

CANADIAN  
*Traveller* | SPECIAL  
EDITION

# NEW YORK

YOURS TO DISCOVER

IN THIS ISSUE

*From the  
wilderness to Wall Street,  
waves to wine county,  
these are Canadian Traveller's  
favourite New York state  
experiences*



# New York City & Its Boroughs

Most visitors to New York City flock to Manhattan, and with good reason: the tiny island is home to Broadway, Rockefeller Center and much, much more. But the truth is, the city consists of five incredible boroughs, each packed with wonders to see, treats to eat and once-in-a-lifetime experiences to enjoy.

## Discover Secret Manhattan

Whether it's your first visit or your 50th, Manhattan always has so much to see. In Midtown, you won't want to miss the world's largest chess board, which plays out famous games on the side of an office building (a cherry picker moves the pieces), nor the multi-storey atrium inside the **Ford Foundation**, complete with a touch-and-smell garden. In SoHo, there's the **Earth Room**, an art installation by Walter De Maria featuring 197 cubic metres of soil, and street artists from around the world flock to the walls of the Lower East Side. Then grab a drink at the **Secret Speakeasy** for a night of conversation and antiques held monthly and sponsored by the **Museum of Interesting Things**.

## DIY in Brooklyn

Creativity reigns in Brooklyn. **Brooklyn Academy of Music** showcases avant-garde performances, while **Union Hall** hosts karaoke, comedy shows and unique experiences like a staged reading of *Moonstruck*. Head to the **Brooklyn Superhero Supply Store** to stock up on your mask and cape needs (and to support 826NYC, which helps kids learn to love the written word), and onward to the **Kings County Distillery** for the borough's best moonshine. The multi-Michelin starred **Aska** does wonders with foraged ingredients like nettles and lichens.

## Boogie in the Bronx

In 1973, a young man used two turntables to extend songs' musical interludes during his sister's back-to-school party and an entire musical genre was born. **Hush Hip Hop Tours** take visitors to significant sites in the history of this art form, from **1520 Sedgwick Avenue**, where that party took place, to **Casa Amadeo**, the city's oldest Latinx music store. The **Bronx Music Heritage Center** puts on an array of programs and lectures designed to showcase and preserve the borough's contributions.

## Sail Over to Staten Island

We won't sugarcoat it: Staten Island gets a bad rap. But forgoing the most suburban of NYC's five boroughs means missing spots like **Snug Harbor**, a former retirement community for sailors transformed into a cultural centre, museum and botanical garden; **Fort Wadsworth**, a decommissioned military installation with awesome views of New York Harbor; and the **National Lighthouse Museum**, devoted to those maritime beacons. It also means skipping out on pies from two institutions: **Denino's Pizzeria** and **Joe & Pat's Pizzeria**. And, of course, getting to Staten Island is half the fun: take the free ferry from Manhattan and enjoy an up-close view of Lady Liberty herself.

## Chow Down in Queens

The city's most diverse borough boasts its most diverse restaurant scene. In Flushing you'll find Cantonese dim sum at **Asian Jewels**, chili oil wontons at **White Bear**, Taiwanese shaved ice at **Crystal Ice**, soup dumplings at **Shanghai You Garden** and bubble tea at **Chun Yang**. Head to Jackson Heights for Tibetan momos at **Phayul**, dosas at **Dosa Delight** and gulab jamun at **Rajbhog**. On nights and weekends, vendors line Roosevelt Avenue in Jackson Heights, Elmhurst and Corona, selling *pupusas*, beef heart skewers, blood sausage tacos, churros and *arepas* – just follow the crowds from cart to bodega to restaurant.



RIVERWORKS,  
BUFFALO

# Upstate Urban Getaways

To experience the best of New York state's urban getaways, consider Amtrak's Adirondack or Empire Service routes. Not only will you hit all the city highlights, but you'll pass through some glorious scenery as you crisscross the state. May we recommend booking a window seat?

