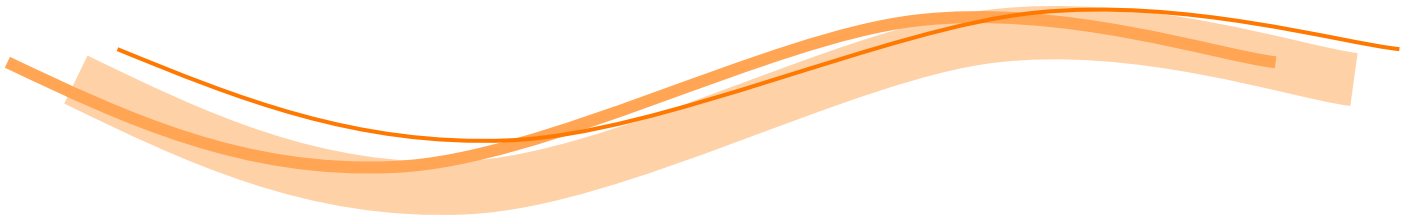




NEW YORK STATE





NEW YORK STATE	<p>New York State - family friendly, great value and full of surprises all year round! And it's only a few hours' drive from home. From the bright lights of New York City to historic towns such as Saratoga, and from 176 state parks to thousands of miles of rivers, streams, canals, lakes and ocean shores – New York State has it all.</p> <p>Visitors to New York State who venture both downstate and upstate have an array of options unequaled elsewhere in the country. Besides the urban allure, culture, and shopping of Manhattan, much of New York State is still, in many ways, waiting to be discovered on a grand scale. The state is endowed with outstanding beauty and diversity of scenery from one end to the other.</p>
Location	<p>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.</p>
Geography	<p>New York covers 141,299 km² 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.</p>
Name	<p>Both state and city were named for the 17th century Duke of York, James Stuart, future James II and VII of England and Scotland.</p>
Population	<p>Approximately 20 million, making it the third most populous state in the United States</p>
Language	<p>English</p>
Currency	<p>US Dollar Today's rate (18 July 2009) is \$1 CDN = 90 cents US</p>
Tippling	<p>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</p>
Government	<p>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</p>

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	two U.S. senators, 29 members in the United States House of Representatives, and 31 electoral votes in national presidential elections
Documentation	Passports are now required for Canadian visitors arriving by air and land. An enhanced provincial driving license is also an alternative.
Time zone	Eastern Time Zone, as Toronto and Montreal
Health	Excellent services available but ensure that you have travelers health insurance as health costs in the US can be very high
Safety tips	Sensible travelers precautions should be adopted.

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 28 Centigrade with sunny periods (18 July 2009)
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!

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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.

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.

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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 **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

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	<p>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.</p> <p>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 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, 3 rd Edition – as always, 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 – 30 miles north of Albany: high society</p>
Must Sees	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.

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</p>

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	<p>Island; and Montauk Downs and Bethpage on Long Island. 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>
<p>Fishing</p>	<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. 800/642-4443; www.delawarecounty.org) or Sullivan County Visitors Association (tel. 800/882-CATS; www.scva.net). 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/strippers.htm . 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>
<p>Horse riding</p>	<p>Horse riding stables exist throughout the New York countryside, particularly in the north of the State.</p>
<p>Hiking</p>	<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. 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 . The Hudson River Valley is more hilly than mountainous, but there are great hikes in Bear Mountain, Hudson Highlands, and Fahnestock state parks. The Finger Lakes are a real sleeper region as far as hiking goes. The</p>

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	<p>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 12 miles in length. The New York State Canalway System comprises 230 miles of multiuse trails across upstate, including the 90-mile Erie Canal Heritage Trail; the 36-mile Old Erie Canal Park Trail in central New York; the 25-mile Mohawk Hudson Bikeway in eastern New York; and the 8-mile Glens Falls Feeder Canal Trail in the foothills of the Adirondacks (near Lake Champlain).</p>
<p>Cycling</p>	<p>New York State has thousands of excellent roads and mountain trails for cycling. The Hudson Valley has moderate hills, Hudson River views, 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.qunks.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 100-mile loop around Cayuga Lake and the 40-mile 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 19-mile "Rails to Trails" pathway. Farther upstate, The Seaway Trail, a scenic road route, runs 450 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 230 miles of trails across upstate New York. Multiuse trails include the 25-mile Hudson-Mohawk Bikeway in the Capital-Saratoga region, the 36-mile Old Erie Canal State Park in central New York, the 90-mile Erie Canal Heritage Trail in the northern Finger Lakes region, and the 8-mile 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 1,200 miles of rivers designated wild, scenic, and recreational rivers - little-changed since first used by Native Americans. One of the most popular routes is the</p>

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	<p>Adirondack Canoe Route, which begins at Old Forge and flows 140 miles 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>
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CULTURE	
Arts	<p>Museum of Modern Art, New York City: The newer, larger MoMA, after a 2-year renovation, is almost twice the 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's 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</p>

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	<p>advance for the Space Show in order to guarantee admission (they're available online).</p> <p>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>
<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>

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	<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> <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	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.
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	New York has many state parks and two major forest preserves.

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	<p>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>
<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 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</p>

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	<p>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 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.</p>
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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	<p>Roadside markets abound in rural New York and antiquing is highly prized...Here are a couple of suggestions</p> <ul style="list-style-type: none"> •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	<p>Broadway, New York City – need we say more?</p> <p>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.</p>
Casinos	<p>There are several in the state – here is one recommendation:</p> <p>Turning Stone Resort and Casino Region: Central-Leatherstocking</p>

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	<p>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.</p>
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CUISINE	
Food	<p>The beautiful New York Wine & Culinary Center (tel. 585/394-7070; www.nywcc.com) was inaugurated in 2006 on the north shore of Canandaigua Lake. The stunning complex contains a wine tasting room, New York Lounge restaurant and bar, and swanky instruction kitchen for cooking classes. The center'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. 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</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>

