

**Assemblyman Al Stirpe:**

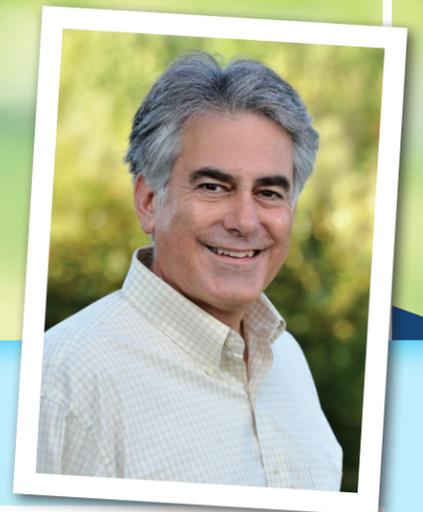
*Look inside to learn more about  
CNY Staycation  
opportunities*

## Assemblyman Al Stirpe: Get outdoors to enjoy summer and fall fun



“There’s nothing like summer and fall in Central New York, both of which are brimming with opportunities to take advantage of all the natural beauty our region has to offer. From hiking and biking, to sampling locally grown food, there’s a lot of fun to be had while remaining socially distanced.

*Al Stirpe*



**Questions? Concerns?** My office is here to help.  
Assemblyman **Al Stirpe**

7293 Buckley Road, Suite 201, N. Syracuse, NY 13212 • 315-452-1115  
StirpeA@nyassembly.gov  @StirpeAl  Facebook.com/AssemblymanAlStirpe

# CNY Staycation: Get outdoors and explore

## Safety tips: Play Smart, Play Safe, Play Local

Due to COVID-19, many vacation plans were put on hold, but that doesn't mean we can't have fun in our own backyard. The summer and fall seasons are the perfect time to enjoy a Staycation right here in Central New York. While everyone is encouraged to enjoy some outdoor fun, it's critical to take the proper safety measures that will keep you and others safe from the ongoing COVID-19 pandemic. Residents are also asked to remain aware of reduced parking and restrooms as well as 50% capacity at beaches, and to wear face coverings when social distancing cannot be maintained.



While enjoying time at parks, residents should also:

- avoid games and activities that require close contact, such as basketball, football or soccer
- prevent children from using playground equipment, including slides, swings and other frequently touched surfaces
- refrain from sharing equipment, such as bicycles, helmets, balls or Frisbees; and
- never park alongside the road or in other undesignated areas if a parking lot is full

To better comply with safety protocols, many parks have been given capacity limits in order to keep residents safe. Residents are asked to keep alternate plans in mind in case a chosen park reaches capacity.

Daily updates can be found at New York's Parks, Recreation and Historic Preservation website at [parks.ny.gov/parks](http://parks.ny.gov/parks). Websites such as 511NY (511ny.org) and mobile apps such as New York State Parks Explorer can also provide capacity closure alerts and ideas for alternate plans.

## Local Parks and Trails

Central New York is known for its natural beauty and wide variety of outdoor opportunities. Below are several state parks that everyone is encouraged to make use of during the summer and fall:

### Pratt's Falls Park (Manlius)

A county park with scenic trails that lead to a 137-foot waterfall.

### Onondaga Lake Park (Liverpool)

Nestled on the shoreline of Onondaga Lake, the park has four trails – East Shore Recreation, Shoreline Walking, Lakeland Nature and West Shore trails – ideal for skating, walking and bicycling.

### Oneida Shores Park (Cicero)

Featuring great views of New York's largest inland lake, the park offers a relaxing waterfront environment.

### Old Erie Canal State Historic Park (from DeWitt to Rome)

A 36-mile stretch of the Erie Canal made up of woodland and wetland that's perfect for hiking, picnicking, horseback riding, bicycling, canoeing, fishing and snowmobiling.

### Jamesville Beach Park (Jamesville)

A county park that provides access to Jamesville Reservoir and Butternut Creek, including 100 yards of lifeguarded waterfront.

### Green Lakes State Park (Fayetteville)

The park features two glacial lakes, pavilions, golf courses, trails for hiking and biking, disc golf and swimming.

Residents can keep up with the latest COVID-19 updates by visiting [www.onondagacountyparks.com/about/coronavirus](http://www.onondagacountyparks.com/about/coronavirus).

## Local farmers markets and mobile markets

Visiting a farmers market is a great way to spend time outdoors while also helping support local entrepreneurs and boost our region's economy. The list of markets below also includes benefits programs that are accepted at each location, including the FreshConnect Program for Supplemental Nutritional Assistance Program (SNAP) participants, and veterans, service members and their immediate families. In addition, the state Department of Health also offers assistance through the Farmers' Market Nutrition Program (FMNP) for families and children, and for seniors.

### Fayetteville Farmers Market

Fayetteville Town Center, 504 Burdick St.  
Thursdays, 12 p.m.- 6 p.m.  
May 7-October 22  
FMNP Accepted • FCC Accepted  
[fayettevillefarmersmarketny.com](http://fayettevillefarmersmarketny.com)



### Emmi's Farm Market - Liverpool

1401 Buckley Rd., Liverpool  
Mon-Sat 10 a.m.-6 p.m., Sun 10 a.m.-3 p.m.  
July 5-September 4  
FMNP Accepted • FCC Accepted  
[emmifarms.com](http://emmifarms.com)

### Bayberry Plaza Farmer's Market

Kinney Lot, 7608 Oswego Rd., Liverpool  
Wednesdays 8 a.m.-2 p.m.  
May 6-October 31  
FMNP Accepted • FCC Accepted  
[bayberryplaza.com](http://bayberryplaza.com)

### Syracuse Farm Fresh Mobile Market

Contact market for locations & times,  
315-345-0600  
Year-round  
SNAP Accepted • FMNP Accepted • FCC Accepted  
[ssinterfaithcdc.org/projects/farm-fresh-mobile-market](http://ssinterfaithcdc.org/projects/farm-fresh-mobile-market)

### Central NY Regional Market Authority

2100 Park St., Syracuse  
Thursdays, Saturdays and Sundays 7 a.m.-2 p.m.  
May-November  
SNAP Accepted • FMNP Accepted  
FCC Issued • FCC Accepted  
[cnyregionalmarket.com](http://cnyregionalmarket.com)

