



The TAP 2018 New York State Pod invites you to

Discover New York's Wild Side

Brace yourself for great adventure!

An abundance of outdoor recreational activities are available to be conquered; hiking, cycling, fishing, boating and more! State parks, well-groomed trails, nature preserves and state forests. Waterfalls, lakes, rivers, islands, mountains...the list and options are endless. Get outside and enjoy the great outdoors from Niagara Falls through the Finger Lakes to the 1000 Islands and the Adirondack Mountains!



**Destination Niagara
USA**

Visit Ithaca

Tour Cayuga

1000 Islands

**Lake George Area,
Adirondacks**

**Please note TAP partners
that sell NYS products:**

Twin Travel Concepts

Wade Tours

Custom Holidays

MARS

Discover New York's Wild Side



Day 1

Niagara Falls State Park is the perfect place to start exploring your adventurous side in Niagara Falls USA!

Make your way to the **Observation Tower** where you'll get a panoramic view of the American, Bridal Veil and Horseshoe Falls.

For a heart pounding experience, board the iconic **Maid of the Mist** where you'll come face to face with the world wonder and get soaked by its mist.

Ride the **Niagara Scenic Trolley** to **Cave of the Winds**. Take an elevator down 175 feet into the Niagara Gorge and make your way across the wooden walkways that lead you to the Hurricane Deck where you'll get soaked by the thundering waters of the Bridal Veil Falls.

After, visit **Terrapin Point**, an observation area that offers breathtaking views of the Horseshoe Falls.

Dine on delicious regional cuisine while overlooking **Terrapin Point** and the Horseshoe Falls at **Top of the Falls Restaurant**.

At night, for a different kind of adventure, test your luck at the **Seneca Niagara Resort & Casino**. This Vegas-style casino offers fun for all, from penny slots to table games, unique dining options, shopping and a full service bar with a multi-sensory gaming experience, **Pulse Arena**.

End your day with the illumination of Niagara Falls and a stunning fireworks display at **Niagara Falls State Park**.



Day 2

Start your morning off with a guided kayaking, hiking, walking or biking tour with **Buffalo Niagara RIVERKEEPER**. Custom tours include birding, wildlife, snowshoeing, environmental, aquatic and more.

For the truly adventurous, take a thrilling ride in a 1500 horsepower jet boat through the Niagara Rapids on **Whirlpool Jet Boat Tours** or **Niagara Jet Adventures**.

Enjoy lunch overlooking the Niagara River at **The Silo**, home to the famous Haystack Sandwich that was featured on Man Vs. Food.

Next stop is Lockport, home to the Erie Canal. For the ultimate thrill, visit the **Niagara Zipper** for an incredible zip line adventure 85 feet above the historic waters of the Erie Canal at 40 mph! Still craving more? End your adventure at **New York Beer Project** for a taste of unique, local craft brews and regional cuisine.



Day 3

Arrive to Ithaca in the morning ready for adventure! Robert H. Treman State Park is a wonder for the senses. With 5 trails ranging from moderate to strenuous, get up close to gorge walls and thundering waterfalls while crossing marvelous stone bridges along the way. Tour the old mill while you're there.

More hiking awaits at Buttermilk Falls. Revel in the sound of roaring waters as it descends in a series of plunging cascades and rapids that converge into a beautiful basin. Hike one of 4 trails, ranging from easy to strenuous.

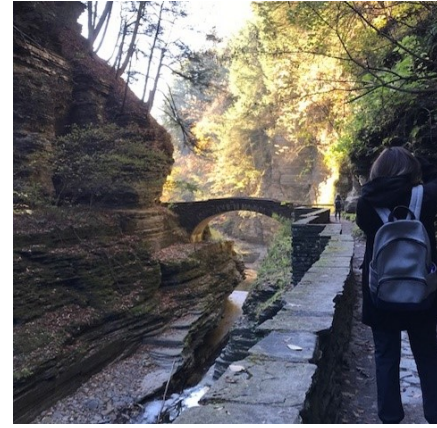
Now that you've worked up an appetite, enjoy a unique dining and shopping experience on the **Downtown Ithaca Commons**, one of the few surviving pedestrian malls left in the U.S. Experience the centerpiece of a Nationally Registered Historic District as you browse Ithaca's most diverse shopping and eclectic dining, from upscale bistros to casual cafes.

Sample wine at Ithaca's own **Six Mile Creek Vineyard** in a hilltop tasting room overlooking a picturesque pond and vineyards. Be sure to sip some of their spirits made exclusively from wine grapes.

