



You won't want to miss a New York minute. Hike through a state park and discover a nature shower for the entire family to enjoy. Kids will be able to combine golf with science, have a chance to blow their own decorative glass piece and interact with satellites. Top it all off with fireworks over Niagara Falls in Ontario, Canada.



I love this Country.™

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## 2-day itinerary – Ithaca, NY

Welcome to Binoculars Country. Inspiration awaits in the form of breathtaking views and unforgettable scenery at every turn, but before you take in the beauty of upstate New York, start the day with a complimentary, hot breakfast as a guest of the [Country Inn & Suites By Carlson®](#) in Ithaca. Stroll through picturesque natural settings in Robert H. Treman State Park then find a quiet spot to enjoy a picnic lunch, fresh from the Ithaca Farmers Market. End the day with a relaxing swim in the pool then enjoy fresh cookies while planning your next adventure.

Ithaca-area Country Inns & Suites By Carlson<sup>SM</sup> locations:

- [Country Inn & Suites By Carlson of Ithaca](#) – 2.7 miles from downtown
- [Country Inn & Suites By Carlson, Cortland, NY](#) – 34 miles from downtown
- [Country Inn & Suites By Carlson Big Flats](#) – 35 miles from downtown

Robert H. Treman State Park	Mom's Choice**: You have your choice of unbelievably beautiful waterfalls and cascading rapids, but few parks offer the chance to swim and get soaked at a spot like Enfield Glen, a waterfall that is safe enough for the whole family to enjoy. Gorges and trails reveal a handful of sinfully delightful sights – like Lucifer Falls and Devil's Kitchen. Bring a picnic and spend all day enjoying the scenery of this fantastic park. Admission is \$7 per vehicle starting July 1.	<a href="http://nysparks.state.ny.us/parks/135/details.aspx">http://nysparks.state.ny.us/parks/135/details.aspx</a>
Ithaca Farmers Market	Mom's Choice**: With more than 150 vendors at this outdoor venue, your family can eat healthy while enjoying Binoculars Country. Open every weekend from spring through fall, the Farmer's Market is the 'unofficial' meeting place for locals to visit and purchase the freshest fruits, vegetables and produce in the region. Try the peanut noodles from Macro Mama or the Balep Korkun from Tibetan Food. Lots of live music throughout the summer, admission is free and the produce prices can't be beat.	<a href="http://www.ithacamarket.com/">http://www.ithacamarket.com/</a>
Galaxy Golf @ the Sciencenter	Combining miniature golf with science, Galaxy Golf takes putting to a whole new level – check that - a whole new universe! Applying scientific principles with every stroke, your family won't notice how much they're learning, because they'll be too busy having fun. A round of golf runs \$4 per person.	<a href="http://www.sciencenter.org">http://www.sciencenter.org</a>
Allison's Acres	Just eight miles north of Ithaca in Trumansburg, Allison's Acres features bushels of fruitful delights for families. Pick your own strawberries, let the kids burn off some energy in the play area, then simply enjoy the freshest berries your hands can grab! Picking season starts June 19.	<a href="http://www.allisonsacres.com">http://www.allisonsacres.com</a>
Moosewood Restaurant	Focusing on healthful, natural cuisines, Moosewood celebrates three decades of delicious dishes that helped drive the vegetarian dining culture. Pick up one of founder Molly Katzen's best selling cookbooks to take home. Dishes range from \$15-\$20.	<a href="http://www.moosewoodrestaurant.com">http://www.moosewoodrestaurant.com</a>

\*\* Family Choice and Mom's Choice designation based on fun for all ages, cost and Mom's approval.

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#### 4-day itinerary – Rochester, NY

After two days touring Ithaca’s watery wonders and historical landmarks, head north 89 miles to Rochester. Explore this port city through a canal boat ride and make a stop at the Charlotte-Genesee Lighthouse for the perfect view. Experience the rich history of the area with a tour of the Corning Museum of Glass or George Eastman House – of Eastman Kodak fame – before unwinding back at the [hotel](#) with a soak in the hot tub and book from the Read It & Return Lending Library<sup>SM</sup>.

Rochester-area Country Inns & Suites By Carlson locations:

- [Country Inn & Suites By Carlson, Rochester Brighton, NY](#) – 3.8 miles from downtown
- [Country Inn & Suites By Carlson Rochester - Henrietta, NY](#) – 7.2 miles from downtown
- [Country Inn & Suites By Carlson Mount Morris](#) – 35 miles from downtown

Corning Museum of Glass	Mom’s Choice**: Your kids will be ‘blown away’ at the chance to blow their own decorative glass piece. The Corning Museum of Glass explores the history and tradition of this iconic American company, while offering hands-on tours and demonstrations for families and groups. Tours start at \$12.50 for adults, students 19-under are free; make your own glass item start at \$20.	<a href="http://www.cmog.org">http://www.cmog.org</a>
Rose Lummis Canal Boat Rides	Rochester serves as a port city for a vast portion of the northeastern portion of the United States, so what better way to explore this bustling town than in the comforts of a canal boat? Rose Lummis Canal Boat Rides offers a wide variety of ride options – a 1 hour cruise will run you \$15 for adults, \$10 for students; Rose Lummis also offers dinner cruises and a multitude of romantic watery adventures.	<a href="http://www.roselummis.com">http://www.roselummis.com</a>
George Eastman House	You’ll want to snap a few photos of the family at the Eastman House. The founder of Kodak’s home is open for tours and offers an expansive look back at the history of photography and, of course, the contributions Kodak has made along the way. Admission is \$10 for adults, \$4-6 for kids.	<a href="http://www.eastmanhouse.org">http://www.eastmanhouse.org</a>
Finger Lakes Wine Region	Sweet sipping is certainly in store for the most savvy palates thanks to the more than 100 wineries that make up the Finger Lakes Wine Region. With year-round events and tastings, experience some of the best wines New England has to offer. Tasting prices vary by location.	<a href="http://www.fingerlakeswinecountry.com">http://www.fingerlakeswinecountry.com</a>
Bazil’s Restaurant	Bazil’s Restaurant for casual Italian dining. This family- favorite is run by family owners Mario & Flora Daniele who were both born in the same town of Castelnuovo, Italy. Most meals are less than \$15.	<a href="http://www.bazilrestaurant.com">http://www.bazilrestaurant.com</a>

