

What Do Medicine Residents Do in Rochester when They're Not Saving Lives?

NOTE: These are un-edited responses (all of them) to a survey we sent our residents July 2020

What are your favorite activities in the Rochester area?

- Running in Cobbs Hill Park, hiking in Mendon Ponds Park, kayaking at BayCreek.
- Birdwatching & trekking around Braddock & Irondequoit Bays, Mendon Ponds Park
- I love all the great options for hiking/walking outdoors! Tons of cool breweries and restaurants! Amazing areas on the finger lakes for outdoor activities and wine tasting!
- I enjoy cycling along the Erie Canal with my gravel bike!
- All things outdoors
- Walking my dog in all the great parks in the area, cross country skiing in the winter and biking on the Erie Canal trail (and stopping for ice cream at Pittsford Dairy on the way!)
- I enjoy trying all the diverse bars and restaurants around town with friends and family. I also like to visit the finger lakes where there are so many different wineries/breweries, hikes, and towns to explore. I also enjoy trying out the many local golf courses around.
- Hiking
- Running, swimming, wine tasting in the Finger Lakes
- I love shopping at the Public Market, walking or cycling along the river and canal trails, hiking in the nearby parks, and I'm hoping to once again enjoy delicious tea at Happy Earth Tea once we are through COVID
- I enjoy spending time in the various neighborhoods, such as Park Avenue and the South Wedge. I also love exploring the surrounding areas on off days/weekends. Rochester is a day trip away from the most beautiful regions in the state, including the Finger Lakes, the Adirondacks and Western NY/Niagara Falls!
- Hiking, running along Erie Canal, lots of restaurants, bars to check out. Beaches just 20 minutes north on Lake Ontario
- I love exploring the many different parks within Rochester and the greater Rochester area. Lake Ontario is also very close by and beautiful to visit in the summer!
- Hiking and spending time outdoors
- go to the parks. drive outside also and going to any of the Finger Lakes.
- Pittsford dairy, going to parks (Mendon ponds, Highland park, Turning point park, Lake Ontario beach), Dogtown, apple picking in the fall
- I play in a volleyball league with other internal medicine residents! Also love to drive around and look at Rochester's cool house architecture

- Biking (lots of great paths, always discovering new ones) and trail running, exploring the thrift/vintage stores, swimming at Hamlin beach, trying new restaurants
- Local Breweries, Indoor sand Volleyball in the winter
- There are lots of awesome places to hike and kayak, and Pittsford Dairy is the best spot for ice cream
- going to farmers markets, breweries and festivals, go to Bristol mountain and then Other Half Brewery
- Rochester is a great smaller city with some excellent food options and breweries. There are tons of spots for nature walks and day hikes — Corbett’s Glen, Cobbs Hill, Braddock Bay, and Linear Park, to name a few. The Finger Lakes are also within a 45 minute drive for swimming/canoeing.
- I'm a latte lover and love perusing through the various coffee spots in Rochester with my favorite being Glen Edith Coffee Roasters on Elton Street. There are also great hiking/running trails in the area including the Genesee Valley Trail and Letchworth Park that I enjoy exploring with my husband, Ryan, who is a radiology resident here. Situated in the Finger Lakes Region, the Rochester area also has plenty of other attractions that we enjoy including Watkins Glen and waterways. In the fall, apple picking is a must-do, and skiing in the winter
- Trying different restaurants, hiking at the many parks nearby, hanging out with co-residents
- Hiking, Biking, Kayaking, Exploring, Tennis
- I have enjoyed exploring the waterfront areas, including Ontario Beach Park and Sodus Bay. I hope to get out on many of the amazing local golf courses!
- Hiking, walking on canal
- Boulderling at Central Rock Gym, hammocking with a good book in hand
- I love hanging out in the parks nearby and can often be found up a tree with a book. There's access to beaches and the river for kayaking. I'm also finally learning to ski!
- Hiking, Strong Museum of Play, Free concerts at Eastman School of Music,
- Erie Canal and Genesee River bike paths, all the festivals, minor league baseball and ice hockey games, brewery tours.
- Great places / parks to run in. Canal path to bike on. Finger lakes close by. Adirondacks available for a weekend trip.
- Lilac festival
- Concerts at the nationally renowned Eastman school/theater
- Go out to the finger lakes for great wineries and the cleanest water on the eastern seaboard (biased)
- I like that Rochester is accessible to a variety of parks and bodies of water. There is a lot to explore. It's nice to get outside and enjoy different aspects of nature.
- Hiking, swimming, exploring new areas, checking out the scenery , hanging with friends
- Various parks to choose from (Letchworth, Highland, etc.) and general abundance of nature activities

