



Winter Activities in Rochester



Pathology Student Council
January 14, 2011

Rochester Activities

ICE SKATING, HOCKEY AND SLEIGHS, OH MY!

OUTDOOR RINKS

Manhattan Square Park Ice Rink

353 Court St

Open Dec – Mar

Free Parking across the Street after 6pm

\$4 Adult Admission

\$2 Youth 17 & under

\$12 Families

\$3 Skate Rentals

More info: <http://www.cityofrochester.gov/article.aspx?id=8589935137>



INDOOR RINKS

Genesee Valley Park Ice Arena

Open Sept – April

Ice Skating Lessons

Open Skate

Skate & Shoot (need to bring own helmet and gloves)

Adult Hockey Leagues (bring your own equipment); Free Youth Hockey Leagues

\$5 Adults

\$2 Youth

\$14 family

\$3 Skate Rentals

More info: <http://www.cityofrochester.gov/GVPSC/>

ICE SKATING, HOCKEY AND SLEIGHS, OH MY!

INDOOR RINKS

The Sports Center @ MCC

2700 Brighton-Henrietta Townline Rd

Ice Skating Lessons

Adult Hockey Leagues

Public Skate

Skate & Shoot (\$7, helmet & gloves required)

More Info: <http://www.tscmcc.com/>



ALTERNATIVE WINTER ACTIVITIES

Wolcott Farms Winter Sleigh Rides

4085 Quakertown Rd, Warsaw

\$150/2 people/30mins/reservations required

**Cheaper for groups of \$6 or more

More Info: <http://www.wolcottfarms.com/welcome/sleigh-rides.html>



Heberle Stables Sleigh Rides

751 Browncroft Blvd

Dec – April; 7 days a week, anytime

\$75/30mins

Ride through Ellison Park



More Info: http://www.heberlestables.com/staticpages/index.php/Sleigh_Rides

Cross Country Skiing

“Ski Touring”

Introduced in 1800s by
Norwegian Immigrants

Burns more calories
than any other sport
Low risk, low stress
low impact

Average cost: free to \$20
Including ticket and rental



Nordic Skiing in Rochester



Mendon Ponds Park

10 miles southeast of
Rochester

Free-20 miles of marked trails

Ungroomed trails:

Easy – Quaker Pond 2.7
miles long, marked in
Purple

Intermediate – all over
Black Diamond – the
hilly East Esker



Cummings Nature Center

40 minutes from Rochester

15 miles of groomed trails

Rentals \$15.00/Donation \$3

Luna Skiing



Ellison Park

15 minutes from U of R

447 acres

Free

Ungroomed trails
easy, flat

Nordic Skiing in Rochester

Rochester Nordic Ski Club

- rochesternordic.org
- Provides lessons, monthly programs, speakers and demonstrations, ski trips

Western New York Biathlon Club

- Summer and winter biathlon

Upcoming Event- WINTERFEST!

January 16th at Mendon Ponds

Free Family Event: Try ice fishing, snowshoeing, ice boating, bird watching, siberian husky club racing, wagon rides etc..



Nordic Skiing in Rochester

- Where To Rent Cross Country Skiis
 - Park Ave Bike Shop – Monroe
 - RV and E Bike and Skate
- Where to Buy Cross Country Skiis
 - Snow Country
 - Ski Company
 - Dome Sale in Rochester
- Outside the area...
 - Lake Placid -5.5 hours
 - Allegany State Park – near PA border
 - Lapland Lake – 4.5 hours





Downhill “Alpine” Skiing In Rochester

- **Bristol Mountain**
 - 45 minutes South
 - Day and Night skiing
 - 34 trails – 32% Novice
- **Tickets:**
 - 4 hour \$52.00
 - 8 hour \$55.00
 - Twilight \$36.00
 - Rental \$22-26.00
- **SPECIALS:**
 - Saturday 4-10pm
 - 3 people, ½ off rentals \$69.00
 - February 12th – U of R Night



Downhill “Alpine” Skiing In Rochester

- Swain Ski Resort
 - 1 Hour south
 - 30 Trails
- Ticket Prices
 - 4 hour \$41.00
 - 8 hour \$43.00
 - Night \$31.00
 - Rentals \$26.00
- Specials
 - Wednesday – College Day!
 - » \$25.00 with ID!



