

HUDSON VALLEY

Parent

SPECIAL
SECTION
Parent
2010 NY
Travel Guide

THE BEST in the Hudson Valley & Capital District

- Water parks
- hiking trails ■ lodging
- regattas ■ farm markets
- historic sites ■ festivals
- ranch resorts ■ concerts
- museums and more



FIND ENGAGING SUMMER PROGRAMS FOR PRESCHOOLERS

Summertime scholastics

Local attractions bundle fun and learning

There are seventy-three days of summer vacation for most of the region's school districts this year. That's an alarmingly long period of time to keep my son's brain from turning to mush. To ensure he continues to learn, we take advantage of local attractions that offer a hands-on educational experience. We like the break from everyday activities, and he stays sharp in an enjoyable way.

By **TRACI L. SUPPA**

Lesson Plan: 20th Century Art

Location: Storm King Art Center

One of the world's most outstanding sculpture parks is in our own backyard. In Orange County, the Storm King Art Center is a 500-acre outdoor art museum, with more than 100 sculptures integrated into a welcoming landscape of rolling hills, fields, and woodlands. Visitors can walk the grounds for close encounters with works representing many of the 20th century's most influential artists.

The liberating outdoor setting is ideal to introduce children to larger-than-life sculpture. They can even walk under, over, and through some pieces. For example, Maya Lin's *Storm King Wavefield* is an interactive experience. Visitors are encouraged to walk over massive berms of earth and grass.

Noguchi's *Momo Taro*, based on a Japanese folk tale, was created with young children in mind. One Mark di Suvero sculpture is accompanied by a rubber mallet for gonging.

This year, Storm King celebrates its 50th anniversary with special exhibits and events. There are numerous family programs throughout the season, which ends

on November 14, including docent-led family art walks, kite flying, and concerts.

Open Wednesday through Sunday, 10am–5:30pm. Admission is \$12 adults; \$10 seniors; \$8 students K-12; and free for children under 5. Old Pleasant Hill Rd., Mountainville. 845-534-3115. stormking.org

Lesson Plan: Golden Years of Early Aviation

Location: Rhinebeck Aerodrome

The Old Rhinebeck Aerodrome is a living museum of antique aviation. Some 70 early "aeroplanes" are on display, making the collec-

tion one of the world's largest. The 1909 Bleriot, the oldest flying plane in the U.S., was controlled by the pilot shifting his weight. The Aerodrome also features automobiles, motorcycles, early engines, a tank, and other memorabilia from 1900-1935, representing the Pioneer Era, World War I and the Lindbergh/Barnstorming era.

"Kids get an experience here which engages all their senses," says Don Fleming, the vice president of the Aerodrome's board of trustees. "They see how the colorful planes operate, hear the rotary engines, and even smell the odor of castor oil gasoline."

The air shows are the highlight of a weekend visit. Fleming advises that you dedicate at least two hours to your visit, beginning with a look in the museum buildings. The main event starts with a fashion show of period clothing and a parade of antique trucks and cars. During the air show, a selection of the 19 airworthy planes takes to the

Storm King Art Center displays monumental sculptures in a spectacular natural setting.





Aeroplanes, motorcycles, and automobiles at the Old Rhinebeck Aerodrome in Rhinebeck, make for a delightful day for boys and girls who love things that go. And don't forget the air show!

sky. Afterwards, the pilots talk about the planes' mechanics and history.

The season begins with an Open House on June 5. The air shows will be presented June 12 through mid-October. Admission is \$20 adult; \$15 teens and seniors; \$5 children 6-12; and free for children 5 and under. 9 Norton Rd., Rhinebeck. 845-752-3200. oldrhinebeck.org

Lesson Plan: Regional History of Transportation

Location: Kingston Trolley Museum

On the original site of the Ulster and Delaware Railroad stands the Kingston Trolley Museum, which not only offers rides on a vintage trolley car, but also presents exhibits and programs highlighting the history of rail transportation in the Hudson Valley. On display are trolley, subway and rapid transit cars from the United States and Europe, including eight trolley cars from 1897 to 1952.

This year, the museum's "Rails to Trails" exhibition pays tribute to

railroad lines of a bygone era, with a collection of photos and historical postcards of the railroads in their heyday. They're presented alongside photos of those sites as they exist today, as public "rail trail" linear parks.



Trains and trolleys get their due at the Kingston Trolley Museum. The Rails to Trails special exhibit for 2010 highlights then and now photos.

While it's one thing to see the trolley cars, it's even better to ride in one. After you visit the museum, you'll climb aboard the Johnstown Car 358 for a 1½-mile ride to the Kingston Point picnic grounds on the river's shore.

