



CAPITAL-SARATOGA

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## GENERAL DESCRIPTION

From Saratoga's famous horseracing, polo and bubbling mineral springs to historic battlefields and the magnificent state Capitol in Albany, Capital-Saratoga combines rich heritage with fast-forward fun. Schenectady's Stockade District features one of the largest collections of colonial houses in the U.S. Troy is known for its Victorian architecture and many Tiffany windows. Washington County, an agricultural gem is situated at the heart of the region with charming Main Streets, covered bridges and world-renowned trout streams. The village of Cambridge, surrounded by apple orchards and farmland, has a charming Main Street, covered bridges and trout streams. Picturesque waters, from the Hudson River to Great Sacandaga Lake, provide relaxation and recreation.

## NEW DEVELOPMENTS

### New Attractions

The [X-files Preservation Collection](#) in Saratoga Springs features possibly the largest collection of artifacts, props, wardrobe and more from popular TV show The X-Files. Fans of Agents Mulder and Scully and relive the best of TV moments in this special treasure trove drawing fans far and wide.

[Historic Cherry Hill](#), showcasing five generations of Van Rensselaer treasures, recently completed a multi-year \$2 million restoration. Historic Cherry Hill tells a story of America through the lives and experiences of five generations of an Albany, NY household.

## **New Food & Drink**

[Adirondack Winery](#) is expanding to a third location, in Queensbury, that will include a new 14,000 sq. ft. winemaking facility and is projected to open this summer. The new venue will offer tastings, tours, light fare and wine by the glass, outdoor seating with 3,000 ft. of green space, private event space and educational classes.

[Café Euphoria](#) in Troy is a trans and gender non-conforming worker-owned restaurant, cafe, curated thrift, coworking space.

The [Scarlet Knife](#) is projected to open this summer in Latham, NY. The modern restaurant offers 15,000 square feet of indoor dining space with an open kitchen as well as a dessert room for dessert-only reservations. Outdoor patio area will be available too.

## **SURPRISING FACTS**

1. By all means, drink the water! Albany tap water has been judged one of the five best-tasting in America.
2. Troy has more Tiffany windows per square mile than any other place in the world.
3. A world-record Northern Pike that weighed over 46 pounds was caught in the Great Sacandaga Lake.
4. [Saratoga Race Course](#) is the oldest continually operating sporting venue in the US (1863) and is noted as one of Sports Illustrated top 10 sporting venues of the 20<sup>th</sup> century.
5. Schenectady is home to the first Broadcast television network, and many artifacts related to the birth of TV can still be found at the [Museum of Science and Innovation](#) (MiSci) in Downtown Schenectady.

## **SPORTS & OUTDOORS**

**Beaches:** Scenic sites such as the 29-mile-long [Great Sacandaga Lake](#), and [Grafton Lake](#) and [Thompson's Lake](#) state parks offer sandy swimming beaches, picnicking and miles of trails to hike or bike.

**Boating:** The Hudson and Mohawk rivers, streams such as the Battenkill, The Champlain Canal and nearly 50 lakes as well as the east shores of Lake George and Lake Champlain offer many options for [boating, canoeing and kayaking](#).

**Fishing:** The [Batten Kill](#), in Washington County, is a nationally recognized trout stream. Anglers can choose from nearly 50 lakes to fish for bass, trout, perch, and walleye. There are fishing tournaments in almost every season. During ice-fishing season, the annual [Walleye Challenge on the Great Sacandaga Lake](#), welcoming 1750 enthusiasts, is held in January.

Spring is "Striper Season" in the Capital region. Both east and west shores of the Hudson fill with sportsmen. Spawners arrive in the upper Hudson by late April and the run peaks in May.

**Gaming, Horseracing and Polo:** Saratoga Springs is famous for Thoroughbred racing at [Saratoga Race Course](#). Saratoga Casino Hotel features harness racing, gaming and a nightclub.

