

YOUR GUIDE TO

NEW YORK

STATE

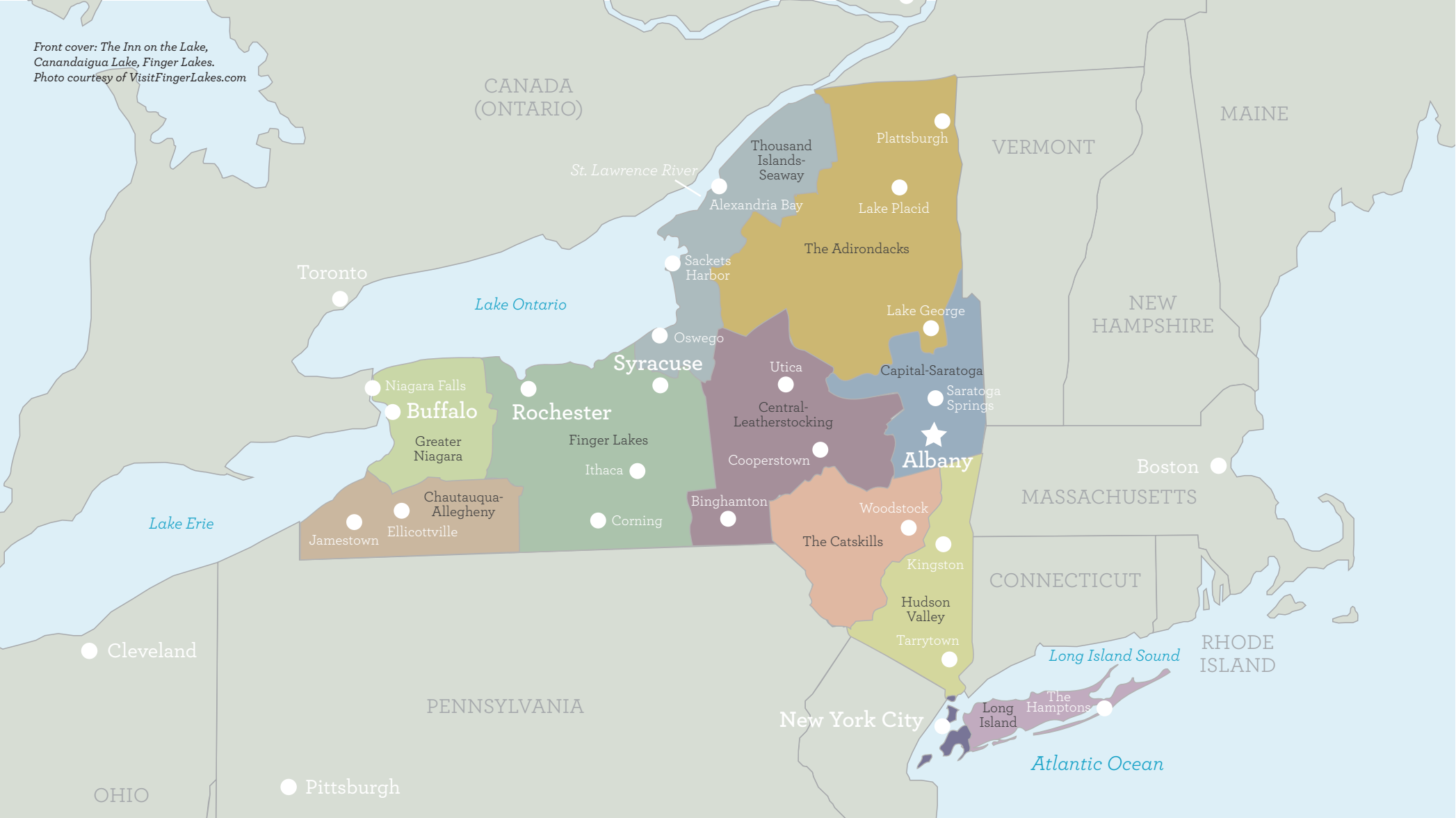


SCENIC VIEWS & DRIVES



SPAS & RETREATS

Front cover: *The Inn on the Lake, Canandaigua Lake, Finger Lakes.*
Photo courtesy of VisitFingerLakes.com



CANADA
(ONTARIO)

