



THE REAL NEW YORK STATE OF MIND

There's much more to New York than the dazzling skyline of the Big Apple.

Mountains, lakes, beaches, wineries and quaint towns with a certain artistic sophistication all call the Garden State home. Get ready for an unforgettable journey deep into the state.

BY **CANDICE WALSH**



Adirondack Mountains near Lake Placid

THE REGION:

ADIRONDACKS

Sprawled across six million acres of protected land covering 100 communities, the Adirondacks is where adventure enthusiasts come to play. Don't let the size overwhelm you! The Adirondacks are all about exquisite nature and plenty of downtime in between.

UNPLUG AND PADDLE YOUR HEART OUT. Put away your smartphones and fancy gadgets – the Adirondacks are meant to be enjoyed, distraction-free. Paddle lovers come here to canoe or kayak the **Saranac Lake Chain**, where three lakes are connected via the scenic Saranac River, providing a natural 27-kilometre link. If you don't have the right gear, you can rent kayaks, canoes and even camping gear from **St. Regis Canoe Outfitters**. Their friendly guides are also happy to lead you on tours or provide an instructional lesson. While you're on the lake, keep an eye out for wildlife like bald eagles and beavers.

LIVE AND LEARN A LITTLE. History buffs: visit the 18th-century **Fort Ticonderoga**, which guards the portage between Lake George and Lake Champlain. Spring for a behind-the-scenes specialty tour, and watch the fortress come to life through re-enactments. Fort Ticonderoga is the only historical site in the United States that tells a new story annually. This year, you get to step back into 1775 when Fort Ticonderoga was known as Fort Carillon and served as a busy French hub. Watch as French soldiers and native warriors prepare to fight for New France in an epic battle re-enactment.

CAMP OUT IN STYLE! Ever wonder how the elite camp (or if they camp at all)? **Adirondack Great Camps** was inspired by W.H.H. Murray's book "Adventures in the Wilderness" and designed to blend-in with the natural surroundings. The lodges might look rustic, but these luxurious retreats serve as an insight into the Gilded Age. The elite of the early 19th century (think: Vanderbilt and Rockefeller) would make the trek to these retreats in the early summer for a few months of relaxation along the lakes' shores – even if it took several weeks to get there. If you do a Gilded Age Tour, you'll see some of the area's extravagant lodges and other historic landmarks, like Great Camp Sagamore.

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THE REGION:

THOUSAND ISLANDS-SEAWAY

An endless sprawl of lush islands spread across sparkling lakes and rivers: the Thousand Islands-Seaway is a freshwater paradise. If you're the kind of person who's happiest on the water, you'll find plenty to keep you busy here.



The Amish Trail



Singer Castle located on Dark Island

GET YOUR BOAT ON. It shouldn't come as a surprise that a place named Thousand Islands has a lot of boat traffic. In **Clayton**, spend a day with Clayton Island Tours on one of their classic wooden boats (or a pontoon boat) exploring the historical sites and landmarks around the region, including the historic 15-metre **Rock Island Lighthouse**. Here you can climb to the top of the lighthouse and take in the vistas from the lantern room, or visit the cozy light keeper's home. For longer journeys, explore the Great Lakes with **Blount Small Ship Cruises**, which has journeys that navigate from one end of the state to the other.

GET UP CLOSE TO CASTLES. When we say castles, we mean the fairytale kind, with impressive stone towers, lavish gardens, and secret passageways. Boldt Castle on **Alexandria Bay** is a Rhineland-style structure with 120 rooms, built at the beginning of the 20th century. George C. Boldt, the owner of Waldorf Astoria Hotel in New York City, built this villa on Heart Island for his wife, Louise. The Boldt family spent their summers here, luxuriating in an isolated world complete with Italian gardens, a dovecote and a drawbridge. Scottish-inspired Singer Castle on **Dark Island** with its granite walls and turrets is another must-see.