Summertime fun in Troy includes watching the [Tri-City ValleyCats](#), a popular minor league baseball team, play at Joseph L. Bruno Stadium.

Schenectady is home to [Rivers Casino & Resort](#), which houses 65 table games and 1100 of the latest and greatest slot machines.

**Golf:** Golfers of all levels enjoy award-winning courses throughout the region, including the four-star Saratoga Spa Golf, in the picturesque [Saratoga Spa State Park](#) and the upscale, historic Saratoga National Golf Club.

**Hiking and Biking:** Wooded and mountain trails throughout the region are ideal for hiking and biking. In Cambridge, home to the [Tour of the Battenkill](#), the largest single-day bike race in the world, you can bike along country lanes and stroll through covered bridges.

Launched in 2017, the 750-mile [Empire State Trail](#) showcases New York's special places, diverse history, and iconic landscapes. The Trail welcomes bicyclists and walkers of all ages and abilities to experience the Empire State's urban centers, village main streets, rural communities, and diverse history, from New York City through the Hudson Valley, west to Buffalo along the Erie Canal, and north to the Champlain Valley and Adirondacks.

[Carters Pond](#) in Greenwich is surrounded by scenic trails. The [Glens Falls Feeder Canal](#) is a 9-mile path for walkers, runners, and bikers that travels from Queensbury, NY to Fort Edward, NY along the original 19th century canal system. [John Boyd Thacher State Park](#) and the [Albany Pine Bush Preserve](#) offer miles of trails to explore in Albany County.

Built on a former railroad bed, the paved [FJ&G Rail Trail](#) runs from Johnstown to Mayfield along a creek through an industrial park and across scenic countryside. [Grafton Lakes State Park](#) offers 25 miles of trails to hike or bike. Wildlife viewing along bike routes is popular at [Cherry Plain State Park](#) and [Schodack Island State Park](#), which features eight miles of multi-use trails. For urban biking, try Troy's [Uncle Sam Bike Trail](#) which runs for 3.1 miles.

The [Mohawk Hudson Bike-Hike Trail](#) follows the shores of both rivers from Albany to Rotterdam in Schenectady County.

**Hunting:** Some state lands are open for hunting during the appropriate seasons. Find license and other information at Capital-Saratoga's regional website or <http://www.dec.ny.gov/outdoor/7844.html>

**Nature Centers:** Several nature centers include the [Wilton Wildlife Preserve & Park](#) in Gansevoort, home to the federally endangered Karner blue butterfly. [John Boyd Thacher State Park](#) features the Emma Treadwell Thacher Nature Center, with trails ideal for birding and other wildlife viewing. Explore a beautiful wetland habitat in the [Willie Wildlife Marsh](#) near Caroga. Complete with viewing platform, interpretive stops, boardwalks, and areas accessible for people of all abilities. The [Discovery Center at Albany Pine Bush](#) is one of only 20 inland pine barren environments in the world. [Berkshire Bird Paradise](#) in Petersburg offers a close look at over 100 species of birds.

**State Parks:** The region's 11 unique state parks include [Saratoga Spa State Park](#), which features a performing arts center, an historic hotel, a luxurious spa, and nature trails to bubbling mineral springs.

[Grafton Lakes State Park](#) has a sandy swimming beach and 25 miles of multi-use trails. [Schodack Island State Park](#) features eight miles of multi-use trails. Bird watching is popular at [Cherry Plain State Park](#), [Moreau Lake State Park](#) and [John Boyd Thacher State Park](#), with panoramic views and six miles of trails along limestone cliffs, woodlands and waterfalls. Fulton County, located in the [Adirondack Park](#), features [Northampton Beach](#) and [Caroga Lake](#) campgrounds, both with day use facilities.

**Scenic Byways:** Follow the historic Erie Canal on the [Mohawk Towpath Scenic Byway](#). The 300-mile [Canalway Trail](#) parallels the Erie Canal from the Hudson River in the Capital-Saratoga region to Greater Niagara, passing through charming and historic waterfront communities. The [Champlain Canal](#) runs from Waterford to Whitehall with active locks, bike trails, picnic areas and community activities. The [Adirondack Trail Scenic Byway](#) travels north and south through Fulton County.

