

Buffalo & Niagara Falls

The American side of Niagara Falls, the Erie Canal and Frank Lloyd Wright's Martin House

Buffalo is the gateway to the American side of Niagara Falls — 30 minutes north — and a city of grain silos turned breweries, a Frank Lloyd Wright estate, and the original Buffalo wings at the Anchor Bar. The falls are the reason to come; the city is the reason to stay a night.

At a glance

NIAGARA FALLS	30 min north by car
BUFFALO WINGS	Invented at the Anchor Bar, 1964
MARTIN HOUSE	Frank Lloyd Wright, 1905

When to go

June to September for the falls at full flow; October for the foliage along the Niagara. The falls freeze partially in January; the mist freezes to the railings.

Getting around

A car is essential. Buffalo is 30 min from the falls; parking at Niagara Falls State Park is \$10. The Maid of the Mist runs from the American side (April–October).

What to see

Niagara Falls State Park	The oldest state park in America — Cave of the Winds, Terrapin Point and the observation tower.
Maid of the Mist	The boat to the Horseshoe Falls basin; runs April to October.
Buffalo AKG Museum	The 1890 gallery, rebuilt 2023, with American art and the Scripps collection.
Martin House	Frank Lloyd Wright's 1905 Prairie estate — the Darwin D. Martin House, restored.
Canalside	The Erie Canal terminus turned waterfront — concerts, ice skating, a naval park.
Allentown	The Victorian neighbourhood of bars, galleries and the Friday gallery crawl.
Anchor Bar	Where the Buffalo wing was born in 1964 — order them with blue cheese and celery.
Letchworth	The Grand Canyon of the East, 90 min south — three waterfalls on the Genesee.

Tours worth booking

Statue of Liberty and Ellis Island ferry with reserved entry 5 hours · Culture · 4.7/5 (24800 reviews)

9/11 Memorial & Museum guided visit 3 hours · Culture · 4.8/5 (11200 reviews)

Manhattan helicopter flight over the skyline 1 hour · Adventure · 4.8/5 (15600 reviews)

Top of the Rock and Empire State observatory combo 3 hours · Culture · 4.7/5 (8900 reviews)

Broadway show ticket with pre-theatre dinner 5 hours · Nightlife · 4.7/5 (4300 reviews)

Brooklyn Bridge, DUMBO and pizza tasting walk 4 hours · Food & wine · 4.9/5 (5700 reviews)

Where to stay

The Mansion on Delaware, Buffalo Buffalo · Delaware Avenue · Boutique · From \$180

Hotel @ The Lafayette, Buffalo Buffalo · Downtown · Design · From \$140

Hampton Inn Niagara Falls Niagara Falls · NY · Family · From \$120

The Plaza Midtown · Fifth Avenue · Historic · From \$750

The St. Regis New York Midtown · 55th & Fifth · Luxury · From \$820

The Peninsula New York Midtown · Fifth Avenue · Luxury · From \$780

Day-by-day itineraries

Buffalo & Niagara Falls in 1 day suitesandsunsets.com/itineraries/buffalo/1-day-itinerary

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