The museum is open weekends and holidays from Memorial Weekend to Columbus Day, Noon-5pm. Admission, which includes the trolley ride, gallery and the restoration shop, is \$5 adult; \$3 seniors and children 2-12. Children under 2 are free. 89 East Strand, Kingston. 845-331-3399. tmny.org

Lesson Plan: Animal Care and Vegetarian Lifestyles

Location: Catskill Animal Sanctuary

A safe haven for abused and neglected animals, Catskill Animal Sanctuary in Ulster County has provided refuge for over 1,500 animals, including horses, cows, goats, sheep, donkeys, pigs, rabbits, turkeys, chickens, ducks, and geese. Kids who are only familiar with dogs and cats can get to know

(Continued on Page 44)

LEARNING FUN

(Continued from Page 43)



It's hard not to learn about compassion for all living creatures when faced with this mug at the Catskill Animal Sanctuary in Saugerties.

12 species of farm animals at CAS.

The highlight for children touring CAS is meeting and hugging the friendly free-range animals, such as Rambo the sheep, Casey the horse, Charlie the pot belly pig, and Malachi the goat. Educational programs are designed to foster compassion for all living creatures, and to encourage people to see farm animals as the curious, affectionate, sensitive and social animals they are. The tours include heartwarming stories about how the animals which were rescued from neglect have healed and recovered.

Tours are offered every weekend through October 31. Special events include the 9th Annual Shindig on June 13, from Noon-6pm, with tours, talks, hayrides, music, vegetarian food, cooking classes, and auctions. 316 Old Stage Rd., Saugerties. 845-336-8447.

CASanctuary.org

Lesson Plan: Butterfly life cycle and wildlife protection

Location: Butterfly Farms

There are butterfly farms on both sides of the Hudson which

offer up-close experiences with the colorful creatures. Rainbow's End Butterfly Farm and Nursery is a sanctuary in Dutchess County which educates the public about the habitat of Monarch and Painted Lady butterflies. They are hand-raised in the flight house, where visitors can feed them with Gatorade lollipops, or watch them emerge from chrysalises. Educators are on-hand to discuss butterfly anatomy, life cycle and habitat. The emphasis is on conservation and the unique story of monarch butterflies, since this species faces habitat loss and endangerment.

The facility, which also includes an education center, habitat trail, worm shed, plant sales area, gift shop, and picnic grounds, is open on weekends, from Memorial Day weekend through Labor Day weekend, from 11am-4pm. There is no admission fee. 13 Rainbow's End, Pawling. 845-832-6749. rainbowsendfarm.biz

At Butterfly Botanicals in Orange County, owners Patrick and Marian Dolan welcome visitors to the butterfly house on their farm, weather permitting. Only species native to New York state are bred here, and they are available for sale. During



Enjoy the butterflies at the Rainbow's End butterfly farm in Pawling and Butterfly Botanicals located in Bloomingburg.

your visit you'll learn everything you need to care for and appreciate them. Mass butterfly releases are scheduled in advance, so call ahead for the dates. 363 Petticoat Ln., Bloomingburg. 845-733-7713. nybutterflies.com

Traci L. Suppa is a family travel writer living in Dutchess County. WordScapesny.com

Summer reading list

Supplement your visits to these sites with books like these, all available through the Mid-Hudson Library System. Visit gigcat.midhudson.org.

- "The Sculptors Eye: Looking at Contemporary American Art" by Jan Greenberg and Sandra Jordan, 1993.
- "Aviation: Reaching For the Sky" by Don Berliner, 1997.
- "Straphanging in the USA: Trolleys And Subways In American Life" by Martin W. Sandler, 2003.
- "Animal Rescue: The Best Job There Is" by Susan E. Goodman, 2000.
- "A Place for Butterflies" by Melissa Stewart, 2006.

Aquatic and equine fun

By TRACI L. SUPPA

Once school is out for the summer, my thoughts turn almost immediately, and somewhat frantically, to “what am I going to do with these kids?” Water parks are a surefire hit, and even I can appreciate the refreshment on a hot, sunny day. There are several within a short drive which make the outing a convenient day trip.

For a longer adventure, dude ranch resorts are great for a two or three-night getaway. Here, the emphasis is on enjoying the great outdoors together as a family. Horseback riding, bonfire sing-alongs, and hearty meals in a charmingly rustic setting make for a memorable stay. You can find four ranch resorts within the Hudson Valley and further north.

Water, water everywhere

SplashDown Beach in Fishkill offers enough fun to fill a full day, yet its manageable size means you won't be walking miles between attractions. With its shallow pool, Shipwreck Lagoon is the main hub of pre-school activity. For bigger, braver kids, Cowabunga Falls and Pirate's Plunge are breath-catching water slides. At four stories tall, the Humunga Half Pipe is New York's only zero-gravity half pipe ride, sending riders up to a pinnacle and letting gravity draw them quickly down again.

