employed by the industrial barons) filled the city's districts. In 1880, the city's population boomed to 1.1 million.</p> <p>More European immigrants poured into the city between 1900 and 1930, arriving at Ellis Island and then fanning out into such neighborhoods as the Lower East Side, Greenwich Village, Little Italy, and Harlem. With the city population in 1930 at seven million and a Depression raging, New York turned to a feisty mayor named Fiorello La Guardia for help. With the assistance of civic planner Robert Moses, who masterminded a huge public works program, the city was remade.</p>
Books	<p>Frommer's New York City 2010; The Best of New York in Just 10 Seconds (see my review on this website at: http://www.chrisrobinsontravelshow.ca/content.asp?page=ChrisBookPics#6</p>
1000 Places to see before you die	<p>New York City has an entire section to itself as there's so much to cover, including: American Museum of Natural History; Central Park; Empire State Building; Frick Museum; Lincoln Center; Metropolitan Museum of Art; Museum of Modern Art; Rockefeller Center; Statue of Liberty; Times Square and 42nd Street.</p> <p>Historic Downtown NY: Where the City began Museum Mile: a whole mile of marvelous museums</p>
Must Sees	<p>If I had to choose just one: the Statue of Liberty</p>

SPORTS ACTIVITIES	<p>New York City has teams in the four major North American professional sports leagues, and has won 43 championships in these leagues, as of May 2010.</p> <p>The city's two current Major League Baseball teams are the New York Yankees and the New York Mets, who compete in six games every regular season. The Yankees have enjoyed 27 championships, while the Mets have won the World Series on two occasions.</p> <p>The city is represented in the National Football League by the New</p>
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	<p>York Jets and New York Giants, although both teams play their home games at Meadowlands Stadium in nearby East Rutherford, New Jersey. Meadowlands Stadium will host Super Bowl XLVIII in 2014. The National Basketball Association team is the New York Knicks. The New York Rangers represent the city in the National Hockey League. Within the metro area are two other teams, the New Jersey Devils and the New York Islanders, who play on Long Island. The New York City Marathon is the largest marathon in the world.</p>
Golf	Leave your golf clubs behind unless you intend spending some time in the regions around NYC, such as Long Island where there are a number of excellent courses.
Fishing	Fishing is possible in the Hudson River, but your best bet is to head for the Long Island communities to the northeast.
Horse riding	<p>Horse-Drawn Carriage Rides</p> <p>Not exactly horse riding, but at the entrance to the park at 59th Street and Central Park South, you'll see a line of horse-drawn carriages waiting to take passengers on a ride through the park or along certain of the city's streets.</p>
Hiking	<p>New York City is one of the most walkable cities in the world. Since most of it is planned on the grid system, it's hard to get lost (except in the West Village, where it's fun to get lost). Avenues go north and south, streets go east and west. You will never find a better way to get to know New York. Start at the foot of the city, where it all began over 400 years ago, then stroll up Broadway, the only street in Manhattan that goes from one end of the island to the other. You can actually walk the entire length of Manhattan, a walk that, done briskly, would probably take you about six hours. That's a 22km hike, by the way.</p> <p>Manhattan has five major bridges connecting the island to other shores, and the most historic and fascinating is the Brooklyn Bridge. For a close-up look at what was a marvel of civic engineering when it was built in 1883, and a true New York experience, walk across from Manhattan to Brooklyn.</p>
Cycling	Rent a bike and ride the length of Manhattan via the work-in-progress Hudson River Park . As of July 2010, you can bike from Battery Park to Fort Tryon Park, near the George Washington Bridge. There are detours along the way, which occasionally take you off the paths.
Sailing	Sailing to the Statue of Liberty, on Liberty Island in New York Harbor: If you have time to do only one thing on your visit to New York, sail to the Lady in the Harbor. No other monument embodies the nation's notion of political freedom and economic potential more than Lady Liberty. It is also the ultimate symbol of New York, the personification of the city's vast diversity and tolerance. And, as of July 4, 2009, you can once more ascend to the Lady's crown, for the first time since September 11, 2001