Thousand Islands



GO FISHING FOR A SHORE DINNER. Fishing tours and expeditions have been around for over a century in Thousand Islands, initially as an elite experience for the wealthy. Nowadays, guides will take you out for a day of fishing for walleye, northern pike, bass and more. Picture this: after a full day of casting and reeling, you head to a scenic location where your guide strikes up a fire and cooks your catch. Your meal comes with a garden salad (and a side of Thousand Islands dressing, of course), sweet corn and potatoes. Dessert tends to be French toast or "guide's coffee" – perhaps with a shot of flavoured liqueur. **Oswego County** is famous for its fishing expeditions, and you'll have no lack of choices.

THE REGION:

CHAUTAUQUA-ALLEGHENY

Slow things down in Chautauqua-AllegHENY, where a gentler pace allows you to appreciate the mesmerizing mountains, Amish farmland and peaceful lakes. This region makes for a great family vacation, but you'll find bliss here no matter who you're travelling with.

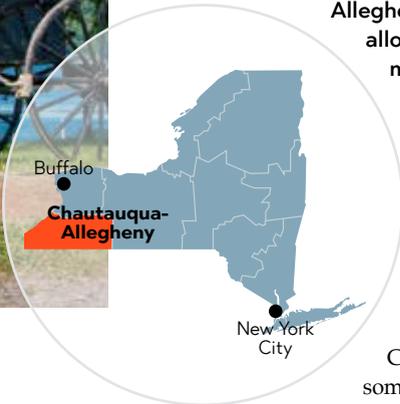
ROCK YOUR WORLD.

Chautauqua-AllegHENY has some pretty peculiar geological formations, including the massive rocks at **Rocky City Park** – sometimes referred to as one of the “Eight Wonders of the World.” Once a prehistoric ocean floor, Rocky City Park is home to towering formations with naturally formed staircases, allowing you to explore every nook and cranny on the trail. The path is dotted with monolithic rocks of all

shapes and sizes, and once served as a fortress for Native Americans. There are several scenic lookouts in the park with breathtaking views over the **Allegheny Plateau**.

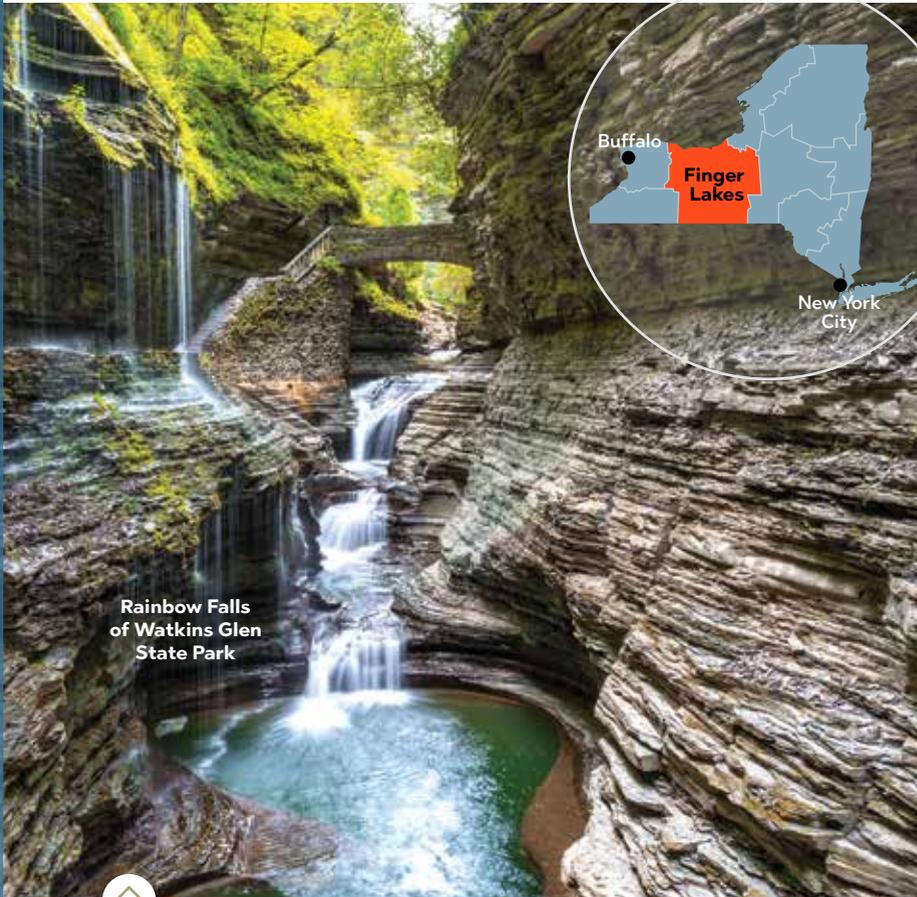
DRIVE THE AMISH TRAIL. Chautauqua-AllegHENY is home to a large population of “old order” Amish families, meaning they live a traditional life without electricity, phones, cars or other modern amenities. These families have fine-tuned the art of living simply, and are masters at creating quilts, rugs, baked goods, baskets, furniture and toys. They also sell homegrown fruits and vegetables from their homes. A note of caution: no photography is allowed. **The Amish Trail** is self-guided and runs from **Gowanda** in the north to **Randolph** in the south. It isn't a specific route, per se so you can drive or bike along at your leisure.

