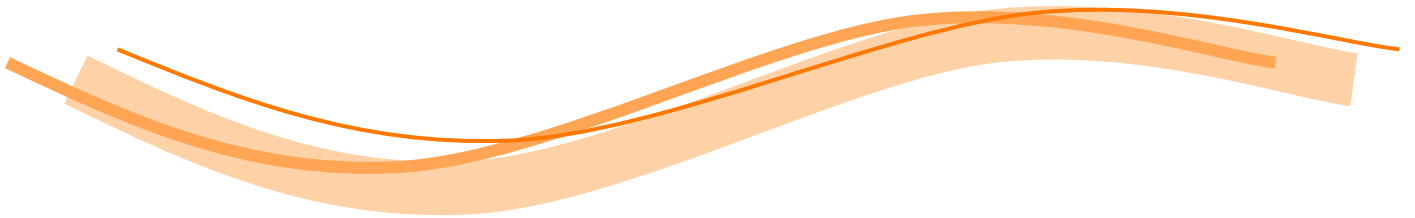




# **ROCHESTER and NEW YORK STATE**





<p><b>ROCHESTER</b></p>	<p><b>New York State</b> is family friendly, great value and full of surprises all year round! It's only a few hours' drive from home, offering the visitor everything from the ultimate bustling city break to a relaxing rural escape.</p> <p><b>Rochester</b> is the North Western gateway to New York's Finger Lakes - a splendid region ranked by Money Magazine as one of the 10 "best places to vacation," and called a "serendipitous and surprising getaway" by USA Today.</p> <p>Rochester is New York State's third largest city – with museums, spas, charming neighborhoods, shopping, antiques, cultural adventures and sporting activities. Plus there are over 100 festivals a year, from the Rochester International Jazz Festival to the Lilac Festival in Highland Park, celebrating the world's largest Lilac collection.</p> <p>A mid-size city that maintains a small-town feeling, Rochester is easy to get around by car or public transportation (all city buses have bike racks) and it offers big city amenities without the big city hassles. And you can cruise, bike or hike on the historic Erie Canal path, while visiting great restaurants, shops and quaint villages along the way.</p> <p>Music lovers will appreciate concerts by the Rochester Philharmonic Orchestra and at the Eastman School of Music. The Memorial Museum of Art has a permanent collection that is renowned for its breadth and quality, and it is also known for the beautiful Centennial Sculpture Gardens.</p> <p>Venture just outside of Rochester to the New York Wine and Culinary Centre in Canandaigua, where there is ample opportunity to sample the delicious cuisine and wines of the Region with a Bistro, Tasting Room and a packed program of culinary events.</p>
<p><b>Location</b></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><b>Geography</b></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</p>

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	re-advance of the ice sheet onto the delta piled moraine material there, 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
<b>Name</b>	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.
<b>Population</b>	Rochester's population is approximately 210,000, making it New York's third most populous city. It is at the center of a larger Metropolitan Area which encompasses and extends beyond Monroe County and includes Genesee County, Livingston County, Ontario County, Orleans County and Wayne County. This area, which is part of the Western New York region, has a population of 1,055,000 people.
<b>Language</b>	English
<b>Currency</b>	US Dollar – the Canadian Dollar is almost at par currently (Sept 2013), so there is great value to be found right now!
<b>Tipping</b>	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
<b>Government</b>	The current Mayor (2013) is Thomas Richards
<b>Documentation</b>	Passports are required for all Canadian visitors
<b>Time zone</b>	Eastern Time Zone, as Toronto and Montreal
<b>Health</b>	Excellent services available but ensure that you have travelers health insurance as health costs in the US can be very high
<b>Safety tips</b>	Rochester has a reputation as one of the safer of the major US cities; however sensible travelers precautions should be adopted

<b>CLIMATE</b>	
<b>General climate</b>	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.
<b>Today's weather</b>	Rochester is 22 Centigrade and sunny (28 Sept 2013)
<b>Best time to visit</b>	Four seasons: spring is full of flowers, summer is glorious, fall colours are magnificent and Rochester makes for a busy winter break too.

