TO DOUBLE YOUR FUN AND HAVE A WINNING TIME IN BUFFALO COME BEFORE AND/OR STAY AFTER THE GREATEST NASPA TOURNAMENT EVER!

Did you know that in the late 1800's Buffalo, New York was one of the largest and wealthiest cities in the country? Well, that's not true anymore but it's still one of the greatest! There is literally something to please everybody on the shores of Lakes Erie and Ontario in the US and Canada. Discover unique and interesting places in this grand old city. Lots of things to do at no cost, zip, nothing, nada!

>https://www.youtube.com/watch?v=2ghiPzSaUDU - 'Buffalo-A sense of Place'

Drop into the Buffalo Niagara Visitors Center in the Market Arcade Building, 617 Main St., Mon-Fri, 10am-4pm, for maps and event planning help, (716)852-0511, <u>visitbuffaloniagara.com</u> Other websites to help you plan your trip: <u>buffalotours.org</u> and <u>explorebuffalo.org</u> or click on the favorite sites categorized below.

For those who love art, culture, history, architecture, music, tours, theater, and good food or for those who want to explore Buffalo with some local folks, visit <u>meetup.com/buffalo</u> and enjoy a fabulous time with nice people who share similar interests. (This website requires a sign-up.)

If you think you're smelling Cheerios when you wake up in Buffalo, its OK, you're not imagining things. Take a Buffalo River cruise around the grain elevators and the General Mills Plant that makes the Cheerios while you're here. (see HISTORY BUFFS below)

The "GUSTO" is published in the Thursday edition's of *The Buffalo News* (<u>buffalonews.com</u>). It has listings for the theaters and music venues as well as myriad events listed by topic. Pick up a FREE copy of *Artvoice* (<u>artvoice.com</u>) for events listed by day of week. Distributed on Thursdays, it can be found at hotels and many commercial establishments around town.

- * Sites preceded by an asterisk (*) indicate the venue is out of the city, up to 90 miles away.
- + Sites preceded by a plus (+) indicate the venue is in or close to the downtown area.
- > Sites preceded by an arrow (>) indicate sneak previews, video-essays for the faint-hearted who need more insight on an event before committing themselves.

FREE Ride the Rapid Transit from the terminus at the foot of Main St. to Buffalo's Theater district. This is the part of the route that is above ground. Buy tokens for underground ride at stations.

ARCHITECTURE

Buffalo has some unique architectural gems. See buildings designed by F. L. Wright, L. Sullivan, Green & Wicks, L. Bethune, Dietel & Wade, R. Upjohn, et al.

+Pick up the booklet "Walk Buffalo" for a FREE self-guided 2.5-mile tour at the visitors center, 617 Main St.

Meet at the same location seven days a week at 10:00 am for a guided tour of the Queen City (cost \$10 adults, \$5 students). No reservations necessary unless a group of 10 or more. Visit <u>buffaloarchitecture.org</u> for a list of the FREE youth and family tours and programs or PreservationBuffaloNiagara.org for info on the city's historical sites and programs.

- + FREE tour of Buffalo City Hall every weekday at noon. Climb the tower for a super city view.
- * ALL WRIGHT! Take a trolley tour to all six Frank Lloyd Wright designed structures in WNY. Fri, Aug 8, 8:30-5:15, cost \$125. (716)856-3858, <u>darwinmartinhouse.org</u> or <u>forest-lawn.com</u>.
- >https://www.youtube.com/watch?v=0 W7HVYyJFw&list=PL3826 Architecture Done Wright
- >https://www.youtube.com/watch?v=sBsi5FGbY2Y 'Buffalo America's Best Designed City

ARTS AND CULTURAL

Venues and events too numerous to list. See Gusto or Artvoice as noted above.