St. Lawrence River

Thousand
Islands-
Seaway

Plattsburgh

VERMONT

MAINE

Lake Placid

The Adirondacks

Toronto

Lake Ontario

Sackets
Harbor

Lake George

NEW
HAMPSHIRE

Oswego

Syracuse

Utica

Capital-Saratoga

Saratoga
Springs

Niagara Falls

Buffalo

Rochester

Central-
Leatherstocking

Albany

Boston

Greater
Niagara

Finger Lakes

Ithaca

Cooperstown

MASSACHUSETTS

Lake Erie

Jamestown

Ellicottville

Corning

Binghamton

Woodstock

The Catskills

CONNECTICUT

RHODE
ISLAND

Cleveland

Long Island Sound

PENNSYLVANIA

Kingston

Hudson
Valley

Tarrytown

New York City

Long
Island

The
Hamptons

Atlantic Ocean

OHIO

Pittsburgh

DISCOVER WHAT YOU LOVE ABOUT

NEW YORK STATE

HERE'S THE BROCHURE WE PROMISED. Thanks for having a look. Think of this as a sneak peek, before you arrive in person. Everyone has a different experience when they come to New York. Wherever you are, at whatever time of day, at whatever time of year, New York State can make that moment of your life one to remember. Maybe you're relaxing in the Catskills, tending your fishing lure as a family paddles by—one inner tube after another, everyone laughing and linking hands. Or in Manhattan, where they're putting together a pickup game of volleyball in Central Park, and you're deciding between that or the free concert at the other end of the green. Or visiting Cooperstown, where you're showing your grandchildren the baseball that won the World Series when you were their age. Perhaps you're on a wine tour on the North Fork of Long Island; hiking through the sun-struck hills of the Chautauqua-Allegheny region; antiquing in the Hudson Valley; snowshoeing in the Adirondacks; or experiencing the thundering roar of Niagara Falls. Wherever you are, this is your New York. Isn't it time you discovered what you love about it?

Discover another reason to love New York. Visit iloveny.com.



Spring & Summer

NEW YORK IS AN ESCAPE WAITING TO HAPPEN

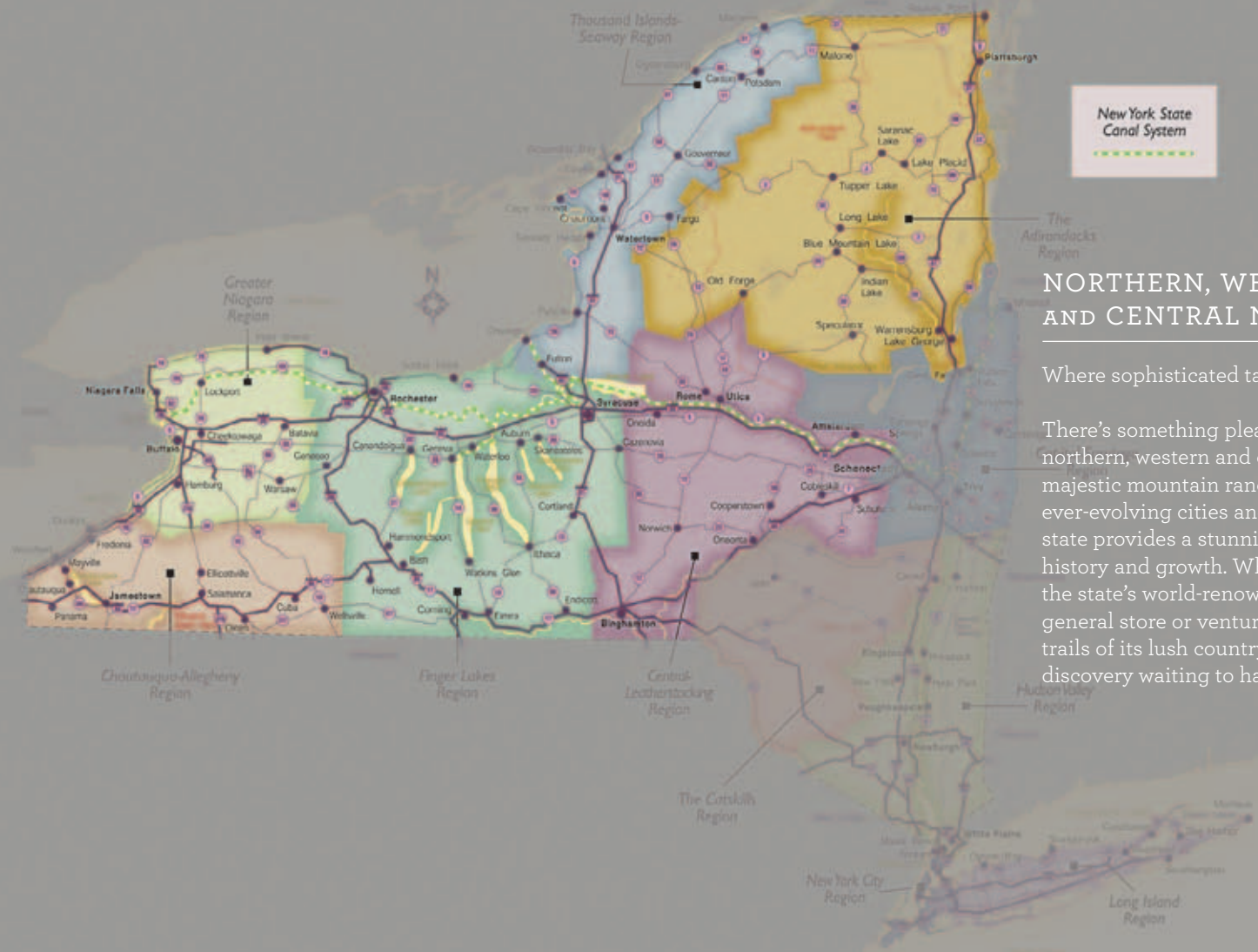
What better time to explore New York than when the world is in bloom and the whole state opens up to possibility and adventure.

