

Explore NEW YORK

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WHETHER IT'S HORSE RACING, HISTORY, THE ARTS, OR THE ADIRONDACKS, ALL OF NEW YORK STATE'S VACATION REGIONS OFFER A VARIETY OF SUMMER ATTRACTIONS, ACTIVITIES, AND EVENTS. NO MATTER WHAT YOU LIKE TO SEE AND DO—FROM FAMILY FUN TO A COUPLE'S GETAWAY—YOU CAN FIND IT IN THE EMPIRE STATE.

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THE CAPITAL-SARATOGA REGION

Saratoga

With its rich historical background and burgeoning commercial growth, Saratoga County provides the perfect balance of past and present.



Deemed as one of upstate New York's finest destinations, Saratoga, is best known for its Thoroughbred horse racing. The racing season opens in late July and runs through Labor Day each year, with America's Mid-Summer Derby, the Travers Stakes, in late August.

Saratoga is more than just racing, however, with cultural attractions to suit every taste. As the summer home of the New York City Ballet and the Philadelphia Orchestra, a visit to the Saratoga Performing Arts Center (SPAC) is a must. This outdoor venue features classical performances, a jazz festival, and many major pop concerts.

History buffs can relive America's fight for independence and the turning point of the Revolutionary War, exploring the Battle of Saratoga at the Saratoga National Historical Park.

Other key attractions include the Saratoga Gaming and Raceway, the 2,000-acre State Park, mineral springs, museums, golf, spas, and polo.

Wrap up the day strolling down Saratoga's tree-lined streets, which feature unique shops, sidewalk cafés, and nightlife fun.

FESTIVALS AND EVENTS

- Saratoga Artsfest*..... June 11-14
- SPAC's Freihofer's Jazz Festival*..... June 27-28
- Hats Off Music Festival*..... July 31-August 1
- The Travers Festival*..... August 22-30

Detailed visitor information can be found online at www.saratoga.org.

THE ADIRONDACKS REGION

Lake Placid

Travel farther upstate and you'll discover the splendor of Lake Placid in Essex County.

Home to the 1932 and 1980 Winter Games (when the United States won gold in men's hockey and Eric Heiden won five gold medals in speed skating), Lake Placid blends rich Olympic history with countless outdoor recreational opportunities. Today, this alpine village serves as a training facility for future Olympians, as well as a venue for major international competitions.

Throughout the summer, events and festivals abound. This year, the region will be celebrating the 400th anniversary of Lake Champlain with exciting quad-

centennial celebrations that will dot the shoreline. Plus, more than 2,000 tri-athletes will convene on July 26 for the 11th annual Lake Placid Ironman Race.

Dining out is one of the best parts of vacationing in Essex County. There are restaurant options to satisfy every palate and any craving. Come to sample traditional rustic Adirondack cuisine, try some new ethnic fare, or just go with the old New York stand-bys—pizza or a burger.



FESTIVALS AND EVENTS

- 10th Annual Ausable River Two-Fly Challenge*... May 15-16
 - Opening Day Fort Ticonderoga*..... May 21
 - First Annual Silent Film Festival in Port Henry*..... June 5-6
 - Whiteface Mountain 32nd Annual Uphill Footrace*..... June 7
 - 5th Annual Lake Placid Marathon, Half Marathon & Marathon Relay*..... June 14
 - 400th anniversary of Samuel de Champlain's arrival on the Ticonderoga Peninsula*..... July 30
- For more information, visit www.lakeplacid.com.

Lake George



Venture south to Warren County and enjoy the magnificent beauty and family friendly recreation provided on Lake George.

This 32-mile jewel is a scenic wonderland of land and water adventure. Guests can enjoy scenic drives, outlet shopping, attractions, boating, fishing, and whitewater rafting.

The Lake George Area is rich in both culture and history with numerous historic sites and attractions throughout the region. You can hike to the top of Prospect Mountain for breathtaking views, take a high ropes challenge, tour the Fort William Henry Museum, or view the exclusive *Degas and Music* exhibition, featuring works of the famed French Impressionist, at The Hyde Collection in Glens Falls.

There are plenty of lodging options available with accommodations ranging from waterfront cottages and hotels to full-service RV parks and country B&Bs. Flagship hotels include the Six Flags Great Escape Lodge and Indoor Water Park and the Sagamore Hotel on the lake itself.

In addition, area dining does not disappoint. Nearly 300 restaurants, offering everything from haute cuisine and family fare to hearty breakfasts and dinner cruises, your tastebuds are sure to be satisfied.

FESTIVALS AND EVENTS

- Lake George Elvis Festival*..... May 28-31
- Americade Motorcycle Rally*..... June 1-6
- Degas & Music Exhibition*..... July 12 - October 18
- LARAC Arts Festival*..... June 13-14
- Adirondack Balloon Festival*..... September 24-27
- World's Largest Garage Sale, Warrensburg*..... October 3-4

Plan your Lake George getaway, at www.visitlakegeorge.com.

UPSTATE NEW YORK NOT ONLY OFFERS ACCESSIBLE AND AFFORDABLE, FAMILY FRIENDLY TRAVEL, BUT ALSO PROVIDES AN ENDLESS VARIETY OF OUTDOOR RECREATION AND VACATION ATTRACTIONS TO DISCOVER ON YOUR NEXT EMPIRE STATE TRIP.