





scenery & experiences worth savoring

HUDSON RIVER VALLEY, NEW YORK

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New York's Hudson River Valley is the Empire State's gem escape. With the Hudson River etching through the ten-county region from Westchester County to Albany, the Valley not only inspires with its natural beauty, but also its bounties. From the Catskill Mountains and Shawangunk Mountain Ridge to vineyards and sustainable farms, this is the place to savor your time in the outdoors as well as a farm-to-table meal paired with your choice of local wine, craft brews, and/or cider. Discover why others have chosen to vacation in the Hudson River Valley and why you should too!

HBD DESTINATION



travel tips

How to Get There:

Plane: Fly in to Hudson Valley Regional Airport (KPOU) or Albany International Airport (ALB)
Train: Two- to three-hour train ride from New York City
Automobile: Two-hour drive from New York City

When to Go:

Summer months are popular with mild temperatures in the 70s and 80s F. Shoulder season (September and October) brings fewer crowds and a chance at seeing the fall color change.

Must-Sees:

Vanderbilt Mansion
Franklin D. Roosevelt Historic Site
Mohonk Mountain House
Culinary Institute of America (CIA)
Walkway Over the Hudson
State Historic Park
Stone Barns Center

Local Libations:

Millbrook Vineyards: Cabernet Franc, Chardonnay, and Pinot Noir
Plan Bee Farm Brewery: Seasonal field-to-glass brews
Kings Highway Cider Shack: Seasonal ciders to write home about

OPENING SPREAD: Brilliant fall colors along the Hudson River Valley in Upstate New York. THESE PAGES, CLOCKWISE FROM LEFT: Get away from it all and explore the area's tranquil lakes and trails. The FDR Bridge spanning the Hudson River from Poughkeepsie to Highland, New York. The Vanderbilt Mansion, a National Historic Site and a must-see in Hyde Park. A hand-painted sign highlighting the grandeur of the Hudson River from Manhattan to Albany.

Explore the Natural Beauties.

Whether you enjoy hiking, bicycling, or watersports, the Hudson River Valley area has experiences for all ages and abilities. Head to Minnewaska State Park Preserve for scenic hikes or bike rides on the Shawangunk Mountain Ridge. Nicknamed "The Gunks" by locals, this is where visitors can witness waterfalls, lakes, hardwood forests, and sheer cliffs with spectacular views along nearly fifty miles of footpaths and thirty-five miles of carriage roads. Another beautiful walk or bike ride is the Walkway Over the Hudson State Historic Park. Stroll or ride across this rail-to-trail bridge from Poughkeepsie to Highland. Take in the sights from the walkway, including the FDR Mid-Hudson Bridge and the Culinary Institute of America (CIA). No trip to the Hudson River Valley would be complete without an experience on the river for which it's named. Try a kayak daytrip or a relaxing cruise out of Kingston.

For history buffs, a drive to Hyde Park to tour the Franklin D. Roosevelt Historic Site and the Vanderbilt Mansion is just the ticket. It's no secret that many of the historically wealthy have vacationed in Hudson River Valley to recharge their batteries. Because of this, there is a strong health and wellness focus, including the world-renowned Omega Institute for Holistic Studies located outside Rhinebeck.

Indulge in the Bounties.

To complement outdoor adventures, replenish with locally made products via farms, wineries, and restaurants. A tasty stop is the

Stone Barns Center for Food and Agriculture and Blue Hill at Stone Barns located on eighty acres of a former Rockefeller Estate in Pocantico Hills. Not only is Stone Barns a sustainable farm and not-for-profit educational center, but also a place where all can sample the fruits of the farm's labor in the Blue Hill cafeteria.

For those wanting to experiment with delicacies from the *crème de la crème* of cooking schools, navigate to the Culinary Institute of America (CIA) campus with a reservation in one of its four restaurants.

The Hudson River Valley is a wine lover's destination; so take the opportunity to swirl, sniff, and sip. A favorite multistop wine experience is the Dutchess Wine Trail, which includes three award-winning wineries: Clinton Vineyards, Milea Estate Vineyard, and Millbrook Vineyards & Winery.

If craft brews or ciders are more your fancy, there is an array to pick from. Plan Bee Farm Brewery in Poughkeepsie is a true field-to-glass brewery. The brewers source 100 percent of all ingredients from New York, many of which come from the farm itself. For cider, Kings Highway Cider Shack at McEnroe Organic Farm in Millerton is a local hotspot. Enjoy seasonal ciders as well as burgers, lobster rolls, and other delish delights.

With the natural beauty and tasty bounties of the Hudson River Valley, a trip to Upstate New York is calling you. Whether you fancy history, outdoor adventures, culinary stops, wine tastings, craft brews, or a combination of it all, Hudson River Valley has you covered. Take the time to escape, recharge, and indulge in the Hudson River Valley. ■