Check into one of the many **group friendly hotels** to rest and refresh before dinner. The Ithaca CVB is happy to help locate the perfect lodging option for your group.

Elegantly designed with a modern flair, **ZaZa's Cucina** offers groups contemporary Italian cuisine for dinner. Don't forget to leave room for dessert! Grab a scoop at local favorite, **Purity Ice Cream**. Ithaca is the birthplace of the ice cream sundae, after all!

Rest your head for the night! You've got a big day tomorrow!



Day 4

Start your morning at the **Suspension Bridge**. High above Fall Creek, experience magnificent views, roaring waters and an old hydro plant from this pedestrian bridge.

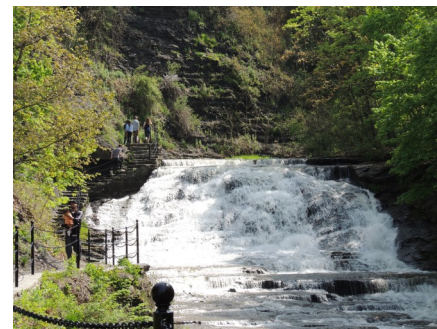
A short coach ride into Cornell's Collegetown brings you to the top of the **Cascadilla Gorge Trail**. Hike down the trail along the secluded cascading falls, connecting Cornell University with Downtown Ithaca, offering a quiet refuge in the heart of downtown.

The bus will meet you at the bottom to take you to 150ft **Ithaca Falls**, right in the heart of the city. At 175ft wide, the falls are one of the region's mightiest. Boxed lunches from **Ithaca Bakery** will be waiting for you at Ithaca's new west end brewery, **Liquid State Brewing**. The beer hall offers high quality, small batch ales and lagers as well as local wines and ciders. Enjoy lunch, take a tour and taste!

Meet the "kids" at a **Lively Run Dairy**, a family owned goat dairy farm, learn how high quality goat cheese is made, and of course stay for the tasting!

Enjoy scenic views along the **Cayuga Lake Wine Trail**, the nation's first organized wine trail. See breathtaking views of Cayuga Lake and rolling vineyards while tasting and toasting your way through wineries, cideries, distilleries and a meadery.

Stop at one of the most outstanding views in the region. At 215 ft, the cascading **Taughannock Falls** is three stories taller than Niagara Falls. Take time for pictures at the **Taughannock Falls Overlook** and marvel at how the steep-walled gorge formation was carved by ice, thousands of years ago. Three trails range from easy to moderate.



Day 5

Start your day on the **Cayuga County Erie Canal Recreational Trail**. This historic canal tow path is a recreational trail for hikers, bicyclists, horseback riders and, in winter, snowmobilers. It traverses the county from the village of Jordan to the Seneca River. High points include carved stone locks, the Centerport Aqueduct, Lock 52 and Richmond Aqueduct.

Head to the city of Auburn and indulge your worked-up appetite with a lunch stop at **Prison City Pub & Brewery**. Relish in the abundant selection of award winning, handcrafted beers brewed on premise by their Brewmaster. Enjoy their elevated pub food which focuses on farm-to-table cuisine. Come in and encounter this laid back, high quality, rustic establishment where their historic charm is part of the experience.

Next stop is **The Auburn-Fleming Trail** which follows a two-mile stretch of abandoned railroad bed along a network of streams and wetlands. Hiking, biking, cross-country skiing, and horse-back riding permitted.

Treat yourself to a bit a history on the **Fort Hill Cemetery Walking Tour**, set on a hill overlooking Auburn. This site was used for burial mounds by Native Americans as early as 1100 A.D. It includes the burial sites of William Seward, Harriet Tubman, Martha Coffin Wright, Col. Myles Keogh who fought with Gen. Custer at the Battle of Little Big Horn, and a monument to Indian Chief Logan.

End your day with a relaxing dinner at Curley's Restaurant. A classic neighborhood kitchen plying American & Italian standards to their many signature dishes. Good friends have been getting together at Curley's Restaurant since 1934 to share great times and relax over delicious food and drinks.