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CULTURE	
Arts	<p>While Broadway is the Big Apple's greatest hit, many other performing arts also flourish in this culturally rich and entertainment-hungry town. In addition to our listings, 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 the city. The marvelous 92nd Street Y also regularly hosts events that are worth considering.</p> <p>Opera - New York has grown into one of the world's major opera centres. The season generally runs September through May, but there's usually something going on at any time of year.</p> <p>Dance - In general, dance seasons run September through February and then March through June, but there's almost always something going on. In addition to the major venues and troupes discussed, some other names to keep in mind are the Brooklyn Academy of Music, the 92nd Street Y, Radio City Music Hall, and Town Hall.</p> <p>Current Broadway shows as at July 2010 with approx ticket prices: Chicago the Musical \$89 Avenue Q \$85 In the Heights \$99 Mamma Mia! \$89 Mary Poppins \$95 Phantom of the Opera \$89 Shrek the Musical \$95 The Little Mermaid \$95 And the newest hits: Billy Elliot \$129 and up Hair \$129 and up Jersey Boys \$105 and up Lion King \$119 and up South Pacific \$145 and up West Side Story \$145 and up Wicked \$99 and up</p>
Music	<p>The city was a centre of jazz in the 1940s, abstract expressionism in the 1950s and the birthplace of hip hop in the 1970s. The city's punk and hardcore scenes were influential in the 1970s and 1980s. Prominent indie rock bands coming out of New York in recent years include The Strokes, Interpol, The Bravery, Scissor Sisters, and They Might Be Giants.</p>
Films	<p>New York City is the second largest centre for the film industry in the United States.</p>
Museums	<p>There are innumerable museums in NYC, here's two recommendations:</p>

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	<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 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>
Festivals	<p>West Indian-American Day Carnival and Parade. Held on Eastern Parkway in Brooklyn, this is the biggest parade in New York. The music (calypso, soca, reggae, and Latin), the costumes, and the Caribbean food make this unforgettable. If you're lucky enough to be in town on Labor Day, don't miss it.</p> <p>Christmas in New York Come see the Christmas trees on Park Avenue, the big crystal snowflake hanging above the intersection of 57th Street and Fifth Avenue, the trees at Rockefeller Center and Lincoln Center, the menorah at Grand Army Plaza at Fifth and 59th Street, and the decorations in department store windows, restaurants, and hotels. And even though the crowds, especially around Midtown and Rockefeller</p>

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	Center, might bring out the Scrooge in you, the atmosphere is almost always festive and like no other time of year.
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ATTRACTIONS	Tourism is vital to New York City, with about 47 million foreign and American tourists visiting each year. Major destinations include the Empire State Building; Ellis Island; Broadway theater productions; museums such as the Metropolitan Museum of Art; greenspaces such as Central Park and Washington Square Park; Rockefeller Center; Times Square; the Bronx Zoo; the New York Botanical Garden; luxury shopping along Fifth and Madison Avenues; and events such as the Halloween Parade in Greenwich Village, the Macy's Thanksgiving Day Parade, the St. Patrick's Day parade, the Tribeca Film Festival, and free performances in Central Park at Summerstage. Additionally, the Statue of Liberty is a leading tourist attraction and one of the most recognizable icons of the United States.
Beaches	<p>New York City Parks maintains 22kms of beaches, all of which are open from Memorial Day weekend through Labor Day. During beach season, lifeguards are on duty daily, from 10 a.m. to 6 p.m.</p> <p>New York City can be a hot place in the summer, but its cool public beaches are free, open to all, and just a bus or subway ride away. They can be found in every borough except river-bound Manhattan, and offer every flavor from Coney Island, the quintessential waterfront amusement park, to Orchard Beach the “Bronx Riviera.”</p> <p>Until the 20th century, a New York City beach experience meant visiting one of several commercial enterprises either amusement parks or resorts along the Atlantic Ocean. The 1890s to World War I were the heyday of amusement parks such as George Tilyou's at Coney Island or the Casino at Midland Beach.</p> <p>By the 1930s, as the local amusement park industry declined and the City began to reclaim its waterfront, City-owned beaches became the norm. The Parks Department took over management of several municipal beaches, including Coney Island, in 1938. This era saw a massive investment in beach properties. Coney Island reverted to City control and received improvements in the 1930s, and at Orchard Beach, the City went as far as creating a brand new sandy beach to better serve Bronx households.</p>
Wildlife	<p>Bronx Zoo Wildlife Conservation Park:</p> <p>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.</p> <p>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</p>

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	<p>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</p> <p>www.BronxZoo.com</p>
<p>Parks</p>	<p>Manhattan's Central Park, designed by Frederick Law Olmsted and Calvert Vaux, is the most visited city park in the United States with 30 million visitors each year. While much of the park looks natural, it is almost entirely landscaped. It contains several natural-looking lakes and ponds, extensive walking tracks, bridle paths, two ice-skating rinks one of which is a swimming pool in July and August, the Central Park Zoo, the Central Park Conservatory Garden, a wildlife sanctuary, a large expanse of natural woods, a 43 ha billion gallon reservoir with an encircling running track, and an outdoor amphitheatre called the Delacorte Theater which hosts the "Shakespeare in the Park" summer festivals. Indoor attractions include Belvedere Castle with its nature centre, the Swedish Cottage Marionette Theatre, and the historic Carousel.</p>
<p>Gardens</p>	<p>New York Botanical Gardens: A National Historic Landmark, the 250-acre New York Botanical Garden 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</p>