## Riveting Rochester

Learn about the life of the famed suffragist and abolitionist at **Susan B. Anthony Museum & House**, where she lived and entertained friends like Elizabeth Cady Stanton and Frederick Douglass from 1845 until her death in 1906. Another famous Rochesterian's house worth a visit is the **Eastman Mansion**. The home is an elegant example of the Colonial Revival style, as well as the world's oldest photography museum. And bring your inner child (and your real ones) to **The Strong National Museum of Play**, named for the Rochester native Margaret Woodbury Strong, whose toy collection kick-started the museum's 75,000-plus yo-yos, construction sets, airplanes, dolls and more.

## Beautiful Buffalo-Niagara

Buffalo's revitalized waterfront is a stroller's paradise. Whichever direction you walk, you'll find something worth seeing or doing or exploring, not the least of which is the Buffalo River itself, where you can canoe and kayak. The **Buffalo & Erie County Naval & Military Park** is the largest inland naval park in the U.S. and includes a WWII submarine, guided missile cruiser and a destroyer. At **Buffalo RiverWorks**, grain silos have been transformed into a brewery, a restaurant and a sports and entertainment complex.

## Sensational Syracuse

Syracuse is perhaps best known for two things: snow and basketball. But there's more to this Central New York city than sports and weather, even if both are rather remarkable. It's home to the original **Dinosaur Bar-B-Que**, considered by many to be the best barbecue in the U.S., as well as **Armory Square**, a pedestrian plaza featuring eateries (try **Modern Malt**, an upscale diner, and **Cathy's Cookie Kitchen** for sweet treats), boutiques and nightlife. The **Milton J. Rubenstein Museum of Science and Technology** has a one-of-a-kind domed IMAX, making the big screen even better to watch.

## Amazing Albany

Start your explorations of the state capital at the **Empire State Plaza**. Completed in 1978, the complex includes several government buildings as well as the **Erastus Corning Tower** (the tallest building in the state outside of NYC), the **Cultural Education Center** (which encompasses the **New York State Museum** and **Archives**, dedicated to preserving the state's history and heritage), and **The Egg Center for Performing Arts** – each a striking structure made of steel and concrete. Around the plaza, and available for viewing inside its buildings, are several noteworthy works by artists like Isamu Noguchi and Jackson Pollock.

## Pretty Poughkeepsie

Known as "the Queen City of the Hudson," Poughkeepsie might be smaller than some of the other cities on this list, but it makes for a mighty weekend trip. Spanning two kilometres, the **Poughkeepsie-Highland Railroad Bridge** is known as the world's longest elevated pedestrian bridge and gives you a sense of what Henry Hudson might have seen some 400 years ago. You'll further feel as if you've stepped back in time by walking through **Highland Hamlet**, with preserved homes from the early 1900s. A quick taxi ride takes you to **Hyde Park**, home to the **Culinary Institute of America**, where four restaurants and a brewery are staffed by tomorrow's Michelin-starred chefs.



## Freshwater Forays

“Water, water everywhere,” wrote Samuel Taylor Coleridge. Although he was describing life as a thirsty sailor, he may just as well have been referring to New York state. With its abundant lakes and trickling creeks, powerful rivers and tumbling waterfalls, the state has hundreds of spots for restorative relaxation or adventurous activities.

### Exploring the Adirondack Coast

Scotland might have the Loch Ness monster, but upstate New York has its own mythical being: Champ, said to inhabit the waters of Lake Champlain. Search for Champ as you explore the Adirondack Coast, where the lake laps against Clinton County. The coast’s best beaches – with ample opportunity for windsurfing, kite flying, sunbathing, picnicking and sand-castle building – include **Plattsburgh City Beach**, **Cumberland Bay State Park** and **Point Au Roche State Park**.

### Get to Know the Great Lakes

Pretty much anywhere you stop along the **Great Lakes Seaway Trail**, you’ll find an extraordinary vista, vintage lighthouse or quaint town with a thriving arts scene or farmers’ market. Extending for more than 800 kilometres and stretching through New York and into Canada, this national scenic byway closely follows the shores of **Lake Erie**, the **Niagara River**, **Lake Ontario** and the **St. Lawrence River**. Hop on the “Blueway” by taking a boat tour, renting a kayak or paddleboard, jumping in for a swim or simply uncovering the urban delights of **Rochester** (on the shore of Lake Ontario) and **Buffalo** (on the shore of Lake Erie).