Downhill “Alpine” Skiing In Rochester

- **Holiday Valley**
 - 2 Hours
 - 58 Trails including glades
- **Ticket Prices**
 - 8 hour \$57.00
 - 4 hour \$53.00
 - Rental \$26.00
 - **College Night Sunday- Tuesday**
» **\$28.00 4-10pm**
- **Other Activities**
 - Snowtubing 16.00 – 2 hours
 - Cross Country - \$10.00
 - Ski town of Ellicottville



The Evolving Sport – Freestyle/Urban

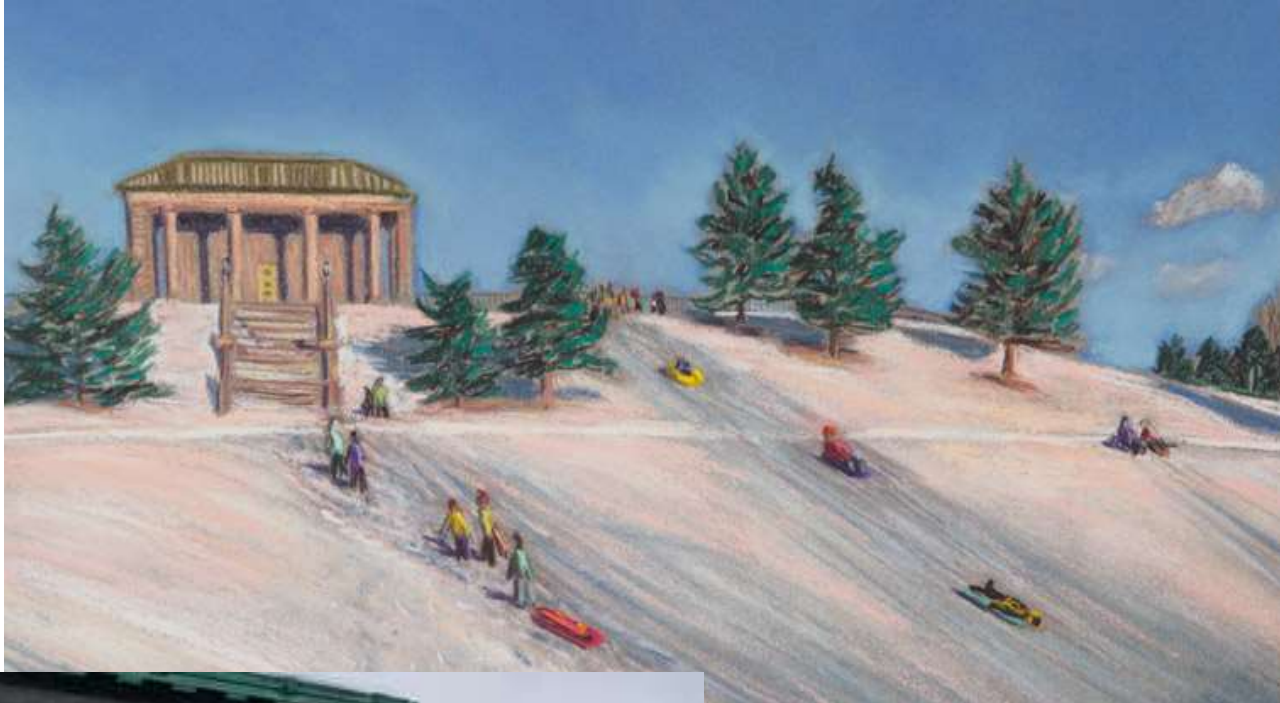


- Aerials- spin on vertical axis
- Moguls – bumps
- New Freestyle -Spin on horizontal axis
 - Jumps and rails
- Urbanizing – using city surroundings to “grind” or ride on * Big in Rochester*

Places to Sled Down Hill in Rochester (and surrounding Areas)



Cobbs Hill & Washington Grove Park Located behind Cobbs Hill (Upper Monroe)



Durand Eastman Park (Along Shore of Ontario Lake, Irondequoit)