Make an easy getaway and soak up everything New York has to offer, from its beautiful beaches in the Hamptons and Fire Island to the freshwater lakes that stretch across the state. Unplug and recharge at one of New York's spa and wellness retreats, located in some of the state's most scenic and peaceful settings. Or dig in for some adventure. Whether you're skydiving in the Finger Lakes or rock climbing in the Shawangunks, watching the races at Watkins Glen or placing your bets at Saratoga Race Course, New York State knows how to create an adrenaline rush.

No matter where you find yourself in New York this season, there's no doubt it'll be memorable. New York is known for making history. The landmarks are everywhere. From Old Fort Niagara in Youngstown to the historic neighborhoods of Lower Manhattan, you'll find that taking a step back in time can happen at every turn.

These are just a few places you might find yourself this season in New York. And to think, we're just warming up.





NORTHERN, WESTERN AND CENTRAL NEW YORK

Where sophisticated taste meets country charm.

There's something pleasantly familiar about northern, western and central New York. From its majestic mountain ranges and quaint towns to its ever-evolving cities and artistic communities, the state provides a stunning snapshot of our nation's history and growth. Whether you're sampling one of the state's world-renowned wines, perusing the local general store or venturing off onto the lakes and trails of its lush countryside, there's always another discovery waiting to happen.

NORTHERN, WESTERN AND CENTRAL NEW YORK

As you enter northern, western and central New York, a whole new world is revealed—the tree-lined peaks of the Adirondacks; the placid blue Finger Lakes bound to one another by endless wine fields; and stunning countryside stretching out in waves of clover and gold.

Take Route 20 the next time you're driving through, the old two-lane interstate that runs parallel to its modern successor, I-90, to the north. Bring your camera and capture all the natural wonder and rustic charm of the old farms and Main Street towns.

Rent a cabin by the water in the Thousand Islands-Seaway or the Adirondacks regions. And while you're there, take a boat out. Or lie in the sun on one of the old docks with a good book and watch as the evening falls and the shores come alight with bonfires and the warm smell of pine needles and barbecues.

Take a trip to Seneca Falls, known for its place in women's rights history, and take a tour of the Elizabeth Cady Stanton Home, the Women's Rights National Historical Park, and the National

Women's Hall of Fame. And while you're in the area, visit the home of Harriet Tubman, one of the great leaders of the Underground Railroad, in nearby Auburn.

Visit Rochester, nicknamed the "Flower City" (after its famous Lilac Festival), situated on Lake Ontario's southern shore. This was once the home of George Eastman, the inventor of modern film processing and the founder of Kodak. Visit his home at the heart of the city's cultural district and catch one of the ever-changing photo and film exhibits on display.

