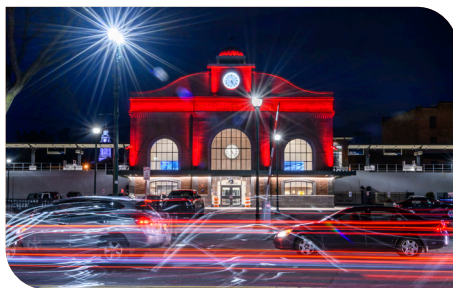


# BUILD A BETTER LIFE IN UPSTATE NEW YORK

**CAPITAL  
REGION**



## RELOCATION RESOURCES



THERE'S  
MORE HERE  
FOR YOU



**CAPABLE** of  
**ANYTHING**  
NEW YORK'S CAPITAL REGION

# WELCOME!

The Capital Region of New York (**CapNY**) is a community of innovators, builders, and creators. We are proud of our home, and we hope you make it yours.

**CapNY** is a thriving, vibrant and eclectic region nestled in the foothills of the Adirondacks and on the banks of the Hudson River. Anchored by the City of Albany, the Capital Region is the seat of power for New York State and home to more than 1 million people across eight counties and a dozen cities.

**CapNY** has a diverse population and embraces the idea that what makes us unique makes us great. We learn, grow, and broaden our horizons through shared experiences, be it trying a new cuisine, attending a lecture, or shopping locally owned stores and galleries. The Capital Region welcomes everyone.

Oh, did we mention the 4-seasons of outdoor activities, 24 higher education institutions, world-class arts and culture, and a dynamic population of entrepreneurs (from tech to makers to artists) wrapped in an affordable housing market?

## In **CapNY**, you can:

- *Rent a converted loft apartment in downtown, buy a brownstone, spread out over acres of stunning countryside, or move into a house in one of our growing suburbs or walkable city neighborhoods*
- *Get around with ease - in fact our average commute time is about 20 minutes - hop on a bus, grab a bike/scooter/ride share*
- *Fly direct via Albany International Airport to more than a dozen cities or take an Amtrak train to NYC for the weekend*
- *Work in the morning, hike the Adirondacks or Catskills in the afternoon, have a drink at one of our 100+ breweries, cideries, wineries or distilleries and go to a concert in the evening; then get up on Saturday morning for a bike ride along the Hudson, grab a cup of locally roasted coffee, and head to a farmer's market*

There's a feeling that when you live and work here, you are **CAPable of aNYthing**. Whether you want to inform policy that affects all New Yorkers, own an apple orchard that makes delicious ciders, work at a Fortune 500 pharma company, start your own indie digital gaming studio, or launch a not-for-profit that gives back to your neighbors (or maybe even all of the above) - you can do it here in New York's Capital Region.



Come to a place where you can make a difference, a place where you are **CAPable of aNYthing**. Connect with the GoCapNY team to learn how you can build a life here in NY's Capital Region.

1-888-804-6227  
[info@gocapny.com](mailto:info@gocapny.com)  
[www.gocapny.com](http://www.gocapny.com)



**#GoCapNY**

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## LIFE BALANCE

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ALBANY IS RANKED THE BEST  
PLACE TO LIVE IN NEW YORK  
AND THE 21<sup>ST</sup> BEST PLACE  
TO LIVE IN THE U.S.

- U.S. News and Report 2022



# GEOGRAPHY



## 1 ALBANY COUNTY

Albany County is home to the **City of Albany**, the Capital Region's largest city and the state capital. The county is an internationally recognized Research and Development (R&D) hub for the semiconductor industry - IBM, Applied Materials, Tokyo Electron and others have major research centers at the Albany Nanotech Complex. The life sciences are vital to the county, which houses institutions such as Albany Medical College, the New York State Department of Health's Wadsworth Center, the Albany College of Pharmacy and Health Sciences and its Center for Biopharmaceutical Education and Training as well as companies such as Curia and Philips Medical Systems. The county is emerging as a component manufacturing hub for offshore wind with construction of the nation's first offshore wind tower manufacturing facility at the Port of Albany. Albany County also plays a major role in training the Capital Region's workforce, housing 10 colleges and universities, including the University at Albany. Located in the county, the town of Colonie is the Capital Region's largest suburb.

From the Corning Preserve along the Hudson River to Washington Park in Albany to the Helderberg Hilltowns, beauty flows through this history-rich county. See live music or comedy performances at venues such as the MVP arena or The Egg, Palace Theater and Cohoes Music Hall or catch a show at the Capital Rep Theatre. Whether you are looking for the vibrant nightlife along Albany's Lark Street and North Pearl Street or a vast countryside viewable from John Boyd Thatcher State Park's Vista Overlook, you will find it all in Albany County.