Charlotte-Genesee Lighthouse	No trip to a Great Lake would be complete without visiting an awe-inspiring lighthouse. Pivotal in guiding ships out of harbor and onto the high seas, Charlotte-Genesee Lighthouse has a rich tradition – learn about the history of this guiding light; admission is free and the views are priceless!	<a href="http://www.geneseelighthouse.org">http://www.geneseelighthouse.org</a>
Rochester Red Wings Baseball	The Triple-A minor league affiliate of the Minnesota Twins, the Rochester Red Wings play major league level competition without the high price. This is your chance to see the stars of tomorrow before they make it to the big leagues, or maybe even see one of your favorite players working to get back into the spotlight. Win or lose, there's not a bad seat in the house. Tickets prices vary, check website for schedule and availability. Tickets range from \$6.50 for reserved seating to \$10.50 for premium seating.	<a href="http://rochester.redwings.milb.com">http://rochester.redwings.milb.com</a>
Guided Walking Tours of Mount Hope Cemetery	Come face-to-face with mortality at Rochester's most famous cemetery. Architect James Gould Cutler and 19 <sup>th</sup> -century artist Emma Lambert Cooper, among others, call Mount Hope their final resting place. Take in the eerie beauty of this cultural landmark that dates back to before the Revolutionary War. Tours start at \$4 per person.	<a href="http://www.fomh.org">http://www.fomh.org</a>
Rochester Museum & Science Center	Ever get the feeling that you're being watched? Well, at the Rochester Museum & Science Center, find out how many eyes actually ARE watching you! Kids of all ages can touch and interact with satellites and the technology that makes our mobile lifestyles possible. Admission is \$15 for adults, \$11 for kids (cost includes admission to the Planetarium)	<a href="http://www.rmssc.org">http://www.rmssc.org</a>

### 7-day itinerary – Niagara Falls, Ontario, Canada

Take a scenic drive west to the ultimate spot for amazing views, Niagara Falls State Park. After a relaxing night at the award-winning [Country Inn & Suites By Carlson® Niagara Falls, Ontario, Canada](#), get swept away by the oldest state park in the U.S. Delight in one of the park's many attractions available during the day, or stay for free fireworks over the falls on weekend evenings. Include indoor scenery on the agenda at the Butterfly Conservatory, or kick back with an in-room movie at the hotel. With the variety of destinations available in Scenic Views Country, you'll fall in love with this Country all over again.

Niagara Falls-area Country Inns & Suites By Carlson locations:

- [Country Inn & Suites By Carlson, Niagara Falls, ON](#) – 1 mile from downtown

Niagara Falls State Park	Mom's Choice**: The oldest state park in the U.S. offers biking, fishing and cross-country skiing, and contains plenty of hiking and walking trails, including the Niagara Gorge Trail System. Writers, artists and prominent figures have also flocked to the falls to feel the spark of creativity that only the park's panoramic views can create. There are more than a dozen attractions within the park. There's enough to do and see that you could spend a week there! Buy passes online to save money. Children ages 6-12 \$26; Adults \$33.	<a href="http://www.niagarafallsstatepark.com/">http://www.niagarafallsstatepark.com/</a>
Basell's Restaurant and Tavern	For home cooking in an unpretentious atmosphere, locals highly recommend Basell's Restaurant and Tavern, featuring 50's style restaurant booths and seating on the old fashioned counter stools. This mom and pop diner features large portions at reasonable prices.	<a href="http://www.dine.to/basells">http://www.dine.to/basells</a>
Fireworks over Niagara Falls	Free fireworks shows occur every Friday-Sunday at 10 p.m. over the falls.	<a href="http://www.niagarafallsstatepark.com/">http://www.niagarafallsstatepark.com/</a>
Greg Frewin Theatre	A taste of Vegas with a view of the Falls, International Grand Champion of Magic, Greg Frewin, leaves audiences mystified with his masterful sleight of hand and powerful stage presence. Performances nightly; see website for show times. Adult tickets are \$35-\$55, children are \$12-\$30.	<a href="http://www.gregfrewintheatre.com">http://www.gregfrewintheatre.com</a>
Daredevil Museum	Learn about the daredevils who tried to conquer the falls at this fascinating museum, where their experiences are recounted through videos, photos and artifacts, including the barrel used by the first male and female pair to plunge over the falls. It's free.	<a href="http://www.niagarafallslive.com/daredevils_of_niagara_falls.htm">http://www.niagarafallslive.com/daredevils_of_niagara_falls.htm</a>
Butterfly Conservatory	This magical attraction is highly recommended and features more than 2,000 colorful tropical butterflies floating freely among lush, exotic blossoms and greenery. Paths wind through the rainforest setting, past a pond and waterfall. \$11.50 (CAN) Adults (13+ years), \$6.80 (CAN) Children (6 to 12 years)	<a href="http://www.niagaraparks.com/garden/butterfly.php">http://www.niagaraparks.com/garden/butterfly.php</a>