

Brave Women FLX



Summer

ITINERARY

Warm breezes and sunny skies make the perfect combination to enjoy another brave woman, mother nature. Experience entertaining and educational destinations that remind us of what we can accomplish ourselves – all while celebrating the achievements of others.

DAY ONE

Yoga at TRU Yoga – Rochester, NY

Start your day with a yoga session at TRU Yoga. This woman-owned studio offers classes that have no prerequisites for athleticism, flexibility, or spirituality – just arrive! It's all about you and making the moment yours.

Rochester Museum & Science Center (RMSC) – Rochester, NY

Pick your path at the RMSC, where you'll find the Science Museum and the Strasenburgh Planetarium. View the Museum's exhibits dedicated to the courageous fights for women's suffrage and civil rights. Be inspired to transform the future by The Changemakers – captivating stories of Rochester women who changed the world. The physical exhibit is closed but a smaller portion is up in the Pat Hale gallery (also available as a [virtual exhibit](#)).

Lunch and shopping on Park Avenue – Rochester, NY

Take in the summer sun as you walk along Park Avenue. Grab a bite to eat from any of the delicious cafes and restaurants and then flex your shopping muscles at the numerous local and women-owned boutiques and shops in this iconic Rochester community.

Visit Highland Park – Rochester, NY

Stop and smell the lilacs at this beautiful 150-acre park, well-known as the home of the annual Lilac Festival which takes place in May. Along with the incredible number of lilacs, you'll see 35 varieties of magnolias, azaleas, rhododendrons and more! There are also several historic treasures here including the Frederick Douglass Monument, the Vietnam Veterans Memorial, Workers' Memorial, and the Victims' Rights Memorial.



Outdoor Dining – Greater Rochester, NY

Pick your dinner location at one of Rochester’s wonderful outdoor dining establishments. Not only will you find women-owned businesses, but also a variety of restaurants offering delicious dishes to enjoy while dining in or outside.

Overnight stay – Greater Rochester, NY

Spend the night in Rochester! Noted as the Most Neighborly City in America, the ROC has it all! From luxury hotel suites to the cozy charm of a bed and breakfast, you are sure to find your perfect accommodation.

DAY TWO

Breakfast at 1872 Café – Rochester, NY

Start your morning with breakfast at this family-owned establishment that celebrates the people and history of the community. Along with coffees, breakfast pizzas and pastries, you can try the Suzy B Steak Breakfast Sandwich or Freddie D Veggie Breakfast Sandwich. While you’re here, you’ll want to check out the restaurant’s namesake – the actual ballot box where Susan B. Anthony placed her famous vote back in 1872.



Visit “Let’s Have Tea” Statue – Rochester, NY

A quick drive around the corner will bring you to the statue of Susan B. Anthony and Frederick Douglass engaging in conversation over tea. As you look at the statue, think about their important discussions and how they helped bring awareness to women’s rights and human equality.

Sonnenberg Gardens & Mansion State Historic Park – Canandaigua, NY

Enjoy a scenic, summer drive through the Finger Lakes. On your way to your next location, stop at Sonnenberg and walk through the nine formal gardens, which were inspired by the international trips of Mary Clark Thompson. The Queen Anne-style mansion was once the summer home of Thompson and her husband, Frederick Ferris Thompson.



Muranda Cheese – Waterloo, NY

Visit this woman co-owned farm for a unique and cheesy experience! In addition to tasting some of the 17 cheeses that have been recognized for their superior artisanal quality, you will see first-hand the passion that the farm puts into the making of its products.



Deer Haven Park – Romulus, NY

Take a driving tour of the historic Deer Haven Park. At one time, this location was the US Army's main East Coast munitions storage facility, serving the needs of the brave men and women in our military. After 70 years of locked gates and a quiet existence, Deer Haven Park now offers a glimpse into this magical destination. You will learn about the rich military history and possibly see white deer from the unique white deer herd that lives in the park.

Thirsty Owl Wine Company & Bistro – Ovid, NY

No visit to the Finger Lakes would be complete without wine tasting! Head over to this family-owned winery and bistro for some quality, signature wines reflecting the unique characteristics of the Finger Lakes. While you're here, indulge in a relaxing and tasty lunch of wine-friendly cuisine including soups, salads, sandwiches, seafood and more. Dine outside to soak in the summer sun.

Lucas Vineyards – Interlaken, NY

Continue to partake in the treasures of the region at Lucas Vineyards, one of the first female-owned wineries in the region and co-founder of the Cayuga Lake Wine Trail, America's oldest organized wine trail. Three generations of women produce its award-winning wines, including the nautically-inspired "Tug Boat" and "Nautie" lines.



You have many options for dinner at favorite local restaurants – Seneca County, NY

- Bella's Seneca Lake Steakhouse, is a woman co-owned restaurant where you will dine on a delicious dinner while sipping local wines. A traditional steakhouse with a modern twist, you will find a menu filled with a selection of culinary delights that will please all age groups and appetites.
- 84 Fall has a menu of American fare to enjoy with friends and family. It's also located across from a woman-made products store for retail therapy.
- El Bajjo Mexican Grill & Bar not only serves great food, but Supreme Court Justice Sonia Sotomayor – first woman of color and first Hispanic and Latina to serve on the Supreme Court – once dined at this restaurant.

Fall Street Brewing – Seneca Falls, NY

End your evening with a nightcap at this woman co-owned local brewery. Here you will find great ambiance and superb hand-crafted drinks.

