















# New York State — AMSS Convention Travel Guide



- AMSS Convention
- Nature / outdoor
- History & culture
- College / university
- Wine country

# AMSS Convention — New York State Travel Guide

Destination guide for convention attendees — Cortland, NY 2026

Destination	Category	Drive	Description
 <b>AMSS Convention HQ</b> Cortland, NY	Convention	—	Home base for the AMSS Convention. Cortland sits in the heart of Central New York, surrounded by seven valleys with easy access to the Finger Lakes, Adirondacks, and beyond.
 <b>Cornell University</b> Ithaca, NY	College	~35 min	One of the world's leading Ivy League research universities, set dramatically above Cayuga Lake. The campus gorges, gardens, and museums are open to visitors.
 <b>SUNY Morrisville</b>	College	~45 min	State University of New York campus in Morrisville, known for applied technology and agricultural programs. A short drive north of Cortland.
 <b>SUNY Cobleskill</b>	College	~60 min	SUNY's agricultural and technology college in the Schoharie Valley. Scenic campus with farm operations open to the public.
 <b>Niagara Falls</b>	Nature / Outdoor	~3 hrs	One of North America's most iconic natural wonders. The American side offers the Cave of the Winds boardwalk and Maid of the Mist boat tours. Worth an overnight trip.
 <b>Watkins Glen State Park</b>	Nature / Outdoor	~45 min	19 waterfalls along a dramatic 2-mile gorge trail through layered sandstone. One of the most spectacular state parks in the Northeast — a must-see near Cortland.
 <b>Adirondack Park</b>	Nature / Outdoor	~2.5 hrs	Six million acres of wilderness — the largest park in the lower 48 states. World-class hiking, kayaking, and fall foliage. Lake Placid is the gateway town.
 <b>1000 Islands</b>	Nature / Outdoor	~2 hrs	A stunning archipelago of over 1,800 islands straddling the US-Canada border in the St. Lawrence River. Boat tours, kayaking, and Boldt Castle are highlights.
 <b>St. Lawrence Seaway</b>	Nature / Outdoor	~2.5 hrs	The great shipping waterway connecting the Great Lakes to the Atlantic. The area offers scenic drives, river towns, and views of massive oceangoing vessels.
 <b>WILD Center</b> Tupper Lake	Nature / Outdoor	~2 hrs	A world-class natural history museum in the heart of the Adirondacks. Features indoor exhibits, a wild walk treetop trail, and outdoor pond and forest areas.
 <b>Finger Lakes Wine Country</b>	Wine Country	~30–60 min	Over 100 wineries across the Finger Lakes region, with Seneca and Cayuga lakes as the centerpiece. Award-winning Rieslings and stunning lake views throughout.
 <b>Lake Placid</b>	History & Culture	~2.5 hrs	Host of the 1932 and 1980 Winter Olympics — site of the Miracle on Ice. The Olympic Museum, bobsled rides, ski jumps, and a charming Main Street village make it a standout destination.
 <b>Rochester Museums</b> Rochester, NY	History & Culture	~2 hrs	Rochester is home to a remarkable cluster of world-class museums. The Strong National Museum of Play houses the largest collection of toys, games, and play artifacts in the world, including the National Toy Hall of Fame and the World Video Game Hall of Fame. The George Eastman Museum is the world's oldest photography museum, set in the mansion of Kodak's founder. The Rochester Museum & Science Center and the Susan B. Anthony Museum & House round out an exceptional cultural destination.
 <b>Women's Hall of Fame</b> Seneca Falls, NY	History & Culture	~60 min	The National Women's Hall of Fame honors 300+ pioneering American women across arts, athletics, business, science, and public life. Located in the historic Seneca Knitting Mill on the Erie Canal in Seneca Falls — birthplace of the American women's rights movement.

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● <b>Boxing Hall of Fame</b> Canastota, NY	<a href="#">History &amp; Culture</a>	~55 min	The International Boxing Hall of Fame honors the world's greatest boxers, trainers, and contributors to the sport. Highlights include robes and gloves worn by legends and the famous Madison Square Garden ring where Ali fought Frazier in 1971.
● <b>Howe Caverns</b> Howes Cave, NY	<a href="#">History &amp; Culture</a>	~75 min	One of the most spectacular caverns in the Northeast, discovered in 1842. A guided tour descends 156 feet underground through dramatic limestone formations, an underground lake, and the famous Bridal Altar. Open year-round.
● <b>Baseball Hall of Fame</b> Cooperstown, NY	<a href="#">History &amp; Culture</a>	~60 min	The National Baseball Hall of Fame and Museum in the charming village of Cooperstown. Iconic exhibits, inductee plaques, and the Fenimore Art Museum and Farmers' Museum are also nearby.
● <b>Saratoga Race Track</b> Saratoga Springs, NY	<a href="#">History &amp; Culture</a>	~2 hrs	America's oldest thoroughbred racetrack, operating since 1863. Summer racing season runs July–September. The city of Saratoga Springs also offers mineral springs, the SPAC performing arts center, and a vibrant Victorian downtown.
● <b>Corning Museum of Glass</b> Corning, NY	<a href="#">History &amp; Culture</a>	~75 min	The world's foremost glass museum with 45,000+ objects spanning 3,500 years of glassmaking history. Hot glass demonstrations, hands-on glassblowing, and a stunning contemporary glass gallery.