

# NEW YORK CITY & HUDSON VALLEY

## Eat, Drink & be Merry

7 DAYS / 6 NIGHTS

[learnbyadventure.worldstrides.com/new-york-trip](http://learnbyadventure.worldstrides.com/new-york-trip)



### DAY 1

#### *Welcome to the Big Apple*

- \* Fly into New York City. Arrival and Airport reception. A shuttle bus is booked for 4 hours of arrival with shuttle departing John F. Kennedy International Airport every ninety minutes 11am, 12:30pm, and 2pm.
- \* 2pm: Walking Tour – Explore the local surroundings with fellow travelers. After dropping bags at the Sheraton New York Times Square, guests can take to the streets of New York. With iconic New York landmarks like Rockefeller Center and the Museum of Modern Art just blocks away, kicking the trip off right simply involves donning a pair of comfortable shoes and exploring.
- \* Check-in. Guests receive a “Welcome to New York” Package in their room of local treats, important itinerary meeting times/places and bottle of wine.
- \* Welcome cocktail ‘Meet and Greet’ reception. Assemble in the hotel to meet your fellow travelers before heading off to our luxury dinner cruise brought to you by Bateaux – New York’s premier dinner cruise operator. Guests will indulge in a delicious 3-course dinner during the cruise on an all-glass boat around New York City that offers an up-close look at the Statue of Liberty and other famed sites. As a live pianist plays relaxing music, guests take in the immense view of one of the world’s great cities and enjoy a delicious pre-set dinner by the on-board executive chef.
- \* After dinner, you are free to explore the nightlife of New York in the heart of Times Square.



### DAY 2

#### *Food & the City*

- \* Breakfast at Hotel.
- \* 9.30am: Take a tour of New York’s iconic Empire State Building. Your trip advisor will guide you through the experience and make sure you get the most out of the exhibits on the 2nd and 80th floors. The ninety-minute experience will culminate with fantastic views of the city from the 86th Floor Observatory. Even the most novice of photographers will capture a postcard-esque shot of New York.
- \* Lunch at Hudson Yards. New York’s hottest city within the city - Hudson Yards has become the cultural center of Manhattan’s New West Side. Enjoy some food, do some shopping, and really get a feel for new New York.
- \* 2.30pm: Walk the High Line. After the group is done with lunch and some light shopping, you’ll walk the High Line – a public park built on a historic rail line elevated above the streets of Manhattan’s west side. The group will meander to Chelsea Market for an afternoon beverage while taking in a slightly different view of Manhattan.
- \* After an early happy hour, it’s back to the hotel to decompress and allow guests to explore the city and grab dinner on their own.

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### DAY 3

#### *Travel to Hudson Valley*

- \* Breakfast at Hotel. Late check-out and board motorcoaches.
- \* 11.30am: Trip to Hudson Valley. During the approximate 2-hour bus ride to the Hudson Valley region, your trip advisor will introduce you to the history of the region including some of its famous residents like the 32nd President of the United States – Franklin Delano Roosevelt. Equally important, they will preview your culinary cavalcade of experiences: Culinary Institute of America's famed bootcamp, the origins of the farm-to-table movement, and the many wineries that now call the Hudson Valley home.
- \* Stop at the hotel (Residence Inn Poughkeepsie) to check-in, change, and grab a quick snack.
- \* 5:00pm: Kickoff your time in the Hudson Valley with a private wine tasting at one of the regions newest and most acclaimed wineries. At Milea Estate Vineyard you'll experience the Hudson Valley at its finest. You'll enjoy world-class wines, some paired with exquisitely crafted chocolate. Then you'll round out the evening with a dinner catered by one of the Culinary Institute of America chefs overlooking the stunning grounds of the vineyard.

### DAY 4

#### *Don Your Toque*

- \* Breakfast at the hotel.
- \* 7.30am: Culinary Institute of America – Mediterranean Cuisine Bootcamp I. Don your chef's jacket and go to work! Under the guided supervision of Chef Instructors from the Culinary Institute of America, guests will learn to cook, bake, and think like a professional chef – all while preparing an amazing lunch in one of the CIA's professional teaching kitchens. Part chef skills development, part confidence building, and a whole lot of flavor, this guided experience is an unforgettable culinary adventure for the senses. Day one of the bootcamp will focus on foods from Italy and Greece; keeping with one of the CIA's focus areas – to promote healthy living through responsible cuisine like that found in the Mediterranean region.
- \* Transfer back to hotel to freshen up.
- \* 4:00pm: Take a guided walk over the Hudson State Historic Park. Your advisor will lead the way as you walk the 1.28-mile-long Walkway Over the Hudson River. The views of the river and of the Hudson valley don't get any better. Built on the former Poughkeepsie-Highland Railroad Bridge, this steel cantilever bridge connects Poughkeepsie with Highland across the Hudson. Take your time walking across this pedestrian pathway, stopping at various points to learn about the bridge's history, enjoy views of the villages on the riverbanks, and get some fresh air.
- \* After a long day, we've left this evening open for you to explore on your own or simply kick your feet up and relax. Some options include the FDR Library / Museum or dinner/drinks at one of the many local eateries in Rhinebeck.

### DAY 5

#### *Farm to Table to Mouth*

- \* Breakfast at the hotel.
- \* 7.30am: Culinary Institute of America – Mediterranean Cuisine Bootcamp II. Back at it bright and early. Now that you know your way around the CIA kitchen, let's see those skills in action. Guests will again take direction from CIA's acclaimed Chef instructors as they collectively develop another amazing themed lunch. Day Two of the CIA Bootcamp will focus on foods from Spain.





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- \* Transfer back to hotel to freshen up.
- \* 5.00pm: Customized Front and Back of the House experience at American Bounty Restaurant. Guests will visit one of the Culinary Institute of America's acclaimed restaurants that is focused on the Farm to Table Movement. American Bounty features regional and seasonal products and serves contemporary and traditional dishes in a casually elegant atmosphere.

### DAY 6

#### *Chef's Table Dinner*

- \* (late) Breakfast at the hotel/lazy morning/checkout.
- \* 11.30am: Bus Trip back to the City. Get back on the bus, Gus! Say goodbye to the Hudson Valley and hello again to the big city. After a relaxing morning, we'll travel back to Manhattan for the last afternoon and night of our experience.
- \* Check back in at the Marriott Marquis and grab a quick bite. But don't overeat!
- \* 2:00pm: Walking Food Tour of Greenwich Village. Guests will put on their comfortable walking shoes and strap on their feedbag – this curated walking tour through the West Village will include a lesson in culture and how food has shaped the development of this region of the city. They say you can eat culture – we'll find out but please save room for dinner!

- \* Transfer back to hotel to freshen up.
- \* 7:00pm: Chef's Table. To round out your experience, we'll arrange a Chef's Table dinner complete with small bites and big flavor. Placing focus squarely on the food and the dining experience, we'll arrange a small gathering where the chef of a gastropub will discuss each dish with guests as they enjoy this culmination to the culinary tour.

### DAY 7

#### *Departure*

- \* Breakfast at the hotel/checkout/depart.
- \* Transfer to JFK International Airport.
- \* Wave goodbye as your plane takes off.



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## INCLUSIONS

- \* Transportation to and from airport
- \* Activities listed in itinerary
- \* Daily breakfasts at hotel and select other meals
- \* A full-time professional bilingual World Strides Tour Director
- \* Hotels as noted, double occupancy
- \* Transportation between locations

## EXCLUSIONS

- \* Travel to and from New York City
- \* Any activity or meal not specified in itinerary

## PRICE (BASED ON DOUBLE OCCUPANCY)

- \* \$5,495