<b>GETTING AROUND</b>	
<b>Getting There</b>	Drive time from Toronto – 3.5 hours; from Montreal – 8 hours
<b>Cities</b>	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.
<b>Distances</b>	Toronto is 370 kms, Montreal is 600 kms from Rochester
<b>Ferries</b>	There used to be a ferry from Toronto, but it is no longer operating
<b>Trains</b>	Amtrak has stations in Rochester and Syracuse. Visit <a href="http://www.amtrak.com">www.amtrak.com</a> for more information
<b>Car Rental</b>	All major car rental companies are represented in the city.
<b>Buses</b>	Bus service to the Finger Lakes region is available on Greyhound Bus Lines (tel. 800/231-2222; <a href="http://www.greyhound.com">www.greyhound.com</a> ), with stations in Ithaca, Syracuse, Geneva, and Rochester, and Trailways (tel. 800/343-9999; <a href="http://www.trailways.com">www.trailways.com</a> ), 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).

<b>ACCOMMODATION TYPES</b>	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; <a href="http://www.rochester.hyatt.com">www.rochester.hyatt.com</a> ; \$150-\$200 double), probably the best; the Crowne Plaza, 70 State St. (tel. 585/546-3450; <a href="http://www.crowneplaza.com">www.crowneplaza.com</a> ; \$119-\$179 double); and the Clarion, 120 Main St. E. (tel. 585/546-6400; <a href="http://www.choicehotels.com">www.choicehotels.com</a> ; \$139-\$169 double). The large but independent Strathallan Hotel, 550 East Ave. (tel. 800/678-7284; <a href="http://www.strathallan.com">www.strathallan.com</a> ; \$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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<b>LIFESTYLES</b>	
<b>Kids</b>	Child Magazine has also listed Rochester one of "America's 10 Best Cities for Families;"  <b>Strong National Museum of Play:</b> 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><a href="http://www.strongmuseum.org">www.strongmuseum.org</a></p>
<b>Teens</b>	<p>Lake Ontario's beaches and the nearby Seabreeze Amusement Park, 4600 Culver Rd. ( <a href="http://www.seabreeze.com">www.seabreeze.com</a> ), 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 ( <a href="http://www.redwingsbaseball.com">www.redwingsbaseball.com</a> ), play at Frontier Field, downtown, across from High Falls. Tickets are \$6 to \$10</p>
<b>Romance</b>	<p>Fine accommodations and restaurants, gorgeous Lakeland scenery close by and wonderful wineries to explore...romance indeed!</p>
<b>Honeymoons &amp; Weddings</b>	<p>Plenty of opportunities for honeymoons and weddings – perhaps start by looking at our prize partner Belhurst at <a href="http://www.belhurst.com">www.belhurst.com</a> with further details below.</p>
<b>Seniors</b>	<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>

<b>UNIQUES</b>	<p><b>Erie Canal:</b> 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 <a href="http://www.canals.state.ny.us">www.canals.state.ny.us</a></p>
<b>Surprising</b>	<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
<b>History</b>	<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><b>Women’s’ Rights:</b> 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><b>Civil Rights:</b> 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>
<b>Books</b>	Frommer’s New York
<b>1000 Places to See Before You Die</b>	<b>Finger Lakes</b> – a beautiful region to the south and east of Rochester – see my separate Travel Notes for this destination.
<b>Must Sees</b>	<b>High Falls</b> , a 96 foot high urban waterfall in the heart of Rochester <b>Attractions:</b> High Falls Historic District; George Eastman House; Memorial Art Gallery; Strong Museum; Genesee Country Village and Museum; Erie Canal

<b>SPORTS ACTIVITIES</b>	Rochester sports teams provide great entertainment all year round – choose between the Rhinos Soccer, Red Wings Baseball, Amerks Hockey, Knighthawks Lacrosse and Razorsharks Basketball.
<b>Golf</b>	<p>Rochester and the sport of golf have a long and exciting relationship: a love affair that started in 1895, when the city's first private golf course appeared as the Country Club of Rochester. It was quickly followed in 1899 by one of the first public courses in America at Genesee Valley Park. With accolades from both golfing pros and weekend putters, today's Rochester is a prime destination for those who enjoy playing or just watching, and its courses are ranked in the top 10 of "America's 100 Greatest Courses" by Golf Magazine.</p> <p><b>There are 82 golf courses in and around Rochester (within a</b></p>

