

PRESS PACKET

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FOR IMMEDIATE RELEASE

365 Things to Do in Ithaca, New York

by, Laurel Guy

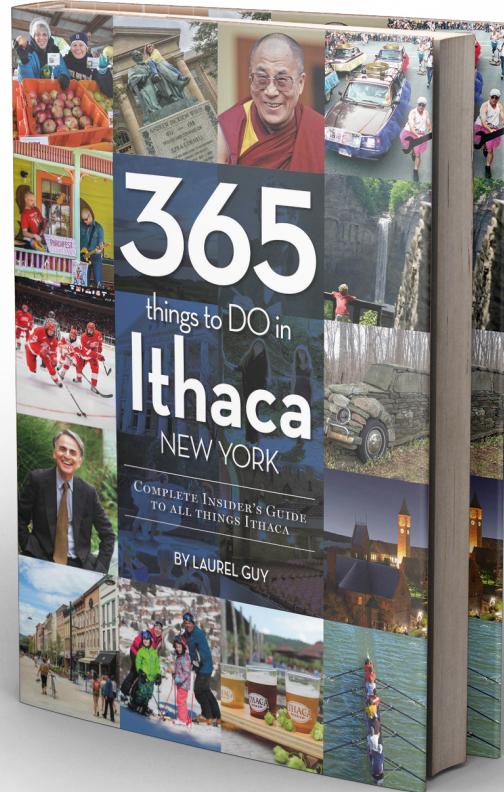
On Cayuga Lake in the heart of New York's Finger Lakes, Ithaca is home to Cornell University and Ithaca College and is also affectionately known as "Ten Square Miles Surrounded by Reality."

GORGES. ENLIGHTENED. QUIRKY.

In this inspiring, innovative guidebook, Ithaca insider Laurel Guy weaves 10,000 details into a portrait of the town, its people and yes, the weather. Recording her thoughts over the course of a year, she takes readers on a one-of-a-kind exploration of the city and its surroundings, delving into both history and what's new.

Whether you're new to Ithaca, dreaming of Ithaca or just visiting, you'll learn why true Ithacans love where they live. Follow the original Yellow Brick Road. Hunt for the stone VW. Go rutabaga curling. Find Carl Sagan's house and more.

This is Ithaca at its best. Natural wonders. Spectacular views. Offbeat outings. Secret histories and little-known stories. Cool Ithaca characters. Cornell trivia. Architectural treasures. Shops. Restaurants and bars. Coffee. Art. Festivals. Theater. Wineries. Craft beer. Music. Dance. Waterfalls. Trails. Kidstuff. Seasonal rituals. And, of course gorgeous gorges.



365 Things to Do in Ithaca, New York

Schiffer Publishing

December 28, 2016

192 pages | 6" X 9"

435 color images | Paperback

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AUTHOR



Laurel Guy

Laurel Guy knows Ithaca — its people, landscape, architecture, history, and spirit. She arrived in January 1981, terrified of driving in snow. Once she discovered Smartwool socks, Sorel boots, and all-wheel drive, she never looked back.

A founder of the Ithaca Artists Market and Circus Eccentrithaca, she served as director of the Ithaca Festival and the Saltonstall Foundation for the Arts. Guy is a 35-year resident and one of the most successful Realtors® in the region. You might find her downtown walking her dog Hugo, or out in the field making plein-air pastels.

EXCERPT

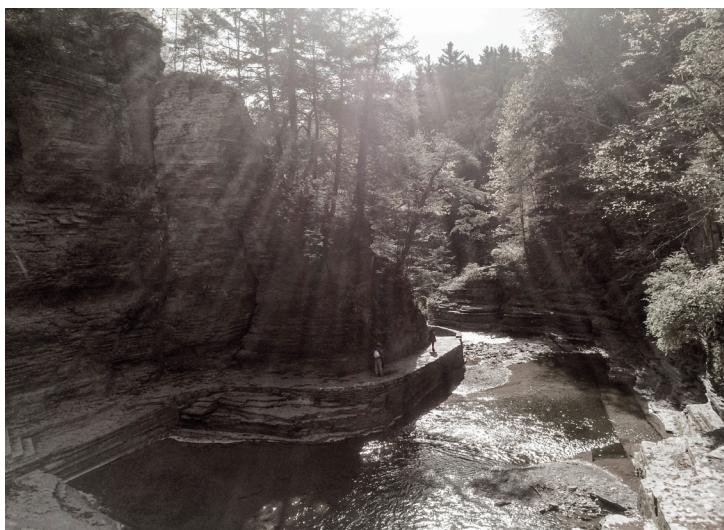
Introduction to 365 Things to Do in Ithaca, New York

Should I stay or should I go?

I've lived in Ithaca for 35 years and I still ask myself this question every February. In the dead of winter when I'm digging my car out of a snow bank, it's hard to remember why I live here, yet by the time spring brings the heady fragrance of lilac bushes in full bloom, I've fallen back in love with Ithaca again. I call it seasonal amnesia. It is what keeps me here.

Thank goodness. Because it takes a very long time to get to know a place from the inside out. You need to stay for years to learn the shape of Ithaca, appreciate its peculiarities and quirks, the people, the history, the topography, and the seasons.

This book is a remembering of the reasons I have chosen to stay put. Each day, for a year, I wrote down one thing I loved about this place I call home. I began in the fall, when everything comes to fruition. Day by day, I take you through a year in the life of Ithaca—fall, winter, spring, summer. By the end of the book, we have circled back to where we started: autumn, the head of the year.



For me, Ithaca is not just one thing—it's everything! Waterfalls, the Farmers Market, chocolate, walking my dog Hugo in Upper Treman, local art, a great meal out with friends, DeWitt Mall, perfect clouds in a blue sky, Flat Rock, kindred spirits, picking blueberries, an amazing concert at the State Theatre, the smell of coffee brewing, fall colors, Taughannock Falls, people who can tap dance, Grassroots, fields of sunflowers, and Cayuga Lake. A giant gratitude list.

These 365 days are a small sample of this time and place. An average lifetime is 30,000 days. I hope you choose to stay awhile longer and discover the rest.