### Sightseeing in the Thousand Islands

Located in the St. Lawrence River between the U.S. and Canada, the **Thousand Islands** are actually an archipelago of more than 1,800 islands, including the world’s smallest inhabited island. Estimated to be 280-square-metres (one-thirteenth of an acre), **Just Room Enough Island** contains a single house and a single tree. Nearby is **Boldt Castle**, a millionaire’s 1900-era summer getaway that looks as if it fell out of a Disney movie and is open to the public. Thousand Islands’ sightseeing extends below the water, too. Thanks to several old shipwrecks and excellent visibility, the area has become something of a scuba diving destination.

### Angling in St. Lawrence County

Folks fish throughout **St. Lawrence County**, year-round. In winter, they bait their hooks for northern pike and yellow perch at **Chippewa Bay** and **Cranberry Lake**; in the spring and summer, they search for trout on **Trout Lake**, rainbows at **Star Lake** and muskellunge in **Deer River**. In the fall, they fly-fish among the multicoloured foliage for brown trout and pumpkinseeds on the **St. Regis River**. And any anglers worth their tackle will spend time at **Black Lake**, widely considered to be among the best spots for largemouth and smallmouth bass fishing in the entire U.S. Note that in most cases, fishing in New York is catch-and-release.

### Waterfalling in the Finger Lakes

“Waterfalling” is a thing and it’s at its best in the **Finger Lakes** region. Basically waterfalling means exploring, photographing and/or hiking near waterfalls. Well-known for its wines, the Finger Lakes has tons of glorious specimens, including **Buttermilk Falls**, **Shequaga Falls** and **Taughannock Falls**. Waterfalling enthusiasts will also want to tackle the three-kilometre **Gorge Trail in Watkins Glen State Park**, in Schuyler County. This scenic trail winds over, under and around 19 waterfalls, and is surrounded in parts by cliffs rising 61 metres high. Another great option is the **Keuka Outlet Trail** in Yates County, linking the **Keuka** and **Seneca Lakes** via several lively waterfalls.



FIRE ISLAND LIGHTHOUSE

# Coastal Pursuits

New York might be known for its lakes, but it's got miles and miles of glorious beaches, too. Some offer additional attractions like destination-worthy food or historic amusement parks, while others encourage surfing (yes, really). Each one makes for an ideal saltwater getaway but these are our favourites.

## Get Your Thrills at Coney Island

The most famous beach in New York hardly needs an introduction. Its name evokes hot dogs, boardwalks and sideshow silliness. After sunning yourself along the Brooklyn shore, you'll want to wander over to **Coney Island**'s amusement parks, home to the **Cyclone**, a wooden roller coaster that's been thrilling riders since 1927, as well as **Deno's Wonder Wheel**, an antique 45-metre tall Ferris wheel. For maximum adrenaline, sit in one of the swinging cars so you can rock as you go up, up, up, where you'll find views of much of Brooklyn and, on clear days, a glimpse of the Freedom Tower.

## Rocking Out at Rockaway Beach

"It's not hard, not far to reach, we can hitch a ride to **Rockaway Beach**," sang the Ramones in 1977, reminding listeners that there's more than one beach in NYC. Extensive development in recent years has brought awesome eats – think curry, kebabs, *arepas* and oysters – to its 8.8-kilometre boardwalk. Work up an appetite by taking a surf lesson with **New York Surf School**. The fun doesn't stop when night falls: the Queens neighbourhood has a ton of bars open late. Don't leave without trying the frozen piña colada from **Connolly's**.

## Exploring Fire Island

Located off the shore of Long Island, Fire Island is home to 51 kilometres of beaches (including one known as Ho Hum that's anything but), **Robert Moses State Park** and a historic lighthouse decked out in distinctive black-and-white stripes. The prize for climbing the **Fire Island Lighthouse**'s 182 steps? The breathtaking sight of the NYC skyline. Beach community **Cherry Grove** is often credited as being one of the first places in the United States that allowed individuals to be open about their sexuality, and both it and **the Pines** maintain strong LGBTQ2+ communities.

