

Fun "One-Day Trip" to: **Rochester NY**

Relax and enjoy the scenery as you travel to Rochester from your nearest Amtrak station. Amtrak offers 15% senior citizens discount, children 2-15 travel for half-fare with each adult who pays adult fare. Enjoy the delicious salads, deli sandwiches and beverages in the café car while in route!

Map Location



Center at High Falls (1) in Brown's Race Historic District – An educational and a entertainment complex. Interactive 3-D exhibits, art gallery. Triphammer Forge, the ruins of an 1816 factory. Laser, Light & Fireworks Spectacular May – October
Stunning view from the Pedestrian Bridge of the 96-foot water falls. Restaurants.
60 Brown Race. 3 blocks from station. 585-325-2030.

Frontier Field (2) – Home of the Triple-A Rochester Red Wings, an affiliate of the Baltimore Orioles. Six blocks from the station, just past Brown's Race Historic District.



George Eastman House (3) George Eastman historic Colonial Revival mansion and gardens, the world's premier museum of photography and motion pictures, and a hands-on learning center for children. Open daily. 900 East St. 35-minute walk or #7 & 17 Bus. 585-271-3361 www.eastman.org

Rochester Museum & Science Center (4) Hands-on educational fun for the entire family featuring science and technology and the natural environment. www.rmssc.org

Strasenburgh Planetarium (5) presents large-format science/nature films in the Star Theater. Family oriented, current events star shows, and laser sound-light shows. Open daily. 657 East Ave. 30-minute walk or #7 & 17 Bus. 585-271-1880.



Strong Museum (6) a variety of interactive learning environments, Including "Sesame Street" where visitors can appear on a TV screen with characters from the show. collections include Dollhouses, toys, miniatures, working 1918 carousel. Daily. Corner Chestnut & Woodbury 10 block walk or #7 Bus 585-263-2702 www.strongmuseum.org

Memorial Art Gallery (7) One of the finest regional art museums in the country - permanent collection spanning 50 centuries of world art. Features a gourmet restaurant, museum store & indoor sculpture garden. 500 University Ave. 25-minute walk or #7 & 18 Bus. www.rochester.edu/mag



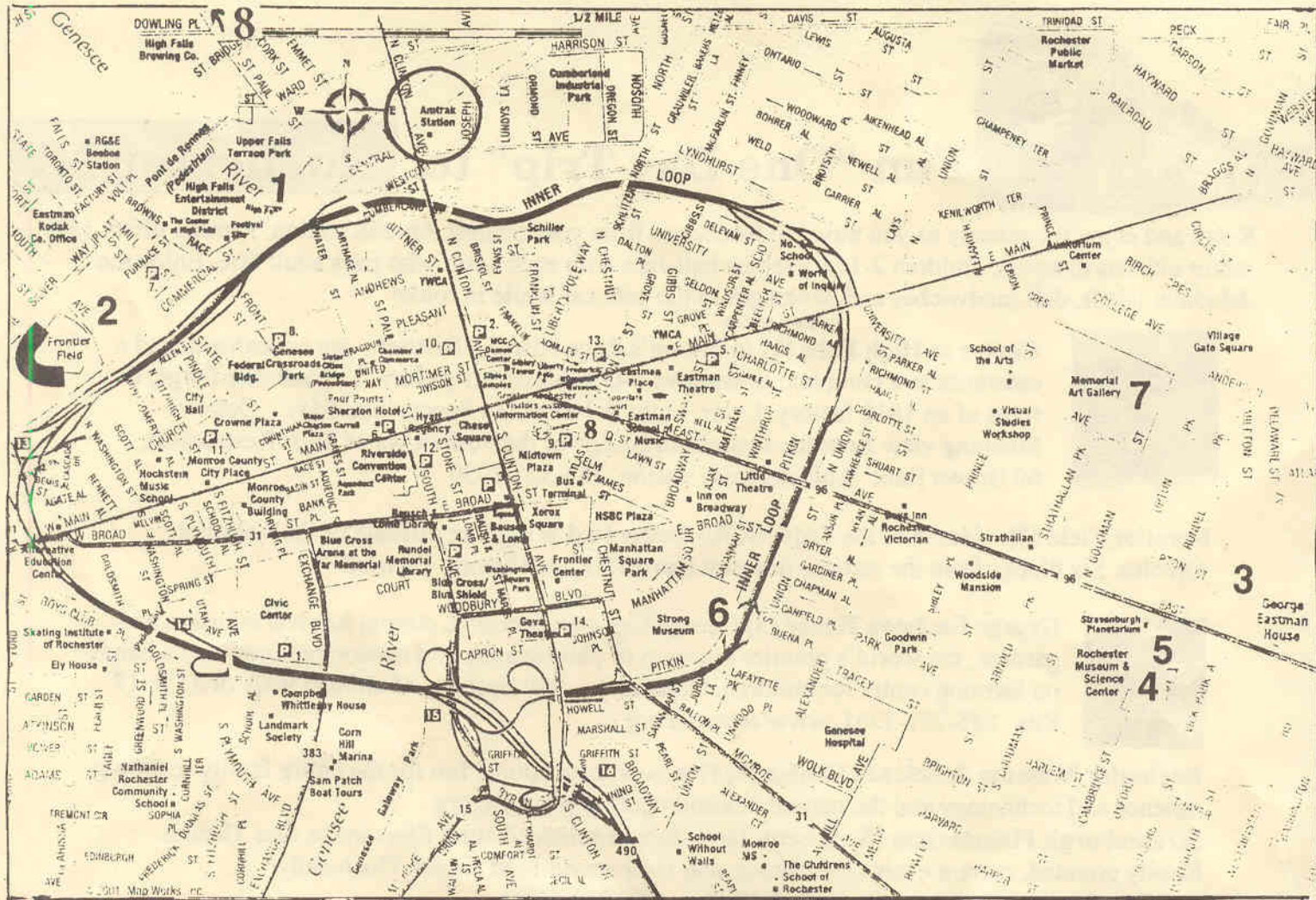
Seneca Park Zoo (8) Home to several endangered and protected species, including polar bears, African elephants, snow leopards, golden lion tamarins, orangutans and penguins. Daily. 2222 St. Paul St. #5 Bus www.senecazoo.org 585-336-7200