- Great outdoor areas to explore, great trail systems for running/biking. Tons of public golf courses that are well maintained. Lively downtown areas with great nightlife. Public market and great festivals during the year.
- Hiking at Corbett's Glen and Mendon ponds, going to the Adirondacks, Ontario Beach, Finger Lakes, running along the canal, Rochester Farmer's Market.
- I love to go bike riding and hiking in Mendon Ponds Park.
- I don't necessarily have one favorite activity in Rochester, there are so many great things to do. Whether its nature oriented, the great food/beer scene, or festivals, there is always an abundance to do here.
- Happy Hour, Ontario Beach
- Salsa dancing at Ox n Stone and Lovin Cup, Wine tasting and hiking in the Finger Lakes
- Local festivals, walking in parks, going to breweries
- Trail running, kayaking, patio dining
- Biking on the Erie Canal Trail, kayaking in Irondequoit bay, walking in Washington Grove, trying all the new restaurants in Rochester, skiing at Bristol or in Ellicottville.
- Running, hiking in the Finger Lakes area, exploring new restaurants
- Biking, Finger Lakes, Food scene
- Running in the parks! There are so many to choose from. Bird feeding at Mendon Ponds!
- Outdoor activities such as hiking, running, parks
- hiking, walking in the park, walking along the Genessee river trail, visiting finger lakes, riding my bike to work. lots of outdoors activities here! lots of parks
- Running, Golf, Finger Lakes
- All of the festival, Hiking, kayaking, rock climbing at Red Barn, Dining out on park avenue
- I enjoy exploring the various craft breweries, bars, and restaurants with my friends.
- Hiking and biking, Letchworth park is beautiful!
- I particularly like getting involved in the adult recreational sport leagues around Rochester. I captain a resident volleyball league that plays year-round at an indoor sand volleyball court on University Ave. I also plan to start a kickball league once the pandemic restrictions lift
- Being physically active in the area
- My husband and I are sailors and you can't beat the sailing on Lake Ontario and the Finger Lakes. There is also fantastic hiking both in the Finger Lakes and the Adirondacks. When there isn't a pandemic, we also go to the Little Theater downtown which shows a lot of great indie movies and has the BEST popcorn.
- Walking through the city (Park Ave, East Ave, University, etc), riding bikes around the city and along the Erie Canal Trail, Charlotte Beach. I also enjoy the \$3 movie theater (Movies 10).
- Exploring the food scene and the surrounding parks. Ice cream crawls are fun too
- Hiking and walking trails, drive in movies, visiting museums (a great place to take friends/family), and exploring the areas coffee shops/cafes. Plus the added bonus of easy day trips to Buffalo and the Finger Lakes region!

What is your favorite food in Rochester? -

- The udon noodles from Han Noodle Bar with the mushrooms and bok choi!
- Carbone's pepperoni pizza
- Szechuan Opera (Chinese food), Rocco (Italian), Verns, Good luck, Next door! Too many to list!
- The very first restaurant that I went with my co-interns, program administrators and seniors: Rohrbach Brewing Company (try their oven-fired pizza!)
- Nosh
- Han Noodle Bar is the best!
- Rochester has so many types of foods and boutique restaurants, but I would have to say Roux is my favorite. It has distinctive drinks and delicious food and is located right on Park Ave. You can enjoy a great meal dining outside while enjoying the sights and sounds of the bustling neighborhood.
- Kainos
- Anything from Cedar! (Best Mediterranean food...get the baba ghanoush!)
- Anything from the Public Market!
- Again so many great places to choose from! This year, I have been a frequent customer of Old Pueblo Grill. Swiftwater Brewery, just down the street from Strong also serves amazing food with lots of locally sourced products.
- No favorite- the diversity is key
- I enjoy Mediterranean restaurants like Cedars!
- Good Luck
- Many restaurants: Roux, Sinbads, Cure
- Thai mii up!
- Szechuan Opera!
- Ethiopian!!
- Garbage Plate - Dogtown or Fairport Hots
- The King and I is a great spot for Thai food :)
- Wegmans humus/olives/cheese, frozen meals from trader joes, the costco samples! Naan-tastic is good take out; han noodle bar and aladins for restaurants
- Chester Cab Pizza on Park Ave - decadent but soo good
- I love the restaurant scene in Rochester, especially restaurants that feature farm-to-table menus. The fare at Lento and Good Luck are particularly fantastic.
- Old Pueblo Grill
- Danny Wegmans Old Fashioned Sub Shop