## Get a Gander at Cooper's Beach

Each summer people flock to the Hamptons to enjoy the area's gorgeous beaches. Generally considered to be the best beach in the Hamptons – and among the best in the world – **Cooper's Beach** offers plenty of sand and surf. But it also has opportunities for ogling the so-called Gold Coast mansions. In the late 19th century, wealthy industrialists began constructing mega-estates on the North Shore of Long Island (some of which likely served as the inspiration for *The Great Gatsby*). The trend continues today, with multimillion-dollar properties stretching almost as far as the eye can see.

## Find Fun at Jones Beach State Park

What makes **Jones Beach** so popular? It's open year-round, for one, with festive holiday lights in the winter and incredible activities throughout the summer. In addition to the ocean, kids can cool off in the splash pad's sprinklers, while children of all ages can test their hand-eye coordination at **WildPlay Elements Park**, featuring a 213-metre-long zipline above the sand, aerial obstacle courses and a jump line that lets you plummet (safely) four storeys. Last but not least, there's the **Jones Beach Theater** which attracts performers like Jimmy Buffett and Alanis Morissette.

# How to Enjoy New York's Canals

The United States owes much to New York's vast canal system. When it opened in 1825, the Erie Canal connected New York Harbor to the Great Lakes and helped usher in an era of industrialization and development across the Northeast and the Midwest. Today, the state maintains hundreds of trails along both active and historic canals, and encourages visitors to explore them year-round.

## Wander the Empire State Trail

When it's completed in late 2020, the **Empire State Trail (EST)** will make it possible to walk from Battery Park, at the very edge of Lower Manhattan, all the way to Canada; in fact, the EST will be longest multi-use trail in the U.S. The hard-surfaced, ADA-accessible trail – some 1,207 kilometres in all – will be well-marked, which means you won't need to have a PhD in orienteering to enjoy the route. Nor will you need to tote a sleeping bag or backpack since much of the EST navigates its way through towns.

## Camp the Erie Canalway Trail

Connecting Buffalo to Albany, the **Erie Canalway Trail** welcomes boaters, hikers, runners, cyclists, equestrians, birders, geocachers, walkers, snow-shoers and cross-country skiers, too. When you get tired, you can stop for the night at one of the trail's many campsites. Some sites include toilets and potable water but all are BYOT, or bring-your-own-tent. Some lock operators may also let you camp in non-designated sites on a case-by-case basis.

## Imbibe Along the Cayuga-Seneca Canal

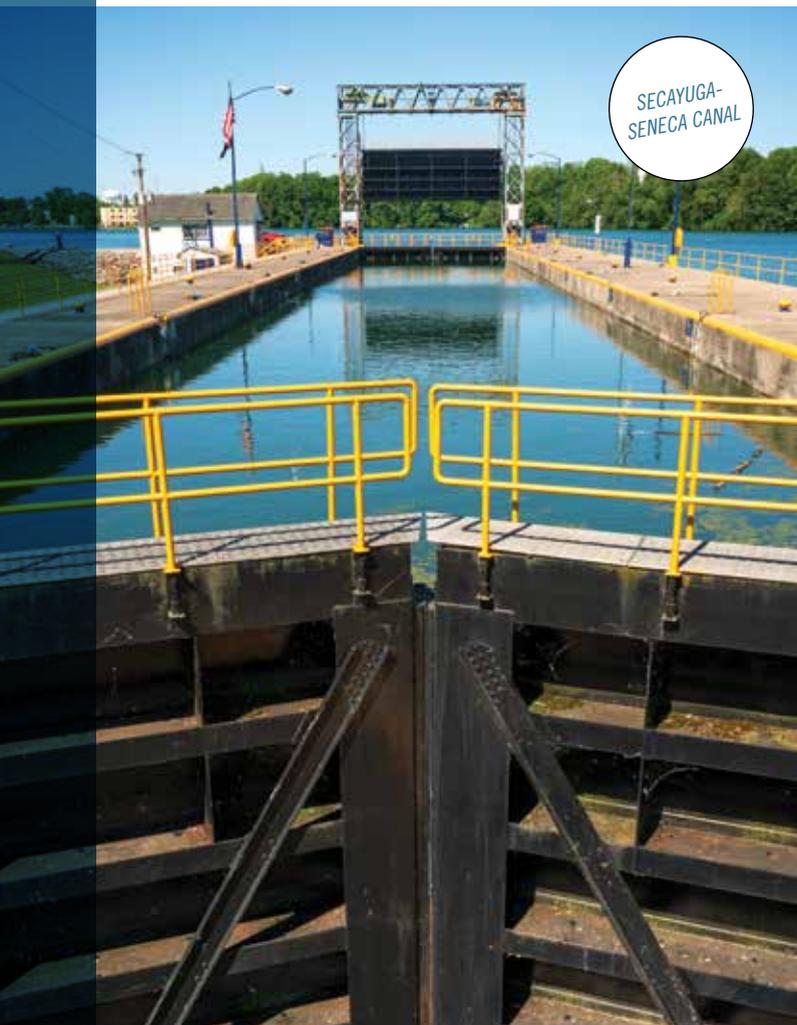
Oenophiles should check out the **Cayuga-Seneca Canal**, connecting Watkins Glen and Seneca Lake to Cayuga Lake and Ithaca. The area's wineries which are accessible by water include **Miles Wine Cellars**, **Long Point Winery** and **Sheldrake Point Winery**. But don't drink and boat. Book a room at **Belhurst Castle**, a boutique hotel with an on-site winery, brewery and spa that's been named one of the world's best wine hotels by *Wine Enthusiast*.