ALBRIGHT-KNOX ART GALLERY 1285 Elmwood Ave, (716)882-8700, Est. 1862 is renown worldwide for its modern and contemporary art. <u>albrightknox.org</u>

BURCHFIELD-PENNEY ART MUSEUM 1300 Elmwood Ave, SE corner of Buffalo State College, across the street from the Albright-Knox. A unique feature of this museum is its front facade. The sweeping curve of the Burchfield Penney's exterior is a projection surface, creating the world's first permanent environmentally-responsive, outdoor audio and video environment. Installations are curated from image and sound art created for this project, as well as from the Center's collection. (716)878-6011, Adults \$10, burchfieldpenney.org

Buffalo has an eclectic art community with many small private art galleries. Allen Street between College St and Main St is a big part of the art scene. As you walk down the street, look for the buildings with murals painted on them. <u>allentown.org</u>.

*Southeast of the city is the village of East Aurora, home of Elbert Hubbard and the Arts and Crafts movement. If you go be sure to check out Vidlers's 5 &10 Store. It has bacon-flavored dental floss, bacon mints, bacon wallets and 75,000 other hard-to-find items. roycroftcampuscorporation.com

>voutube.com/watch?v= XWAT9ZJsel "Vidler's 5 & 10"

>youtube.com/watch?v=6pwoJHR7w-g&list=PLgDX2WOHPtsBvobAUt27wnLlkW3lvrx2K

BASEBALL

+Catch the Buffalo Bison AAA Baseball Team at work. Coca Cola Field, Washington and Swan Streets, Fri 8/1, Mon 8/11 - Thur 8/14, and Tues 8/19.

All games start at 7:05pm, tickets cost \$7.00 - \$12.00. www.milb.com/?sid=t422

+FREE movie night Thur 8/7, 7pm, Walt Disney movie "Frozen" www.milb.com/?sid=t422

BEER BURPERS (see FOOD AND BEER)

BIKING

+FREE. The Buffalo Niagara region has some of the nicest bike paths in the USA! Every year a group of hearty souls bike along the Erie Canal from Buffalo to Albany, the state capitol, 300 miles away. But just stick around town and pedal along the river and lake. Both Ontario, Canada and WNY have dedicated walking and biking trails.

WNYtours.com offers tours on Sat & Sun at 9am and 1pm, on Wed at 6pm. Cost \$35.00 includes equipment.

On your on, check out http://929jackfm.com/buffalo-bike-paths/, mapmyrie.com, gobike-buffalo-bike-paths/, mapmyrie.com, gobike-buffalo-bike-paths/, mapmyrie.com, gobike-buffalo-bike-paths/, mapmyrie.com, gobike-buffalo-bike-paths/, mapmyrie.com, gobike-buffalo-bike-paths/)

Buffalo River Bike Tour from Mutual Riverfront Park, Wed, August 6, 5:30-8 pm. Bring your own bike and helmet. Join Riverkeepers as they pedal through the Historic Old First Ward, past Canalside, and on to the beautiful Outer Harbor. We will make stops along the way and you will lean about the natural and human history of the Buffalo River and Riverkeeper's efforts to protect and preserve this important resource. bnriverkeeper.org, (716)852-7483. Reservations required.

BOATING (see WATER)

BOOK LOVERS

+FREE The main library for Buffalo & Erie County is at One Lafayette Square (427 Washington St). It is open from 8:30 am to 6:30 pm (closed Sundays). Visit the Mark Twain Room to see the original handwritten manuscript of The Adventures of Huckleberry Finn. There is currently an exhibit of rare books and pop culture items. Drop in on Tuesday Aug 8, from 12-1pm to catch a presentation on editorial cartoonist Bruce Shanks. HUGE USED BOOK SALE, Thur 8/7 - Sat 8/9... EVERYTHING 50\$\Display\$. buffalolib.org

CANALSIDE

+There is always something to do, even if it's just chilling out in an Adirondack Chair, at Buffalo's Waterfront at the foot of Main St. It is the last stop on the RapidTransit - Erie Canal Harbor Station. www.canalsidebuffalo.com

FREE Christopher Durang comedic one-act plays, Wednesdays thru Aug 27, 5:30-6:45pm, Canalside ruins near the Commercial Slip. www.canalsidebuffalo.com

FREE Power Yoga, Fri, 8/15 & 8/23, 6pm-7pm, Sats, 10am-11am til Aug 23; Suns, 10am-11am.