- I have collected many recommendations from those who have lived in Rochester, and my list is growing faster than I can keep up with. Two of my favorites so far are Dorado and Sinbad's.
- Garbage Plates
- Any baked good from Village Bakery
- Naantastic (It's like chipotle, but for Indian food!). Also Pittsford Dairy Ice cream :)
- Highland Park Diner
- Everything!
- Wings
- Dinosaur BBQ
- The Distillery (best wings in Rochester)
- The Old Toad (best fish fry)
- The Frog Pond (another old Rochester restaurant that's been re-vamped under new management)
- Garbage plate
- Pork belly buns from Han Noodle Bar, brisket plate for Sticky Lips, anything from Thai Mii Up
- New York Beer Project/ Pittsford Dairy. Wegmans pizza is underrated.
- Old Pueblo nachos, Fiorella pizza, everything at Avvino, pastries from Flour City, Han Noodle, Sinbad's
- My favorite food is Couscous Turlou with grilled shrimp at Aladdin's on the canal. Not only is it delicious, but you get to enjoy the view of the canal while sitting outside on the deck!
- For Middle Eastern food I love Cedar Restaurant.
- For Wings, Jeremiahs Tavern is the best wing spot in town.
- Mexican: Salena's
- For a great diverse selection of food and drinks, my go to is Nosh.
- As always.... the garbage plate is a city favorite too
- The MadHatter-so many vegan options!
- Nosh, Good Luck, Old Pueblo Grill
- Garbage plate
- Fiorella
- Pittsford Dairy Ice Cream! (The best ice cream I have ever had, anywhere!)
- McCann's Local Meats Ramen
- Cub Room or Good Luck
- Nosh
- King and I
- Old Pueblo grill
- Covid, hence haven't really explored a lot of restaurants just yet
- Wegmans
- Nosh

- There are several amazing and unique restaurants in Rochester. My friends and I love to go to a Mexican restaurant called Ox and Stone on East and Alexander. They have amazing cocktails and food!
- Sinbads mediterranean
- I don't have a single favorite restaurant. I enjoy frequenting many of the excellent restaurants around Rochester like Radio Social, Good Luck, Revelry, Nox, Trata, Kainos, Dino bbq, Ox and Stone, swillburger, nosh, Verns, Cure, Redd, and Dorado
- Sandwiches
- There are so many places. The best brunch we've found is at Atlas Eats, and we love picking up a sandwich from McCann's, which is a locally sourced butcher shop in the South Wedge.
- Rochester has a surprisingly good amount of Asian cuisine, so I like to partake in that!
- Ox and Stone - Spanish type food!
- The Gate House

What is your favorite place in Rochester?

- Cobbs Hill Park
- Mendon Ponds Park
- All of the areas to hike/walk/be out doors! Kayaking at Bay Creek Paddle Center; hiking at any of the nearby waterfalls (Taughannock Falls, Letchworth State Park, etc). We have lots of awesome state parks near by too!
- Walking along the waters of the Hamlin Beach State Park is the perfect weekend get-away plan for me and my wife.
- Pittsford Dairy
- There are so many great parks and outdoor activities in Rochester that it is hard to choose my favorite! Mendon Ponds Park is definitely near the top of my list!
- Our house in Brighton! My significant other (who is also a medicine resident) and I, along with our dog, live in a nice house within a 10-minute drive of the hospital. We spend a lot of our free time outside of work cooking, entertaining, and relaxing in the yard. We are able to unwind after work by walking and biking around the quiet suburban neighborhood that also happens to be conveniently located within a 10-minute drive of most activities, restaurants, and bars in Rochester.
- Highland Park
- Genesee River Trail
- My favorite place in Rochester is the jetty at the outlet of Irondiquoit Bay - I love walking out there and seeing the lake.
- There are so many great places to choose from! I live right off of Park Avenue, so I really enjoy exploring that particular neighborhood with all of the shops and great places for food/drink. I also love that you can go from downtown Rochester, to being in nature with just a 15-20 minute drive.