MORE INFO	
Brochures	1-800-CALL-NYS
Website	www.iloveNY.com

HOTEL PRIZE PARTNER	<p>Belhurst On the shores of Seneca Lake in the heart of the Finger Lakes Wine Region, Belhurst takes you away to a place filled with history, beauty and breathtaking views. Listed on the National Register of Historic</p>
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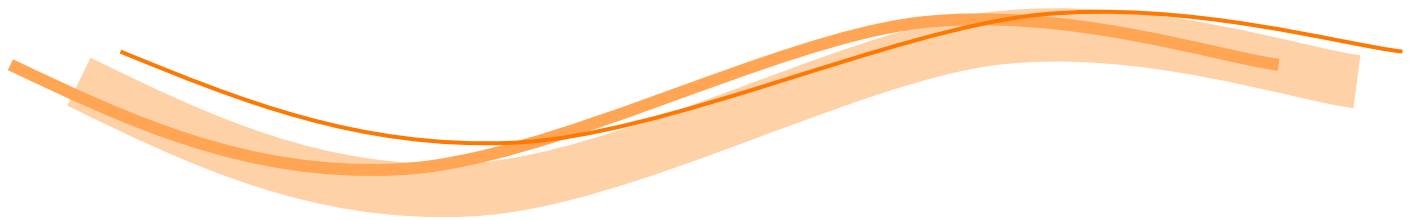


	Places, Belhurst Castle combines the romance of the past with the comforts of the present in an elegant, yet relaxed atmosphere. www.belhurst.com
Location	Located in Geneva in upstate New York, Belhurst is located just an hour's drive from Rochester, Syracuse, Ithaca, Corning and Elmira.
Facilities	Celebrate your wedding or special event in an elegant and cozy atmosphere. Perfectly located at the tip of Seneca Lake, Belhurst Winery has won over 90 wine medals for wines as unique and beautiful as the castle itself. Romance, fine food, great wine, beautiful accommodations, perfectly memorable events... Belhurst has it all!
Accommodation	Stay the night in one of Belhurst's beautifully appointed guest rooms in one of three distinct hotels. You'll quickly understand why Belhurst was voted "One of the Most Romantic Places in New York State."
Activities	Overlooking Seneca Lake, historic Belhurst Winery is a beautiful attraction in the Finger Lakes Wine Country. Their winemakers create award-winning wines as unique as the Castle itself. Their knowledgeable and friendly staff guide you through a wonderful tasting experience. Whether you are a wine aficionado or novice, you will learn something new about wine, grapes, or winemaking in the Finger Lakes. Browse the spacious gift shop and discover the perfect Finger Lakes keepsake, original artwork, hand-made jewelry, delectable sweets and beautiful Belhurst Gift Baskets.
Restaurants	Rich woodwork, mosaic-tiled fireplaces and beamed cathedral ceilings set the stage for a truly unique dining experience in Belhurst's restaurant, Edgar's.

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FINGER LAKES REGION



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<p>FINGER LAKES</p>	<p>New York’s Finger Lakes Region has magnificent lakes, gorges and over one thousand waterfalls. Legend has it the Creator blessed this beautiful land, and the imprint of his hand is the Finger Lakes. Today it’s brimming with outdoor activities, cultural and historic sites, and is renowned for its fine food and wines.</p> <p>The Finger Lakes form a perfect micro-climate for the vineyards along their shores. Drive a leisurely wine trail through charming villages, stopping at wineries along the way - many have cafés and restaurants with recommended wine pairings.</p> <p>From the relaxing spas to the world-class museums, there is an impressive variety of experiences visitors can enjoy throughout the Finger Lakes region. Relax by a lake, shop in one of the villages, or surround yourself in the excitement of the urban centers of Rochester and Syracuse. The Finger Lakes region of New York State truly has something to offer everyone in all four seasons of the year!</p> <p>www.fingerlakes.org</p>
<p>Location</p>	<p>The Finger Lakes are a chain of lakes in the west-central section of Upstate New York. Stretching from Lake Ontario in the north almost to the Pennsylvania border, about midway between New York City and Niagara Falls, the Finger Lakes region covers some 9,000 square miles and touches upon 14 counties, occupying a huge chunk of central-western New York. The region is roughly equidistant between Albany and Buffalo and extends from Lake Ontario in the north and almost to the Pennsylvania border in the south.</p>
<p>Geography</p>	<p>The lakes mainly are linear in shape, each lake oriented on a north-south axis. The two longest, Cayuga Lake and Seneca Lake, are among the deepest in America. Both are close to 64 km from end to end, but never more than 5,600 meters wide. Cayuga is the longest (61.3 km), but Seneca the largest in total area. Seneca is the deepest (618 feet, 188.4 m), followed by Cayuga (435 feet, 132.6 m), with the bottoms well below sea level. These largest lakes resemble the others in shape, which collectively reminded early map-makers of the fingers of a hand.</p>
<p>Name</p>	<p>“Lakes formed by the fingers of God,” is an ancient Indian description of how eleven pristine lakes formed just south of Rochester. The ice age glaciers probably had a role as well in this fascinating area of drumlins and eskers, wineries and farms, villages and hamlets. Today, as in the past 100 years, this area provides a year-round tourist experience and is the heart of the second leading wine producing region in the United States.</p>
<p>Population</p>	<p>Approximately 1.2 million people live in the region.</p>

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Language	English
Currency	US Dollar Today's rate (18 July 2009) is \$1 CDN = 90 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
Documentation	Passports are now required for Canadian visitors arriving by air and land. An enhanced provincial driving license is also an alternative.
Time zone	Eastern Standard – same as Toronto and Montreal
Health	Excellent services available but ensure that you have travelers health insurance as health costs in the US can be very high
Safety tips	Don't drink and drive when you tour the many wineries!

CLIMATE	
General climate	The Finger Lakes lie in the Humid continental climate zone, and have 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 20 Centigrade with sun and showers (18 July 2009)
Best time to visit	Four seasons: spring is full of flowers, summer is glorious, fall colours are magnificent and Finger Lakes are a gentle winter break too.