RELAX IN HOLIDAY VALLEY. Although a popular ski resort during the winter months, Holiday Valley transforms during the summer to provide a serene retreat for those in need of one. You can spend your mornings biking the rolling hills of **Beaver Meadows** or the **Ellicottville-West Valley Loop**, soaking up the fresh air, before easing your tense muscles with some massage therapy or a therapeutic body wrap at the **Ellicottville Oasis Spa**. The on-site pool complex is another great place to spend your afternoon, whether you want to sit poolside basking in the sun or let the kiddos run loose at the activity pool.

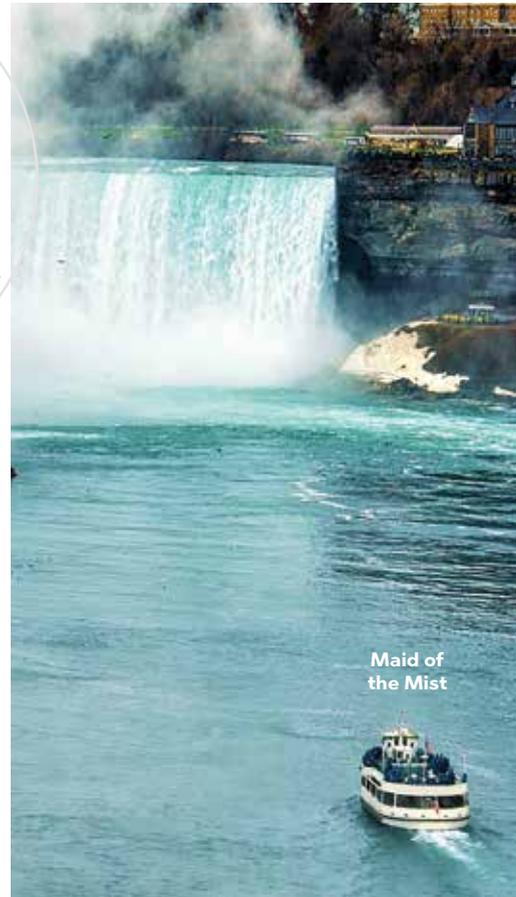


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Rainbow Falls of Watkins Glen State Park



Maid of the Mist

THE REGION:

FINGER LAKES

Aptly named for its finger-shaped lakes, this region of New York offers a cosmopolitan experience with some outdoor adventure thrown in. If you're a wine lover or an art connoisseur, this region is for you!

APPRECIATE THE ARTS. Head to **Rochester**, where the city's vibrant arts community provides endless entertainment for culture vultures. A walk through the city's East End will lead you to an array of shops, galleries, museums and theatres – including the famous **Geva Theatre**, where you can enjoy an evening of drama (or live music). Take in over 5,000 years of art at the **Memorial Art Gallery**, including works from Monet and Warhol. If the weather allows, stroll through the gallery's sculpture park, and follow the interactive **Poets Walk**. Outside of Rochester, head to Corning's famous **Museum of Glass**, with more than 3,500 years of glass art. If you're in **Orleans County**, check in with the **Genesee Orleans Art Council** (known as GO ART!) to find out what fun artsy events are on.

