

# Summer Bucket List

When the sun is shining, the possibilities are endless! Whether you're looking to spend the day relaxing and sitting by the water or hiking through gorgeous natural lands, there's something for everyone. Get outside this summer and enjoy the warm weather with these fun activities!

## Did You Know?

New York state has over 700 hiking trails covering thousands of miles.



**Alanna Manning**  
Public Relations & Social Media Intern



## Scenes of the Region Photography Contest

Get connected to the region and show your love for beautiful Central New York! Submit your summer scene NOW–Aug. 12 at [wcny.org/scenesoftheregion](http://wcny.org/scenesoftheregion) for your chance to win an Amazon gift card.

Follow @scenesoftheregion on Instagram to see the winners of each season!

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### Attend an Outdoor Concert

Summer is all about cranking your favorite tunes while basking in the sun, but nothing beats live music! Gather your friends and get ready to sing along to some amazing songs. There is an incredible lineup of musicians making their way to our region this summer that you won't want to miss!



**Beak & Skiff Apple Orchards**  
2708 Lords Hill Road, Lafayette, NY 13084

**Empower FCU Amphitheater at Lakeview**  
490 Restoration Way, Syracuse, NY 13209

### Enjoy a Picnic

No matter where you venture to this summer, be sure to keep your picnic basket handy! You never know when you'll crave some on-the-go snacks or want to take a break in between activities. If you're planning a day of picnicking, explore these fantastic locations.



**Chittenango Falls State Park**  
5241 Gorge Road, State Route 13, Cazenovia, NY 13035

**Watkins Glen State Park**  
1009 N Franklin Street, Watkins Glen, NY 14891

### Go Camping

Embark on a summer adventure by discovering the incredible local campsites! Camping offers an opportunity to make memories that will last a lifetime. Immerse yourself in nature, observe wildlife, stargaze, and experience the joy of living "off-grid." Don't forget to prepare some of your best campfire stories.

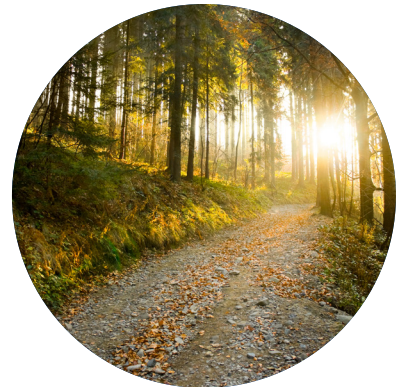


**Selkirk Shores State Park**  
7101 State Route 3, Pulaski, NY 13142

**Southwick Beach State Park**  
8119 Southwicks Place, Henderson, NY 13650

### Go for a Hike

Get ready to lace up your sneakers and head outdoors! Discover the wonders of nature while traveling on foot this summer. With an impressive variety of trails in the Central New York region, you'll get to enjoy the beautiful environment while exercising.



**Glimmerglass State Park**  
1527 County Highway 31, Cooperstown, NY 13326

**Taughannock Falls State Park**  
1740 Taughannock Boulevard, Trumansburg, NY 14886

## Go Kayaking

Take in the serene natural landscapes this summer with a kayaking adventure! As you glide across peaceful waters, you'll get to view our region's picturesque landscapes from a breathtaking perspective. Kayaking is a great activity that allows you to set your own pace, ensuring you get the most out of your experience.



**Emerson Park**  
6877 East Lake Road, Auburn, NY 13021

**Green Lakes State Park**  
7900 Green Lakes Road, Fayetteville, NY 13066

## Pick Berries

There's nothing better than snacking on fresh fruit on a hot summer day. Gather an assortment of berries in containers and bring them home to enhance your recipes or serve on their own.



**Abbott Farms**  
3275 Cold Spring Road, Baldwinsville, NY 13027

**Candella's Farm & Greenhouses**  
9256 River Road, Marcy, NY 13403

## Ride a Bike

Discover the joy of biking trails this summer! It's a thrilling outdoor activity that lets you soak in fresh air while staying active. Whether you're looking to take in the sights on a leisurely ride or push yourself to conquer steep routes, Central New York offers plenty of fantastic pathways to explore.



**Morgan Hill State Forest**  
286-548 Shackham Road, Tully, NY 13159

**Onondaga Lake Park**  
106 Lake Drive, Liverpool, NY 13088

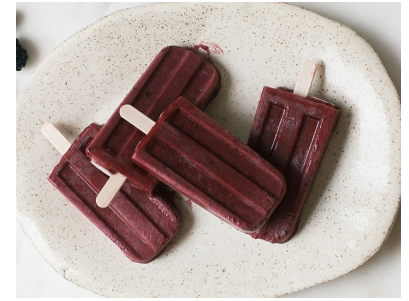
## Visit a Farmers Market

There is always something new to discover at your local farmers market. Whether you're seeking ingredients to elevate your dinner party recipes or beautiful handmade crafts, browsing the stands promises a rewarding experience. You never know what hidden gems you'll find!



**Dewitt Farmers Market**  
5400 Butternut Drive, East Syracuse, NY 13057

**Ithaca Farmers Market**  
Steamboat Landing, 545 3<sup>rd</sup> Street, Ithaca, NY 14850



## Blackberry Coconut Popsicles

### 10 Popsicles

These blackberry coconut popsicles will soon become your favorite after-dinner treat for the summer.

### Ingredients

- 1 pint fresh or frozen blackberries
- 1 (14-ounce) can of light coconut milk
- 1/4 cup white granulated sugar
- 1 teaspoon pure vanilla extract

### Directions

1. Add the blackberries, coconut milk, sugar, and vanilla extract to a blender. Pulse until smooth for about 1 minute.
2. Divide the purée amongst the cavities in your popsicle mold. Transfer to the freezer for about 1 hour and then insert the popsicle sticks (if you add them early on, they might not stand-up straight). Freeze for an additional 4 to 5 hours, ideally overnight.
3. To remove from the molds, run them under warm water until they release. Serve immediately.

## Foodie-guide

WCNY's monthly Foodie-guide looks at the best of PBS food content, recipes, cooking videos, and more!

Sign up today at [wcnyc.org](http://wcnyc.org).