GETTING AROUND	
Getting There	Drive time from Toronto – 3.5 hours; from Montreal – 8 hours
Cities	Rochester and Syracuse are the two largest cities in the region
Distances	Toronto is 200-250 miles Montreal is 350-400 miles
Ferries	Dine and relax aboard one of the cruise boats on the larger Finger Lakes or the Erie Canal: Canandaigua Lady: On Canandaigua Lake, departs Canandaigua (May-October) 585-394-5365 or 585-396-7350 www.steamboatlandingonline.com Captain Bill's & Seneca Harbor Station: On Seneca Lake, departs Watkins Glen 607-535-4541 www.senecaharborstation.com Cayuga Lake Cruises: On Cayuga Lake 607-256-0898 www.cayugalakecruises.com Colonial Belle: Historic Erie Canal Dinner Cruise 585-223-9470 www.colonialbelle.com

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	<p>Esperanza Rose: On Keuka Lake, departs Branchport 866-927-4400 www.esperanzamansion.com</p> <p>Mid-Lakes Navigation: On Skaneateles Lake, departs Skaneateles 800-545-4318, 315-685-8500 www.midlakesnav.com</p>
Trains	<p>Finger Lakes Railway 65 Border City Rd. , Geneva Enjoy unique experiences on excursions from Canadaigua to Syracuse; Penn Yan to Watkins Glen. www.fingerlakes scenicrailway.com Amtrack has stations in Rochester and Syracuse. Visit www.amtrak.com for more information</p>
Car Rental	All major car rental companies are represented in Rochester
Buses	<p>Bus service to the Finger Lakes 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.</p>

ACCOMMODATION TYPES	<p>Whether you're looking for luxury hotels, budget motels, charming B&Bs, vacation rentals, stately old inns, log cabins, campgrounds or time shares, there are accommodation choices to suit your tastes in the Finger Lakes. Vacation rentals abound in the Finger Lakes. Choose sites from primitive to luxurious, secluded to urban. You'll find houses or condos, which can accommodate large family gatherings, to one-room efficiencies – all offering a choice of amenities to meet your needs.</p>
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LIFESTYLES	
Kids	<p>Make your own glass masterpiece at Corning Museum of Glass, or walk into the old west at the Rockwell Museum of Western Art in Corning - where kids 17 and under are free!</p> <p>Hop on a mountain bike or horseback. Enjoy our locally produced ice cream and gelato at small-town ice cream stands. Play a round of mini golf, or play it up big at the Strong National Museum of Play in Rochester.</p> <p>Meet new animals at Rosamond Gifford Zoo at Burnet Park in Syracuse.</p> <p>Get scientific at the Rochester Museum and Science Center, explore Rochester's Strasenburgh Planetarium. Experiment hands-on at the Sciencenter on Ithaca's Discovery Trail, or the Seneca Museum of</p>

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	<p>Waterways & Industry in Seneca Falls.</p> <p>Go sky-high with displays ranging from old toys, to bicycles, motorcycles, gliders and fighter planes at the Wings of Eagles Discovery Center near Elmira - then hop over the hill to Hammondsport for the Glenn H. Curtiss Museum.</p> <p>Get the inside story on Native American culture at Sainte Marie among the Iroquois in Liverpool or Ganondagan State Historic Site in Victor.</p> <p>Step into the past at the Genesee Country Village and Museum in Mumford. Or have wiggly fun at the JELL-O Gallery in LeRoy.</p> <p>Jump into Seabreeze Amusement Park in Rochester or Roseland Water Park in Canandaigua.</p>
Teens	<p>For the active teenager, the lakes are a tremendous playground for canoeing, kayaking and sailboarding.</p> <p>Try Canandaigua Sailboarding - Watersports Specialist at 11 Lakeshore Dr., Canandaigua, NY 14424 Tel: 585-394-8150</p>
Romance	<p>Fine accommodations and restaurants, gorgeous Lakeland scenery 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>
Seniors	<p>The Finger Lakes lend themselves easily to gentle touring and pleasant lakeside dining. Or go one better and take one of the dinner cruises on the lakes.</p>

UNIQUES	
Surprising	<p>The bottom of several of the Finger Lakes are actually below sea level.</p>
History	<p>African American Culture The stories of African American history and today's culture are well told in the Rochester and Upstate New York area. The Underground Railroad is clearly depicted here, as is the work of famous slavery abolitionist Frederick Douglass. Today's African American culture, founded on a rich historical base, can be seen and experienced by visitors each and every day.</p> <p>Women's Suffrage-The Right to Vote Upstate New York is where it happened. Hear the story of how women—Susan B. Anthony and Elizabeth Cady Stanton, among them—fought for their rights to be heard, to be represented and to vote. America, and the world, changed for the better as a result.</p> <p>The Iroquois Indian Nation New York State and the Rochester region</p>

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were home to several Indian tribes that together, formed the Iroquois Confederacy or Nation. This rich history can be found in the names of towns, villages and waterways throughout the area. History is preserved and well interpreted at many sites in and around Rochester and on reservations where customs and traditions continue.

America's Longest Scenic Byway-The Seaway Trail Rochester is mid-point on the Seaway Trail, America's longest designated national scenic byway. The Seaway Trail is a series of roads and jaunts that trace the southern shore of the Great Lake Ontario between Niagara Falls and the Thousand Islands region. Along the way, travelers experience nautical and natural history, agriculture and people culture, land-side and waterside recreation of all types. www.seawaytrail.com

Industry and Innovation in America The industry and innovation of America is exemplified in and around the Rochester area. Rochester leads the world in photography, optics and imaging, in the training of the deaf and in the precision manufacturing of products shipped around the world. The cottage industries begun here during a past generation are now global concerns, and the small businesses just starting out glow with a promising future to change the world. Biomedical research is at the leading edge here and inventions of Rochester citizens are evident in every corner of the globe.