GET WINE DRUNK! There are three distinct wine trails in the Finger Lakes region, and they all lead to beautiful things. **The Cayuga Lake Wine Trail** is America's oldest and longest running trail, with 16 wineries as well as cideries, a meadery, four distilleries and a taproom. **The Thirsty Owl Wine Company** also has a bistro, where you can pair their popular Riesling with wine-friendly sandwiches and seasonal foods. Visit scenic **Buttonwood Grove Winery** on a Saturday evening, and you're likely to catch some live music. If you have some time, explore the 35 wineries on the **Seneca Lake Wine Trail**, or stick to the more modest eight-member **Keuka Lake Wine Trail**. July plays host to the **Finger Lakes Wine Festival**, showcasing more than 80 vineyards and local artists, music and cuisine.

EMBRACE AN ADRENALINE RUSH. If you're travelling with a family with a particular love for thrills, head to **Green Peak Mountain Resort's** Outdoor Adventure Center. Challenge yourself on zip lines, scramble over suspension bridges on an aerial course, and try out the Bungee-Trampoline. The main attraction is the Nor'Easter Mountain Coaster: a two-person car that allows you to climb the mountainside and navigate sharp turns before an exhilarating descent into the forest. You control the speed!

THE REGION:

GREATER NIAGARA

The name Niagara is synonymous with its iconic waterfalls, but they're not the only reason to visit this region. Lakes, shopping and bountiful wine all introduce some variety into your travel itinerary, promising an indulgent trip with some soul-stirring nature mixed in.

FALL FOR NIAGARA FALLS. Is it even possible to visit Greater Niagara without spending time at **Niagara Falls State Park**? This is America's first state park, with 162 hectares of challenging hiking trails, gardens and perfect vantage points. Hop aboard the **Maid of the Mist** and sail right up into the thundering falls, or relax on the scenic trolley. If you have time, pay a visit to the **Niagara Gorge Discovery Center** or the **Niagara Adventure Theater** to learn a little more about the area. When the sun sets, the falls light up in a spectacular colour show until midnight.

THE REGION:

CAPITAL-SARATOGA

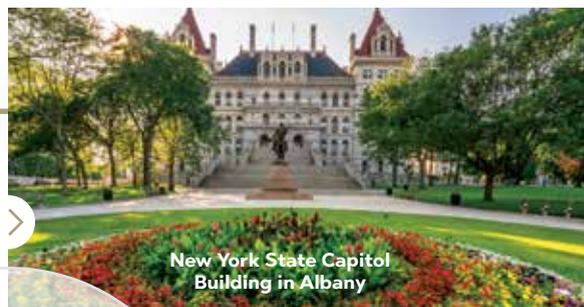
Home to New York's State Capitol, this region offers a lovely balance between historical landmarks and picturesque scenery. Take advantage of the natural springs in Saratoga Springs before moving on to the capital, Albany.

SPLURGE IN SARATOGA! Saratoga Springs is a quaint little town just beyond busy Albany, made famous for its world-class polo and horse racing. People come here to blow off a little steam...and a little cash at the casinos. Saratoga Springs is a place to splurge, whether you're shopping in the boutiques along Broadway or spending a day at the spa. At the **Roosevelt Baths and Spa**, start out with a soak in Saratoga's mineral baths before enjoying a facial, body wrap or massage.

GET A DOSE OF HISTORY IN ALBANY. Being New York's state capital, Albany has a rich culture, and

GO ON A SHOPPING ADVENTURE. Pack light, because you're going to come home with a stuffed suitcase! **Cheektowaga** is home to the region's largest mall, the **Walden Galleria**. There are more than 200 shops here, including everything from big names like Macy's and Coach to small, independent shops. Pause for dinner at **Restaurant Row** (literally, a row of restaurants), or sample some of the 500 beers on tap at **World of Beer**. You can kick back here with a hefeweizen in hand while listening to live music. If you're in the Niagara Falls area, check out the newly expanded **Fashion Outlets of Niagara Falls** – a Top 10 American Mall.