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	<p>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 <b>Ravenwood Golf Club</b>: 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 <b>Durand-Eastman Park</b>, 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>
<b>Fishing</b>	<p>There's good fishing in the Genesee River and of course from the south shore of Lake Ontario.</p>
<b>Horse riding</b>	<p><b>Heberle Stables:</b> 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><a href="http://www.heberlestables.com">http://www.heberlestables.com</a></p>
<b>Hiking</b>	<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, <b>Highland Park</b> 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 <b>Perinton</b>, an impressive 64 km system of hiking and nature trails has led to its being named a "Top 10 Trail Town" by the American Hiking Society. The Thomas Creek Wetland Walk, just outside the village of Fairport, is a treat for nature lovers with its elevated boardwalk, observation platform, and trails that are even accessible to people with</p>

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	<p>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 <b>Genesee Riverway Trail</b> is a 5.4km hard-surface trail linking downtown Rochester and Genesee Valley Park. Along its path, hikers are treated to splendid skyline vistas, heavily wooded areas, picnic spots, fishing docks, and more. Clearly marked with green signs, access points to this trail include downtown Rochester, South Avenue near Court Street, and within Genesee Valley Park.</p>
<p><b>Cycling</b></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 (<a href="http://www.rgtra.com">http://www.rgtra.com</a>) all have bike racks, too, for those who want to travel to their biking destination using public transportation. Most local trails also provide smooth riding on surfaces ranging from stone dust (sedimentary rock) to asphalt. Another option is to travel rural roads with little traffic and picturesque villages providing good rest stops.</p> <p>Opportunities for beautifully scenic rides in the Rochester area are remarkable with recreational trails ranging from 1.6 km to more than 80 km. Cyclists are regularly seen enjoying the views and cooling breezes</p>

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	<p>of a ride along the shoreline of vast Lake Ontario-one of America's five Great Lakes. Ambitious cyclists may also want to follow the Genesee River south into Letchworth State Park, the "Grand Canyon of the East," with a 64km ride from Rochester using the scenic Riverview Trail and Genesee Valley Greenway. A good resource to finding trails in the Rochester area for both cyclists and hikers is the "Genesee-Finger Lakes Regions Trails Guide" compiled by the Genesee Region Trails Coalition (<a href="http://www.grtcinc.org">http://www.grtcinc.org</a>) 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 <b>Erie Canalway Trail</b> offers 720kms of wonderful views along old towpaths of the legendary waterway created to link Albany and Buffalo. With no motorized vehicles allowed, walkers, joggers, hikers and cyclists enjoy safe, easy traveling. The Erie Canal Heritage Trail, part of the longer Canalway Trail, covers 112kms between Fairport and Lockport. A promenade-style section of this trail through the Corn Hill neighborhood of Rochester also features interpretive signage of canal history along with benches for resting and docking for boats</p>
<p><b>Canoeing and Kayaking</b></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 kayak outfitters, such as the BayCreek Paddling Center, offer rentals and even shuttle rides into the heart of the park so that paddlers can enjoy a carefree mosey down Irondequoit Creek.</p>

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<p><b>CULTURE</b></p>	<p>Rochester is made culturally rich by the renowned George Eastman House International Museum of Photography and Film, the Rochester Philharmonic Orchestra and Eastman School of Music, Strong National Museum of Play (and home to the National Toy Hall of Fame), the Rochester Museum &amp; Science Center, Genesee Country Village &amp; 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><b>Arts</b></p>	<p><b>Artist's Way:</b> 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 &amp; 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><b>Music</b></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 &amp; Bess, and Cab Calloway of "Minnie the Moocher" fame.</p>
<p><b>Films</b></p>	<p>Visit the Rochester High Falls International Film festival in May – check <a href="http://www.rochestermoviefest.com">www.rochestermoviefest.com</a> for updates</p>
<p><b>Museums</b></p>	<p>Visit some of Rochester's excellent Museums – like the Rochester Museum and Science Center and the Strasenburgh Planetarium. The International Museum of Photography and Film provides a fascinating insight into the story of photography and motion pictures and to the history of George Eastman and the Kodak Company in Rochester. Don't</p>