Antiques Roadtrip Just 50 years ago, cities in the Finger Lakes weren't just wealthy, they were stinking rich. From the opening of the Erie Canal to invention of the Kodak Brownie, through the golden age of post-war agriculture and manufacturing, upstate was one of the wealthiest spots on the planet. Today, this former wealth is for sale—often at bargain prices. With a surfeit of antique shops, auctions, junk stores, yard sales and estate liquidations, the Finger Lakes is ground zero for antiquing. Few spots in the Northeast offer such a bounty of collectibles, or as many opportunities for bargains. Ithaca, with its many shops, restaurants and inns, offers a perfect base for antique exploration.

Untold History: Raising St. James Ithaca's St. James church is the oldest church in town. It's arguably the city's most significant historic site. Yet it's unknown. St. James is a Black church. Even in liberal Ithaca, history isn't colorblind. St. James A.M.E. Zion was founded by former slaves in 1825. Its construction in 1833 reflected the rising independence and prosperity of African Americans in New York prior to the establishment of the Fugitive Slave Law. As war loomed, the church became a major stop on the Underground Railroad. Harriet Tubman

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	was a long-time parishioner.
Books	Frommer's New York State, 3 rd Edition
1000 Places to See Before You Die	The Finger Lakes region has an entry all to itself!
Must Sees	<p>The Finger Lakes Wine Trails The Finger Lakes region, with nearly 100 wineries and some 10,000 acres of vineyards, is one of the nation's great wine-producing regions. The region is continually growing in name recognition and estimation among wine aficionados, and many visitors compare it to the Napa Valley of 2 decades ago. A cool-climate viticultural region - comparable to the Burgundy and Champagne regions in France - the Finger Lakes are ideal for growing vinifera, or noble (European), grapes. The region produces excellent Riesling, chardonnay, cabernet franc, and sparkling ice wines. It's also a terrific place to try more unusual wines, such as Gewurztraminer, Rkatsiteli, and rare ice wines.</p> <p>The wine country is centered around four main lakes: Cayuga, Seneca, Keuka, and, to a lesser degree, Canandaigua. Pick up brochures on the individual trails in the region as well as the Free Map & Guide of all the wineries in the Finger Lakes, and see the listings and sidebars on each wine trail below. An indispensable stop for anyone either prior to winery visits or without the time or inclination to attack a wine trail is the new New York Wine & Culinary Center in Canandaigua, and while there are events held at wineries throughout the warm months, one of the best times - or at least one of the most hedonistic - is the Finger Lakes Wine Festival (www.flwinefest.com), held in late July at the Watkins Glen International racetrack.</p> <p>Limo and bus wine tours are quite popular in season. For organized wine tours in limousines and other multi-passenger vehicles, try Quality Winery Tours www.qualitywinetours.com ; Quality Wine Tours, provides service 7 days a week to some of New York's finest wineries located in the beautiful scenic valleys of the Finger Lakes. Professional Drivers will guide you through one of their standard winery tours or you can customize your own tour.</p>

SPORTS ACTIVITIES	
Golf	<p>Play a round or two of golf at any of the many beautiful public courses in the Finger Lakes, with courses varying in difficulty and amenities. Oak Hill in Rochester, The Corning Country Club and Rochester's Locust Hill Country Club are well-known as hosts of major tournaments, but the region offers countless exciting options. Check out the Golf Packages at Bristol Harbour Resort near Canandaigua or the Lodge at Woodcliff in Fairport, both boast their own courses.</p>

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	<p>Mystery: Robert Trent Jones' Missing Course Robert Trent Jones is a golf icon with deep ties to the Ithaca area. After creating his own major in golf course design at Cornell (still available), he went on to construct three of his first courses in the area. And there may be a fourth. Hillendale, a curious public course just west of Cornell was built when Jones was a student here. Though its back nine is forgettable, the front nine shows strokes of pure genius. For years, local players have claimed these holes owe their brilliance to Jones. Senior golfers maintain that Jones designed the course as a student project. For proof, they point to the unusual tree specimens near the clubhouse that are marked with vintage Cornell agriculture tags. Over the years, records of Hillendale's construction have been lost. But that doesn't mean the truth is gone. Cornell holds significant archives of Jones' work on campus. The local history center contains images. And Jones' own diaries are preserved by his family, whose company remains a leading force in industry. For a golf writer, pursuing these clues could lead to the find of the year—Robert Trent Jones missing course—one of the earliest example of his legendary work. It's a tantalizing possibility that, regardless of outcome, makes great golfing detective story. http://www.fingerlakes.org/recreation/rec_golf.htm</p>
<p>Fishing</p>	<p>What makes fishing a passion in New York's Finger Lakes? Start with 11 pristine Finger Lakes and the nearly 134,000 acres of water. Add Lake Ontario, Oneida Lake and many smaller lakes and ponds along with a host of rivers and streams and you have countless opportunities to pursue your favorite fish. The fishing is truly world-class – there is no place in the entire world that produces consistent trophy-sized trout, salmon, bass, walleye, pike, carp and catfish.</p> <p>This fishing Mecca can be enjoyed during all four seasons. From winter steelhead stream fishing to summer king salmon; from fishing on the ice to pond fishing in Finger Lakes National Forest, New York's Finger Lakes should be every angler's destination. Whether you prefer the complexities of down rigger fishing from a boat, or simply casting a worm from shore, all options available to you!</p> <p>Each year, the last full weekend in June is designated as Free Fishing Days throughout New York State – no license is required to fish the waters of the Empire State. It's a great opportunity to introduce newcomers to great fishing in the Finger Lakes region.</p>
<p>Horse riding</p>	<p>Top Rock Stables: Tower Hill Rd., Watkins Glen, NY 14891 Tel:607-535-8872 Basic riding instruction enhanced by a trail ride through the beautiful forest of the Finger Lakes. First time or experienced rider, you will enjoy</p>