Head to Buffalo, home of the famous "Buffalo Wing," invented at the Anchor Bar, located close to the city's center. Buy a ticket to a Buffalo Bills or Sabres game and see what all the excitement's about. Visit the world-famous Albright-Knox Art Gallery, and take a tour of the elegant homes designed by Louis Sullivan and Frank Lloyd Wright. And of course, be sure to visit Niagara Falls where you can don your raincoat for an up-close and personal viewing aboard the *Maid of the Mist* boat ride or the Cave of the Winds tour.

Take the southern route and stop off for a scenic hike through Letchworth and Allegany State Parks, known for their beautiful trails and campgrounds. Check the events calendar at the Chautauqua Institution, a unique cultural community situated on the shore of Chautauqua Lake.

No matter where you are, you won't be far from a great meal—whether it's at one of the area's ethnic eateries, a burger joint from the 1950s, or a local harvest bistro. And if it's shopping you're after, the malls in Syracuse and Rochester are a great place to start, but make sure you take a trip off the beaten path and check out the quaint boutique-lined streets of Fairport, and the outlets in Waterloo and Lake George.

These are just a few things you can expect when you visit New York. And to think, that's only the half of it.



SCENIC VIEWS + DRIVES

MAKE A STUNNING NEW DISCOVERY AT EVERY TURN.

Experiencing New York isn't just about where you are, but the journey that brought you there. Take the scenic routes the next time you head through the state. Try Route 19 heading south from Rochester or Route 17 cutting through the Southern Tier.

Take the rustic Route 104 along the southern edge of Lake Ontario, becoming Route 3 through the Thousand Islands-Seaway region and the Adirondacks. And while you're traveling, experience the breathtaking views of the High Peaks aboard the historic Adirondack Scenic Railroad, or the Cloudsplitter gondola ride whisking you to the top of Little Whiteface Mountain. And be sure to take a boat ride and explore the nearly 2,000 islands in the St. Lawrence, home to the majestic Boldt and Singer castles.

Visit Rock City Park in the Chautauqua-Allegheny region with its enormous boulder formations dating back 300 million years to when they sat on the ocean's floor; the steep-walled pools and cascading streams throughout Watkins Glen State Park; the gorge at Letchworth State Park, better known as "The Grand Canyon of the East;" and of course, the roaring wonder of Niagara Falls.

Whether you're standing on the wall of an age-old castle or at the edge of a shimmering lake, the beauty of New York State is truly something to behold.





PARKS

CONNECT WITH NATURE AROUND EVERY CORNER.

From the sprawling Adirondack Park to Frederick Law Olmsted's landscape masterpieces in Buffalo, the splendor of New York State is reflected in its lush greenery and unique geology.

Visit Long Point State Park, jutting out into the sparkling waters of Lake Chautauqua, and the prehistoric rock formations at Panama Rocks and Rock City Park.

Experience the great gorge at Letchworth State Park, known as "The Grand Canyon of the East," and the many island parks that dot the Thousand Islands-Seaway region like Wellesley Island State Park.

Waterfalls, great and small, cascade throughout the state—from the tumbling waters at Taughannock State Park to the roaring Niagara Falls—and don't miss the swimming hole at the foot of Buttermilk Falls in Ithaca, or one of the many in the Adirondacks (ask the locals for these hidden gems).

The state's city parks come to life in the spring and summer with all types of music and cultural festivals. Be sure to visit Rochester, "The Flower City," for its spring Lilac Festival, and the Summer Music Festival in Binghamton.

Whether you're looking for a place to set up camp or take a morning jog, New York State offers more than one way to get back to nature.





CULTURAL HISTORY

THREAD YOUR WAY THROUGH A PATCHWORK OF TIME.

The story of New York State can be read in the details—from the historic lighthouses dotting the shores of the St. Lawrence, Lake Ontario and Lake Erie to the unique architecture of the cities and towns. You'll experience a new chapter everywhere you turn. Start with a heritage tour of the Harison-Morley Grist Mill in Norwood, or a visit to the stunning Art Deco-style City Hall in Buffalo.

The Erie Canal is one of the state's proudest endeavors, built in the early half of the 19th century to connect the waterways between east and west. Today, you can visit Erie Canal Village in Rome and see how it all began. Take a tour of its historic buildings or attend an exciting living history demonstration.