## Float n'Boat

The NY Canal Corporation maintains various launch points and boat docks throughout the canal system's 804-plus kilometres of waterways, connecting Lake Erie, the Finger Lakes, the Niagara River, Lake Champlain, Lake Ontario and the Hudson River. If don't own your own watercraft, consider renting. **Waterbike Adventures** in Tonawanda rents boats and hydrobikes (bikes attached to floating pontoons which you pedal atop the water), while **Canalside Experiences** in Waterloo not only rents canoes, kayaks and paddleboards, but also offers houseboats and waterfront yurts.

## Sit Back & Enjoy the Ride

Prefer to let someone else do the navigating? The **Lockport Locks & Erie Canal Cruise** takes you on a two-hour ride through five original 19th-century locks, including a pair on the Erie Canal and beneath the widest bridge in the U.S. It operates during the spring, summer and fall – when the leaves are at their most glorious. **Classic Adventures** and **Erie Canal Bike Tours** lead groups on guided bike rides where you'll pedal through lovely canal towns, state parks and farms with plenty of time to explore museums and cultural centres that showcase the area's Indigenous heritage and connections to the women's rights movement.



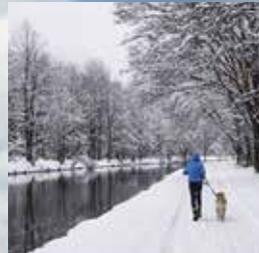
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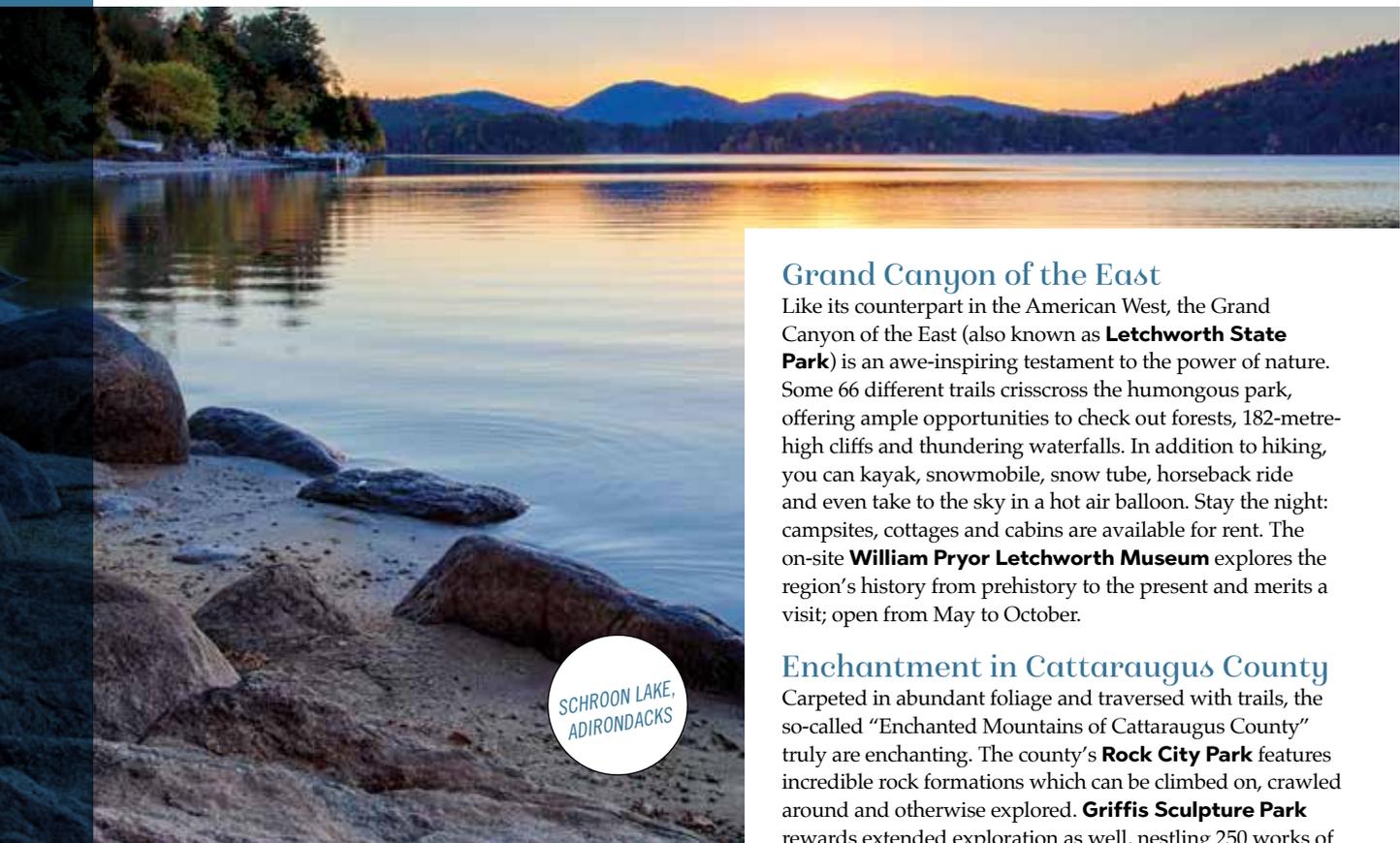
[eriecanalway.org](http://eriecanalway.org)



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# Nature & Outdoors

Everything seems bigger, better and brighter in New York, and nature is no exception. The state continues to designate and protect natural resources, ensuring its wonders are enjoyed for generations to come.