FREE Concerts every Thursday, 6pm-10pm. On Thur Aug7, The Buffalo Philharmonic Orchestra in a rock tribute will perform the music of Michael Jackson and Earth, Wind & Fire. Aug 14 features MOBY. www.canalsidebuffalo.com or buffaloplace.com

CASINOS AND GAMBLING

Buffalo Creek Casino, 1 Fulton St, (877)873-6322, senecabuffalocreekcasino.com

DRUMS AND MORE DRUMS

The top drum corps in the world will compete for the "Tour of Champions" title. Sun, Aug 3, 7:00pm, Robert Rich All High Stadium, 2885 Main St., Tickets \$17-\$40. drumsalongthewaterfront.org

FARMERS MARKET & VEGFEST

+Country Market is set up on Main St. between Court and Church streets, 8am - 2:30pm, Tuesdays and Thursdays. A bounty of fresh produce and locally produced goods is available for sale.

VegFest, for those who do not embrace the meat-on-the-grill mentality, Delaware Park, Marcy Casino, 199 Lincoln Pkwy, Sat Aug 3, 11am-6pm, FREE, (716)465-3927, wnyvegfest.com

KAZOOS

*Original American Kazoo Company, est. 1916 in Eden, NY. Make your own kazoo, tour the museums extensive kazoo collection. Open Tues-Sat 10am - 5 pm. (716)992-3960, edenkazoo.com

MACABRE

MUMMIES OF THE WORLD, magical and mythical exhibition Buffalo Museum of Science, Sun-Wed 9am-5pm, sciencebuff.org Tickets required.

FOREST LAWN CEMETERY, 1411 Delaware Ave at Delevan Ave. Established in 1894 it is WNY's largest arboretum with over 100 varieties of trees. Stories of Life. Stories of Love. Stories of Death. Many tours available throughout August. There is a charge for tours (about \$15) but entry onto the grounds for a walk or picnic is always FREE. (716)885-1600, forest-lawn.com

Crime and Scandal Tour, Sunday, Aug 17, 10am -12pm, Meet at Spot Coffee, 227 Delaware Ave. Cost \$10. Discover why Buffalo was one of the centers of Prohibition evasion during a tour that starts in a former Red Light district and revisits famed haunts including a former Ku Klux Klan headquarters, the site of a triple hanging and the office of a philandering president. buffalotours.org

+Experience the spooky dark side of the harbor, ts ghost ships, spirits and ghouls that haunt the region. Sat evenings in Aug, 10pm - 11:30pm, \$15, Start at Clinton's Dish at Canalside, reservations necessary, http://buffalohistorytours.com/buffalo-ghost-tours

MUSIC

FREE concerts Thursday evenings at Canalside. (see <u>canalsidebuffalo.com</u> or above). See DRUMS above.

FAMILY ACTIVITIES

FREE Movie Night Thur 8/7, 7pm, "Frozen" at Coca Cola Field, www.milb.com/?sid=t422)

FREE Exercise like the Animals, Mon and Wed 11 am til Aug 20, meet at Canalside, great for ages 3-7, www.canalsidebuffalo.com

AMUSEMENT PARKS

*Erie County Fair is celebrating its 125th Anniversary so the activities planned are nothing short of spectacular! Lady Antebellum, Dierks Bentley, Bridgit Mendler and John Fogerty and Nik Wallenda will be there. Will you? The Fairgrounds, Hamburg, NY, Wed Aug 6 - Sun Aug 17, 11am - 11pm. (716)649-3900, adult \$10, kids under 12 FREE, ecfair.org

*Martin's Fantasy Island, Grand Island, NY, martinsfantasyisland.com

BUFFALO CHALKFEST

+Fun-filled event with sidewalk-chalk artwork contest, live performances and food trucks. 500 Block of Main Street. Experienced artists and kids mix it up competing for prizes for drawings made based on a Dr. Seuss theme on the huge sidewalks. Chalk is FREE! Sat 8/3 & Sun 8/4, 11am-7pm. Find the exact timeline for games and prizes at chalkfestbuffalo.com.

FIZZ! BOOM! READ!

+FREE Buffalo & Erie County Public Library will be stationed at Canalside for storytelling and craft programs from 11am to 1pm on Thursdays through August. <u>BuffaloLib.org</u> More info under BOOK LOVERS.