SEE GORGES, PARKS AND LOTS OF LOCKS. Move away from the bustle of Niagara Falls, and head to **Letchworth State Park**, home to a 27-kilometre-long gorge often referred to as the Grand Canyon of the East. The **Genesee River** pours over the famous waterfalls at Upper, Lower and Middle Falls, with vantage points along the 106-kilometre hiking trail network. Beyond Letchworth, head to **Lockport** to see the newly-restored Flight of Five Locks. Onboard a Lockport Locks & Erie Canal Cruise, you'll learn a little about America's historic waterways and how the locks helped to open America's frontier.



New York State Capitol Building in Albany

a history that dates back to the 17th century. Start your explorations off at the **New York State Capitol**, where you can visit the **Million Dollar Staircase** and the **Senate Chamber**. This place is widely regarded as the country's most beautiful state capitol thanks to its ornate stone carvings and impressive architecture. At the **New York State Museum**, spend time at the exhibit for the 9/11 World Trade Center attacks and recovery.

FIND PEACE AMONG THE FOSSILS. If the goal of your journey is to reconnect with nature, you can do so at **Thatcher State Park**. Home to abundant fossil-bearing formations, limestone cliffs, woodlands and forested hills, this park has some incredible views over the Hudson-Mohawk Valleys, as well as the **Adirondack** and **Green Mountains**. The Thompsons Lake Campground is an ideal place to camp out under the stars before welcoming another day in paradise.

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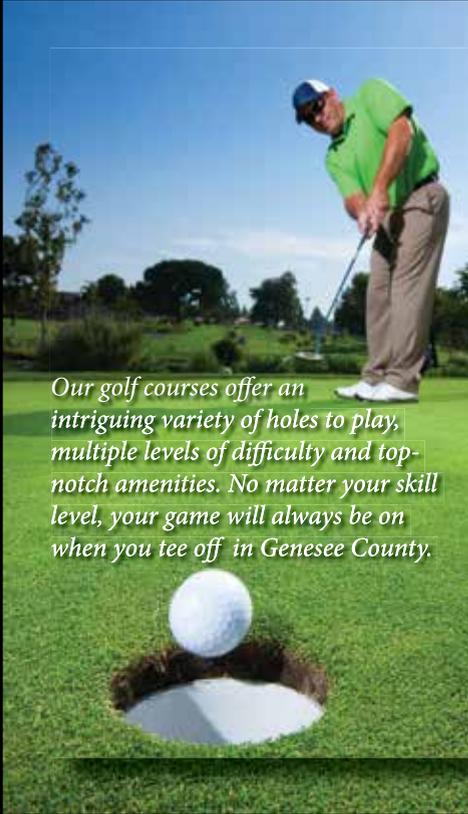
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In the Greater Niagara USA Region



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If the goal of your journey is to reconnect with nature, you can do so at **Thatcher State Park**. Home to abundant fossil-bearing formations, limestone cliffs, woodlands, and forested hills



THE REGION:

CENTRAL NEW YORK

Craft beer, epic hikes, and fresh farm-to-table eats – what’s not to love about Central New York? There’s plenty to do otherwise too, especially if you’re a sports fanatic. This region is for the young and young at heart.



TAP INTO BEER! Don’t overlook Central New York’s impressive beer scene, where craft breweries are blossoming all across the region. **Full Boar Craft Brewery and Tap Room** in **North Syracuse** is one example, with a welcoming, intimate setting to spend a few hours sampling their wares (try the Close Enough Ale). You can’t leave Central New York without a stop at **Blue Tusk**, a quirky taproom with 69 taps boasting a variety of popular and rare craft beers. If Belgian style ales are your favourite, you must visit **Brewery Ommegang** in **Cooperstown**.

TAKE A HIKE. When you need to hike off those beer carbs, you have your pick of 563 kilometres of trails in the region – many serving as gateways to thousands of kilometres of other routes. Take advantage of the **Finger Lakes Trail System**, a vast network stretching from Western New York to deep into the Catskill Mountains. If you love a good challenge, the view over **Mine Kill State Park** from **Vroman’s Nose** is well worth the trek.