## Astonished by the Adirondacks

Stretching more than 2.4 million protected hectares, the **Adirondack Mountains** encompass a range of natural features, including mountains, canyons and lakes. In other words, name the outdoor activity and you can do it in the Adirondacks: camping, fishing, hiking, mountain biking, trail running, downhill and cross-country skiing, ice climbing, swimming, kayaking, canoeing, boating, tubing, white water rafting and leaf-peeping.

Visitors with lake life living on their mind need only look as far as the Adirondacks' southern gateway of Fulton County. Nestled in the foothills of these majestic mountains, the four-season county boasts 44 lakes swathed by 30,000 hectares of forest.

## Grand Canyon of the East

Like its counterpart in the American West, the Grand Canyon of the East (also known as **Letchworth State Park**) is an awe-inspiring testament to the power of nature. Some 66 different trails crisscross the humongous park, offering ample opportunities to check out forests, 182-metre-high cliffs and thundering waterfalls. In addition to hiking, you can kayak, snowmobile, snow tube, horseback ride and even take to the sky in a hot air balloon. Stay the night: campsites, cottages and cabins are available for rent. The on-site **William Pryor Letchworth Museum** explores the region's history from prehistory to the present and merits a visit; open from May to October.

## Enchantment in Cattaraugus County

Carpeted in abundant foliage and traversed with trails, the so-called "Enchanted Mountains of Cattaraugus County" truly are enchanting. The county's **Rock City Park** features incredible rock formations which can be climbed on, crawled around and otherwise explored. **Griffis Sculpture Park** rewards extended exploration as well, nestling 250 works of art among its trees, fields, ponds and meadows. And then there's **Allegheny State Park**, the largest in the state (with some of the state's largest trees, to boot). Pack a flashlight to explore **Bear Caves** which were formed by cracks in the bedrock that date back more than 165 million years.