BUFFALO ARCHITECTURE FOUNDATION

Free Youth + Family Tour: Parkitecture, Aug 2, 11am - 12pm, Meet outside the Albright-Knox Art Gallery at 1285 Elmwood Avenue. The tour will include Albright-Knox Grounds, Marcy Casino, & Rose Garden <u>buffaloarchitecture.org</u>

EXPLORE AND MORE CHILDREN'S MUSEUM

Fisher Price, 300 Gleed Ave, East Aurora, Wed-Sat 10am- 5pm, Sun 12-5pm, Cost \$5 Interactive Fisher Price toys. <u>exploreandmore.org</u>

Free Youth + Family Tour: Colors + Materials, Aug 9, 11:00am - 2:00pm,

+Meet outside the Robert Jackson Federal Courthouse at 2 Niagara Square Tour will include Federal Courthouse, City Hall, & City Court, <u>buffaloarchitecture.org</u>

^{*}Darien Lake Amusement Park featuring high-wire daredevil, Nik Wallenda, darienlake.com

*Penn Dixie Paleontological & Outdoor Education Center, Hamburg, NY (716)627-4560, normal hours Mon-Sat 9-4, Sun 11-4. All can have fun digging for fossils, \$7/adult, \$6.00/child, Aug 9, 5pm-11pm, Mid-summer's Night Adventure Annual Fossil and Astronomy Night. Bring a flashlight, kids get glow sticks, penndixie.org.

FOOD AND BEER LOVERS

Food lovers will swoon over the delicious food found in the Queen City. You can't go wrong avoiding the chains and eating in the local restaurants. Try a Buffalo Fish Fry or our famous 'Beef on Weck'

CRAFT BEERS

Pearl Street Grill & Brewery, 76 Pearl St. (716)856-2337, <u>buffalobrewerydistrict.com/pearl/node/29</u> >https://www.youtube.com/watch?v=Vu16fLC9J6U

FOOD TRUCK TUESDAYS

Larkinville, 745 Seneca and Van Rensselaer streets, 5 to 8 pm on Tuesdays. Up to 30 food trucks, live music, local produce, beer and wine. www.larkinsquare.com

>https://www.youtube.com/watch?v=C A1IHSbYLI - 'Larkin Square'

ANCHOR BAR: HOME OF THE ORIGINAL BUFFALO CHICKEN WINGS 1047 Main Street, Jazz Thursdays at 7pm, (716)884-4083, anchorbar.com

DINOSAUR BAR-B-CUE, 301 Franklin, (716)8801677, www.dinosaurbarbque.com/locations/ buffalo

SUN FOOD MARKET AND BURMESE RESTAURANT

1989 Niagara St.,(716)447-0202 sunfoodmarket.net

VERA PIZZERIA

220 Lexington, (716)551-6262, www.verapizzeria.com

> youtube.com/watch?v=MVyKlossWvs&list= "For People Who Like to Eat & Drink

GOLF

Go to visitbuffaloniagara.com, Things To Do / Sports and Outdoor Recreation / Golf

HIKERS

Great hiking around Niagara Falls. Other sites also within an hour's drive including state parks. <u>alltrails.com/us/new-york/buffalo</u>

HISTORY BUFFS (See MUSEUMS)

+Buffalo River tour show off Buffalo's historic side. The two-hour multimedia tours begin with the Erie Canal and then focus on the Grain elevators and the Buffalo River. Two tours on Sat, Aug 2nd, on Sun Aug 17, 12:30pm -2:30pm, cost adults/\$18, children/\$12. Reservations strongly recommended (716)856-6696, buffaloharborcruises.com.

>buffaloindustrialheritage.com

Check out the Founding Fathers Pub, 76 Edward St. Think you're a know-it-all? Prove it! On the first Tuesday of every month Pub owner, Michael Driscoll, hosts Trivia Night. foundingfatherspub.com

President Theodore Roosevelt was inaugurated in Buffalo after President William MCKinley died

from a gunshot wound inflicted at the Pan American Exposition.