Visit the Iroquois Indian Museum in Howes Cave and discover the culture of one of the region's earliest people. Take a tour of the opulent Our Lady of Fatima Shrine in Lewiston with its unique glass-dome basilica, or the Salamanca Rail Museum in the Chautauqua-Allegheny region, housed in a fully restored 1912 passenger depot.

Whether you're crossing a covered bridge in the Central-Leatherstocking region or touring one of the state's history museums, one thing is for certain. The best way to experience the history of New York State is to live it.



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SPAS + RETREATS

UNPLUG, LAY BACK AND RECHARGE.

Getting away to New York State is just that—an opportunity to disconnect from your daily life and reconnect with yourself in some of the most beautiful and serene places on Earth.

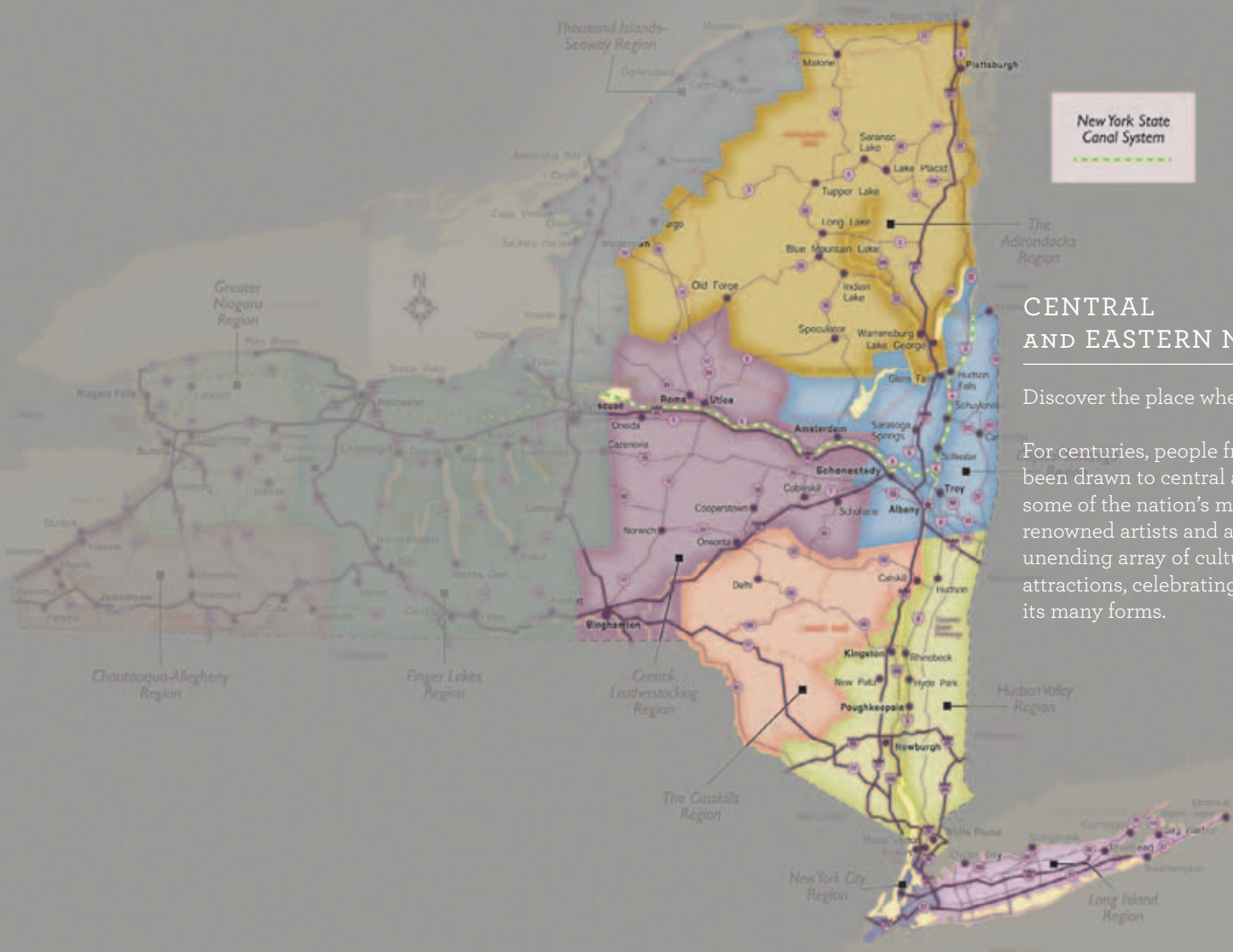
Whether it's a week-long spiritual retreat or an afternoon of pampering at the local day spa, New York State is the perfect place to spend some quality time with friends, family, or just on your own. Visit the Mirbeau Spa in Skaneateles or the Sagamore Resort & Spa in the Adirondacks with their luxury accommodations, or the rustically refined Whiteface Lodge & Spa in Lake Placid and enjoy the convenience of its 24-hour services. Check in to the Spa and Salon at Mirror Lake Inn and find some peace of mind within its plush sanctuary.