### TOURISM RESOURCES : Discover Albany

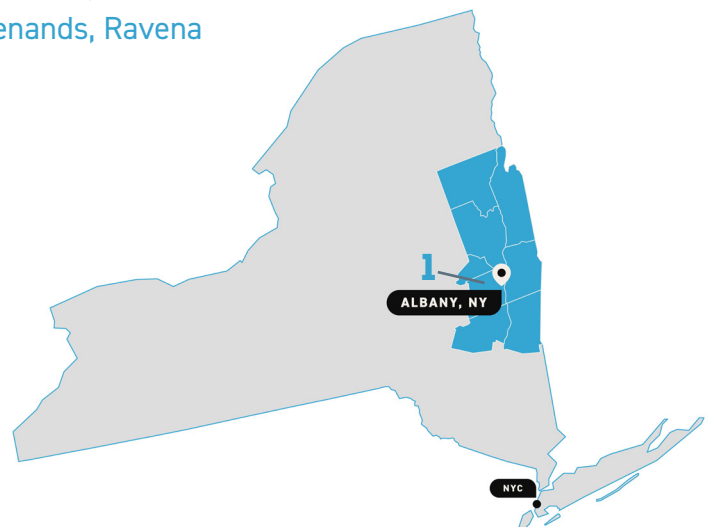
### DOWNTOWN INFO: Albany

**CITIES:** Albany, Cohoes, Watervliet

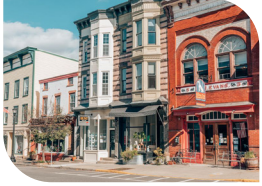
**LARGEST TOWNS:** Colonie, Guilderland, Bethlehem

**LARGEST VILLAGES:** Colonie, Menands, Ravena

6<sup>TH</sup> BEST CITY  
FOR RECENT  
COLLEGE GRADS  
- Livability



# GEOGRAPHY



## ② COLUMBIA COUNTY

Columbia County combines the tranquility of country life with the flare of New York City living. Endowed with more than 500 farms and nearly 100,000 acres of farmland, the county is as rich in nature as it is in arts and culture. **Hudson** and Chatham have vibrant, walkable downtowns, with the landscape between them filled with inspiring destinations such as the Art Omi sculpture park and performance venues such PS21 in Chatham, Basilica Hudson, and Hudson Hall.

In addition to housing 28 breweries, distilleries, wineries and cideries, the county has a wealth of independently owned restaurants and shops that attract visitors to not only Hudson but also the villages and hamlets in the surrounding countryside.

This creative spirit carries into other sectors in the county, with Hudson being home to an Etsy annex, the state-of-the-art film studio at the River House Project and the high-end architectural woodworking firm PGS Millwork. Hudson has the third highest percentage of same-sex couple households among micropolitan areas. Amtrak's third busiest station in New York is in Hudson, just a two-hour train ride from Manhattan.

**TOURISM RESOURCES:** [Columbia County Tourism](#)

**DOWNTOWN INFO:** [Hudson](#)

**CITIES:** [Hudson](#)

**LARGEST TOWNS:** [Kinderhook](#), [Claverack](#), [Ghent](#)

**LARGEST VILLAGES:** [Valatie](#), [Chatham](#), [Philmont](#)

2<sup>ND</sup> BEST PLACE  
FOR SMALL  
BUSINESS OWNERS  
IN NEW YORK  
- Smart Asset



# GEOGRAPHY



## ③ GREENE COUNTY

Greene County has been inspiring the nation for generations, from serving as the birthplace of the America's first art movement, the Hudson River School, to attracting families to its mountain resorts and bustling village downtowns. Located in the Northern Catskill Mountains, the county is strategically positioned between New York City and Albany with easy access. Skiing is a popular recreational activity, with the county housing both the Hunter Mountain and Windham Mountain ski resorts. From the Thomas Cole National Historic Site to the Lumberyard Center for Film and Performing Arts in the heart of **Catskill**, the county is rich in arts and culture, both new and old.

Downtowns throughout the county are bustling and resorts are expanding. There's Tannersville's \$10 million Downtown Revitalization Initiative, the \$15 million James Newbury Hotel and Wire Event Center in Coxsackie, Wylder Hotels' transformation of the historic Thompson House in Windam, and Windham Mountain's \$4 million in capital improvements. Additionally, there's a new Community Health Center at the Town of Catskill's Exit 21 West Business Park and the Catskill Gateway Carbon Neutral Project, which involves the renovation of three Village of Catskill buildings into a 25-room, net-zero hotel. Come find out why the New York Times says "The Catsills Are Back Again."