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	<p>tours - that it's best to call or check the website for more information. www.nybg.org</p> <p>Brooklyn Botanic Garden: Down the street from the Brooklyn Museum of Art is the most popular botanic garden in the city. This 52-acre sanctuary is at its most spectacular in May, when the thousands of pink blossoms of cherry trees are in bloom. Well worth seeing is the spectacular Cranford Rose Garden, one of the largest and finest in the country; the Shakespeare Garden, an English garden featuring plants mentioned in his writings; a Children's Garden; the Osborne Garden, a 3-acre formal garden; the Fragrance Garden, designed for the blind but appreciated by all noses; and the Japanese Hill-and-Pond Garden. The renowned C. V. Starr Bonsai Museum is home to the world's oldest and largest collection of bonsai, while the impressive \$2.5-million Steinhardt Conservatory holds the garden's extensive indoor plant collection. www.bbg.org</p>
<p>Architecture</p>	<p>The Art Deco style of the Chrysler Building (1930), with its tapered top and steel spire, is justifiably famous. The building is considered by many historians and architects to be New York's finest building, with its distinctive ornamentation such as replicas at the corners of the 61st floor of the 1928 Chrysler eagle hood ornaments and V-shaped lighting inserts capped by a steel spire at the tower's crown.</p> <p>Grand Central Terminal. Despite all the steel-and-glass skyscrapers, there are still many historic marvels standing, and the best is this Beaux Arts gem. This railroad station, built in 1913, was restored in the 1990s to recapture its brilliance.</p> <p>Visit the Empire State Building Observatory at dusk: the Empire State Building, once again the tallest building in New York, is one of the city's definitive icons. Arrive at dusk and watch the lights of the city come on. It's pure magic. The best views, and what keeps the nearly three million visitors coming every year, are the ones from the 86th- and 102nd-floor observatories. The lower one is best - you can walk out on a windy deck and look through coin-operated viewers (bring quarters!) over what, on a clear day, can be as much as a 130km visible radius. The citywide panorama is magnificent. Insiders tip: lines can be horrible at the concourse-level ticket booth, so consider purchasing advance tickets online using a credit card at www.esbnyc.com.</p>

<p>OTHER ACTIVITIES</p>	
<p>Shopping</p>	<p>Couture designer shops line Madison Avenue, while the major department stores like Saks Fifth Avenue and Bloomingdale's anchor Fifth Avenue in Midtown. Cutting edge designers show their wares in</p>

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	<p>the Meatpacking District, while high-fashion boutiques and cool house-wares peak out behind the cast-iron facades of SoHo. Rummage through vintage clothing boutiques on the Lower East Side or sift through knockoff sunglasses, purses and watches on crammed Canal Street in Chinatown. Head to Greenwich Village to browse music stores and boutique food shops.</p> <p>Best Shopping Zone: SoHo, NoHo & Nolita. Three neighborhoods together create the best single area for roaming and shopping among the newest, trendiest boutiques.</p>
<p>Markets</p>	<p>The new Brooklyn Flea (www.brownstoner.com/brooklynflea) in Fort Greene, Brooklyn, garners much fanfare for its enormous, varied selection of art, collectibles, jewelry, clothing, housewares, and all the things you find at a flea market. And it's done Brooklyn-style, filling the schoolyard of Bishop Loughlin High School with live and DJ'ed music, where shoppers hang on the steps snacking on soups and muffins from local restaurants' booths. The outdoor Brooklyn Flea is open on Sundays 10am to 5pm from April to December, on Lafayette Avenue between Clermont and Vanderbilt avenues (Subway: A, C, G to Clinton-Washington); and indoors during winter months (open at 11am) in DUMBO, at 71 and 86 Front streets (at Washington St.; Subway: A, C to High St./Brooklyn Bridge, or F to York St.).</p>
<p>Nightlife</p>	<p>Times Square's bright lights shine on elaborate stage productions in Broadway 's theatres. Dress up for a classical concert at Carnegie Hall or Lincoln Center. Lovers of soul head to Harlem's Apollo Theatre. The legendary Blue Note and Village Vanguard pack in jazz fans, while cutting-edge bars and clubs in Meatpacking District lure the beautiful people.</p>
<p>Tours</p>	<p>Free New York City Tours: if you'd like to tour a specific neighborhood with an expert guide, call Big Apple Greeter (tel. 212/669-8159; www.bigapplegreeter.org) at least 3 to 4 weeks ahead of your arrival. To expedite your reservation, go to the website and fill out the form in advance. This nonprofit organization has specially trained volunteers who take visitors around town for a free 2- to 4-hour visit of a particular neighborhood.</p> <p>Bateaux New York are the most elegant and romantic of New York's evening dinner cruises. Cruises are aboard the Celestial, designed to accommodate 300 guests with two suites, one dance floor, two outdoor strolling decks, a state-of-the-art sound system, and windows galore. Dinner is a three-course sit-down affair, with jackets and ties suggested for men, evening dresses for women. Bateaux (sister to egalitarian Spirit Cruises) offers a very nice supper-club-style night on the town, and the views are fabulous. A live quartet entertains with jazz standards and pop vocal tunes.</p>