Webster Park



Sutherland High School, Pittsford



Mendon Ponds



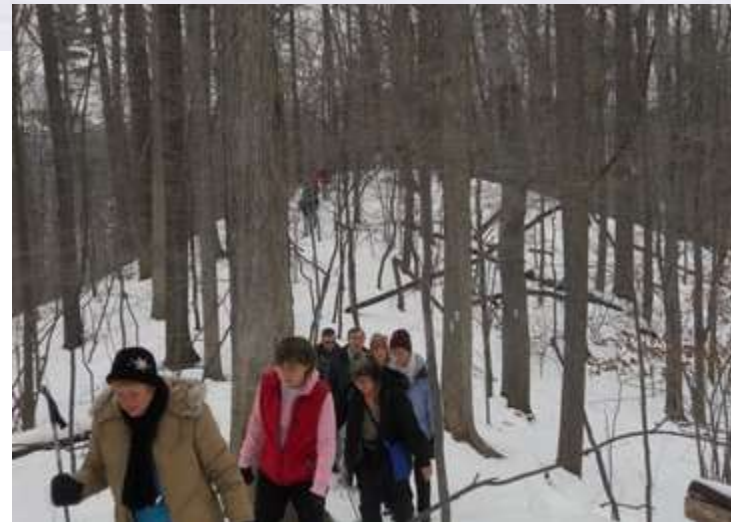
Perinton Recreation Center and Powder Mills Park (Perinton)



Ellison Park



Northhampton Park (Ogden)



Curling

Rochester Curling Club in Gates

- Group events
- Membership/leagues
- Open October-March





Coldrush – published Jan. 11, list of specific winter events/activities

Visit Rochester – great resource for activities

www.visitrochester.com

EVENTS

FREE DANCE CLASSES
at Garth Fagan Dance
01/17/2011
Garth Fagan Dance Studios
(585) 454-3260
www.garthfagandance.org
Continuing its annual tradition, Garth Fagan Dance will once again honor the memory of Dr. Martin Luther King Jr. in the best way it knows how: through dance. Four free public dance classes will give members of the community—those with and without dance experience—the opportunity to learn the Fagan Technique directly from the dancers they see on stage. Pre-registration is recommended, but students can also sign up 20 minutes prior to the class.

TAKING AIM:
Unforgettable Rock 'n' Roll Photographs Selected by Graham Nash
Through 01/28/2011
George Eastman House
(585) 271-3361

GOVERNMENT/MILITARY APPRECIATION MONTH
at Waterloo Premium Outlets
Through 01/31/2011
Waterloo Premium Outlets
(315) 539-1100

PHILHARMONICS: BEETHOVEN'S FIFTH
01/20-22/2011
Kodak Hall at Eastman Theatre
(585) 454-2100
www.rpo.org
Violina Karen Gorny and guest conductor Julian Kueri join the Rochester Philharmonic for Messiaen's Les Offrandes Oubliées, Prokofiev's Violin Concerto No. 2 and Beethoven's Symphony No. 5.

FRIDAY FAMILY FUN NIGHTS
01/21/2011 (Recurring monthly on the third Friday)
The Mall at Greece Ridge
(585) 225-1140
www.greeceridgecenter.com
Friday Family Fun Nights offer free events for kids, including free movies at Regal Cinemas, free story time by Barnes & Noble and free cooking lessons courtesy of Tops Cooking School.

MEADOW PONDS PARK WINTERFEST
01/16/2011
Mendon Ponds Park
(585) 753-7275
www.mendonpondswinterfest.org
A festival celebrating the activities, crafts, organizations and natural wildlife of winter that you can enjoy throughout your lifetime.

PRINT CLUB OF ROCHESTER
Patron Prints
Through 03/20/2011
Memorial Art Gallery
(585) 276-8900
<http://img.rochester.edu>
This anniversary show presents a selection of the original prints commissioned each year by the Club and distributed to its members as a benefit.

PHILHARMONICS: BEETHOVEN'S FIFTH
01/21 & 23/2011
Performance Hall at Hochstein
(585) 454-2100
www.rpo.org
19th Century classics performed by the Rochester Philharmonic Orchestra and conducted by Mark Buterman.

WHAT WOMEN WANT
7th Annual Eastside Retailers Show and Sale
01/23/2011
Burgundy Basin Inn
www.whatwomenswantweenil.com
Lots of tastings, demos, strolling models in swimwear and clothing, discounted sales, health and beauty info, food, drink and fun for women of all ages! (Free admission.)

IN THE HEIGHTS
01/23/2011 - 01/30/2011
Rochester Auditorium Theatre
(800) 745-3000
www.rht.org
In The Heights, winner of four 2008 Tony Awards including Best Musical, is a sensational new show about chasing your dreams and finding your true home. It's an exhilarating journey into a vibrant Manhattan community—a place where the coffee is light and sweet, the windows are always open, and the breeze carries the rhythm of three generations of music.