**TOURISM RESOURCES:** The Great Northern Catskills of Greene County

**LARGEST TOWNS:** Catskill, Coxsackie, Cairo

**LARGEST VILLAGES:** Catskill, Coxsackie, Athens

BEST FALL  
FOLIAGE SPOT IN  
NY [HUNTER MT.]  
- The Active Times



# GEOGRAPHY



## ④ RENSSELAER COUNTY

Rensselaer County is a manufacturing and software-IT engine that is largely powered by the talent and startups from the nation's oldest technical university, Rensselaer Polytechnic Institute (RPI), and Hudson Valley Community College (HVCC) in Troy. Along the banks of the Hudson River, the county seat of **Troy** is experiencing a renaissance that has earned it the reputation as “Upstate's Brooklyn” as young professionals and creatives have embraced its walkable downtown with architecturally stunning brownstones and storefronts. Software firms are gravitating to downtown Troy, and the Capital Region's Digital Gaming Cluster is centered there with studios such as Velan Studios and WB Games.

Startups can also find strong support at the Tech Valley Center of Gravity (a maker space), as well as co-working spaces like the Troy Innovation Garage. The life sciences are also vital to Rensselaer County's economy. Regeneron Pharmaceuticals has two campuses in East Greenbush for its manufacturing, research and administrative operations and Curia has a production facility in Rensselaer. The county houses the 11th busiest Amtrak station with a direct link to New York City. Outside of the county's urban and suburban tech enclaves is a bucolic countryside with 470 farms and more than 82,000 acres of farmland.

**TOURISM RESOURCES:** [Rensselaer County Tourism](#)

**DOWNTOWN INFO:** [Troy](#)

**CITIES:** Troy, Rensselaer

**LARGEST TOWNS:** East Greenbush, Schodack, Brunswick

**LARGEST VILLAGES:** Hoosick Falls, Castleton-on-Hudson, Nassau

MOST DIGITAL  
GAMING STUDIOS  
IN CAPITAL  
REGION [12]



# GEOGRAPHY



## ⑤ SARATOGA COUNTY

Rich in historical assets, such as its namesake mineral springs, the Saratoga Racetrack and the Saratoga National Battlefield, Saratoga County is now making history as a thriving technology sector. In addition to housing GlobalFoundries Fab 8 chip fab in Malta - with a Fab 8.2 forthcoming, the county has a robust software-IT industry including Zones, PUBG MadGlory and Kitware. At the foothills of the Adirondacks and Vermont's Green Mountains, Saratoga County puts only minutes between vibrant urban living with a dash of Victorian charm and endless outdoor recreational opportunities. Consistently ranking as one of New York's fastest-growing counties, Saratoga County is a magnet for talent and the tech firms that need it.

Between the outdoor concerts at the Saratoga Performing Arts Center, the Travers Stakes at the racetrack, and the restaurants and shops along Broadway in **Saratoga Springs**, there is too much in the county to enjoy in just one vacation, one season or one year. To find all of Saratoga County's hidden gems, from the Ulysses S. Grant Cottage to the rose gardens at the Yaddo arts retreat and Petrified Sea Gardens, you need to live here.

**TOURISM RESOURCES:** [Discover Saratoga](#)

**DOWNTOWN INFO:** [Saratoga Springs](#)

**CITIES:** Saratoga Springs, Mechanicville

**LARGEST TOWNS:** Clifton Park, Halfmoon, Malta

**LARGEST VILLAGES:** Ballston Spa, South Glens Falls, Corinth

RANKED BEST  
SMALL CITY TO  
LIVE IN AMERICA  
-WalletHub



# GEOGRAPHY



## ⑥ SCHENECTADY COUNTY

Schenectady County is the birthplace of innovation, where Thomas Edison founded General Electric. The county houses more than 3,000 scientific R&D workers at GE Research, SI Group, and other laboratories. Software-IT is another powerful industry in the county, with firms Transfinder, Jahnel Group and Catapult Games concentrated in downtown **Schenectady**.

Anchoring this city's thriving downtown is the historic Proctors Theatre, Mohawk Harbor and Rivers Casino & Resort. Schenectady's Stockade District is one of the oldest residential neighborhoods in the country. Housing the Capital Region's only aquarium (VIA Aquarium) and largest children's museum (MiSci), the county strives to pass its legacy of innovation onto future generations. Institutions such as Union College, Clarkson University Capital Region Campus and SUNY Schenectady help refine that innovativeness. Schenectady County is where you can ride your bike along the Mohawk River or paddle a kayak on it and spy a bald eagle; chase waterfalls at Plotterkill Preserve; stroll the charming pedestrian walkway of the Jay Street Marketplace; and be enchanted by the sights and scents of the Central Park Rose Garden. There's much more, but to find it all you need to live, work and play in Schenectady County.