- Actually outside Rochester- the finger lakes!
- Genesee Valley Park!
- The local parks and waterfalls
- Ontario lake, Highland Park.
- Schoen Place by the Pittsford Canal
- Lake Ontario has great beaches!
- Have only been here for 2 months so I can't say for certain. For now, probably the Genesee River Trail that has a great view of the city.
- Public Market
- Mendon Ponds Park! Great for sledding, hiking, and skiing :)
- the public market
- Ontario beach! White sand beach just 25 minutes away from the city. Love relaxing here on my days off - feels like a tropical getaway.
- My favorite spots are Hattie's (a rooftop Japanese restaurant that features beautiful sunsets), Cobb's Hill Park (which has a fantastic view of the downtown skyline and is a great place to go for a walk or run), and Highland Park (particularly during its lilac season)
- Schoen Place/Erie Canal
- Corbett's Glen Nature Preserve
- There are so many places I have yet to explore within the city. Thus far, I have frequented the Park avenue area as well as the Erie Canal in Penfield.
- Pittsford Dairy
- Genesee River Valley Park
- Highland park, Genesee Valley Park
- Mendon Ponds
- Mendon Ponds and Highland Park (in the spring)
- Probably my bed. Or Mendon Ponds Park.
- Mendon Pond
- Don's Original (an old Rochester restaurant out on the lakefront)
- I love Highland Park in the spring. It's known for the lilacs, which bloom in a variety of shades, and there are so many other kinds of flowering trees and plants too. It's beautiful.
- Pittsford Dairy
- Costco
- Erie canal, Mendon Ponds
- Corbett's Glen park
- One of my favorite places in Rochester is on the Towpath along the Erie Canal. That is where my husband proposed to me, and we love taking walks with our dog there.
- Jeremiahs Tavern is my favorite spot to hang with some friends, watch a game, and just relax. Mendon Pond is my favorite spot to get into nature for an hour or two.
- Rochester Public Market

- The Erie Canal Trail behind my house, Ox and Stone for salsa dancing, and Wegman's of course!
- Genesee Brew House
- Mendon park
- Erie Canal Bike Path
- McCann's Local Meats
- Highland Park
- Ontario Beach Park
- Genesee Valley Park, Pittsford Canal, Mendon Ponds Park and Wild Wings (bird sanctuary)
- Park Ave area
- Everywhere! Seriously, I find myself exploring on weekends and I am loving everything so far!
- Mendon Ponds Park
- Highland Park, Rochester Beer Park
- My favorite place in Rochester is a "barcade" known as Swillburger. They have arcade games, several craft beers and creative cocktails, as well as a burger restaurant inside the same building!
- Canal trail, mendon ponds park
- While Rochester has many amazing parks like Highland Park, Cobbs Hill, Corbett's Glen, Ellison Park, Mendon Ponds, and Lower Falls Park. My favorite place is probably Turning Point Park
- Parks
- Genesee Valley Park- it's a 2 minute drive from the hospital and has everything you could want for outdoor recreation. It's an Olmsted-designed park located at the intersection of the Erie Canal and the Genesee river. There are bike trails, running trails, plenty of picnic areas and fields, and I just started learning to row on the Genesee River at the community rowing club located in the park!
- Oh! This is a tough question. There are so many wonderful places in Rochester. I would have to say either the Rochester Public Market or one of Rochester's many parks.
- Still exploring the area! The surrounding parks and hikes have been great so far
- Highland Park- especially in the Springtime- or the Erie Canal Trail