COLOSSAL DINOSAURS
01/29/2011 - 05/01/2011
Rochester Museum & Science Center
(585) 271-4320
www.rmssc.org
Can you brave the world of the DINOSAURS? Walking, hatching and teeth gnashing, mighty T. Rex and the gang are more enormous than ever—and they actually roar and move! Built using the latest computer programming technology, the creatures' motion is fluid and brilliantly complex, allowing them to act and interact with captivating authenticity.

LOVE, LUCK AND LAUGHTER...
The Songs of Loesser,

Winter Day Trips

Lake Placid

- 1932 & 1980 (“Miracle on Ice”) Winter Olympics
- ~ 5 hr drive from Rochester, so plan for a weekend
- Downhill (Whiteface Mtn), & X-country skiing (Olympic Sports Complex)
- Ice skate on the outdoor speed-skating oval
- Bobsled and/or skeleton rides
- Biathlon lessons (X-country skiing + rifle shooting)
- Snowshoeing
- Tubing
- Good restaurants and a fun little Adirondack town – something for everyone



Lake Placid

Somewhere along Main St.



Mirror Lake; frozen over with dog sled rides (pic taken from Main St.)



Niagara Falls in the Winter

- Incredibly cheap
 - $\frac{1}{2}$ to $\frac{1}{3}$ of summer prices
- Lots to do
- Not very crowded
- Ice floes are amazing



Lodging – Oakes Hotel

1 Night Gourmet Getaway Package – (starts at \$125!)

A room at The Oakes Hotel Overlooking the Falls (1 room, double occupancy)

An elegant gourmet dinner for two at the award winning [Remington's of Niagara](#) (includes appetizer, main entrée, and coffee or tea)

Appetizer options - Caesar Salad, Simple Salad or Remington's Signature Prime Rib Soup

Entrée options - Prime Rib, New York Striploin, Filet of Salmon, Stuffed Chicken Supreme, Penne Rustica or Veal Parmesan

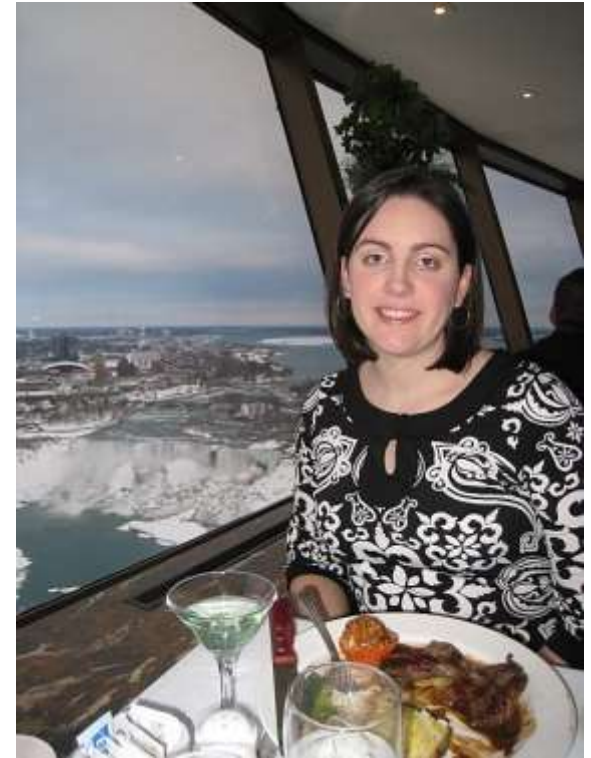
A full, hot, made to order breakfast for two each morning of your stay our on-site Applebee's Grill & Bar

VIP Wine Tasting at [Inniskillin Estates Winery](#), [Peller Estates Winery](#), [Hillebrand Winery](#), [Jackson Triggs Winery](#)



Skylon Tower

Dinner overlooking the falls
- \$30 three-course
dinner and a great
view!



Niagara Wine Tasting/Niagara-on-the-Lake



- Over 20 wineries, only 20-25 minute drive from the falls
- Niagara-on-the-Lake is also a great town with lots to do



Fallsview Casino and Casino Niagara



Fallsview Waterpark

Wave pool, 8 slides, play area,
all at 80 degrees

Outdoor basketball pool is
open in winter and water is
warm!