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	<p>miss The Strong Museum of Play - a unique museum, dedicated to the study and Interpretation of play. The National Toy Hall of Fame includes Alphabet blocks to Yo-Yos - and many old favourites like Barbie and Mr Potato Head!</p>
<p><b>Festivals</b></p>	<p>Rochester has over 100 festivals a year and coming up are:</p> <p><b>Rochester River Romance Head of the Genesee Regatta</b> October 5-7 - one the best regattas in the northeast of the USA</p> <p><b>ImageOut: The Rochester LGBTFilm Festival</b> October 11-20 - 10 day festival featuring more than 40 programs and 90 films</p> <p><b>Zoo Boo at Seneca Park Zoo</b> October 12-14, 19-20, 26-27 - This Merry-Not-Scary event includes trick-or-treat stations and family-friendly entertainment.</p> <p>Other festivals to mention are: <b>Rochester International Jazz Festival</b> established in 2002, the Corn Hill Festival (arts, crafts, and food in this Third Ward neighborhood), the Rochester-High Falls International Film Festival held at the George Eastman House's Dryden Theatre and the Little Theatre downtown), Clothesline Art Festival (artists from the region display their works on the grounds of the Memorial Art Gallery), Park Avenue Merchants Festival, Lilac Festival at Highland Park, St. Patrick's Day parade (March), Rose Festival at Maplewood Park, Irish festival (September), two Greek festivals - one on East Avenue (in June) and one on South Avenue (in September), Gay Pride Festival (July), Puerto Rican Festival(August), Rochester Music Festival, and the Cold Rush Winter Celebration (celebrating winter sports in the Rochester area). In the summer, especially on the Fourth of July, downtown after dark is lit with fireworks and a laser show at the High Falls venue.</p> <p>The most popular of these is undoubtedly the <b>Lilac Festival</b>, which attracts many from areas outside of Rochester and draws on average 500,000 people every year.</p> <p><b>Xerox Rochester International Jazz Festival</b> June Celebrating its 11th edition, 1200 musicians gather from around the world to perform in more than 300 concerts in Downtown Rochester <a href="http://www.rochesterjazz.com">www.rochesterjazz.com</a></p> <p><b>Park Avenue Summer Arts Festival</b> August Music, arts and craft exhibits, outdoor dining and unique shopping. <a href="http://www.rochesterevents.com">www.rochesterevents.com</a></p>

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<b>ATTRACTIONS</b>	
<b>Beaches</b>	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.
<b>Waterfalls</b>	<b>High Falls</b> , at 96 feet tall, is most famous as the largest urban waterfall in America, is located on the edge of downtown just a few blocks from Main Street. The historic mill area adjacent to the falls is home to a museum, gift shop, restaurants, and night life. The Pont de Rennes bridge offers prime viewing of the falls.
<b>Grand Canyon of the East</b>	Just west of the Finger Lakes is <b>Letchworth State Park</b> , known as the "Grand Canyon of the East." Here the Genesee River Gorge is 600 feet deep; the area boasts three waterfalls, scenic roads and trails, numerous overlooks, and some of the most magnificent scenery in the United States. The park itself sprawls over 14,340 acres, and is perhaps the most popular western New York destination for fall foliage fanciers. Visitors can enjoy hiking, swimming, whitewater rafting, horseback riding, birdwatching, canoeing, kayaking, picnicking, and even hot air ballooning.
<b>Wildlife</b>	<p><b>Montezuma Wildlife Refuge</b> Wetlands, a legacy of the glaciers, abound in the Greater Rochester Metropolitan Area. Attractive to wildlife and humans alike, many have been designated wildlife refuges with nature trails. The largest, the Montezuma Wildlife Refuge, is located about an hours drive east of the city. With its nature trails, observation towers, self - guided auto tours, and enormous numbers of waterbirds and other wildlife, the refuge's 7,000 acres provide plenty of surprises for even the most seasoned nature observer.</p> <p><b>Seneca Park Zoo</b> is a great place to see wildlife of all kinds, from leopards to polar bears. Open year round. Rates: \$9 adults, \$6 kids <a href="http://www.senecaparkzoo.org">http://www.senecaparkzoo.org</a></p>
<b>Parks</b>	<p><b>1812 Bicentennial Peace Garden Trail</b> This historic garden trail was established to commemorate the Bicentennial of the War of 1812. The Trail identifies historic sites, primarily battle sites, along the shores of Lake Ontario. Visit <a href="http://www.1812.ipgf.org">www.1812.ipgf.org</a> for updates on special events, historic significance and directions to garden sites.</p> <p><b>Highland Park</b> is a beautiful park that is host to many fun activities, events and interesting attractions. Highland Park offers the Lilac Festival in May, where there are games, crafts, food and fun. The Lambertson 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</p>