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CUISINE	
<p>Food</p>	<p>New York's food culture, influenced by the city's immigrants and large number of dining patrons, is diverse.</p> <p>Eastern European and Italian immigrants have made the city famous for bagels, cheesecake, and New York-style pizza. Some 4,000 mobile food vendors licensed by the city, many immigrant-owned, have made Middle Eastern foods such as falafels and kebabs standbys of modern New York street food, although hot dogs and pretzels are still the main street fare.</p> <p>The city is also home to many of the finest haute cuisine restaurants in the United States.</p> <p>With small apartment kitchens and a culinary smorgasbord around every corner, it's no wonder New Yorkers eat out so much. Start in Chinatown for steaming Cantonese noodles or indulge in juicy steak at Minetta Tavern or Peter Luger's. Mix with celebrities at a fusion spot in Chelsea or tuck into a steaming bowl of mussels at a cozy Greenwich Village bistro. If you're on the go, grab a slice of pizza or a bagel with a schmear of cream cheese. For cheap, good, ethnic eats, hop on the subway to Queens or Brooklyn.</p>
<p>Wine</p>	<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. In 2004, New York's wine and grape industry brought US\$6 billion into the state economy. The state has 30,000 acres (120 km²) of vineyards, 212 wineries, and produced 200 million bottles of wine in 2004. So make sure you try NY wines during your stay in the city.</p>
<p>Restaurants</p>	<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> <p>And here's some recommendations from our friends at Frommer's:</p> <p>The River Café (1 Water St., Brooklyn; tel. 718/522-5200;</p>

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	<p>www.rivercafe.com): At the foot of the Brooklyn Bridge, there is no better dining view of Manhattan. Go at twilight as the lights of downtown begin to flicker on. Though the food at restaurants with views is usually not great, you won't be disappointed by the fare here.</p> <p>Aquavit (65 E. 55th St.; tel. 212/307-7311; www.aquavit.org): Though its new digs are not nearly as charming as its former town-house setting, the service and the food are as good as ever.</p> <p>Big Wong King (67 Mott St.; tel. 212/964-0540): Come here for the true Chinatown experience. You'll share tables with Chinese families, order bowls of congee with fried crullers, plates of stir-fried vegetables, and platters of roast pork and duck - all served by brusque no-nonsense waiters. Guaranteed to be unforgettable.</p> <p>DiFara Pizza (1424 Ave. J, Brooklyn; tel. 718/258-1367): Spend an hour in nondescript, often grimy Di Fara and watch as Domenico DeMarco slowly, laboriously makes one pizza at a time until finally he is making yours, and you have the supreme privilege of tasting the most sublime pie you'll ever have.</p>
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MORE INFO	
Brochures	1-800-CALL-NYS
Website	www.iloveNY.com

