



The 12 Best Things to Do in Upstate NY with Your Kids

Going on a family vacation to Upstate New York? Check out this list of the 12 best things to do in Upstate NY to create family memories that last a lifetime.



- With over 200 state parks as well as historic monuments, Upstate New York is an outdoor paradise. Mountains, waterfalls, and stunning forests all blanket this beautiful state and there are plenty of options for a family vacation.
- No matter what age your kids are, there are so many things to do in Upstate NY that are perfect for all kinds of family adventures. With kid-friendly attractions, exciting museums, and even water parks, the hardest part will be choosing where to go.
- We've made this list so it's easy for you to narrow down your choices. Upstate New York is a dream destination during any season and you'll love it so much, you'll want to come back each year.

Let's take a look at the best things to do with kids in New York State.

1. Take a Walk in the Tree Tops

On the edge of Tupper Lake in the incredible Adirondacks is the Wild Center. This adventure-filled center is all about having fun and learning in the natural world set in beautiful surroundings.

Their top attraction is the [Wild Walk](#), where the whole family can walk up into the treetops and get a bird's eye view of the forest below. This canopy platform walk gets you right up in nature and the children will learn so much about animals and trees.

2. Adirondack State Park

The Adirondacks stretch over six million acres across Upstate New York and provide a whole wealth of things to do with your family. From hiking and biking to canoeing and rafting, spending your vacation in [Adirondack State Park](#) will be unforgettable.

3. National Baseball Hall of Fame

Got any baseball fans in the family? [The museum](#) here will blow you away and get right to the heart of one of America's biggest sporting traditions. You'll be taken through the entire history of this wonderful game and see artifacts, uniforms, and uncover baseball's story.

The Hall of Fame also runs events throughout the year and has a shop to pick up any souvenirs.

4. Seabreeze Amusement Park

On the shore of Lake Ontario in Rochester, the [Seabreeze Amusement Park](#) is a fantastic destination on your family vacation. This sprawling park has water slides for every age group as well as dry rides and attractions.

Spend the whole day here with picnic areas, restaurants, and plenty of space to relax.

5. Six Flags Water Park

One amusement park not enough? Head to Lake George and the [Six Flags Great Escape Water Park](#). This park has an unbelievable amount of attractions, rides, and family entertainment.

There are also fun events going on and the dining and shopping options mean you'll never run out of things to do.

6. Howe Caverns

Dive right back into the natural world at [Howe Caverns](#). This natural limestone cave system will be a fantastic experience for kids and adults alike and the walking tour is a fascinating way to see it.

Discover the underground riverbed and in summer you can take part in the high ropes adventure course above ground.

7. Buffalo and Erie County Naval & Military Museum

If you're heading over to Lake Erie, be sure to stop at the Naval and Military Museum. Kids will love exploring inside the phenomenal naval ships there and learning about all the equipment and history.

With helicopters, tanks, and jets, everything here is impressive.

8. The Children's Museum

If you have young kids, the Children's Museum in Saratoga Springs will be a great place for them to have fun and learn all sorts of things. Designed for children up to the age of 8, this is a fully interactive space where they'll be able to play while learning.

Their [calendar of events](#) is absolutely packed so be sure to check it out and make the most of your trip.

9. Lake Placid Olympic Museum

If your family loves watching the Olympics or simply enjoys everything to do with sport, the Lake Placid [Olympic Museum](#) will be a super fun day out. The skiing history of Lake Placid goes back over a hundred years and you can follow its evolution through the museum.

For extra fun, try curling with your family and put those brushing skills to use!

10. Corning Museum of Glass

It's impossible to imagine the marvels you'll find when you explore the [Corning Museum of Glass](#). Watch mind-bending glass blowing demos, learn how to break glass in different ways, and see stunning exhibitions of glasswork.

You can sign up the family to a glass-making workshop and kids under 17 go free, making this a wonderfully affordable destination.

11. Farm Sanctuary

Home to over 800 rescued animals and spread across 275 acres of farm, Watkins Glen Farm Sanctuary is a great day out for animal-loving children. Take a tour of their New York Shelter and feed the animals as you go.

You'll learn all about where these lovely animals have come from and how they're being looked after with great care. This is a great place for children to learn about farming and how it affects animals.

12. Lake George

A family vacation to [Lake George](#) has tons to offer and no two days will be the same. For summer days, Million Dollar beach is the place to relax as the children swim and build sandcastles. If you love watersports, take a boating trip or sign up for diving.

If it's raining, head to the Adventure Family Fun Center for activities like go-karting and laser tag.

Things to Do in Upstate NY with the Kids

There are so many wonderful outdoor and indoor things to do in Upstate NY, making it the perfect destination year-round. Kids will love getting outdoors in the mountains and by the lakeshores while amusement parks and attractions make for great day trips.

For even more family fun in Upstate NY, check out [our guides](#) to the other exciting attractions in the state.