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	the scenic view at a leisurely pace.
Hiking	<p>Finger Lakes Trail - Explore more than 560 miles of wilderness foot trails across beautiful New York State. The Finger Lakes Trail is part of the official North Country National Scenic Trail, which when completed, will extend 4,600 miles from eastern New York State to North Dakota. The Finger Lakes Trail wanders through state forests and parks, next to waterfalls, over hills and across valleys in some of the more remote areas of the Southern Tier of New York. Motorized vehicles are prohibited so you can be assured of a peaceful hike where you can enjoy beautiful vistas and fresh air. Guide books and maps are available. www.FingerLakesTrail.org</p> <p>Chemung Basin River Trail – Created to stimulate environmental stewardship for the future, this recreational waterway covers nearly 80 miles of the Chemung Basin and currently has 14 launch sites. The Trail is part of the Chesapeake Bay Gateways Network and serves as an entry point to the 64,000 square mile Chesapeake Bay watershed. Paddle the river trail to enjoy a quiet world of unique natural beauty. It's not unusual to spot an occasional whitetail deer, fox, or even a heron on the river trail.</p>
Cycling	<p>Ambitious cyclists may also want to follow the Genesee River south into Letchworth State Park, the "Grand Canyon of the East," with a 40-mile 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>The world-renowned Erie Canalway Trail offers 450 miles 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 70 miles between Fairport and Lockport.</p>
Auto Racing	<p>Watkins Glen International 2790 County Rt.16, Watkins Glen, NY 14891 tel: 866-461-RACE www.theglen.com</p> <p>Has been described as the soul of American Road Racing. The NASCAR Sprint Cup Series will be held here August 6 – 9, 2009.</p>

CULTURE	
Arts	An afternoon or evening performance at the Merry-Go-Round Playhouse in Auburn, the Hangar Theatre in Ithaca, or the Bristol Valley Theater in Naples will delight you....and there is always something happening at the Kitchen Theatre, downtown Ithaca's year-round

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	professional theatre
Music	Rochester's rich music heritage is today revealed at the renowned Eastman School of Music where Chuck Mangione, Wynton Marsalis, and Mitch Miller preceded the soon-to-be-famous musicians that graduate each year. The Rochester Philharmonic Orchestra and several other predominant musical groups can be found performing almost any night. The teaching of music extends to other schools like Hochstein Music School and Nazareth College which offers coursework in music as therapy.
Museums	The Finger Lakes region is home to a number of museums. These include the Corning Museum of Glass, the Strong National Museum of Play, Glenn H. Curtiss Museum, Wings of Eagles Discovery Center, Museum of the Earth, National Soaring Museum the Rockwell Museum of Western Art, the Genesee Country Museum in Mumfords and the Samuel Warren Homestead of the York Historical Society, birthplace of NYS' first successful commercial winery. The Women's Rights National Historic Park is located in Seneca Falls. The park includes the home of Elizabeth Cady Stanton and the Wesleyan Chapel where she held the first convention on women's rights in 1848.
Festivals	Festivals & Foods Celebrations of all aspects of American life and culture abound in Rochester and in the surrounding area. A visitor in the area at almost any time is sure to have a choice of events centered on food, music and culture. Many major festivals tie into the season to celebrate flowers, harvest, snow, foliage and water. http://www.fingerlakes.org/events.htm

ATTRACTIONS	Scenic Byways: A New Twist on Fall Foliage The Cayuga Lake Scenic Byway is one of the nation's few designated byways to form a complete loop. Beginning and ending in Ithaca, it's also the only loop to include towering waterfalls, wine ambience and sweeping ocean-like vistas. As it follows the shoreline of 40-mile-long Cayuga Lake, the longest of the Finger Lakes, the route passes 11 wineries, a national historic park, a national wildlife refuge, three state parks and the tallest waterfall in the Northeast, Taughannock Falls. At 215 feet, it's three stories taller than Niagara. If you're looking for great "new" fall foliage options, this is the place to start.
The Erie Canal	The Erie Canal literally opened up the western United States to expansion when it was first built 175 years ago. It is credited for creating New York City as a major port and thus one of the world's foremost cities. Today, the Canal offers a fascinating story of an almost forgotten commercial waterway emerging as a major tourist destination and recreational resource.
Wildlife	Byways and Flyways: Fall Birders Flock to the Finger Lakes Some

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	<p>50 million American adults are avid birders and for them, there's no better autumn weekend than one spent on Cayuga Lake, the largest of New York's Finger Lakes. A major stop on the Atlantic Flyway, the lake's north end is home to the Montezuma National Wildlife Refuge. It attracts thousands of birds and birders each season. Ithaca, on the lake's southern shore is home to Cornell's world renowned Lab of Ornithology, whose researchers rediscovered the Ivory-Billed Woodpecker. Now, these two birding Meccas are linked by the newly designated Cayuga Lake Scenic Byway, a spectacular 90 mile loop rich with wineries, waterfalls and compelling panoramas. Bring your spotting scope, your life list and your wine journal.</p> <p>The Great Blue Heron Nesting Colony viewed from the westbound New York State Department of Transportation rest area, one mile past Exit 64 on Rt. 17. Grab your binoculars or see them with the naked eye. The birds return to their nests each year. Over 100 nests can be seen from this point. This long-legged wading bird ranks as the largest of North American herons and egrets.</p> <p>Snow Deer of the Finger Lakes The white deer of the old Seneca Army Depot are unforgettable. These strange critters are a genetic anomaly, snow white yet not albino, the product of generations of interbreeding in a fenced environment.</p>
<p>Parks</p>	<p>Often referred to as "the 8th wonder of the world," Watkins Glen State Park — featuring 19 waterfalls—several of which hikers walk under—an 800-step staircase built by the Civilian Conservation Corps, and glacial-carved rock walls.</p> <p>http://nysparks.state.ny.us/parks/info.asp?parkID=105</p> <p>Located just north of Watkins Glen, The 16,000-acre, multi-use Finger Lakes National Forest is the only national forest in New York State. 48 of the 560-mile Finger Lakes Trail wind through Schuyler County. In all, more than one-third of Schuyler County's 329 square miles is dedicated for recreation.</p> <p>http://www.fs.fed.us/r9/forests/greenmountain/htm/fingerlakes/f_home.htm</p> <p>Some of the state parks in the area include: Pinnacle State Park, Stony Brook State Park, Watkins Glen State Park, Letchworth State Park and Keuka State Park. www.nysparks.com</p>
<p>Gardens</p>	<p>Cornell Plantations: Discover the gardens, arboretums, and the botanical wonders on the Cornell University campus. 3400 acres of natural and horticultural resources can be overwhelming so guided tours are offered and information pamphlets are available. Classes and workshops are also offered.</p> <p>Sonnenberg Gardens: Explore this beautiful Victorian mansion and its gardens. There is a butterfly garden, rock garden, Japanese garden and</p>