Clifton Springs, known for its “Aroma of Health,” is a quaint village tucked behind a hill that once hosted an encampment of the Seneca Nation’s healers. Sulfur springs cascade through the picturesque village, accented by its meandering walking paths and flower gardens. Try submerging in a soothing sulfur bath, or one of the Finger Lakes’ signature grape seed therapies.

If you feel like escaping for a day or a week this season, head to a spa in New York State. All you need to do is arrive. We’ll take care of the rest.



Courtesy of VisitFingerLakes.com



CENTRAL AND EASTERN NEW YORK

Discover the place where legends were made.

For centuries, people from all over the world have been drawn to central and eastern New York. From some of the nation's most notable figures to its renowned artists and authors, the region offers an unending array of cultural, historic and natural attractions, celebrating the creative spirit in all of its many forms.

CENTRAL AND EASTERN NEW YORK

The bright energy of central and eastern New York can be felt in every square mile of the state, from the Adirondacks to the Capitol in Albany to the sandy beaches of Montauk on Long Island. Whether you're experiencing an underground world at Howe Caverns, renting a time-share in the Hamptons, or rock climbing in the Catskills, there's always more than one way to fill your day with excitement.

Visit Saratoga Springs, known for its eclectic shops, parks and mineral water baths. While you're there, place your bets at the historic Saratoga Race Course, or visit the tranquil gardens of the Yaddo artist community, whose visitors have included Sylvia Plath, Truman Capote, Milton Avery and Langston Hughes.

Make a stop in Albany and experience the wonder of the city's architecture, including the Empire State Plaza and the performing arts center, The Egg; cross the river into Troy, the home of Uncle Sam, which is going through a stunning transformation, attracting artists from all around the region; or spend the day in Cooperstown, a picture-perfect Americana town at the foot of Otsego Lake.

Just driving through the state of New York can be a joy in and of itself. Take the Taconic State Parkway and wind your way through endless corridors of trees and watch the sun set over the Catskills. Stroll down Warren Street in Hudson for a day of antiquing, and visit the local art galleries showcasing work from notable local and international artists. Before you arrive in Hyde Park, be sure to make a reservation at one of the Culinary Institute of America's award-winning restaurants serving the finest and freshest foods from local growers.

Spend the day at Dia:Beacon viewing its renowned collection of art from the 1960s to the present. Or visit Bard College in Annandale-on-Hudson and check the calendar of events at the Richard B. Fisher Center for the Performing Arts, designed by legendary architect Frank Gehry. Then cross the Hudson and head into the Catskills for a day of hiking, fishing, or tubing down the Esopus.

Nothing captures the history of the state like the majestic estates along the Hudson—including Springwood (the home of FDR) and the Vanderbilt Mansion in Hyde Park, Sunnyside (home of Washington Irving) in Irvington, and

the picturesque Olana (home of artist Frederic Church) in Hudson.

Glimpse a breathtaking view of the Hudson River Valley from the U.S. Military Academy at West Point, and a sweeping panorama of the New York City skyline from Top of the Rock at Rockefeller Center. And while you're in "the City," make sure you catch a Broadway show, a performance at Lincoln Center, or spend a day exploring the area's galleries and museums—the Metropolitan Museum of Art and the Museum of Natural History for starters. Indulge in a taste of southern soul food in Harlem or a pastry in Little Italy. And if you're looking for a night out, head down to the East Village and the Lower East Side and lose yourself in the area's club and music scene.