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	skating rink in the winter.
<b>Gardens</b>	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.
<b>Historical Sites</b>	Beautiful and varied architecture includes the Art Deco splendour of the winged <b>Times Square Building</b> 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.

<b>OTHER ACTIVITIES</b>	
<b>Shopping</b>	Spend a little time shopping in Rochester's quaint boutiques or the nearby <b>Waterloo Premium Outlet Mall</b> . The main shopping areas are: Eastview Mall (Victor, New York), The Mall at Greece Ridge (Greece, New York), The Marketplace Mall (Henrietta, New York), Pittsford Plaza (Pittsford, New York), Rochester Public Market, South Town Plaza and Village Gate Square. The biggest mall in the area is <b>EastView Mall</b> , 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.
<b>Markets</b>	<b>Rochester's Public Market</b> 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."
<b>Nightlife</b>	<b>Rochester's East End</b> , 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.

<b>CUISINE</b>	
<b>Food</b>	Transplanted Rochestarians travel thousands of miles for a spoonful of Abbott's Custard, a local frozen treat available at Ontario Beach Park and other Abbott's locations throughout the Rochester region. White hots, a local tradition invented more than 100 years ago in Rochester, are now shipped nationwide for those who can not bear to have a barbecue without them. And if someone offers you a Garbage Plate while you are in Rochester, don't turn them down. It's a tasty