EAT FARM FRESH. There are 562 farms in Central New York, welcoming visitors with open arms. Learn about the tradition of pressing fresh cider at the **Fly Creek Cider Mill & Orchard** or sample maple syrup at **Critz Farms**. But for the ultimate taste of the region, head to Central **New York Regional Farmers Market** in – the most significant spread of food and craft vendors in the area.

THE REGION:

CATSKILLS

The Catskills draws folks of all types, from artists to adventurers to spiritualists seeking a certain magic only found in the region’s tranquil forests and high mountain peaks. It’s true – this place is otherworldly.



Woodstock, an art colony since 1902. If you happen to be in the Catskills in July, the **Stagecoach Run Art Festival** invites visitors into artists’ homes and studios to learn more about what they do.

HIT THE TRAIL. The Catskills Scenic Trail is a converted rail trail extending from **Roxbury** to **Bloomville** and is a relatively easy route with several accessible trailheads. You can walk, bike, or ride a horse, meandering through scenic farmland and around gentle sloping hills. Along the way, mountain vistas sprawl out before you. For something more difficult, the **Hunter Mountain Fire Tower** route is a great option. At an elevation of 1,231 metres, you’re awarded a well-deserved view from the tower.

GO GLAMPING! Combine luxury with some rustic accommodations, and camp out in the Catskills. The **Blue Hills Farm Tent & Breakfast** in **Narrowsburgh** offers guests a tent cabin for two nestled into a forest of oaks and maples. When you awake in the morning, go to the nearby log treehouse for a hearty homemade breakfast. You can also stay in a yurt at the **Willowemoc Wild Forest Yurt**.

GO WHERE THE ART IS. Artists have long made the Catskills their home. Country roads will take you to art galleries and antique shops in small artistic communities like **Andes** and **Phoenicia**, as well as famous

THE REGION:

HUDSON VALLEY

Somewhere between the farms and small towns of the Hudson Valley, you'll learn to slow down and enjoy the area's serene setting. Fill your days with art, local food and big nature, and you'll come home invigorated and refreshed.



GET YOUR ARTS FIX. The Hudson Valley is alive with opportunities to enjoy the performing arts. **Bardavon** is the oldest operating theatre in the state, with regular dance, music and theatrical performances. In **Catskill**, the **Bridge Street Theatre** is home to dazzling cabaret shows, and magic shows. In **Katonah**, head to the **Caramoor Center for Music and the Arts**. Enjoy a tour of historical **Rosen House** before a classical concert in the **Spanish Courtyard**.

GO AHEAD AND INDULGE. The Hudson Valley is home to the famous **Culinary Institute of America**, making the region perfectly poised for foodies. As a guest, you're able to tour the institute and watch chefs in action. Thanks to the farm-to-table movement, restaurants in the Hudson Valley are celebrated for their fresh foods and innovative menus. **Heritage Food + Drink** in **Wappingers Falls** is a perfect example, specializing in new American cuisine using local products in their wood-grilled dishes. **Crabtree Kittle House** is another cozy dining spot offering local items, including an impressive artisanal charcuterie board.

STRETCH YOUR LEGS. Spending time in **Hudson State Historic Park** is a must, even if it's just to see the **Walkway Over the Hudson**. This bridge is the longest elevated pedestrian bridge on the planet, standing at 65 metres tall and two kilometres long. From up here, you'll have unbelievable views of the park and the river below. There are more than 40 kilometres of hiking trails in this area, including more challenging mountain trails with views of the **Hudson Highland Range**.



Walkway Over the Hudson



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THE REGION:

LONG ISLAND

With its sandy coastline, jaw-dropping mansions, and historical sites, it's sometimes hard to believe that Long Island is a relatively quick journey from New York City. It might as well be a world apart.



Fire Island

CHILL AT THE BEACH. Everyone loves Long Island for its white sandy beaches, endless boardwalks, and well-groomed trails. **Pikes Beach** and **Sagg Main Beach** both offer a pristine place to lounge and relax, but if you prefer a busier atmosphere, **Jones Beach** is the place to be. If you're visiting during Fourth of July celebrations, this is the best beach to watch the fireworks show.