**Winter Sports:** Downhill ski areas include [Maple Ski Ridge](#), [Royal Mountain](#) and [Willard Mountain](#). [Pineridge Cross-Country Ski Area](#), in Postenkill, and [Capital Region Nordic Alliance](#) works with wounded veterans and their families to bring them miles of groomed cross-country ski and snowshoe trails, as well as biking and fat bike riding, in Galway. State parks throughout the region offer ice-skating, ice-fishing, snowshoeing, cross-country skiing, and snowmobiling.

## **ART, ARCHITECTURE & CULTURE**

[Albany Institute of History & Art](#) (Albany). Founded in 1791, the museum celebrates five centuries of Hudson Valley history, art and culture.

[The Arts Center of the Capital Region](#) (Troy). Exhibits and special events including family programming for the ultimate arts experience.

[Capital Repertory Theatre](#) (Albany). This award-winning professional theater presents classics, vintage comedies and dramas, and new plays.

[Caroga Lake Music Festival](#) (Caroga Lake). Presented by Caroga Arts Collective, Caroga Lake Music Festival is a five-week summer music festival in the Adirondacks offering a series of free performances and community outreach programs in the upstate New York region and beyond. Attracting thousands of audiences locally and nationwide, Caroga Lake Music Festival is dedicated to increasing accessibility to chamber music, cultivating creative and interactive experiences and showcasing some of the world's top professional artists from the U.S. and abroad.

[The Children's Museum at Saratoga](#) (Saratoga Springs). The hands-on, interactive museum promotes learning, stimulates imagination and encourages family fun.

[The Colonial Little Theatre](#) (Johnstown). This small but excellent theater has been presenting great productions of popular plays for over 70 years.

[EMPAC Center](#) (Troy). The Experimental Media & Performing Arts Center (EMPAC) on the campus of RPI presents innovative performances in a venue hailed by the *New York Times* as a "technological pleasure dome for the mind and senses."

[Empire State Plaza & The Egg](#) (Albany). The complex includes the NYS Museum, The Egg performing arts center and an acclaimed modern art collection.

[Fort Salem Theater](#) (Salem). A restored church presents cabarets and musicals.

[Hubbard Hall](#) (Cambridge). The restored 1878 opera house presents classical and folk music.

[New York State Capitol](#) (Albany). Created in the style of a French chateau, this marvel of late 19<sup>th</sup>-century architectural grandeur took 25 years and five architects to complete. Tours highlight ornate details including the "Million Dollar Staircase" carved with 300 portraits of famous New Yorkers.

[New York State Museum](#) (Albany). Exhibits highlight New York's natural and cultural history.

[The Palace Theater](#) (Albany). Restored to its classical opulence, the historic theater presents international performers of popular and classical music, theater, movies and comedy.

[Proctors Theatre](#) (Schenectady). Amid beautiful 1926 architecture, find the best in year-round entertainment including smash Broadway musicals, live music and movies. Plays, comedy, folk, improv, classes or enjoy coffee or cocktails in the onsite Apostrophe Café.

[Sand Lake Center for the Arts](#) (Averill Park). The theater presents innovative, award-winning productions.

[Saratoga Performing Arts Center](#) (Saratoga Springs). The open-air amphitheater in [Saratoga Spa State Park](#) presents classical, country, rock and pop stars, as well as its annual summer residents: the New York City Ballet and the Philadelphia Orchestra. New to SPAC is The Pines@SPAC, a \$9.5 million renovation project that improves visitor services and creates new four-season event space.

[Schenectady Light Opera Company](#) features talented, local performers cast in some of Broadway's biggest hits.