>https://www.youtube.com/watch?v=KywUqP2XyQI

HORSE LOVERS

*The largest carriage-driving show in the world takes place Aug 6-10, in Pittsford, NY (90 min drive just East of Rochester). walnuthillfarm.org

*Fort Erie Race Track, Ft. Erie, Ontario, Canada. Live thoroughbred racing on Sundays (post time 2pm) and Tuesdays (post time 4:15pm) forterieracing.com Note: must have valid passport or enhanced driers license to cross the border. Sorry to say harness racing at the Buffalo Raceway closed for the season in July.

MILITARY (See MUSEUMS, Buffalo Naval Park, Fort Niagara, Fort Erie)

LIVE THEATRE

FREE SHAKESPEARE IN THE PARK, *The Comedy of Errors,* Delaware Park Rose Garden, 7:30 nightly, except Mondays, thru Aug 17. Bring your own seating & a jacket. (716)856-4533, shakespeareindelawarepark.org

MUSEUMS

+BUFFALO NAVAL PARK and MUSEUM, foot of Main and Pearl Streets

Tour the USS Little Rock, a guided missile cruiser; USS Croaker, a submarine; USS The Sullivans, a destroyer.

Fri, Aug 15, 1pm, Navy Salute to Service Week Opening Ceremony. Throughout the day there will be a Navy Speaker Series, Drill Team and Static Displays. (716)847-1773, buffalonavalpark.org

BUFFALO HISTORY MUSEUM, Elmwood Ave and Nottingham Terrace. Hours and prices vary, contact the museum. Parking is free.

FREE admission to the museum and Antique and Classic Car Show, Sun 8/3, 12pm - 4pm. FREE admission on the third Friday, Aug 15, 10am-5pm, guided tour 1pm, for more info: (716)873-9644, buffalohistorymuseum.org

- +BUFFALO TRANSPORTATION PIERCE-ARROW MUSEUM, 263 Michigan Ave. (716)853-0084, includes the Buffalo Filling Station by Frank Lloyd Wright and the Pierce-Arrow cars manufactured in Buffalo. Thurs-Sun, 11am -4pm, Adult/\$10, child/\$5. pierce-arrow.com
- +NASH HOUSE MUSEUM, 36 Nash St. and Michigan Avenue Baptist Church were part of the Underground Railroad that helped slaves escape to Canada and freedom. Call 716-856-4490 to schedule appointment, www.nashhousemuseum.org

BUFFALO NIAGARA HERITAGE VILLAGE, 3755 Tonawanda Creek Rd., Amherst. Kid friendly, many reconstructed historic buildings to explore. (716)689-1409

Enjoy the sweet sounds of the Amherst Symphony Orchestra at this historic site! This **FREE** event will occur rain or shine, Friday, August 8, 2014, 6:30pm.

Also hosting a Scottish Festival and Highland Games on Sat, Aug16, 10am - 6pm, bnhv.org

OLD FORT NIAGARA, 15 minutes north of Niagara Falls, (716)745-7611, Soldiers of the American Revolution reenact battles and war-time events on Sat and Sun, 8/2 & 8/3, 10am - 4pm, oldfortniagara.org

NIAGARA FALLS, NEW YORK

No visit to Western New York would be complete without a visit to this world-famous site. The

American side of the Falls has a more natural park environment while the Canadian side is more commercial. *Passport or enhanced driver's license necessary to reenter the US*. Approx. 20 min drive but border crossing to Canada can be time consuming. There are always numerous activities taking place on both sides of the border.

Niagara Falls State Park is America's oldest state park. Visit their website to get the most up-to-date info & discounts. **niagarafallsstatepark.com**

SCRABBLE LOVERS first, last and always!

BUFFALO SCRABBLE CLUB meets on Thursday evenings at 6:30pm, Kenmore Baptist Church, 10 Wardman Road, Kenmore. FREE for first-time visitors, three games are played and players are matched up by the director, Joan Tondra. Refreshments are available. On 8/7/14 there will be a FREE pot luck supper at 6pm for players entered into the NASPA Tournament, reservations necessary, call Joan (716)847-0391, or email ardnotj8@roadrunner.com.