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	<p>more. Open from mid May till October, 7 days a week from 9:30am-5:30pm, and Saturday and Sunday 9:30am-5:30pm. Address: 151 Charlotte Street, Canandaigua, NY 14424 Tel: 1 585 394-4922</p>
Historical Sites	<p>Historic treasures are the cornerstone of the Finger Lakes family experience. From early pioneer settlements to pivotal Revolutionary War battles, the young nation started here. The building of the Erie Canal was instrumental in moving America westward. Today, you'll find this heritage richly preserved in town after town.</p> <p>Several magnificent Finger Lakes Mansions combine with splendid gardens to provide a glimpse into the lifestyles of the past. William H. Seward's home in Auburn displays the lifetime collections and gardens of the former New York Governor, U.S. Senator, Secretary of State under Presidents Lincoln and Johnson and prime mover in the purchase of Alaska. At Sonnenberg Gardens & Mansion State Historic Park in Canandaigua, the extensive grounds feature nine spectacular themed gardens, an arboretum and conservatory.</p> <p>The homes of many distinguished Finger Lakes citizens are open to the public such as the George Eastman House International Museum of Photography and Film in Rochester. Susan B. Anthony's home, also in Rochester, commemorates her support of temperance, abolition of slavery and women's rights. Gideon Granger, first Post Master General of the U.S. lived in Canandaigua where his home and a carriage museum, Granger Homestead and Carriage House, with over 40 vehicles are available for touring.</p>

OTHER ACTIVITIES	
Shopping	<p>Corning: It began when Steuben Glass was established here in 1903. One of the most comprehensive glass collections in the world is housed in the Corning Museum of Glass. Additionally, the museum has an educational facility. Noted glass artists from around the world travel to Corning to teach and to share new ideas. Aspiring artists come to learn and grow. Independent glassmakers have studios on Market Street that offer visitors unique opportunities for artist contact. Visitors can literally watch a one-of-a-kind piece in creation and purchase the very same piece of glass art. www.cmog.org</p>
Markets	<p>Culinary Bounty: Keep an eye out for road-side farm stands and farmer's markets, inhale grape aromas during fall harvest, taste cheeses fresh from the cow, maple syrup and honey, and wine—of course—and choose "Finger Lakes Culinary Bounty" restaurants. Their menu items feature local farm products.</p>
Nightlife	<p>The region boasts two inspiring symphony orchestras—the Rochester Philharmonic and the Syracuse Symphony. Both schedule</p>

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	performances at several sites throughout the Finger Lakes each year. Or, plan to take in outdoor community concerts that are regularly scheduled each summer.
Casinos	Tioga Downs Casino Rt.17, Exit 62, POB 509, Nichols, NY 13812 Tel: 888-WIN-TIOGA www.tiogadowns.com Enjoy live summer harness racing plus video lottery terminals, simulcast racing, sports bar, restaurants and more year-round.

CUISINE	
Food	Upstate New York's yield of apples and cherries is second in the world, its production and preparation of a wide range of native, natural and ethnic foods provide travelers with tastes unique to the area. There is opportunity for hands-on experiences abound with "u-pick farms," country roadside markets and cornfields cut into mazes. http://www.fingerlakes.org/agriculture/agriculture.htm
Wine	Water and Wine: In 1866, the western shores of Seneca Lake became home to its first winery, the Seneca Lake Grape Wine Company, thanks to ideal geology and topography. The Finger Lakes area is New York's largest wine producing region. Over 100 wineries and vineyards are centred around Seneca, Cayuga, Canandaigua, Keuka, Conesus and Hemlock lakes. Because of the lakes' great depth, they provide a lake effect to the lush vineyards that flank their shores. Retaining residual summer warmth in the winter, and winter's cold in the spring, the grapes are protected from disastrous spring frost during shoot growth, and early frost before the harvest. The main grape varieties grown are: Chardonnay, Riesling, Gewürztraminer, Pinot Gris, Pinot Noir, Cabernet Franc, Vidal Blanc, Seyval Blanc and many vitis labrusca (native american)varietals
Restaurants	The beautiful New York Wine & Culinary Center (tel. 585/394-7070; www.nywcc.com) was inaugurated in 2006 on the north shore of Canandaigua Lake. The stunning complex contains a wine tasting room, New York Lounge restaurant and bar, and swanky instruction kitchen for cooking classes. The center's mission is to promote the agriculture, food, and wine of New York State, and it appears to be succeeding admirably.

MORE INFO	
Brochures	Request a Travel Guide: 1-800-530-7488 info@fingerlakes.org
Website	www.fingerlakes.org

HOTEL PRIZE PARTNER	Belhurst On the shores of Seneca Lake in the heart of the Finger Lakes Wine Region, Belhurst takes you away to a place filled with history, beauty and breathtaking views. Listed on the National Register of Historic
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	Places, Belhurst Castle combines the romance of the past with the comforts of the present in an elegant, yet relaxed atmosphere. www.belhurst.com
Location	Located in Geneva in upstate New York, Belhurst is located just an hour's drive from Rochester, Syracuse, Ithaca, Corning and Elmira.
Facilities	Celebrate your wedding or special event in an elegant and cozy atmosphere. Perfectly located at the tip of Seneca Lake, Belhurst Winery has won over 90 wine medals for wines as unique and beautiful as the castle itself. Romance, fine food, great wine, beautiful accommodations, perfectly memorable events... Belhurst has it all!
Accommodation	Stay the night in one of Belhurst's beautifully appointed guest rooms in one of three distinct hotels. You'll quickly understand why Belhurst was voted "One of the Most Romantic Places in New York State."
Activities	Overlooking Seneca Lake, historic Belhurst Winery is a beautiful attraction in the Finger Lakes Wine Country. Their winemakers create award-winning wines as unique as the Castle itself. Their knowledgeable and friendly staff guide you through a wonderful tasting experience. Whether you are a wine aficionado or novice, you will learn something new about wine, grapes, or winemaking in the Finger Lakes. Browse the spacious gift shop and discover the perfect Finger Lakes keepsake, original artwork, hand-made jewelry, delectable sweets and beautiful Belhurst Gift Baskets.
Restaurants	Rich woodwork, mosaic-tiled fireplaces and beamed cathedral ceilings set the stage for a truly unique dining experience in Belhurst's restaurant, Edgar's.