Visit the artist enclave of Williamsburg, Brooklyn, and take a stroll through its galleries, music shops and clothing stores. Or head north and spend the day at the Bronx Zoo, the nearby Botanical Gardens, and exploring The Cloisters in Fort Tryon Park.

These are just a few things you can expect when you visit New York. And to think, that's only the half of it.



FINE ARTS + CRAFTS

WHERE THE SPIRITS OF CLASSIC AND CONTEMPORARY MEET.

New York State is home to some of the most spectacular museums and galleries in the world. You could spend a week in New York City and still not have visited half of what the region has to offer. A good place to start is Museum Row on Fifth Avenue. There you'll find the palatial Metropolitan Museum of Art, the Cooper-Hewitt National Design Museum and the legendary Guggenheim Museum designed by Frank Lloyd Wright.

Drive out to Long Island and see the work of some of the area's local artists. And while you're there, visit the Pollock-Krasner House and Study Center in East Hampton, once the home of the Abstract Expressionists Jackson Pollock and Lee Krasner. Or head to Woodstock and experience the magnificent craftsmanship found at the Byrdcliffe Arts Colony, one of the oldest continuously operating arts and crafts colonies in the nation.

Visit Beacon for a tour of Dia:Beacon and its renowned collection of art from the 1960s to the present. Continue north to the contemporary displays at The Fields Sculpture Park in Ghent, or head to the Albany Institute of History & Art and explore its extensive collection of 19th-century Hudson River School paintings, reflecting the region's significant role in American history and art.

In New York State, inspiration comes in many forms. Come and connect with your own creative spirit.



Courtesy: The Metropolitan Museum of Art



SHOPPING

FROM THE TRULY UNIQUE TO THE PERFECT FIT.

There are so many great places to shop in New York State, you never know what you're going to discover next. Browse the creations of local artists and craftspeople along the streets of SoHo in Manhattan, or the area's designer boutiques. Visit the famous farmers market in Union Square, or take a stroll past the luxury boutiques along Madison and Fifth Avenues. While you're there, browse some of the city's legendary stores like Bergdorf-Goodman, Barneys, Tiffany & Co. and Saks Fifth Avenue.

Head north and spend a day at the Woodbury Common Premium Outlets or the Outlets of Lake George for the latest brand-name fashions at discount prices. Or take a walk up and down Main Street in Catskill and Cold Spring, and browse the unique shops and galleries of the local artists. If antiquing is your thing, there's no place better than in the Schoharie Valley, Troy's River Street and the city of Hudson.

Farmers markets and local organic grocers can be found throughout the region, selling some of the area's finest produce, wines and cheeses—not to mention the state's famous maple syrup and apple cider.

From window shopping to shopping till you drop, you're sure to find everything you desire in New York State.





MILITARY HISTORY

WITNESS A LEGACY OF FREEDOM.

Our country's patriotic spirit can be felt in every corner of New York State, from George Washington's Headquarters in Newburgh to the scenic views from the Saratoga Monument in Schuylerville.

Visit one of America's finest military institutions at the United States Military Academy at West Point and take a tour of a campus steeped in military heritage.

President Ulysses S. Grant made his home in New York State. Visit Grant Cottage in Wilton where he wrote his memoirs and spent his final years with his family. Or head north and witness the battle reenactments from the French and Indian War and the American Revolution at Fort Ticonderoga and Fort William Henry.

While you're in New York City, take a tour of the hulking aircraft carrier USS *Intrepid*, now converted into a fascinating sea, air and space museum. Visit Fort Wadsworth, the "Guardian of the Narrows," in Staten Island to experience one of the oldest military installations in the U.S., and marvel at the monumental size of the two standing forts, Battery Weed and Fort Tompkins.

Since the first cannonball of the Revolutionary War smashed into the roof of Fraunces Tavern (now a museum and restaurant in Lower Manhattan), New York State continues to serve as a symbol of our country's passionate fight for freedom.





FOOD + WINE

TREAT YOURSELF TO A TASTE OF THE BEST.

It seems like everywhere you go in New York State there's another great place to sample the region's many flavors. Stroll Albany's eclectic Lark Street and grab a table at one of the local eateries. Or visit Saratoga Springs and have lunch and dinner at a trendy bistro, sure to please the most discerning palates.