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	<p>combination of deep fried hotdogs, hamburgers, potatoes and macaroni salad spiked with hot sauce, made popular by the Rochester restaurant Nick Tahou's. To wash all of these good things down the Rochester region supplies super-caffeinated Jolt Cola; Genny Beer, now made by High Falls Brewing Company; and a host of wines from the Finger Lakes wine trails.</p>
<b>Wine</b>	<p><b>Genesee Brewing Company</b>, maker of the Genesee beers and JW Dundee's brand (Honey Brown) also calls Rochester home. Arbor Mist wines are produced in nearby Canandaigua, NY by owner Constellation Brands. And of course all the <b>100+ wineries</b> of the Finger Lakes region are on your doorstep.</p> <p><b>The Canandaigua Wine Trail</b> is a unique collection of wineries producing a variety of fine wines, with spectacular scenery, and many shops and attractions to enjoy along the way</p>
<b>Restaurants</b>	<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: <b>Cutler's</b> (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 <b>Skyliner Diner</b> (tel. 585/232-5284) is the Strong Museum's authentic 1950s diner, with food that kids will love.</p> <p>Take a relaxing lunch or dinner cruise on the historic Erie Canal.</p>
<b>MORE INFO</b>	<p>The Downtown Visitor Information Center is located at 45 East Ave. (tel. 800/677-7282 or 585/546-3070; <a href="http://www.visitrochester.com">www.visitrochester.com</a> ). The Events line (tel. 585/546-6810) is a 24-hour recorded message highlighting current events and activities in the Rochester area. You will also find a tourism information centre at the rest stop of the New York State Thruway (westbound lane) near exit 45.</p>
<b>Brochures</b>	<p>Request a Travel Guide: 1 800 677-7282  <a href="mailto:info@visitrochester.com">info@visitrochester.com</a></p>
<b>Website</b>	<p><a href="http://www.visitrochester.com">www.visitrochester.com</a></p>
<b>CURRENT DEALS</b>	<p>For a wide variety of special, money-saving deals, go to this special website section: <a href="http://www.visitrochester.com/deals/index.cfm">http://www.visitrochester.com/deals/index.cfm</a></p>
<b>PERSONAL EXPERIENCES</b>	<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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<p><b>SPECIAL FEATURE: DESTINY USA SYRACUSE</b></p>	<p><b>The Finger Lakes Region is framed by the cities of Syracuse in the east and Rochester in the west. One of the attractions of Syracuse is Destiny USA, one of the top shopping complexes in America.</b></p>
<p><b>In a Nutshell</b></p>	<p><b>Syracuse</b> has been named "One of America's Top 20 Green Cities" by National Geographic, and also ranks 17th on Popular Science's list of "America's Greenest Cities," as well as 2nd in the Northeast on the same study. Forbes Magazine has named the City one of America's best places for business.</p> <p>Rich in history, the Syracuse region is home to more than 30 golf courses and the scenic Finger Lakes with dozens of local wineries, the area boasts hundreds of diverse restaurants and dozens of micro-breweries. At one time there were more than 50 breweries here in the Syracuse area. Syracuse is also home to the New York State Fair, the longest running state fair in the United States.</p> <p><b>Destiny USA</b> is a new 2.4 million square foot destination in Syracuse that includes Carousel Center, a dominant super regional shopping center already attracting 20 million annual visits.</p> <p>The brand new expansion mixes all types of retail including luxury outlet tenants, restaurants and entertainment. A stunning three-story glass atrium provides perfect weather year round. This exciting destination is designed to attract tourists, destination shoppers and extend the draw of regional visitors well beyond a typical trade area. It is also a LEED® Gold Certified green project.</p>
<p><b>Background</b></p>	<p>Destiny USA, previously known as the Carousel Center from 1990-2012, is a six-story super-regional shopping and entertainment complex on the shore of Onondaga Lake in Syracuse, New York. It is the <b>sixth largest shopping centre in the USA</b>, and the largest in the state of New York.</p> <p>The anchors include <b>JCPenney, Macy's, Lord &amp; Taylor, Best Buy, The Bon-Ton, Dick's Sporting Goods, Sports Authority, Forever 21, DSW, Old Navy, Sears Outlet, Finish Line, and Off 5th.</b></p> <p>The mall, which opened in 1990, has six above ground floors and one underground floor, though only the lower three and the underground floor are retail. The third floor includes a 19-screen Regal Cinemas, restaurants, and entertainment options. The first and second floors span the length of the mall and house the various shops, vendors, restaurants and entertainment venues, with the major food court and namesake carousel being located on the second floor.</p> <p>The underground "Commons" floor houses medium-sized stores, a chapel, some kiosks, and the two underground parking garages, one of which also houses Best Buy's installation centre.</p> <p>Destiny USA has outside parking surrounding the mall on nearly all sides, on the Hiawatha Boulevard side parking is located across the street from the mall and is accessed by a bridge that enters the second</p>

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	<p>floor of the 2012 addition. Parking includes one above ground and two underground parking garages. The mall is served by CENTRO buses. There are main entrances on nearly all sides, as well as access through most of the anchors and from the underground parking.</p>
<p><b>Visiting with a Family</b></p>	<p>There are a number of attractions that will keep the kids happy here:</p> <p><b>WonderWorks</b>          Wonderworks was once a top secret research laboratory on a remote island in the Bermuda Triangle. As legend has it, the world's greatest scientists – led by Professor Wonder – were given the task of creating a man-made tornado and harnessing the power of it. During this experiment, something went awry and the power of the tornado was unleashed throughout the laboratory. This created a swirling vortex that was strong enough to rip the laboratory from its foundation. It was carried thousands of miles away and landed upside-down on the 3rd level of Destiny USA in Syracuse, New York. Remarkably, all of the experiments remained intact and functional.</p> <p>When you enter the building, everything will be upside-down, so in order to participate in the fun, you must be inverted. Step inside the inversion tunnel and be turned right side up to begin your journey. Once you are properly aligned for your adventure, family fun awaits with more than 100 hands on exhibits.</p> <p><b>Canyon Climb Adventure Ropes Challenge Course</b>          Open daily Monday-Friday at 10 am, Saturday &amp; Sunday at 9 am          WonderWorks takes family fun to new heights with the World's Largest Suspended Indoor Ropes Course. Standing 70 feet tall, visitors will explore 3 levels of ropes as they encounter over 81 different obstacles and activities; including swinging steps, lily pads, a tremor bridge and more. Conquer your fears and get an adrenaline rush at a top Syracuse attraction.</p> <p><b>Lazer-Tag</b>          Upgrade your ticket to play lazer-tag and take part in the fun as you compete against your opponents inside a huge blacklit maze. Lazer Tag combines innovative technology and fast-paced excitement to provide players with a one-of-a-kind experience. The object is to outplay, outlast and outshoot the other players.</p> <p>After a game of lazer tag, visit the video arcade area and huge prize redemption counter. Play a game of air hockey, ride the Harley Davidson motorcycles, race in the Daytona USA, shoot a few hoops, move to the beat with In the Groove 2 and much more!</p>
<p><b>Dining</b></p>	<p>There is an amazing array of dining options here – go to their website to check them all out at:  <a href="http://www.destinyusa.com/index.php?page=dining">http://www.destinyusa.com/index.php?page=dining</a></p>
<p><b>Location</b></p>	<p>In the centre of Syracuse on the shores of Onondaga Lake, approximately 3 hours 50 minutes or 390 kms from Toronto</p>