## Wildlife Safari

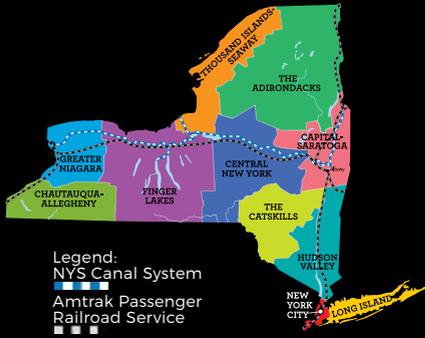
Bald eagles are among the most sought-after bird sightings at the **Iroquois National Wildlife Refuge**, but plenty of other two-winged and four-legged creatures make their home in the state's largest wildlife refuge, located halfway between Rochester and Buffalo. The park lies beneath the **Atlantic Flyway**, a north-south route for migratory birds like warblers, geese and hawks; over 250 bird species hang out here. On the ground you might spy foxes, beavers, woodland jumping mice, porcupines and coyotes - *oh my!*

## Hike into History in Rockland County

All told, Rockland County boasts more than 1,254 hectares of parkland. For a dose of history along with your hike, check out **Haverstraw Beach State Park**, where Benedict Arnold – one of the most notorious traitors in American history – met with the British to hash out his plans to forfeit the fort at West Point during the Revolutionary War. Several decades later, in 1923, the first section of the **Appalachian Trail** (AT) opened, linking **Bear Mountain** to **Harriman State Park**. Highlights of the route include the **Lemon Squeezer**, in which hikers must squish between big boulders and the AT's lowest point, which happens to be directly in front of the bear den at Bear Mountain's **Trailside Museums & Zoo**.

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*Profitez des eaux libres du lac Champlain*

**VISIT A HISTORIC LIGHTHOUSE**  
*Visitez un phare historique*

**HIKE OUR FAMED HIGH PEAKS**  
*Faites une randonnée sur nos célèbres hauts sommets*

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## Food & Drink

When it comes to food in New York, bagels, hot dogs and pastrami on rye probably spring to mind. But the state offers so many more flavours to be sampled and savoured, among them 25 varieties of apples, prize-winning cheeses and champion wines. Prepare for your palate to be pleased.

### Apples, Apples, Everywhere

New York City might be known as the “Big Apple,” but the state grows close to 30 million bushels per year. Spanning 600 acres, **Red Jacket Orchards** takes its apples and combines them with other fruits like plums and cherries to produce cold-pressed, unfiltered juice. Bottles are sold from the farm’s Geneva store as well as shops and greenmarkets throughout the Mid-Atlantic region. Looking for something stiffer? Don’t be put off by the name: **Angry Orchard**’s many varieties of hard cider, including *rosé* and crisp apple, will make you smile.

### Moos and More

Home to more than 4,000 dairy farms, New York makes a mean butter, not to mention small batch ice cream and artisanal cheeses. Follow the Finger Lakes Cheese Alliance’s cheese trail to try organic beer-brined moocheego from **Engelbert Farms** or the aged goat cheese from **Lively Run Goat Dairy**, whose seasonal tour not only includes 10-plus tastings but also cuddle time with the goats. Speaking of farms, **Blue Hill at Stone Barns** changes its menu from month to month, celebrating what’s in season in the Hudson Valley. This restaurant helmed by Dan Barber pioneered farm-to-table dining, and recently received two Michelin stars.

### Sip the Wine Trail

From Long Island to Niagara Falls, New York state truly is wine country. But the Finger Lakes region continues to be synonymous with notable rieslings, Cabernet Franc, merlots and more. Sip them all on the **Keuka Lake Wine Trail**, which stops at the fifth-generation **Steever Hill Vineyards**, or follow the **Cayuga Lake Wine Trail**, the nation’s first such trail, founded in 1983, which features spots like **Thirsty Owl Wine Company** and **Goose Watch Winery**.