<p>HOTEL PRIZE PARTNER: Apple Core Hotels</p>	<p>Apple Core Hotels own and operates five Manhattan-based hotels in great locations:</p> <ul style="list-style-type: none"> •nyma, The New York Manhattan Hotel •Comfort Inn Times Square •The Hotel @ Times Square •La Quinta Manhattan •Ramada Eastside <p>Apple Core Hotels offer highly affordable and stylish hotels that exceed expectations while allowing you to stay within your budget. Although their rates qualify as 'economy' or 'discount,' one look around and you'll see they're anything but cheap. They offer comfortable, modern rooms with perks you won't find at every New York City hotel — like free WiFi Internet access, complimentary breakfast and free phone calls nationwide.</p> <p>The best hotels put you in walking distance of the best attractions. Apple Core Hotels' five Manhattan locations are just steps away from Broadway theatres, Macy's, the Manhattan Mall, the Fashion District, dozens of Fortune 500 headquarters, the Javits Convention Center, and tourist attractions like the Empire State Building, Madison Square</p>
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	<p>Garden and Times Square. So you can budget for less cab fare and more of the things you came to see. The hotels are also easy to get to from all the city's airports - JFK, La Guardia and Newark. If you're travelling by bus or by rail, they're just a few blocks from Grand Central Station, Penn Station, and the Port Authority Bus Terminal.</p> <p>Explore the options on their website: www.applecorehotels.com .</p> <p>The Hotel @ Times Square is the prize hotel and details follow below.</p>
Location	<p>The Hotel @ Times Square Address: 59 West 46th Street, New York, NY 10036 Tel: 800-567-7720 (toll free) Website: http://applecorehotels.com/the-hotel-at-times-square</p> <p>This boutique hotel on 46th Street between Fifth and Sixth avenues is just steps away from Rockefeller Center, Times Square, the Theatre District, the Museum of Modern Art, Grand Central Station, and Fifth Avenue shopping.</p>
Facilities	<p>Complimentary continental breakfast (7-10 a.m.) Free Wireless Internet access 24 Hour Business centre located in the lobby 24 Hour Fitness centre incl. the "PowervibePro Workout Bench" No charge for calls within the U.S. Upstairs Bar located on the 2nd floor Concierge Service available Reduced rate parking Children under 13 stay free when sharing room with adults</p>
Accommodation	<p>208 rooms on 14 floors. The rooms feature all the latest amenities including free WiFi Internet access, flat-screen TVs, and complimentary continental breakfast, free calls within the United States, free daily newspapers, in-room personal safes, laundry and valet services and reduced-rate parking.</p> <p>All rooms are also equipped with an iron, ironing board, coffee and coffee maker, hair dryer, cordless speakerphone with voicemail, as well as cable TV, Movies on Demand and Nintendo video games.</p>
Restaurants	<p>There's a huge range of restaurants within easy walking distance of the hotel.</p>

CURRENT DEALS	<p>Here's a special deal with Apple Core Hotels: Picnic in the Park package. Enjoy a Monday night picnic in either Bryant Park or Madison Square Park, depending on the hotel you choose: nyma, the new york manhattan hotel, Comfort Inn Times Square, The Hotel at Times Square, La Quinta Manhattan, or Ramada Eastside.</p> <p>Cost: From \$165 per night in July and \$205 per night through June 30 and Aug. 1-23 based on single/double occupancy.</p> <p>Whats included: Picnic in the Park kit for two with bottle of sparkling water, trail mix, gourmet cookies, fresh fruit, picnic basket, and reusable</p>
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	shopping tote. When: Mondays to Aug. 23 rd 2010.
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BURLINGTON, VERMONT	Burlington is well worth checking out as a destination in itself for travellers making use of its international airport. Why not add on a twin vacation here before or after your flight? The following notes may give you some ideas of what's in store for you in one of the best all-round destinations in New England.
Location	Directly south of Montreal, 40 miles across the US border
Geography	Burlington Vermont is situated on the eastern shore of Lake Champlain, north of Shelburne Bay. It was built on a strip of land extending about 10kms south from the mouth of the Winooski River along the lake shore and gradually rises from the water's edge to a height of 100 meters.
Name	Burlington is named after the Earl of Burlington
Population	With a population of 38,889, the city is the core of one of the nation's smaller metropolitan areas. The urbanized area consists of the cities of Burlington, South Burlington, and Winooski; the towns of Colchester, Essex, and Williston; and the village of Essex Junction. The metropolitan area contains the three northwestern Vermont counties of Chittenden, Franklin, and Grand Isle, with an estimated population of 206,000, approximately one third of Vermont's total population.
Language	English
Currency	US Dollars; \$1 Canadian = 96 cents US as at 22 July 2010
Tipping	10-15%
Government	Burlington has a city council-mayor form of government. Democrats and the Progressive Party share seats.
Documentation	Passports are required.
Time zone	EST
Health	As for Canada, but don't forget your travel insurance – health costs are very expensive in the US!
Safety tips	This is a very safe part of the United States, but normal precautions for travelers apply

CLIMATE	
General climate	As Montreal, but Lake Champlain acts as a cooling influence in summer and generates more snow in winter.
Today's weather	27 Centigrade and sunny in Burlington as at 24 July 2010
Best time to visit	Truly a year round destination: fall colours are splendid, winter sports are tremendous and the summertime is wonderful beside sparkling Lake Champlain. Of course, it is also a year-round gateway for parts south!