SHOPPING

ELMOOD AVENUE from Allen St to Forest Ave

LARKIN SQUARE, 745 Seneca St., Thursdays til Sept 18, 4pm-7:30pm. 60 booths with local food, produce, artists, crafter, vintage beer and wine. Live music.

WESTSIDE BAZAAR, 25 Grant St., Tues-Thur 11am-7pm, Fri & Sat 11am-8pm, Sun & Mon closed. World market place, immigrants and entrepreneurs have unique booths of food, clothes jewelry, instruments, etc. westsidebazaar.com

GALLERIA MALL, Walden near Union Rd., (716)681-7600, www.waldengalleria.com

WATER LOVERS Indulge in the beauty of Buffalo's Great Lake. Grab your sweetheart, your friends, even your kids, and relax on the water. Some hearty souls may try to get to the Buffalo Scrabble Tournament by boat, but you can rent one when you get here.

CRUISING All aboard! when the Miss Buffalo leaves the Erie Basin Marina for the Niagara River, Buffalo Canal & Lock cruise, Tues-Sun, 12:30-2:30pm or 3:00-5:00pm, call (716)856-6696 for costs and additional times. (See HISTORY BUFFS above) Discounts. <u>buffaloharborcruises.com</u> or buffaloindustrialheritage.com

CANOEING Regional experts on hiking, backpacking, camping and paddle sports. Every employee is a New York State licensed tour guide. Paddle Ellicott Creek on Tuesday evenings FREE (if you have your own boat, \$25 if not).

Monday, 8/18, 6-9pm Buffalo River paddle (\$30 w/o a boat, \$20 w/your boat) Reservations a must for both (716)213-0350. pathspeakspaddles.com

FISHING Bring a pole and some lures or buy fresh bait at the Small Boat Harbor and get a line wet. If you're lucky you might even catch a fish.

For guided fishing charters go to <u>visitbuffaloniagara.com</u>, Things To Do / Sports and Outdoor Recreation / Fishing Charters.

KAYAKS AND SUPS (Stand Up Paddle Boards), (716)228-9153, <u>bfloharborkayak.com</u> for rent at Canalside

SAILING Enjoy a 2-hour sunset sail. Breeze by the city and enjoy the unparalleled views, as the day fades away. <u>sevenseassailing.com</u> 128 Fuhrmann Blvd.; (716)880-5154.

SCUBA DIVING on old ship wrecks. http://www.meetup.com/WNY-Scuba-Divers/eventsdipndive.com, phoenixscuba.com, pro-scuba.net

WATER BIKES, for rent at Canalside, (716)681-4643, www.waterbikesofbuffalo.com

SWIMMING, Most swimming is not allowed around the waterfront because of the boats and strong currents.

WALKERS AND GREAT VIEWS

Wear sneakers or very comfortable walking shoes. There is much to see and do on foot.

+FREE Tour Buffalo City Hall at Niagara Square, Weekdays at noon, year round. Be sure to walk up to the top of the tower for an expansive view of Buffalo and Lake Erie.

Pick up maps and walking guides at the visitor's center.

SO SCRABBLE BUFFS do you think you're ready for Buffalo? We're here to welcome you with open arms. Please take the time to experience Buffalo before and after the tournament. If you think you're ready for the Queen City here's two more websites for you to check out:

- > https://www.youtube.com/watch?v=IMx6MO1IZCc "Are You Right for Buffalo?"
- > https://www.youtube.com/watch?v=fL7eXnlqUV4 "The Great Blizzard of 1977

HOPE YOU EXPERIENCE A GREAT TIME WHILE YOU ARE HERE! SEE YOU SOON!

PS. If you did not find an activity to tickle your fancy, check around because it's probably somewhere in the greater metro area. Here are just a few more not listed above because the list is getting too darn long:

The Buffalo Zoo, Riviera Theatre and Herschell's Carrousel Factory Museum in North Tonawanda, Bowling Lanes, Jet boat rides on the Niagara River, Bingo Parlors, Chicken Wing Festival, Skateboard Parks, Nightspots with live music (check out Chippewa St or the SkyBar on Franklin after dark...last call 4am), Thunder Rocks, Zip lines, et al.

There are tons more but you'll just have to come back in one of Buffalo's other three seasons to enjoy them all.