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	and 4 hours or 400 kms from Montreal
<b>Directions</b>	From Toronto drive to Buffalo, pick up the I-90 and then take 690 East to Exit 8 (Hiawatha Blvd) in Syracuse.
<b>Parking</b>	Destiny USA offers more than 9,500 parking spaces for your convenience. Pick your parking in advance using this map: <a href="http://www.destinyusa.com/general-info">http://www.destinyusa.com/general-info</a>
<b>Opening Hours</b>	Monday-Saturday: 10am-9:30pm and Sunday: 11am-6pm
<b>Destiny USA Shopping Packages</b>	<p>Destiny USA offers a variety of shopping packages for centre wide activities and in concert with local hotels. You can purchase Destiny USA's shopping packages at both of the Guest Services locations as well as clicking here: <a href="http://www.destinyusa.com/travel-accommodations">http://www.destinyusa.com/travel-accommodations</a></p> <p>Interested in staying overnight during your visit? Destiny USA works with dozens of area hotels to provide you a great deal and a great experience.</p> <p><b>Shop &amp; Dine</b> Their Shop &amp; Dine tour package offers great deals on shopping at a wide variety of specialty shops, restaurants, and entertainment venues. It also comes with a \$20 Gift Certificate to your choice of restaurant, an exclusive Passport of Savings filled with valuable discounts, a recycled shopping bag and a free Carousel ride.</p> <p><b>Shop &amp; Play</b> Their Shop &amp; Play tour package offers great deals on shopping at our variety of specialty shops, restaurants, and entertainment venues, an exclusive Passport of Savings filled with valuable discounts, a recycled shopping bag and a free Carousel ride.</p> <p><b>Shop &amp; Stay</b> Their Shop &amp; Stay tour package is all about convenience. Each package comes with a \$25 Destiny USA gift card, exclusive savings in Destiny USA's Passport of Savings, a recycled shopping bag and free Carousel ride. Check with participating hotels to find negotiated room rates for your overnight stay.</p>
<b>More Information</b>	<p>Website: <a href="http://www.destinyusa.com">www.destinyusa.com</a> Follow Destiny USA on Facebook: <a href="http://www.facebook.com/DestinyUSA2012">www.facebook.com/DestinyUSA2012</a> Address: 9090 Destiny USA Drive, Syracuse, NY 13204 USA They are also on Pinterest: <a href="https://www.facebook.com/DestinyUSA2012/app_305927716147259">https://www.facebook.com/DestinyUSA2012/app_305927716147259</a> Tel: 315.466.6000 <a href="mailto:info@destinyusa.com">info@destinyusa.com</a></p> <p><b>The Syracuse Convention and Visitors Bureau</b> can serve all of your needs regarding travel and accommodations while in Syracuse. Visit <a href="http://www.visitsyracuse.org/stay">www.visitsyracuse.org/stay</a> to get the inside scoop on where to stay and the best ways to travel.</p>

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