### Famous Foods

- Pizza might have gotten its start in Italy, but it achieved perfection in New York. In 1905, Gennaro Lombardi opened the first pizzeria in NYC’s Little Italy neighbourhood. More than a century later, **Lombardi’s** continues to do terrific things with mozzarella, tomatoes, dough and a coal oven.
- An intrepid vendor conceived of frozen custard in Coney Island in 1919. Penn Yan’s **Spotted Duck** gave the tasty treat an update by swapping in duck eggs. The ice cream shop sources its milk, fruit, coffee and other mix-ins from area farms. Its Full-House Flight lets you try 12 different flavours, such as the lavender and blueberry-inflected “fleur bleu” or “grog nog,” which gets a kick from **Finger Lakes Distilling**’s bourbon and brandy.
- Buffalo wings – that staple of pubs the world over – were invented in 1964 when a hungry bartender asked his mom to whip up a snack to share with his friends. Teressa Bellissimo deep-fried some chicken wings, covered them in special sauce and served the result alongside celery sticks and blue cheese. Sample them at the very place where they first served – at Buffalo’s **Anchor Bar**.

# Shopping

New York breeds creativity, with designers and artisans in every corner of the state. And all that creativity makes for amazing shopping. Whether you're looking for a great deal on the hottest looks, seeking a one-of-a-kind item or hunting for a new-to-you treasure, there's sure to be a store for that.

## Malls to the Max

It's been said that **Destiny USA** in Syracuse is so big, it should have its own zip code. Joking aside, this place is humongous – the largest mall in the state boasts more than 200 stores, from Coach to Kate Spade to Swarovski. When your wallet needs a break, take a ride on the vintage carousel.

Buffalo's **Walden Galleria** also offers shopping galore, including popular brands such as Microsoft and Michael Kors. To fuel up for your spree, you can sit down at one of its 11 full-service restaurants and breweries or grab a quick bite in the food court. And adrenaline junkies will want to put the pedal to the metal at **RPM Raceway** and test their skills at the soon-to-open **Urban Air Adventure Park's** 50,000-square-foot of trampolines and obstacle courses. ▶



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### Hudson Valley Highlights

Cold Spring has become a must-visit hamlet for art lovers and vintage hounds who hang out at such spots as **Buster Levi Gallery** and **Once Upon a Time Antiques**. Stop by **Burkelman** for a bottle of T.H.V.F. (That Hudson Valley Fragrance), with hints of moss and tobacco, and find sustainable, handcrafted fashion for women and kids at **Swing**. Along its main street, nearby Beacon boasts **Hyperbole**, where you can shop jewellery, textiles and other goods made by local craftspeople; **Binnacle Books**, with its great selection of new and used titles; and **Vintage Beacon**, an eclectic consignment shop.

### Made in New York

If you've ever taken a photo with a **Kodak** camera, eaten with an **Oneida** knife and fork or spritzed on some **CK One**, you've used a product by a company that was founded in New York. Technology from Corning protects our phones when we drop them. Clothing brands that got started here include powerhouses like **DKNY**, **Anna Sui** and **Diane von Furstenberg**, while bags by **Brooklyn Industries** and **Manhattan Portage** can be seen on shoulders and backs the world over.

### Flea Market Finds

Since 2008, the year-round **Brooklyn Flea** has brought bargain hunters to the borough for furniture, clothes and collectibles, both newly made and lovingly refurbished. Its sister food market, **Smorgasburg**, attracts folks looking for unique creations like ramen burgers and Afghan dumplings. Over in Greenwich, the **Washington County Antique Fair and Flea Market** takes place over select summer weekends and welcomes hundreds of artists and vendors.

### Take Home Some History

"Look to the cookie," Jerry tells Elaine in an episode of *Seinfeld*, sharing his secret for racial harmony as he nibbles a half-vanilla, half-chocolate confection. While the show helped rocket the cookie to popularity, **Hemstrought's Bakery** in Utica has been making its version, known as a "halfmoon," using the same recipe since 1920. At the **Jell-O Gallery Museum** in LeRoy, you can discover how one of the most famous desserts in the U.S. got its start as a laxative and cough medicine invented by a carpenter in 1897. Once you're full of fun facts, shop for T-shirts, stuffed animals and Jell-O molds for making your very own jiggy, wiggly treats.

