

Contents

List of Maps	vi
Introduction	1
1 Best of <i>Great Escapes from New York City without Wheels</i>	4
2 The Nuts & Bolts of Mass Transit	14
Port Authority Bus Terminal	14
Grand Central Terminal	16
Penn Station	19
3 Outdoor Activities	22
Appalachian Trail Day Hike	22
New York Golf Shuttle	25
Sail the <i>Cirrus</i>	26
The Lodge at Emerson Place & Belleayre Mountain	30
Skydive the Ranch	33
Surf 2 Live Lessons	36
Hunter Mountain Skiing & Snowboarding	38
Atlantic Kayak Tours	39
Skip Barber Racing School & the Interlaken Inn	42
Rock Climbing in the Gunks with the Eastern Mountain Sports School	46
Spring Lake, New Jersey	49
4 Romantic Weekends	53
Castle on the Hudson	54
Saugerties Lighthouse Bed & Breakfast	57
Atlantic City	60
The Inn at National Hall	70
Lefèvre House Bed & Breakfast	73
Block Island	78

	Troutbeck	85
	Mohonk Mountain House	88
5	Food & Wine Adventures.....	95
	Culinary Institute of America (CIA).....	96
	Vintage Tours—Long Island Wine Country Tours	100
	Stone Barns Center for Food & Agriculture	103
	Bohemian Hall & Beer Garden	107
	Silvermine Tavern.....	109
	Make Your Own Wine.....	112
	The <i>Moshulu</i>	114
	Guinan's Pub and Country Store.....	118
	Long Island Wine Country's Wine Camp.....	121
6	Spas & Spiritual Retreats	124
	Ananda Ashram Weekend Program.....	124
	Chinese Scholar's Garden at Snug Harbor Cultural Center	128
	Gurney's Inn Resort & Spa	132
	Mount Saint Alphonsus Retreat Center	136
	New Age Health Spa	138
	Omega Institute	142
	Sky Lake Lodge Shambhala	146
	Tai Chi Chuan Class at Wave Hill Gardens	148
7	Historic Places.....	152
	Sunnyside & Lyndhurst	152
	Lenox, MA	157
	Mystic, CT	164
	Afternoon Tea at the Caramoor House Museum.....	171
	West Point	173
	Kykuit—The Rockefeller Estate & Philipsburg Manor.....	177
8	Antiquing Tours	181
	Hudson, NY.....	181
	Red Bank, NJ.....	187

	Lambertville, NJ & New Hope, PA	190
	Cold Spring, NY.....	199
9	Art Towns	203
	Dia: Beacon.....	203
	MASS MoCA/The Porches Inn.....	208
	The Noguchi Museum	214
	Storm King Art Center.....	216
10	Kid-Friendly Escapes.....	220
	Rye Playland	220
	Hudson River Museum	224
	Williams Lake	226
	New Roc City	229
	Sesame Place	231
	Queens County Farm Museum.....	234
	Two Hudson Valley Family Ranches	236
	Six Flags Great Adventure & Hurricane Harbor	240
A	Resources	244
	Transit Lines.....	244
	Helpful Phone Numbers & Websites	249
	Other Forms of Transit	250
	Maps, Gear & Equipment	250
	Organizations	251
	State Tourism Contacts	252
	Other Travel-Related Websites	252
B	Festivals & Special Events	254
	Clearwater Festival, the Great Hudson River Revival ...	254
	New York Renaissance Faire	255
	Belmont Stakes	256
	Arts & Ideas Festival.....	256
	Hudson Valley Garlic Festival.....	257
	Festival of Light.....	258
	The Three Feasts of Hoboken	258

Annual Blessing of the Fleet	259
United States Open Tennis Championship.....	260
Haunted Happenings in Salem, MA.....	262
 Index	 264

List of Maps

New York City & the Northeast Region	5	Historic Places.....	153
Outdoor Activities	23	Lenox, Massachusetts	159
Romantic Weekends	54	Mystic, Connecticut	165
Atlantic City	62	Antiquing Tours	183
Block Island.....	79	Lambertville & New Hope	191
Food & Wine Adventures	96	Art Towns	205
Spas & Spiritual Retreats	125	Kid-Friendly Escapes	221