

The Finger Lakes

Overview

The Finger Lakes region located in Upstate New York is best known for its eleven long, narrow lakes, rolling hills and small towns built around outdoor recreation. Offering a variety of food and wine along with outdoor activities, the Finger Lakes serve as a multigenerational destination.

Visitors come year-round to hike trails, explore waterfalls, paddle or fish on the lakes and visit wineries. Farm-to-table dining, local markets and seasonal festivals highlight the diverse culture within the Finger Lakes. With its combination of natural beauty and extensive cultural heritage, the region provides something for every visitor and continues to remain a standout destination in Upstate New York.

History

The Finger Lakes region was shaped by glaciers thousands of years ago, forming its 11 long, narrow lakes and the rolling valleys that define the landscape today.

The area has a deep history of early American settlement, agriculture and industry, with towns developing along the lakeshores to support commerce and trade. Additionally, the region played a role in significant social movements, including women's rights and the abolitionist movement, with historic sites preserving these stories for visitors.

Wine and Culinary

- More than 120 wineries, breweries and distilleries
- Seneca Lake Wine Trail is among the most visited wine trails in the Northeast
- Cool- climate varietals such as Riesling and Cabernet Franc
- Farm-to-table dining, orchard tours and local markets

Outdoor Recreation

- Over 1,000 miles of hiking trails
- Parks include Watkins Glen, Taughannock Falls, Letchworth, Canandaigua Lake State Marine Park
- Activities: boating, fishing, paddling, skiing, snowshoeing, cycling
- Public access points, marinas and nature preserves provide easy access for all visitors

Arts and Culture

- Museums: Corning Museum of Glass, Strong National Museum of Play
- Historic sites tied to women's rights, abolition and early settlement
- Annual music, craft and food festivals



Fast Facts

5M

Attracts more than 5 million
visitors annually



Supports more than 5,000 jobs
across the region



The Finger Lakes Region is committed to protecting lake water quality, supporting eco-friendly recreation and promoting responsible use of natural resources for current and future visitors

Contact us