[Troy Savings Bank Music Hall](#) (Troy). Considered acoustically perfect, this Beaux Arts gem attracts top international musicians for classical, pop and jazz concerts throughout the year.

## HISTORY

[Empire State Plaza Vietnam War Memorial WWII Memorial and Women Veterans Memorials](#) (Albany). A memorial dedicated to the New Yorkers who served in the armed forces during WWII.

[Crailo State Historic Site](#) (Rensselaer). This museum highlights local Dutch heritage in an 18th-century Dutch Colonial home and fort.

[Fort Edward and Rogers Island](#) (Fort Edward). Exhibits at the Visitors Center depict local history, from the earliest Native Americans through the Revolutionary War.

[Johnson Hall State Historic Site](#) (Johnstown). The home of Sir William Johnson, 18<sup>th</sup> Century diplomat and trader; 20 acres of grounds with a 3/4-mile walking path and picnic areas.

[Knickerbocker Mansion](#) (Schaghticoke). The Mansion, constructed by Johannes Knickerbocker III (circa 1780), has been almost completely restored. Events include Summer and Harvest Festivals including re-enactors.

[miSci](#) (Schenectady). The Museum of Innovation and Science features interactive exhibits for science lovers of all ages, and is home to an extensive archive collection, cataloging the history of General Electric, the American Locomotive Company and the city and county of Schenectady.

[National Museum of Racing & Hall of Fame](#) (Saratoga Springs). Interactive programs tell about three centuries of Thoroughbred racing.

[New York State Military Museum and Veterans Research Center](#) (Saratoga Springs). The collection includes over 10,000 artifacts dating from the Revolutionary War to Desert Storm that relate to New York's military forces, history, and the contributions of New York veterans.

[New York State Museum](#) (Albany). Exhibits on New York's natural and cultural history include an Adirondacks display, a Mohawk Iroquois longhouse, World Trade Center artifacts and an operating historic carousel.

[Oakwood Cemetery](#) (Troy). Founded in 1848, Oakwood is a wonderful setting to explore art, architecture and history. It is the burial site of many leaders in U.S. history including Uncle Sam. The Garden Earl Chapel, complete with Tiffany windows, was recently named a historic landmark.

[Rensselaer County Historical Society](#) (Troy). Housed in two 19<sup>th</sup> century townhomes in historic downtown Troy, RCHS offers a glimpse of the county's rich heritage through exhibits, tours and special events.

[Saratoga National Historical Park](#) (Stillwater). See the historic battlefield where an American victory marked the turning point of the Revolution, General Philip Schuyler's country home and the 155-foot Saratoga Monument.

[Schuyler Mansion State Historic Site](#) (Albany): Schuyler Mansion is the historic home of Revolutionary War General Philip Schuyler and his family. Built between 1761-1765, the Georgian style mansion features 18th century interiors complete with furniture, decorative arts, paintings, and personal artifacts of family members.

[Schenectady's Stockade District](#) (Schenectady). This historic neighborhood is home to New York State's first historic district and oldest neighborhood. Public tours are regularly given by the Schenectady Historical Society, which also runs regular exhibits in their building in the Stockade.

[The USS Slater](#) (Albany). USS Slater is a World War II destroyer escort restored to its 1945 configuration. Of 563 built during World War II, the SLATER is the only destroyer escort left afloat in the United States.

[Wildlife Sports & Educational Museum](#) (Amsterdam). This museum is dedicated to the preservation of the art, artifacts, and memorabilia of the centuries-old sporting traditions of hunting, fishing, and all sports afield. It houses a collection of birds, fish, and bear; the largest and most comprehensive collection of Whitetail Deer mounts in the country; displays of early tools and implements used to hunt game and fish from the past to present day. It is also home of the New York State Outdoorsman Hall of Fame.

## **FOOD & DRINK**

Throughout the region, farm markets offer fresh local produce. Apple, pumpkin, and berry picking are popular at local farms such as [Goold Orchards](#), [Indian Ladder Farms](#), [Liberty Ridge Farm](#), [Saratoga Apple, Rogers Family Orchard](#) and [Timberlane Blueberry Farm](#). Just east of the village of Cambridge, the nuns at the [New Skete Monastery](#) sell their famous cheesecakes.