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GETTING THERE	
Drive time	90 minutes to 2 hours
Airport	Burlington International Airport is increasingly seen as the cheaper, less stressful alternative to Montreal's Trudeau.
Distances	150kms south of Montreal
Ferries	Lake Champlain Cruises Northern Lights, Vermont's premier cruise boat, offers daily scenic, lunch and brunch cruises. Weekly dinner cruises including entertainment. This floating venue is an ideal setting for weddings, anniversaries, corporate functions and special events or to simply enjoy the spectacular beauty of Lake Champlain. Departing from the King Street Ferry Dock, Burlington. May-Oct. (802)864-9669
Trains	Amtrak (tel. 800/USA-RAIL; www.amtrak.com) Vermonter offers daily departures for Burlington from a variety of cities
Car Rental	All major car rental companies are available at the airport and in the city
Buses	Vermont Transit Lines (tel. 802/864-6811; www.vermonttransit.com), with a depot at 345 Pine St., offers bus connections from Albany, Boston, Hartford, New York's JFK Airport, and other points in Vermont, Massachusetts, and New Hampshire.

ACCOMMODATION TYPES	There's a wide choice of accommodations in the Burlington area, from country inns to B&B's to brand name motels –check out the website at www.vermont.org for further details.
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TARGET GROUPS	
Kids	Vermont Teddy Bear Company Take a factory tour of the largest hand-made manufacturer of Teddy Bears in North America. See how they lovingly create each one of their unique bears or create your own in their "Make a Friend For Life" factory. Open daily. Tours \$2.00 for adults 12 and over, under 12 free. 1/2 mile south of the Shelburne Museum on RT 7. (802) 985-3001
Teens	Ben & Jerry's - Ice Cream Factory Tour 1218 Waterbury - Stowe Rd., Waterbury, VT 05676 (866) 258-6877 Fun, educational factory tour. See a moo-vie, view production & sample the flavor of the day. Open 7 days, except winter holidays. Production schedule may vary. Admission \$3.00 Adults, \$2.00 Seniors, Kids 12 & under free.
Romance	Evening cruises on the lake in summer or winter sleigh rides over the snow... This is a lovely area to wine and dine your loved one!
Seniors	Church and Maple Glass Studio 225 Church Street, Burlington, VT 05401 (802) 863-3880 Church and Maple Glass Studio creates original hand-blown glass at their open studio in Burlington. Glassblowing demonstrations are available daily. Their functional glass art can be found in galleries across the country,

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	online, and at their in-studio shop. The studio is open to the public 9-5 Monday-Saturday.
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UNIQUES	
Surprising	Burlington is the smallest U.S. city that is the largest city in its state.
History	Ira Allen built a shipyard here in 1772. The city was attacked by the British fleet in 1813. The local economy expanded with steamboat traffic on Lake Champlain.
Books	Frommer's Vermont, New Hampshire and Maine
1000 Places to see before you die	Burlington Jay Peak Resort (70 miles NE of Burlington) Killington (80 miles S of Burlington) Shelburne Farms (7 miles S of Burlington)
Awards	Burlington and the region are Vermont's most award-winning destination. Recently: Named "Best Green Place to Live in America" by Country Home magazine. Named runner-up in "Best All-Around" town category in "Best Outside Towns" by Outside Magazine. Ranked #4 in "Top Ten Cities for Beer Lovers" by Shermanstravel.com on MSNBC.com (behind Amsterdam, Berlin and Brugge, Belgium). Designated as a "Bicycle Friendly Community" by the League of American Bicyclists Featured as a "Great Garden Town" in Organic Gardening magazine.

SPORTS ACTIVITIES	
Golf	The Champlain Valley is blessed with some of the finest golf courses in the state. The Vermont National Golf Course has won praise internationally, and who could resist a few rounds at the spectacular Basin Harbor Club? From Middlebury to Colchester and from St. Albans to the Isles, you'll find great golfing in northwestern Vermont.
Fishing	Lake Champlain International Fishing Derby: Held annually in June at Lake Champlain Fisheries - The Lake Champlain International Fishing Derby is the largest and oldest freshwater fishing derby in the USA, with prize money of more than US\$300,000. This event is well worth pulling out your boots for and chucking in a line. There are Species Prizes, Super Port Prizes (for breeds which meet the right criteria) and a tagged fish hunt, with further cash on offer for lucky contestants.
Skiing	Five acclaimed mountain resorts lie within an hour's drive of the airport: Stowe, Smuggler's Notch, Sugarbush, Bolton Valley, and Jay Peak.
Hiking	There are great hiking possibilities, both in the city itself along the lake shore and in the surrounding region. Here's one spectacular suggestion:

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	<p>Mount Mansfield, Sunset Ridge Trail: About 17 miles east of Burlington and 22 miles NW of Montpelier. A classic ascent of a rocky ridge to the highest peak in Vermont. Special attractions are rare alpine plants and flowers and magnificent summit views.</p>
Cycling	<p>One of Burlington's hidden but beguiling attractions is the Burlington Bike Path, running 9 miles on an old rail bed along picturesque shores of Lake Champlain to the mouth of the Winooski River. An easy and quiet trip, you ride through parks, past backyards, and along sandy beaches. You can start near the Community Boathouse and head north toward the Winooski River. It's worth packing a lunch and exploring for a few hours on a sunny afternoon.</p> <p>More exciting still, this path is just one segment of an ambitious project to create a 350-mile bikeway around Lake Champlain. Several key links were recently made in the Burlington area, first in fall 2000 when an experimental bike ferry was established across the Winooski River. From the north shore of the Winooski, you can pedal northward, picking up the Causeway Park trail, which lets you seemingly skim across the lake's surface by bike. A ferry was also recently established across Colchester Cut, a boater's break in the causeway that prevented bikers from making through-trips.</p> <p>Bike rentals are available downtown at Skirack, 85 Main St. (tel. 802/658-3313; www.skirack.com), from 4 hours to a whole day. Skirack also rents in-line skates, commonly used on the bike path as well. North Star Cyclery, 100 Main St. (tel. 802/863-3832), rents bicycles at comparable rates.</p>
Diving	<p>Lake Champlain offers an incredible variety of activities, including sailing, power-boating, fishing, swimming, windsurfing, and some of the best historic wreck diving for scuba enthusiasts in North America.</p>

CULTURE	
Arts	<p>Shelburne Museum Route 7, Box 10, Shelburne, VT 05482 (802) 985-3346 – 150,000 works of art, Americana, and design located in Vermont's beautiful Lake Champlain Valley. Shelburne is one of New England's most diverse and unconventional museums, exhibiting everything from French Impressionist paintings to American folk art. The museum's 45 scenic acres and 39 historic buildings offer several unique, stunning venues for receptions, events, and meetings.</p>
Music	<p>Burlington has had a long and varied history of local music. The city has, over the years, supported a number of local bands as various "scenes" waxed and waned, and has even launched a handful of national acts. The most famous of these was Phish, which originated at the University of Vermont circa 1983 (they also attended Vermont's Goddard College), and which gave its final performance in 2004</p>

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<p>Museums</p>	<p>Lake Champlain Maritime Museum at Basin Harbor Discover why Lake Champlain is considered the most historic body of water in North America. Explore the vibrant history and characters of the Champlain Valley through its military, commercial and regional periods. Step back in time - climb aboard the 54' replica gunboat Philadelphia II. 10am-5pm Mid May - Mid October. (802) 475-2022</p> <p>Robert Hull Fleming Museum Houses Vermont's most comprehensive collection of art and anthropology. Exhibits of European, American, Asian & Middle Eastern art & paintings by 20th c. Vermont artists are ongoing. For information call 802-656-0750. Hours: Labor Day-April 30: Tues-Fri: 9-4; Sat/Sun 1-5. May 1-Labor Day: Tues-Fri: 12-4; Sat/Sun 1-5; (802) 656-0750</p> <p>Rokeby Museum Visit Rokeby Museum, a 90-acre historic site and National Historic Landmark, and discover the Underground Railroad in Vermont. Tour the fully furnished house and 8 historic farm buildings. Meet the remarkable Quaker family who lived here for nearly 200 years. Hike the trails or stroll the grounds. Open mid-May to mid-October; house tours Thursday - Sunday. (802) 877-3406</p>
<p>Festivals</p>	<p>The Vermont Mozart Festival (tel. 802/862-7352; www.vtmozart.com) takes place in locales in and around Burlington (and farther afield) from mid-July to August. (The festival also offers a winter series.) Call for a schedule and information, or check the website. July 18 to August 8 2010.</p>

<p>ATTRACTIONS</p>	
<p>Beaches</p>	<p>There are good bathing beaches in summer along the shore of Lake Champlain.</p>
<p>Wildlife</p>	<p>Birds of Vermont Museum Visit one of the "best kept secrets" in Vermont. On exhibit are 450 biologically accurate wood carvings of over 200 species of birds, including Vermont's nesting birds in natural habitat displays with actual nests and wooden eggs, wetland birds, raptors, a gallery of extinct and endangered birds of North America. Watch live birds through a one-way window and experience 100 acres of walking trails surrounding the museum. Visit www.birdsofvermont.org (802) 434-2167</p>
<p>Parks</p>	<p>Burlington is blessed with numerous city parks. Most popular is Leddy Park on North Avenue, with a 1,800-foot beach, tennis courts, ball fields, walking trails, and a handsome indoor skating rink. North Beach also features a long sandy beach, plus a campground.</p>

