



NYC Lifestyle

The Great Outdoors

New York City is surrounded by destinations suited for a quick getaway or excursion into the outdoors – from backcountry biking trips and ziplining, to picking berries or a relaxing day at a winery with a drink in hand. However you prefer to spend time outdoors, we hope this edition of NYC Lifestyle helps you to make the most of your summer.

Mountain Biking in NYC

Before heading upstate on a mountain adventure, learn how to mountain bike right in Cunningham Park in Queens. [Roar Adventures](#) offers a three-hour course for beginners, including basics, warm-up and a two-hour bike session on park trails. Sign up [here](#).

Free Kayaking on the Hudson

This year's [free kayaking season](#) opened last month and lasts through October 10 at Pier 26 Boathouse. As the world's largest free kayaking program, Downtown Boathouse provides kayaks and life vests, along with brief instructions before setting sail on the Hudson. Reservations are not needed.

Strawberry Picking

Don't miss strawberry season! With only a month left, now is the time to head over to [Patty's Berries & Bunches](#) in Mattituck, or your local farm, and pick some strawberries. Enjoy your strawberries alone as a fresh summer snack or try one of these ["unconventional" recipes](#).

Zipline Courses

Obstacle courses and ziplining are great bonding activities for groups, but not everyone is interested in flying above the treetops. [Tiny Bean has collected a bunch of ziplining courses](#) in and around New York City so that you can find one that suits your group, varying from a zipline at [Candytopia](#) to a 3,000-foot course at [Skytop Lodge](#).



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RGNY Winery

[Book a tasting](#) at [RGNY](#) winery in Riverhead, Long Island to expand your palette and pair your wines like a pro. The basic guided tasting includes five wines with five food pairings. For the full winery experience, sign up for a [red wine blending course](#) and leave with a bottle of your very own creation! Booking in advance is encouraged.

Ready-to-Camp Campsites

A weekend camping trip sounds like a good idea until it's time to pack up the camping necessities. Services like [Tentr](#) eliminate this step so that all you have to do is show up! Check out [this campsite](#) on Bramley Mountain Trail, which includes onsite amenities and access to a swimming pond. The rule of campsites remains – take home anything you bring to the site!

Vermont Brewers Festival

Enjoy the great outdoors and great beers at the [Vermont Brewers Festival](#) at Burlington Waterfront Park on July 21 - 23. The three-day event makes for the perfect long weekend getaway, as the festival is broken up by tasting sessions so you will definitely want to attend as many as you can [get tickets](#) for.

Stay at a Working Farm

Looking for a change of pace? Book a room at [Whistlewood Farm Bed & Breakfast](#) this summer in Rhinebeck, NY. The perks of staying on a working farm include access to hiking trails, horses, chickens, frogs and more right outside your door. The farm also encourages guests to take part in [their environmentally conscious efforts](#), making for an educational stay.