Diverse restaurants in Troy include the famous [Dinosaur Bar-B-Que](#). The region's eclectic menu of restaurants also offers dining by candlelight, aboard a river cruise, by a cozy fireplace or at an outdoor café. And by all means, drink the water; Albany water has been judged one of the 5 best-tasting in America!

Schenectady is home to a diverse array of restaurants and boasts "food for every mood" – learn more about all our food options at [www.schenectadEATS.com](http://www.schenectadEATS.com). Schenectady is also home to six unique and delicious craft breweries – try them all with the \$40 Schenectady Ale Trail passport, which gets you a flight of beer at all six locations. [www.schenectadyaletrail.com](http://www.schenectadyaletrail.com).

[Taste of Troy Food Tours](#) offers guided walking tours that explore the city's "food print" in both Albany and Troy.

### **UNIQUE LODGING**

On Main Street in the historic village of Cambridge, stay at the historic [Rice Mansion Inn](#), where each room features a unique design inspired by a piece of Rice Seed Company memorabilia. Other unique places to stay include:

[The Adelphi Hotel](#) in Saratoga Springs  
[Batcheller Mansion Inn](#) in Saratoga Springs  
[Dovegate Inn](#) in Schuylerville  
[Gregory House Country Inn](#) in Averill Park  
[Morgan State House](#) in Albany  
[Olde Judge Mansion B&B](#) in Troy  
[Pompanuck Farm Institute](#) in Cambridge  
[Sheldon Mansion](#) in Granville  
[The Orendaga](#) on Northville Lake in Northville  
[Washington Park Inn](#) in Albany

### **OTHER SELECTED ATTRACTIONS**

[Adirondack Animal Land](#) (Broadalbin). The drive-thru 80-acre wildlife park, set in the beautiful Adirondack foothills near Sacandaga Lake, is home to over 500 animals, from colorful birds to camels, buffalo and giraffes.

[Capital City Cycle Tours](#). Party bicycle tours on 14-seat "brewcycles." Tours are available in Albany, Troy, Schenectady and Hudson.

[Captain JP Cruises](#) (Troy). Narrated sightseeing tours on the historic Hudson River include lunch, dinner, sunset and entertainment cruises.

[Children's Museum of Science & Technology](#) (Troy). The museum was named one of the top 20 Science Centers by *Parents* magazine.

[Dutch Apple Cruises](#) (Albany). Narrated sightseeing tours on the historic Hudson River include lunch, dinner, sunset and entertainment cruises.



[Empire State Plaza Observation Deck](#) (Albany). Visitors take in expansive views from the 42nd floor of the Corning Tower, the state's tallest building outside of New York City.

[Great Sacandaga Lake/Northampton Beach](#) (Northampton). This sandy swimming beach on the 29-mile-long lake features a bathhouse, boat launch and picnic areas open for day use.

[Pember Museum of Natural History, Library and Nature Preserve](#) (Granville). The former home of Franklin Pember now houses a museum and library. Just south of Granville, is the Pember Nature Preserve and Nature Center. The museum and nature preserve offer lectures, field trips, environmental studies, tours, hikes, day camps and other special programs.

[Roosevelt Baths and Spa](#) (Saratoga Springs). A drive along the stately Avenue of the Pines leads to this day spa and bathhouse in [Saratoga Spa State Park](#). Located across from the historic Gideon Putnam Resort, the spa offers bubbling mineral baths and other spa treatments.

[Saratoga Casino Hotel](#) (Saratoga Springs). Visitors enjoy harness racing, gaming and a nightclub.

[Saratoga Race Course](#) (Saratoga Springs). Thoroughbred racing fans have gathered here since 1863. This cultural and architectural treasure has been named one of the Top 10 Sporting Venues in the World by *Sports Illustrated* magazine. "America's Mid-Summer Derby," the Travers Stakes runs in late August.