For additional information: Rochester Visitors Center. East St. web site: www.visitrochester.com
Regional Bus System information: www.rgrta.org

Train schedules: Traveling from Niagara Falls and Buffalo and return home can be done the same day. Traveling from the eastern part of the state requires an overnight stay.

Train or Hotel Reservations: Local travel agent, Amtrak: 1-800-USA-RAIL or www.amtrak.com
Accommodations are located 8 blocks from the station on Main Street. www.visitrochester.com

Other "One-Day Trip" flyers include: Buffalo, Syracuse & Utica




Toronto-Buffalo-Albany-New York
 EMPIRE SERVICE EASTBOUND EFFECTIVE MAY 2, 2005


New York-Albany-Buffalo-Toronto
 EMPIRE SERVICE WESTBOUND EFFECTIVE MAY 2, 2005

Train Number ▶	284	280	282	286	64	288
Normal Days of Operation ▶	Mo-Fr	Sa	Su	Mo-Sa	Daily	Su
Will Also Operate ▶		5/29, 7/3, 9/4	5/30, 7/4, 9/5	5/29, 7/3, 9/4		5/30, 7/4, 9/5
Will Not Operate ▶	5/30, 7/4, 9/5		5/29, 7/3, 9/4	5/30, 7/4, 9/5		5/29, 7/3, 9/4
Toronto, ON (ET) Dp					8:30A	
Niagara Falls, NY	4:05A	5:45A	7:05A	8:05A	12:35P	3:00P
Buffalo-Exchange St., NY	4:40A	6:20A	7:40A	8:40A	1:10P	3:35P
Buffalo-Depew, NY	4:55A	6:35A	7:55A	8:55A	1:25P	3:50P
Rochester, NY	5:52A	7:32A	8:52A	9:52A	2:22P	4:47P
Syracuse, NY	7:10A	8:50A	10:10A	11:10A	3:45P	6:05P
Rome, NY	7:49A	9:29A	10:49A	11:49A	4:24P	6:44P
Utica, NY	8:08A	9:48A	11:08A	12:08P	4:41P	7:03P
Amsterdam, NY	9:04A		12:04P		5:37P	7:59P
Fl. Edward-Glens Falls, NY (E) Dp						
Saratoga Springs, NY						
Schenectady, NY	9:25A	11:02A	12:25P	1:22P	5:58P	8:20P
Albany-Rensselaer, NY	10:50A	11:50A	2:00P	3:00P	6:45P	9:05P
	11:00A	12:00N	2:15P	3:15P	7:15P	9:15P
Hudson, NY	11:25A	12:25P	2:40P	3:40P	7:40P	9:40P
Rhinecliff-Kingston, NY	11:46A	12:46P	3:01P	4:01P	8:01P	10:01P
Poughkeepsie, NY	12:01P	1:01P	3:16P	4:16P	8:16P	10:16P
Croton-Harmon, NY	12:38P	1:38P	3:53P	4:53P	8:53P	10:53P
Yonkers, NY	12:57P	1:57P		5:12P	9:12P	
New York, NY-Penn Sta. (ET) Ar	1:25P	2:25P	4:40P	5:55P	8:45P	11:45P

Train Number ▶	63	287	281	283
Normal Days of Operation ▶	Daily	SaSu	Mo-Fr	Daily
Will Also Operate ▶		5/30, 7/4, 9/5		
Will Not Operate ▶			5/30, 7/4, 9/5	
New York, NY-Penn Sta. (ET) Dp	7:15A	9:45A	10:45A	1:45P
Yonkers, NY	7:39A		11:09A	2:09P
Croton-Harmon, NY	7:58A	10:26A	11:29A	2:29P
Poughkeepsie, NY	8:37A	11:05A	12:07P	3:07P
Rhinecliff-Kingston, NY	8:52A	11:20A	12:22P	3:22P
Hudson, NY	9:15A	11:43A	12:45P	3:45P
Albany-Rensselaer, NY	9:45A	12:15P	1:15P	4:15P
	10:00A	12:25P	1:25P	4:25P
Schenectady, NY	10:23A	12:48P	1:48P	4:48P
Saratoga Springs, NY				
Fl. Edward-Glens Falls, NY (E) Dp				
Amsterdam, NY	10:40A	2:02P	2:05P	5:05P
Utica, NY	11:39A		3:04P	6:04P
Rome, NY	11:53A		3:18P	6:18P
Syracuse, NY	12:40P	3:00P	4:05P	7:05P
Rochester, NY	1:58P	4:20P	5:25P	8:25P
Buffalo-Depew, NY	2:56P	5:21P	6:26P	9:26P
Buffalo-Exchange St., NY	3:09P	5:34P	6:39P	9:39P
Niagara Falls, NY	4:10P	6:45P	7:50P	10:50P
Toronto, ON (ET) Ar	7:44P			