

# Hudson Valley

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## What to Do and Where to Go on a Day Trip to Troy

The happening riverside city is a must-visit for local history, gourmet grub, and funky nightlife.

BY SABRINA SUCATO

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Troy is one of those places that has the best of both worlds. On the one hand, it's a hotbed for history, thanks in part to its proximity to Albany and its abundance of local landmarks. On the other, it's a burgeoning destination for movers and shakers who come to start businesses, **cowork** with like minded innovators, and open one-of-a-kind **concept eateries**.

It's easy to see the appeal. After all, Troy is smack dab on the Hudson River and packed with parks and entertainment options. With such an abundance of spots to visit in town, we thought it best to compile a guide to help you work your way through it all. If you go, don't forget to tag us **@hudsonvalleymag** on Instagram!



**lizasoftroy**  
Liza's

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When your dude is a food taste tester (eats a lot too), comes to visit almost everyday, promotes your business and takes great pictures ... but .. who has it better? 🤔👏❤️📷: @coach\_jwil

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## 9 a.m. – Eat an Insta-worthy breakfast at **Liza's**

Liza's is the best of Brooklyn smoothie bars without the hassle of subway treks and crowded sidewalks. The dairy-free, gluten-free, organic, and plant-based shop has everything a health nut or on-trend foodie could crave. Supercharge your day with a Cinna-Bun smoothie, made from oats, plant-based vanilla protein, dates, cinnamon, and maca, or customize your own acai bowl with trail mix, nut butter, and coconut. To drink, sip on Fat for FUEL, a twist on bulletproof coffee made with grassfed butter, XCT oil, and cinnamon. Not into coffee? Opt for something from the curated selection of black and herbal teas instead.

*53 3<sup>rd</sup> St, Troy*  
*518.805.8881*



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Troy Savings Bank Music Hall

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## 10:30 a.m. – Take a self-guided history tour

After the morning meal, embark on a leisurely stroll through central Troy. The one-stop shop for history lovers packs in monuments like the [Rice Building](#), the [Troy Savings Bank Music Hall](#), and the [Troy Public Library](#). If you're feeling up to it, head away from the river toward [Rensselaer Polytechnic Institute](#). The campus charms in its own right, with historic buildings nestled on perfectly manicured grounds.



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The Ruck

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Hungry yet? 🍴 😋 😊

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: @jenniter\_in\_saratoga

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## 12 p.m. – Get lunch — with a side of sass — at **The Ruck**

Although The Ruck is great for a **late night bite**, hit the eatery for lunch to avoid the evening crowds. A quick skim of the menu will reveal so many mouthwatering options that you'll have a hard time deciding where to begin. Start with small, sassily named plates like Deal With the Devil, a grilled golden ale bread pudding topped with a golden ale sauce, or go straight to sandwiches, flatbreads, and burgers. If you want Southern comfort food with a twist, check out the Hoosier Daddy, a buttermilk "chicken-fried" pork sandwich topped with lettuce, tomato, red onion, pickles, and IPA mustard.


*104 3rd St, Troy*  
*518.308.0400*





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It's back to school time, so we want to celebrate! Come to the Market Info Booth this Saturday with your current school ID to get a wristband that qualifies you for special deals all throughout the market! Like this buy one cider donut and get one FREE from [@field\\_notes\\_ny](#) 🍷🍷 See you Saturday! [#troymarket](#) [#enjoytroy](#)

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## 1 p.m. – Shop local at the **Troy Waterfront Farmers' Market**

If you're smart, you'll plan a visit to town on a Saturday, when the Troy Waterfront Farmers' Market is in full swing. The massive shopping space brings together around 100 local farmers and vendors from across the Capital Region. Look for the mini mall at Monument Square from May to October or at The Troy Atrium from November to April. The market is open until 2 p.m. each day, so make sure you stop by before vendors close up shop.



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Taste gold! On 9/13 our taprooms release Reprise, a golden sour ale with honey, vanilla, and chamomile. Gold medal winner of the @newyorkcraftbeer barrel aged sour category. Limited quantity. Photo by @fujontap

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## 2:15 p.m. – Enter beer heaven at **Brown's Brewing Company**

While there's plenty on tap at The Ruck, skip a drink there and head to the source itself. Brown's Brewing Company, located a few minutes away, is one of the **longest standing breweries** in the Valley, and for good reason. The tap room serves up everything from sour ales and New England IPAs to oatmeal stouts and malty amber ales. Grab a seat and sip a brew of your choice at the riverside hotspot. If you plan a visit to town right, you just may be able to catch one of the brewery's concert sessions.

*417 River St, Troy*

*518.273.2337*



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Troy, New York

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Doesn't get much better than this. 😍😍😍😍 @dbfoto\_

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## 3:30 p.m. – Shop your way along the river

Downtown Troy is a hotbed for happening shops and artisanal vendors. As you meander from Brown's into the rest of town, stop by storefronts like **Aurora's Boutique** for vintage jewelry and knickknacks, **Copper Fox** for work and weekend outfits, and **Wooden Shoe Trading Company** for quirky homegoods. When shopping tuckers you out, take a break with a stroll along the Hudson River. The waterside views in Troy are truly something else.



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Peck's Arcade

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Octopus is back! Happy Troy Night Out, and welcome back to all of our favorite students and professors that we've missed all summer!

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## 6 p.m. – Indulge on a farm-to-table dinner at **Peck's Arcade**

**Peck's Arcade** is only open from Wednesday to Saturday during the week, so plan ahead and make a reservation if you want to dine at this veggie-centric eatery. The menu spotlights fresh ingredients and bold flavors, which makes it a delight for food enthusiasts. Look out for plates like roasted eggplant with mascarpone, hazelnuts, and herbs or polenta cake with braised greens, fried egg, and sesame. Even the kids' menu is a winner here. Little eaters can chow down on gnocchi with cheese and butter or trick themselves into eating vegetables with a veggie burger that tastes even better than the original.

*217 Broadway, Troy*  
*518.326.3450*



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Franklin Alley Social Club

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Fresh coat of wax to kick off the summer shuffleboard season with @getruckedtroy @slidindirtytroy @albanydistillingco @rareformbrewco and more!

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## 7:30 p.m. – Upgrade your game night at **Franklin Alley Social Club**

Franklin Alley Social Club is the grown-up version of your favorite childhood arcade spots. The upstate venue packs classic arcade games and shuffleboard and bocce courts into a low key building


off of Franklin Street. Go with a group of friends or head out on your own to meet new people. Every court rental comes with a free lesson, so no worries if you have no clue how to play the old-school games.

*50 Franklin St, Troy*  
518.326.1972



**gardnerfarminn**  
Gardner Farm Inn

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Doesn't tonight seem like a good night to get away? 🍷 #gardnerfarminn  
#enjoytroy #bedandbreakfast #newyork #getaway #goodnight #relax

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## 9 p.m. – Rest your eyes at Gardner Farm Inn

A trek to the Collar City can be done in a day, but you'll want to spend a weekend to experience everything the area has to offer. To make the trip a true getaway, spend an overnight at Gardner Farm Inn. The homey setting has five guest suites, some of which boast luxurious claw foot soaking tubs.



Catch some zzz's in one of the comfy rooms, then wake up to a gourmet breakfast spread packed with French toast, yogurt, muffins, frittatas, and more. Not a bad way to start the morning, huh?

59 Brunswick Rd, Troy  
917.509.5110

*Did we miss a spot? Let us know where to go to find Troy's best kept secrets in the comments or by email at [edit@hvmag.com](mailto:edit@hvmag.com).*

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