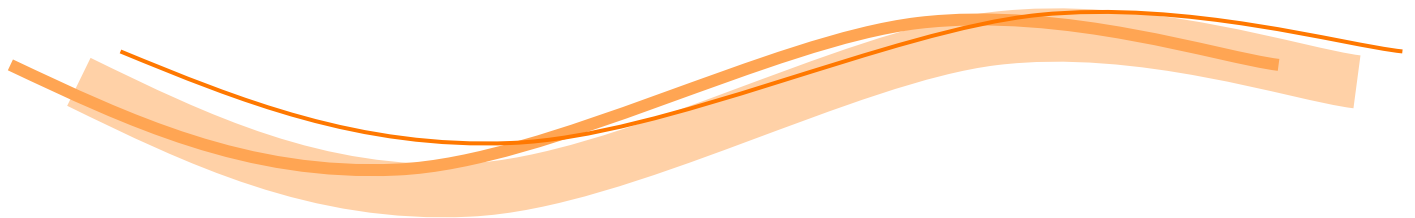
DEALS	Polar Passports: Visit the Wine Trail during the best time of year: the off season. At only \$10 plus tax, the Polar Passport gives visitors a convenient and affordable way to enjoy many of the wineries on the Seneca Lake Wine Trail. And while most people enjoy visiting the wineries during the busy summer and autumn season, the winter season is actually the best time to visit when owners, winemakers and vineyard managers are more available and are more likely to be available to chat in the tasting room. Here is how it works: first of all, starting winery points are not assigned for this passport program. Visit any of the 25 participating wineries, receive a free flight of wines at each winery, and the winery will stamp or mark the appropriate space in your Polar Passport. See http://senecalakewine.com/jc/content/view/126/146 for full details.
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PERSONAL EXPERIENCES	Rochester: 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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ROCHESTER, NEW YORK



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<p>ROCHESTER</p>	<p>Rochester is New York State’s third largest city offering museums, spas, shopping, antiques, cultural adventures, sporting activities - or enjoy a scenic cruise along the historic Erie Canal. It is often referred to by travel writers “so, clean, so green and so many museums.”</p> <p>Rochester is a very family friendly destination with affordable hotel rates to fit any pocketbook. Kids will love the Strong National Museum of Play- the second largest children’s museum in U.S. And the National Toy Hall of Fame at Strong has examples of more than 40 toys that have stood the test of time – from Alphabet blocks to Yo-Yos!</p> <p>Rochester is a wonderful “outdoors city” with great opportunities for hiking and biking and more than 12,000 acres of parkland. There are excellent self-guided walking tours are available through the Landmark Society.</p> <p>After all that walking you’ll want to sample Rochester's culinary scene which includes wide-ranging, diverse ethnic flavors and many traditions in American fare. Creative chefs take advantage of the region's fresh produce. And don't miss the opportunity to sample some of Rochester's unique specialties. White hots are found wherever their familiar counterpart -red hot dogs- are served. Abbott's Frozen Custard, a popular summer treat, is also relished in the fall and winter.</p> <p>The 1905 colonial mansion of Eastman Kodak founder, George Eastman is also home to the fascinating International Museum of Photography and Film. And the Eastman School of Music is in the middle of Rochester’s lively East End entertainment district.</p> <p>www.visitrochester.com</p>
<p>Location</p>	<p>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.</p>
<p>Geography</p>	<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,</p>

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	creating a rare hybrid structure called a "kame moraine." 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
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 207,000, 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 1,037,000 people
Language	English
Currency	US Dollar Today's rate (18 July 2009) is \$1 CDN = 90 cents US
Tippling	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	The current Mayor is Robert Duffy
Documentation	Passports are now required for Canadian visitors arriving by air and land. An enhanced provincial driving license is also an alternative.
Time zone	Eastern Time Zone, as Toronto and Montreal
Health	Excellent services available but ensure that you have travelers 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 20 Centigrade with sun and showers (18 July 2009)
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

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	additional counties are included in the Greater Rochester Region: Genesee, Livingston, Ontario, Orleans and Wayne.
Distances	Toronto is 230 miles, Montreal is 380 miles from Rochester
Ferries	The ferry from Toronto 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).

ACCOMMODATION TYPES	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; www2.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.
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LIFESTYLES	
Kids	Child Magazine has also listed Rochester one of "America's 10 Best Cities for Families;" 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 minibranch of the local library system, and there

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	<p>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 closeby 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>
Seniors	<p>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.</p>

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	<p>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</p>

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	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 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.</p>
Books	Frommer’s New York, 3 rd Edition
1000 Places to See Before You Die	Finger Lakes
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	Friendly Competition: When it comes to sports, count Rochester in! Amerk’s Hockey, and Rochester Knighthawks Lacrosse are played at Blue Cross Arena; Rochester Red Wings Baseball at Frontier Field and Rochester Raging Rhinos Soccer and Rochester Rattlers Lacrosse play at PAETEC Park. The NFL Buffalo Bills hold summer camp each year at nearby St. John Fisher College.
Golf	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

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	<p>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	<p>There's good fishing in the Genesee River and of course from the south shore of Lake Ontario.</p>
Horse riding	<p>Heberle Stables: The Heberle Family has been serving the equestrian 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.</p> <p>http://www.heberlestables.com</p>
Hiking	<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 40-mile 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</p>