Before you arrive in Hyde Park, make a reservation at one of the award-winning restaurants at the Culinary Institute of America. And, be sure to include a tour of the wineries along the Shawangunk Wine Trail, and Brotherhood, America's oldest winery, in Washingtonville.

When you visit New York City, take a trip off the beaten path and head out to one of the area's many ethnic neighborhoods. Take the 7 Train to Flushing for Chinese dim sum; the Broadway line to Astoria for traditional Greek cuisine; or head north into Harlem for some stick-to-your-ribs southern home cooking. Or take a drive to the North Fork of eastern Long Island for a tour of the local wineries and sample the region's bounty at one of its acclaimed seafood restaurants.

Wherever you find yourself in New York State, you can be sure there'll be more than one way to indulge your appetite.



Dutchess County Tourism

Regional HIGHLIGHTS

FINGER LAKES REGION

STRONG NATIONAL MUSEUM OF PLAY
Visit the home of the National Toy Hall of Fame and the world's largest collection of toys, dolls, games and other items that celebrate play.
1 Manhattan Square, Rochester, 14607
585.263.2700 | WWW.STRONGMUSEUM.ORG

THOUSAND ISLANDS-SEAWAY REGION

BOLDT CASTLE
Visit this incredible six-story Rhineland-style castle, built by the millionaire proprietor of the Waldorf-Astoria Hotel, and meant as a dedication to his love, Louise. Heart Island, Alexandria Bay, 13607
351.482.9724 | WWW.BOLDTCASTLE.COM

THE ADIRONDACKS REGION

WILD CENTER/NATURAL HISTORY MUSEUM OF THE ADIRONDACKS
Experience the wildlife of the region with a naturalist guide, and tour the museum's hands-on exhibits.
45 Museum Drive, Tupper Lake, 12986
518.359.7800 | WWW.WILDCENTER.ORG

GREATER NIAGARA REGION

NIAGARA FALLS DISCOVERY CENTER
Experience the history of the Niagara Gorge and Falls. View the Falls from the Real Time Gorge Camera.
Niagara Falls State Park, 14303
716.278.1070 | WWW.NYSPARKS.COM

CENTRAL-LEATHERSTOCKING REGION

HOWE CAVERNS
Journey 156 feet underground for a guided tour of this enormous limestone cave dating back several million years.
255 Discovery Drive, Howes Cave, 12092
518.296.8900 | WWW.HOWECAVERNS.COM

CAPITAL-SARATOGA REGION

SARATOGA RACE COURSE
Established in 1863, this is the oldest organized sporting venue of any kind in the United States. Place your bets and become a part of the history.
267 Union Avenue, Saratoga Springs, 12866
518.584.6200 | WWW.NYRA.COM/SARATOGA

CHAUTAUQUA-ALLEGHENY REGION

THE CHAUTAUQUA INSTITUTION
Check the calendar of exciting cultural events or register for one of the programs at this landmark institution dedicated to intellectual and spiritual growth and renewal.
1 Ames Avenue, Chautauqua, 14722
800.836.2787 | WWW.CIWEB.ORG

THE CATSKILLS REGION

CATSKILL FLY FISHING CENTER & MUSEUM
Learn how to fly fish, and how the sport has become a part of the nation's great heritage.
Old Route 17, Livingston Manor, 12758.
631.668.2544 | WWW.CFFCM.NET

NEW YORK CITY REGION

APOLLO THEATER
Catch a show at this landmark theater dedicated to American artistic accomplishment and a bastion of African-American culture.
253 West 125th Street, Manhattan, 10027
212.531.5300 | WWW.APOLLOTHEATER.ORG

HUDSON VALLEY REGION

KYKUIT, THE JOHN D. ROCKEFELLER ESTATE
Explore the preeminent 40-room National Trust estate built by the oil businessman, philanthropist and founder of the prominent Rockefeller family. 200 Lake Road, Pocantico Hills, 10591
914.631.8200 | WWW.HUDSONVALLEY.ORG

LONG ISLAND REGION

MONTAUK POINT LIGHTHOUSE
Visit the oldest lighthouse in New York State, established under President George Washington in 1792 and still in operation.
2000 Montauk Highway, Montauk, 11954
631.668.2544 | WWW.MONTAUKLIGHTHOUSE.COM