SEE LONG ISLAND'S HISTORICAL SIDE. George Washington once travelled the **Long Island Heritage Trail** (also known as the Spy Trail) to thank his loyalists, and you can go this route, too. Visit Theodore Roosevelt's home at **Sagamore Hill**, and see where William Floyd (a signer of the Declaration of Independence) lived, by stopping by his home on the water. For something more light-hearted, check out the living museum at **Lester Farmhouse** in **East Hampton**, where you'll help "great grandma" prepare a meal from scratch.

ENJOY SOME WINE TIME. Long Island is the country's most diverse wine region, producing high-quality wines in almost every style. Red, whites, sparkling, dessert – there's a vineyard with your wine preference. Come sip chardonnay at the small family-owned **Clovis Point Vineyard & Winery**, or sit and stay awhile at the opulent Tasting House at the **Sparkling Pointe Vineyards**. If you're a rosé lover, soak up the cozy country vibes in the Tasting Barn at the **Old Field Vineyards**.



Manhattan Island

THE REGION:

NEW YORK CITY

It's hard to argue with anyone who says New York City is the best city on the planet – this place tends to win-over even the most hardened traveller. Whether it's the city's famous landmarks or the upbeat attitude of New Yorkers, you're guaranteed to feel the magic.



DO ALL THE FIRST-TIME HIGHLIGHTS. If you're a first-time visitor, it's worth checking off New York City's significant highlights – they're all worth your time. See the **Empire State Building**, **Top of the Rock**, **Brooklyn Bridge**, **Grand Central Station**, **Central Park**...the list goes on and on! Head to **Times Square** when the sun goes

down, and revel in the chaotic madness and bright lights of Manhattan's centre. Top off your evening with a show on **Broadway**, and you'll be singing the whole way home.

HANG OUT ON STATEN ISLAND. Take a free ride on the **Staten Island Ferry** from Lower Manhattan to Staten Island, and snap a few perfect photos of the **Statue of Liberty** along the way. Don't hurry back to Manhattan, either – instead, head to the **Snug Harbor Cultural Center** and spend time wandering through the art galleries and gardens. There's even a hedge maze in the **Secret Garden**.

GET BEYOND MANHATTAN. Explore New York City beyond the well-trodden route, and head over to the eccentric neighbourhood of **Bushwick**. Despite the area's industrial roots, steel company owner Joe Ficalora created **The Bushwick Collective** to bring in a splash of colour. This huge outdoor art gallery showcases street art and graffiti by artists from all over the world. In June, the Collective throws a Block Party with live music, food trucks and local vendors.

THE HOLLAND HOTEL

By Nicole Federica

A TRIP TO NEW YORK CITY IS ON every “must-visit” list and for good reason: it boasts constant excitement offering the best in shopping, entertainment, dining and culture. Over half a million visitors travel to NYC each day to see iconic attractions such as Times Square, the Empire State Building, Citi Field, Yankee Stadium and so many more.

But is it possible to visit on a budget? Eating out can be pricey and the average hotel rooms run upward of a few hundred dollars a night, which can quickly consume a large portion of your overall spending money.

INSIDER TIP: Book a hotel just outside of Manhattan that gives you easy access to transportation options. Even better, you’ll be able to see parts of the city usually reserved for locals!

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Hoboken and East Rutherford, home to great dining including the best pizza according to the N.Y. Times, MetLife Stadium and New York’s football teams. It’s also only minutes from Newark International Airport and the Cape Liberty Cruise Port, so travel is easy. Save more of your budget for your New York City adventures by staying at the Holland Hotel!

Hop on the PATH trains or take the ferry for a scenic ride to NYC as you pass through the New York Harbor, home to the Statue of Liberty, Ellis Island and one of the world’s busiest waterways.

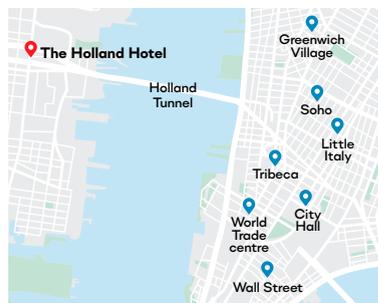
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Comfortable rooms



Excellent location



Famous Lower Manhattan



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