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	<p>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 Riverway Trail is a 3.4-mile 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</p>

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	<p>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 40-mile 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 450 miles 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 70 miles 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. 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</p>

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	<p>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>
<p>CULTURE</p>	<p>Cultural Riches: 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>Dramatic Happenings: 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>Dancing Divinely: 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>
<p>Arts</p>	<p>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.</p>
<p>Music</p>	<p>Music Central: 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.</p>
<p>Films</p>	<p>Visit the Rochester High Falls International Film festival May 19-24, 2010 – check www.rochestermoviefest.com for updates</p>

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<p>Museums</p>	<p>Four museums are expanding including Strong Museum, Rochester Museum and Science Center, Artisan Works and the Seneca Park Zoo. The Rochester Museum and Science Center (RMSC) has a new permanent exhibit called Expedition Earth and also boasts a new expansion: the Riedman Gallery. Expedition Earth: Glaciers and Giants is the first phase of a major new natural science exhibit that offers 20 hands-on experiences to explore millions of years of changes in the local region's environment. This is the first piece of a multi-year project showcasing some of the museum's most dramatic objects such as recreations of the local habitat and glaciers. There is also a large-scale fully reconstructed mastodon skeleton. RMSC also features Riedman Gallery, a hands-on exhibit that allows first-hand discovery of "how things work". Visitors can find out how light switches, thermostats, combination locks, and traffic signals work.</p>
<p>Festivals</p>	<p>Rochester has many festivals in late spring and summer, including the 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), ImageOut, The Rochester Lesbian & Gay Film & Video Festival held at the Little Theatre, 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. 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. 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>ATTRACTIONS</p>	
<p>Beaches</p>	<p>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.</p>
<p>Wildlife</p>	<p>Seneca Park Zoo is a great place to see wildlife of all kinds, from leopards to polar bears. Open year round. Rates: \$9 adults, \$6 kids http://www.senecaparkzoo.org</p>
<p>Parks</p>	<p>Highland Park is a beautiful park that is host to many fun activities, events and interesting attractions. Highland Park offers the Lilac</p>

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	Festival in May, where there are games, crafts, food and fun. The Lamberton Conservatory, which is a beautiful collection of plants from many different places, is open all year around. Many memorials and gardens are located in the park, from The Vietnam Veterans Memorial to the Aids Remembrance Garden. The lily pond provides a natural skating rink in the winter.
Gardens	Rochester's moniker changed to the "Flower City" when horticulturists George Ellwanger and Patrick Barry gained international attention for their nursery business. Their legacy can be seen each May when over 500 varieties of lilacs bloom in Highland Park.
Historical Sites	Beautiful and varied architecture includes the Art Deco splendor 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.

OTHER ACTIVITIES	
Shopping	<p>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.</p> <p>The biggest mall in the area is EastView Mall, 7979 Pittsford-Victor Rd., Victor (tel. 585/223-3693), about 20 minutes south of Rochester. Craft Antique Co-op, 3200 W. Ridge Rd. (tel. 888/711-3463), 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.</p>
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 miles for a spoonful of Abbott's Custard, a local frozen treat available at Ontario Beach Park

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	<p>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-caffienated Jolt Cola; Genny Beer, now made by High Falls Brewing Company; and a host of wines from the Finger Lakes wine trails.</p>
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.</p> <p>And of course all the 100+ wineries of the Finger Lakes region are on your doorstep.</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>
MORE INFO	<p>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 tourism information centers on the first floor of the Greater Rochester International Airport and at the rest stop of the New York State Thruway (westbound lane) near exit 45.</p>
Brochures	<p>Request a Travel Guide: 1 800 677-7282 info@visitrochester.com</p>
Website	<p>www.visitrochester.com</p>
HOTEL PRIZE PARTNER	<p>Belhurst On the shores of Seneca Lake in the heart of the Finger Lakes Wine Region, Belhurst takes you away to a place filled with history, beauty and breathtaking views. Listed on the National Register of Historic Places, Belhurst Castle combines the romance of the past with the</p>

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	<p>comforts of the present in an elegant, yet relaxed atmosphere. www.belhurst.com</p>
Location	<p>Located in Geneva in upstate New York, Belhurst is centrally located just an hour's drive from Rochester, Syracuse, Ithaca, Corning and Elmira.</p>
Facilities	<p>Celebrate your wedding or special event in an elegant and cozy atmosphere. Perfectly located at the tip of Seneca Lake, Belhurst Winery has won over 90 wine medals for wines as unique and beautiful as the castle itself. Romance, fine food, great wine, beautiful accommodations, perfectly memorable events... Belhurst has it all, any time of year.</p>
Accommodation	<p>Stay the night in one of Belhurst's beautifully appointed guest rooms in one of three distinct hotels. You'll quickly understand why Belhurst was voted "One of the Most Romantic Places in New York State."</p>
Activities	<p>Overlooking Seneca Lake, historic Belhurst Winery is a beautiful attraction in the Finger Lakes Wine Country. Their winemakers create award-winning wines as unique as the Castle itself. Their knowledgeable and friendly staff guide you through a wonderful tasting experience. Whether you are a wine aficionado or novice, you will learn something new about wine, grapes, or winemaking in the Finger Lakes. Browse the spacious gift shop and discover the perfect Finger Lakes keepsake, original artwork, hand-made jewelry, delectable sweets and beautiful Belhurst Gift Baskets.</p>
Restaurants	<p>Rich woodwork, mosaic-tiled fireplaces and beamed cathedral ceilings set the stage for a truly unique dining experience in Belhurst's restaurant, Edgar's.</p>
CURRENT DEALS	<p>For a wide variety of special, money-saving deals, go to this special website section: http://www.visitrochester.com/deals/index.cfm</p>
PERSONAL EXPERIENCES	<p>Rochester: Falls, George Eastman House Wineries; Seneca and Cayuga Lakes; Captain Bill's Seneca Lake Cruise; Watkins Glen;; Geneva, Penn Yan, Ithaca, Syracuse</p>

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