[Saratoga Spa State Park](#) (Saratoga Springs). Nature trails lead to eight mineral springs, among the few naturally carbonated springs in the country. The park includes the [Gideon Putnam Resort & Spa](#), Saratoga Performing Arts Center, Roosevelt Baths & Spa, Spa Little Theatre, a wide variety of natural springs and two golf courses.

[Via Aquarium](#) (Schenectady). Via Aquarium celebrates aquatic biodiversity through exhibit experiences and public programs designed to connect people with the world of water.

#### **CONVENTION CENTERS AND MEETING SPACES**

The [Empire State Plaza Convention Center](#) is in the [Nelson A. Rockefeller Empire State Plaza](#) in the heart of downtown Albany, NY. The convention center has approximately 81,000 sq. ft. of space and includes seven meeting rooms and a 26,000 sq. ft. exhibit hall. The Empire State Plaza consists of ten state office buildings and connects the New York State Capitol with the Governor's Mansion. The ESP also includes the New York State Museum and the 42-story Corning Tower, complete with an observation deck.

[The Albany Capital Center](#) is a modern, sustainable, community-integrated and functional convention facility providing innovative meeting, ballroom and exhibit spaces, as well as superior catering and world-class amenities for event and meeting planners alike. With multi-use spaces of varying size, flexibility is prioritized, enabling the ACC to accommodate up to 5,000 people. Guests can move freely and comfortably via enclosed walkways between the convention center, [Times Union Center arena](#), Empire State Plaza and [The Egg Performing Arts Center](#). Together, these buildings form the Capital Complex, the largest event space in upstate New York, at 159,000 square feet. The Albany Capital Center and Capital Complex is conveniently located in downtown Albany, within walking distance to the State Capitol, business and warehouse districts, performing arts venues, museums, shops, restaurants, and nightlife. <http://www.albanycapitalcenter.com/>

[Saratoga Springs City Center](#) is a unique conference complex formed by the 32,000 square foot Center and adjoining 242 rooms Saratoga Hilton Hotel. The key location in downtown Saratoga Springs offers



attendees the opportunity to stroll the streets of the Victorian City and enjoy unique shops and fine restaurants.

## **TRANSPORTATION**

### **Land:**

2-3 hours from NYC

5 hours from Niagara

3-4 hours from Montreal

### **Air:**

[Albany International Airport](#) accessible from I-87, I-90 (NYS Thruway), I-87 (Adirondack Northway), I-88, and Taconic Parkway.

## **FURTHER INFORMATION**

For more travel ideas and information, visit [iloveny.com](#) or Capital-Saratoga's regional website: <http://capital-saratoga.com>

## **COUNTIES**

Albany, Fulton, Rensselaer, Saratoga, Schenectady, Washington

## **MAJOR CITIES & TOWNS**

Albany, Cambridge, Cohoes, Gloversville, Johnstown, Rensselaer, Saratoga Springs, Schenectady, Troy, Watervliet, Whitehall

## **CLIMATE**

The diverse climate has four distinct seasons. Summers are comfortable and warm, with daytime temperatures averaging in the mid-70s to mid-80s (degrees F) and cooler evenings. The weather is moderately cool and sunny in springtime and autumn, when spectacular fall foliage attracts thousands of visitors. Cold, snowy winters create a wonderland of magnificent scenery in historic cities and villages.

## **SHOPPING**

Antique shops and galleries in cities like Albany, Saratoga Springs and Troy, and in small rural towns, sell everything from art to furniture and rare books. Saratoga Springs features stylish boutiques, more than 50 antique dealers and great restaurants. The region's shopping malls include [Colonie Center](#), [Crossgates Mall](#) and [Stuyvesant Plaza](#). Purchase products by local makers at the [Fort Orange General Store](#) in downtown Albany.

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