Day 6

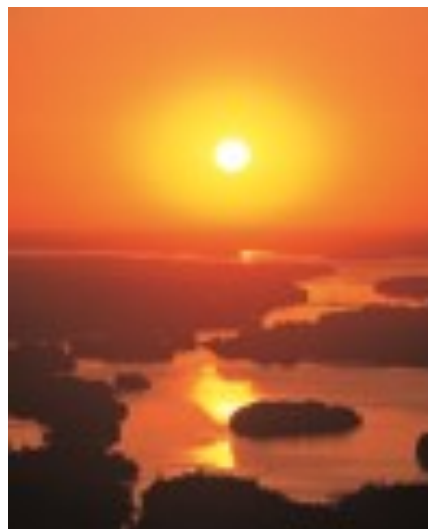
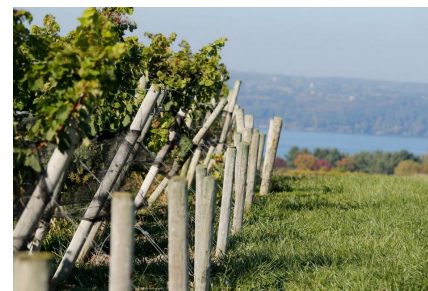
Start the day with breakfast at **New Hope Mills**. The quality of New Hope Mills products has made their pancake mixes the #1 pancake flour in central NY! Visit the store and café which features local products such as maple syrup, honey, jams, jellies, preserves, spreads, baked goods and the famous pancake mix they are known for. With that hometown feel, locals and visitors alike enjoy the tasty goodness of the treats available in the café, as well as a shopping experience that will bring you back in time.

Next make some waves with **Owasco Paddles at Emerson Park**! Enjoy beautiful Owasco Lake with a variety of water friendly experiences. From canoes, kayaks, Hobie pedal kayaks, stand-up paddleboards and paddleboats, a fun waterfilled time is guaranteed!

Day 7

Everyone knows the quiet leisurely pace of the St. Lawrence River. But, did you know about the wild, heart-pumping whitewater of the Black River? Touted as one of the State's most favored rafting experiences and **White Water Challengers** invites you to test the waters. Choose between flat water float trips or hard-core rafting through the cavern which includes snack and lunch.

A short drive up to the St. Lawrence River for more adventure. Bonnie Castle Resort is host to **All In Adventures**, the 1000 Islands experts in flyboarding. Water jet propelled boots will have you flying through the water, doing stunts and enjoying every minute! (For those not willing, it is a great spectator sport while enjoying cocktails from the dock). For those looking for a calmer experience, **Boomerang Kayak and Cycling** on Wellesley Island offers guided kayak tours around the largest of the US islands or cycle tours to historic Thousand Islands Park.



Relax at one of our group friendly hotels and enjoy and relax over dinner and perhaps a wine or spirits tasting after. Speaking of spirits, an evening ghost walk in Alexandria Bay with **Thousand Islands Ghost Tours** will keep your heart pumping as you see the sights and hear the stories of past lives.

Day 8

Arrive in the Lake George Area for a full day of fun at **Six Flags Great Escape & Splashwater Kingdom**. Enjoy over 135 thrilling rides, shows and attractions at New York's largest theme park. Group friendly lodging is located adjacent to the park at **Six Flags Great Escape Lodge & Indoor Waterpark**. Evening activities include testing the group's skills as they putt through mountain caves and cascading waterfalls at **Pirates Cove Adventure Golf** or zooming around the go-kart track at **Adventure Family Fun Center**.

Day 9

Time to make memories in the great outdoors! Choose from one of the many outdoor outfitters for an exciting day of **whitewater rafting, kayaking or lazy river tubing**. Experienced guides will supply all the necessary gear and escort the group on a wide variety of trips from 2-hour excursions on the Sacandaga River to full adventures on the Hudson River Gorge. Cool off in the river pools or enjoy a picnic or BBQ on shore. If adventure on land is more your group's style, the same outfitters can arrange for guided horseback riding or hiking on the many wooded trails that surround the Lake George Area. Active groups can experience a natural challenge and find their inner monkey at **Adirondack Extreme Adventure Course**. The adventure park challenges thrill seekers of all ages with a series of progressively challenging obstacle courses, all set in the Adirondack tree-tops! Tree-top adventure continues on the **Eagle Zip Flyer at Wild West Ranch**. At a length of nearly 4,000 feet, you will plummet from the top of French Mountain over the top of the Adirondacks at a rate of 58 miles per hour! **Up Yonda Farm Environmental Education Center** offers groups fun and educational nature programs and activities geared toward hands-on participation. Whether it's building a bird house, visiting the butterfly garden or learning about aquatic plant life, there is always something to explore and discover at Up Yonda.



This is a small sampling of active sites available and itineraries can be customized to meet the needs of all group sizes, ages and abilities. A quick call to one of your TAP New York State specialist partners and you are well on your way to a unique and profitable adventure!



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