



7220 TRAVEL

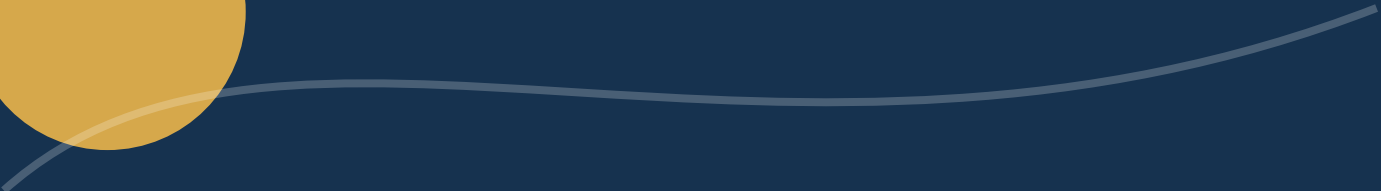
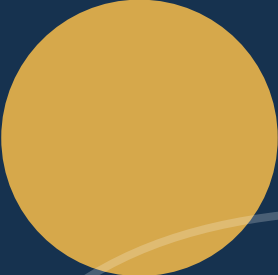
NEW YORK

7-Day Family Road Trip Guide

City Icons, Mountains & Waterfalls

Family & Group Travel Experts

7220travel.com



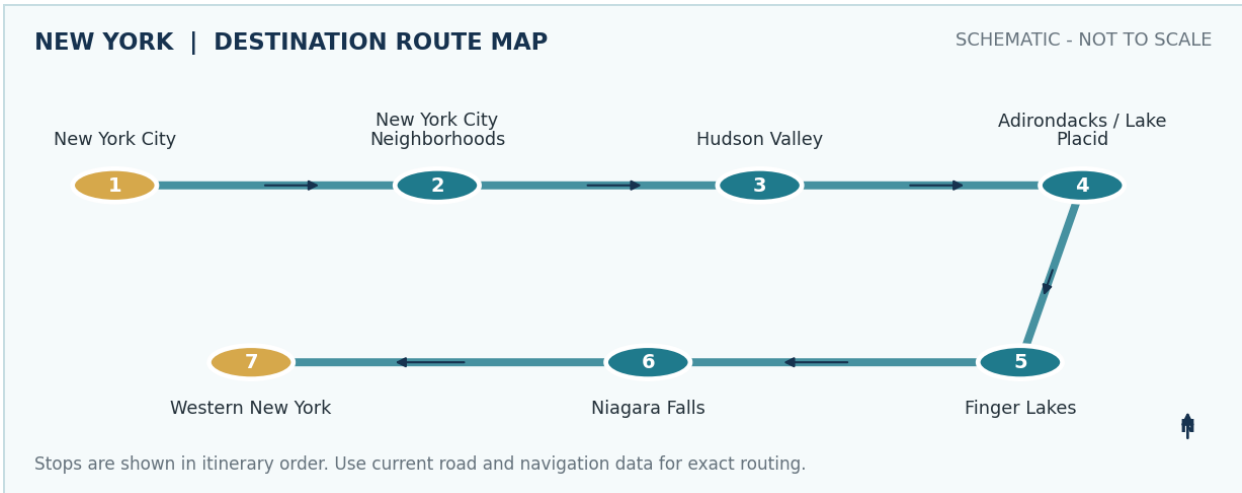
New York: Your 7-Day Game Plan

This guide turns 7220 Travel's New York itinerary into an easy, printable road-trip plan. The goal is simple: give your family a strong route and the best anchors for each day, while leaving enough breathing room to make the trip yours.

Trip style Family road trip	Pace Active but flexible	Best for Families & multigenerational groups
Transportation Rental car / personal vehicle	Length 7 days	Theme City Icons, Mountains & Waterfalls

The Route at a Glance

Day 1: New York City • Day 2: New York City Neighborhoods • Day 3: Hudson Valley • Day 4: Adirondacks / Lake Placid • Day 5: Finger Lakes • Day 6: Niagara Falls • Day 7: Western New York Finale



7220 Travel planning principle: Choose the three experiences your family cares about most, then let the rest of the trip support those priorities. A good vacation does not have to win social media.

Day-by-Day Itinerary

Day 1: New York City

- See a few major Manhattan icons without overpacking the day.
- Walk Central Park.
- Choose an observation deck, museum or Broadway show.

Day 2: New York City Neighborhoods

- Explore Lower Manhattan, Brooklyn or another neighborhood cluster.
- Ride a ferry for skyline views.
- Enjoy a local food stop.

Day 3: Hudson Valley

- Drive north from NYC.
- Visit a historic estate, river town or walkable main street.
- Enjoy Hudson River scenery.

Day 4: Adirondacks / Lake Placid

- Head into the Adirondacks.
- Explore Lake Placid.
- Choose a waterfall, lake or short mountain trail.

Day-by-Day Itinerary, Continued

Day 5: Finger Lakes

- Travel west through central New York.
- Visit a gorge, waterfall or lakeside town.
- Enjoy a scenic drive among the lakes.

Day 6: Niagara Falls

- Experience Niagara Falls State Park.
- Walk multiple overlooks.
- Take a boat or cave-style attraction when operating.

Day 7: Western New York Finale

- Explore Buffalo or another nearby stop.
- Try classic Buffalo food.
- Depart Buffalo or continue your road trip.

Before You Go

- Confirm attraction hours, timed-entry rules and seasonal closures before you travel.
- Build in buffer time. A 7-day road trip works best when every stop is not treated like a race.
- Keep water, snacks, a basic first-aid kit and offline maps in the car.
- Mountain weather changes quickly. Pack layers and allow time to acclimate to elevation.

Make This Trip Yours

Circle or write down the three things your family would be most disappointed to miss. Those are your anchors. Everything else can flex around weather, energy levels, traffic and the unexpected moments that often become the best memories.

#1 Must-Do Experience	_____
#2 Must-Do Experience	_____
#3 Must-Do Experience	_____
One Meal We Really Want	_____
One Place to Slow Down	_____



Want help turning this route into your family's actual vacation?

7220 Travel can help with lodging, routing, cruises, resorts, family trips and group travel.

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Source: 7220 Travel's 7-Day United States itinerary collection. The destination route map is schematic and not intended for turn-by-turn navigation. Attraction hours, reservation systems, road access, prices and seasonal conditions can change.