

ROCHESTER, NY

Extended Stay Itinerary



WEDNESDAY

Niagara Falls

Plan to spend a full day (or two!) at [Niagara Falls State Park](#). Here, you can embark on the famous Maid of the Mist boat tour, visit the Hurricane Deck at Cave of the Winds, view the falls from one of the nearby islands and even go hiking. Check out [the best things to do in each season at Niagara Falls](#).



When it's time for lunch, the [Top of the Falls Restaurant](#) provides a beautiful overlooking view of Niagara Falls! For the afternoon, try a scenic trolley ride and visit the [Aquarium of Niagara](#).



Check in to your overnight accommodations so you can freshen up before dinner. [There are lots of great places to stay in Niagara Falls, USA](#). For dinner, go casual at the [Misty Dog Grill](#). Or get your fill of the latest culinary creations at the Niagara Falls Culinary Institute. [For more Niagara Falls dining ideas, look here](#).



THURSDAY

Letchworth State Park

Before you head out, stop for breakfast at Marketside Restaurant in Niagara Falls' historic City Market.



The drive to Letchworth State Park, aka the "Grand Canyon of the East," is just under two hours. Once you're there, you can hike the park or book an exciting experience like a hot air balloon ride or whitewater rafting. There's plenty to do and see here! The park is also home to the Humphrey Nature Center, featuring interactive exhibits, and the Autism Nature Trail, with eight sensory stations.

Stop for a late lunch at the historic Glen Iris Inn (you can also stay here, right in the park!) or visit nearby Mt. Morris' Questa Lasagna for Italian fare.



With just an hour to get to Rochester, you will be able to check in to your overnight accommodations when you arrive. Stay in downtown Rochester to be close to all your upcoming stops.

For dinner, fill up on amazing tacos at Old Pueblo Grill or start your adventures in Neighborhood of the Arts at Good Luck.



FRIDAY

Breakfast today is at Highland Diner, a classic diner inside and out. After breakfast, it's time to tour the Lamberton Conservatory, a beautiful garden bursting with flowers and plants from a variety of climates. Across the street, follow the path down into Highland Park, or go up the hill to visit the Reservoir. Highland Park is home to the Rochester Lilac Festival each year in May, and you'll also find a statue of Frederick Douglass, who lived in Rochester.



Stop for lunch or maybe appetizers and a pint at the Mt. Hope location of a popular local restaurant, The Distillery. This will have you just up the street from the entrance to Mt. Hope Cemetery, where you can visit the final resting place of suffragist Susan B. Anthony, usually decorated with "I Voted Today" stickers, especially on election days. The cemetery is also where another famous civil rights leader and orator rests, Frederick Douglass. Take a tour to discover more fascinating stories of the past, or enjoy a stroll on your own.



Enjoy a delicious dinner of authentic Thai food at Mamasan's.



SATURDAY

Start the day off with breakfast and shopping at the Rochester Public Market. Fresh produce from local vendors is dotted with places for good eats and hot coffee (and even chai), inside and out. Try the Rochester-famous empanadas from Juan & Maria's or the fantastic breakfast sandwich options at Flour City Bread at Public Provisions.



Next, make your way over to the Memorial Art Gallery to see *INFINITY MIRRORED ROOM - LET'S SURVIVE FOREVER*, 2017, by globally celebrated artist Yayoi Kusama. Continue exploring the full museum with a scavenger hunt of works both inside and out, as well as the accompanying exhibition *Represent: Great Women Artists at MAG*. Stay right where you are! A delectable lunch awaits at the museum's on-site restaurant, Brown Hound Downtown.



Walk or enjoy a (very) short drive to see more art, the museum is located in what's known as Neighborhood of the Arts (NOTA). Discover eclectic shops and galleries at Village Gate Square, and stop at Stacy K Floral for unique gift items or Studio 34 Creative Arts for glass art.



Stay in the neighborhood and enjoy a delicious dinner at Lento.



SUNDAY

Rise and shine with breakfast at the famous Magnolia's on Park Ave where former President Obama once dined. Close by you can take a full tour or self-guided tour of the George Eastman Museum, from the restored mansion to the modern photography exhibitions and beautiful grounds. Have lunch at the museum restaurant, Open Face, or back to Park Ave for lunch and tea at The Mad Hatter.



Stay on the history theme today with a visit to the Susan B. Anthony House. This is where the civil rights leader lived, was arrested for voting as a woman, held suffrage meetings and lived her final days.



For a history-ish dinner, visit the original Nick Tahou's location, home to Rochester's signature dish, the garbage plate (or you can just get a burger). Or head up the river to Genesee Brew House for beers and a great view of the Genesee River and High Falls. You can even take a walk on the pedestrian bridge over the river!



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