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OTHER ACTIVITIES	
Shopping	<p>Opportunities abound in Burlington and the region (and throughout Vermont, of course) to shop for genuine Vermont products of an almost limitless variety: chocolates, furnishings, beers and ales, wines, jewelry, clothing, Burton snowboards, original art, and much more.</p> <p>Shelburne Country Store On The Village Green, Shelburne, VT 05482 Tel: (802) 985-3657 Step back in time as you open the door to the chime of sleigh bells. Notice the inviting aroma of homemade fudge and penny candies. Enjoy our delightful assortment of Vermont gifts and gift baskets. Memories are made at the Shelburne Country Store on the Village Green in Shelburne, Vermont.</p>
Markets	<p>The Church Street Marketplace is one of the more notable success stories of downtown development. Situated along 4 blocks that extend southward from the elegant 1816 Congregational church, the marketplace buzzes with the sort of downtown energy that makes urban planners everywhere envious. While the marketplace has been discovered by the national chains (Banana Republic, Borders, Pier 1, Eddie Bauer), it still makes room for used-book vendors and homegrown shops. In summer, leave time to be entertained by drummers, pan-flutists, buskers, and knots of young folks just hanging out.</p>
Nightlife	<p>Nightclubs - Burlington has a thriving local music scene. Check the local weeklies for information on festivals and concerts during your visit, and to find out who's playing at the clubs.</p> <p>Nectar's, 188 Main St. (tel. 802/658-4771), is an odd amalgam -- part funky cafeteria-style restaurant, part no-frills lounge. No wonder this is the place Phish got its start. Live bands play nightly, and there's never a cover.</p>

CUISINE	
Food	<p>There's great country food throughout this area, with a wide variety of restaurants: two recommendations from our friends at Frommer's are shown below.</p>
Wine	<p>Boyden Valley Winery (802) 644-8151 Experience one of Vermont's most unique attractions, walk through the vineyards, take a tour of the fermentation and barrel room, learn about the passion of making wine. Free tours, 11:30,1:00, free tastings, international award-winning wines, maple syrup, Vermont Specialty products, cafe.</p>
Restaurants	<p>The Inn at Essex, about a 15-minute drive from Burlington, is the auxiliary campus of the Montpelier-based New England Culinary Institute. It offers both formal and informal dining rooms with meals</p>

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	<p>prepared and served by New England's rising culinary stars. Both restaurants are housed in a large faux-farmhouse complex along the fringe of Burlington's suburban sprawl. Inside, the setting is quiet and comfortable. In the light and airy tavern, you may be tempted by the Caribbean grilled chicken with black-bean salsa, chicken puff pie, Tuscan salad, or honey-glazed pork chop. Amid the more intimate, country inn elegance of Butler's, the dinner fare is a bit more ambitious, with entrees such as Dijon-peppered rack of lamb, two kinds of rabbit, pan-seared salmon with a sorrel beurre blanc, or oven-roasted veggies with goat cheese burritos.</p> <p>Leunig's Bistro: This boisterous, fun place on the pedestrian mall has a retro old-world flair, with washed walls, a marble bar, crystal chandeliers, and oversize posters. The inventive, large menu features regional foods prepared with a continental touch. Brunch is available on weekends; lunch options include sandwiches such as turkey cranberry melt. Dinner offerings change seasonally; in summer, you may find poached asparagus with smoked salmon or soft-shell crabs with a lemongrass and coconut broth; in fall, look for hearty fare such as pork chops with green-peppercorn apple-cider sauce</p>
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MORE INFO	
Brochures	<p>Visitor Information - The Lake Champlain Regional Chamber of Commerce, 60 Main St. (tel. 802/863-3489; www.vermont.org), maintains an information center in a stout 1929 brick building just up from the waterfront and a short walk from Church Street Market. Hours are Monday through Friday from 8am to 5pm. On weekends, helpful maps and brochures are left in the entryway for visitors. A summer-only information booth is also staffed at the Church Street Marketplace at the corner of Church and Bank streets. The free local weekly Seven Days (www.sevendaysvt.com) carries topical and lifestyle articles, along with a very good list of events.</p>
Website	www.vermont.org

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