Local residents take advantage of attractive season pass rates. “Every summer we invest in season passes at a water park, either at Splashdown or Lake Compounce,” says Anjani Lewick, a Poughquag mother of two. “We go so frequently that it just makes sense. Plus, it allows my son and

FIND IT THIS SUMMER AT NEAR- BY WATER PARKS AND RANCH RESORTS

daughter to be physically active, outdoors, and away from the TV.”

Open every day through September 6. Admission: \$29.50 per guest over 42”; \$24.50 for seniors and guests under 42”. Entrance fees after 3pm are \$5 less. 16 Old Rte. 9 West, Fishkill. 845-897-9600. splashdownbeach.com

(Continued on Page 56)



Whooooshh, splash! Now that's refreshing!

RANCH RESORTS

(Continued from Page 55)

Since 1981, Zoom Flume Water Park has offered family fun in the Catskills. There's plenty of mild entertainment here for younger guests, such as the Lagoon Activity Pool and the Lazy River. Thrill-seekers will appreciate twisting and turning down the *Vortex* water slide in complete darkness, or rafting down the 600-foot Wild River Ride chute. New this year, the Riptide Cove wave pool is scheduled to open July 1.

Open every day, June 19-September 6. Admission: \$24.95 per person; \$19.95 for children seven and under; free for infants. A \$2 coupon is available on the website. A discounted "spectator pass" is available for anyone not getting into the water. 20 Shady Glen Rd., East Durham. 800-888-3586.

zoomflume.com

Just north of the Hudson Valley in Lake George, **Splashwater Kingdom** is part of the Six Flags Great Escape theme park complex. The main attractions are a giant wave pool, numerous slides and water play areas.

For the younger set (under 54"), Noah's Sprayground is a 27-foot high ark with several animal slides. The thrill factor ranges from "mild," like the 500,000 gallon Lumberjack Splash Wave Pool, to "max," like the *Tornado*, which drops you seven stories down a 132-foot long water funnel.

Open every day through September 6. Ticket prices, which include admission to Great Escape, are greatly discounted if purchased online. A special was available for \$29.99 per person at the time of this writing. Gate prices: \$40.99 until July 16, then \$44.99; \$29.99 for children under 48"; free for children two and younger. Rte. 9,



Water Parks feature attractions for all ages

Lake George.
518-792-3500.

sixflags.com/greatEscape

Just an hour over the Connecticut border, **Lake Compounce** is the oldest continuously operating amusement park in North America, celebrating its 165th anniversary this year. Splash Harbor, in operation since the mid-90's, provides the water park fun. Clipper Cove offers a quick cool down, as the giant 300-gallon bucket spills over the crowd below every few minutes. Other favorites include Mammoth Falls family raft adventure, Lights Out dark water slide, the wave pool and the Pirate Ship play area.

Open May 15-September 12 (weekends only until June 21, then daily). Admission, which includes both the amusement and water parks, is \$34.99 for anyone 52" and over; \$25.99 for anyone under 52". 822 Lake Ave., Bristol, CT. 860-583-3300.

lakecompounce.com

Walk on the wild side

At the **Rocking Horse Ranch** in Highland, families are the main

customer base, so there's never a lack of children's activities. While traditional horseback riding is offered, an impressive range of programs ensures fun for everyone. There's an indoor water park and outdoor pool, the Fun Barn with soft-play climbing and bounce structures, a private lake with water skiing and boats, sports facilities, video and Wii arcade, and nightly shows. A supervised day camp program is available for children ages 4-12.

June rates begin at \$196 per night, per adult, increasing later in the summer. Rates include all meals and activities. 600 Rte. 44/55, Highland. 800-647-2624. rockinghorseranch.com

Also in the Hudson Valley, **Pine Grove Ranch** is owned and operated by David O'Halloran. He grew up there, and watched it grow into a 600 acre resort. Seasoned ranch hands guide guests on horseback rides through mountainside trails, and take them on old west-style cattle drives. Kids new to horse-

back riding can participate in the junior wrangler program. Those with prior horse experience can participate in the new, hands-on Barn Brats program. Animal interaction is further encouraged through the cow milking experience and the petting zoo. The property has a pool, lake, and sports facilities.

Summer rates begin at \$129 per night, per adult. Children's rates vary by age. Rates include all meals and activities. 30 Cherrytown Rd., Kerhonkson. 800-346-4626. pinegroveranch.com

Since 1942, the Arehart family has been welcoming families to the **1000 Acres Ranch Resort**, a dude ranch just 15 minutes from Lake George, on the northernmost banks of the Hudson River.

Horseback riding is the main event here, an activity which is supplemented by non-stop activities like fishing, boat-

ing, sports contests, and arts and crafts. Your itinerary may also include a horse drawn carriage ride, country line dance lesson, or pizza party. If that's not enough, the property also has three swimming pools and a private golf course. In-season overnight rates for adults are in effect through August 28, and begin at \$130 per person. All children ages 3 and younger stay free. Different packages are offered in a variety of lodging choices. 465 Warrensburg Rd., Stony Creek. 518-696-2444. 1000acres.com

Three generations of the Beadnell family have welcomed guests to **Ridin-Hy Ranch** since 1950. Back then, guests were mainly single women, and the accommodations were rustic.

Now a family-oriented resort located in Adirondack State Park near Lake George,

Ridin-Hy makes full use of its magnificent outdoors. In addition to its horseback riding program and frequent rodeos, there is boating, water skiing, fishing and swimming in the private lake.

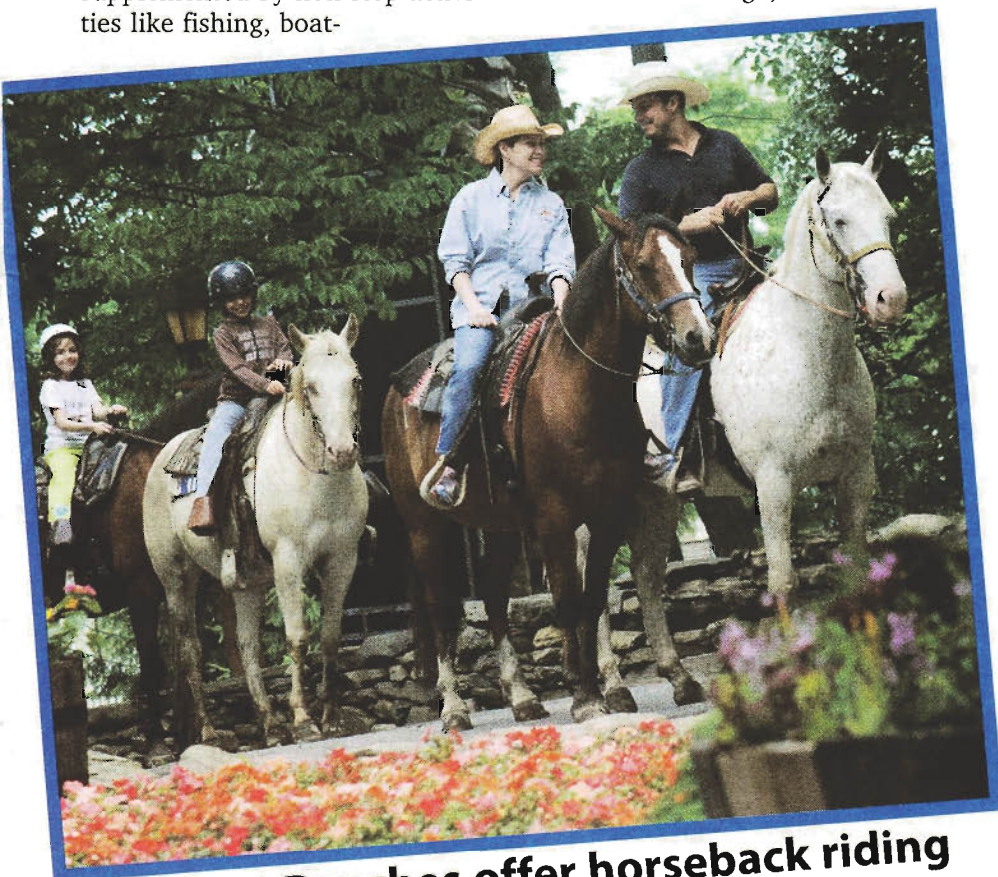
Special activities include paintball, bingo, horse shoe tournaments, wii nights, outdoor movie nights, campfires, and more.

June rates begin at \$255 for two nights (minimum stay required), per adult, increasing later in the summer. Children's rates vary by age. Rates include all meals and activities. 95 Ridin-Hy Ranch Rd., Warrensburg. 518-494-2742. ridinhy.com

Traci L. Suppa is a family travel writer living in Dutchess County. www.WordScapesny.com

Checklist: What to bring to the water park

- Extra set of dry clothes
- Goggles/nose plugs/ear plugs
- Money: small bills for snacks; quarters for lockers
- Small first aid kit
- Snacks and drinks in insulated cooler (if permitted)
- Sunglasses and/or hats
- Sunscreen and lip balm
- Swim diapers
- Towels
- Water shoes/flip flops
- Waterproof identification for lost kids, like "SafetyTats"
- Waterproof pouch for money, ID, cell phone, etc.



Resort Ranches offer horseback riding and many other outdoor activities.