**TOURISM RESOURCES:** [Discover Schenectady](#)

**DOWNTOWN INFO:** [Schenectady](#)

**CITIES:** [Schenectady](#)

**LARGEST TOWNS:** [Rotterdam](#), [Glenville](#), [Niskayuna](#)

**LARGEST VILLAGES:** [Scotia](#), [Delanson](#)

7<sup>TH</sup> BEST MARKET  
FOR FIRST-TIME  
HOME BUYERS

- [Realtor.com](#)



# GEOGRAPHY



## 7 WARREN COUNTY

Located at the northern rim of the Capital Region and at the foothills of the Adirondacks, Warren County stands at the intersection of innovation and captivation. The county houses the iconic **Lake George**, which serves as the foundation for a \$630 million tourism industry and supports one of the highest concentrations of restaurants in the country. The county features key venues such as West and Gore Mountain Ski Areas, Lake George Steamboat, Six Flags Great Escape, and more.

Warren County also has the nation's highest concentration of medical equipment and supplies manufacturing jobs. The **City of Glens Falls**, known as "Hometown" USA is undergoing a revitalization, which includes the development of year-round indoor/outdoor space for its famed farmers' market, a culinary arts center, and an arts district. These developments, along with the esteemed Hyde Collection, newly revitalized Park Theater, and other cultural attractions, are elevating Glens Falls' status as a destination for both tourists and talent.

### **TOURISM RESOURCES:** Tourism and Recreation In Warren County

**CITIES:** Glens Falls

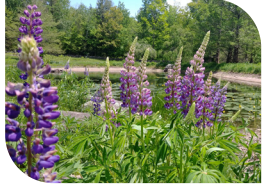
**LARGEST TOWNS:** Queensbury, Warrensburg Lake George

**LARGEST VILLAGE:** Lake George

1<sup>ST</sup> SAFEST CITY  
IN THE US  
[GLENS FALLS]  
- Rocket Mortgage



# GEOGRAPHY



## 8 WASHINGTON COUNTY

**Washington County** is the largest agricultural county in the Capital Region, with more than 900 farms and 185,000 acres of farmland. It has the fourth most women farmers in New York. While this vast farmland lends a bucolic charm of the county, the largest sector in its economy is manufacturing. From the scenery and sets designed and fabricated for Universal Studios and Lincoln Center by Adirondack Studios in Argyle to the precast concrete for New York City's new Little Island at Pier 55 fabricated by the Fort Miller Company in Greenwich, Washington County is leaving an impression on the state and nation that is both stunning and subtle. With Irving Tissue in Fort Edward and SCA Tissue in Greenwich, paper manufacturing is another important industry.

The county is renowned for its fishing and boating opportunities along the gorgeous Battenkill River as well as bird watching, especially at the Washington County Grasslands - where Snowy Owls migrate. The county is the birthplace of Pie à la Mode (Cambridge) and New York's oldest pick-your-own Apple Orchard (Hicks Orchard). Dotted with covered bridges and sitting between Lake George and Vermont, Washington County is the part of the Capital Region where the country meets the future.

**TOURISM RESOURCES:** [Washington County Tourism](#)

**LARGEST TOWNS:** Kingsbury, Granville, Fort Edward

**LARGEST VILLAGES:** Hudson Falls, Fort Edward, Whitehall

MOST FARMLAND  
IN THE  
CAPTIAL REGION  
[185,291 ACRES]



# EDUCATION

## COLLEGES & UNIVERSITIES

The Capital Region has 24 colleges & universities



SCHOOL	ENROLLMENT*	DEGREES OFFERED
Albany College of Pharmacy and Health Sciences	1,118	Bachelors, Masters, PharmD
Albany Law School	566	JD, Masters, Advanced Certificate
Albany Medical College	835	MD, MS, PhD, Dps
Belanger School of Nursing	143	Bachelors
Bryant & Stratton College = Albany	384	Certificate, Associate, Bachelors
Clarkson University (Graduate Campus)	326	Masters, Advanced Certificate
Columbia-Greene Community College	1,445	Certificate, Associate
Excelsior College	21,974	Associate, Bachelors, Masters, Advanced Certificate
Hudson Valley Community College	8,933	Certificate, Associate
Maria College of Albany	864	Certificate, Associate, Bachelors
Mildred Elley School - Albany Campus	466	Certificate, Associate
Rensselaer Polytechnic Institute	7,501	Bachelors, Masters, Doctoral
Russell Sage College (Albany & Troy)	2,389	Bachelors, Masters, Doctoral
Samaritan Hospital School of Nursing	152	Certificate, Associate
Siena College	3,425	Certificate, Bachelors, Masters, Advanced Certificate
Skidmore College	2,582	Bachelors, Masters
St. Peter's Hospital College of Nursing	135	Bachelors
SUNY Adirondack	2,994	Associate, Certificate
SUNY Empire State College	10,724	Associate, Bachelors, Masters, Advanced Certificate
SUNY Polytechnic Institute	146	Bachelors, Masters, Doctoral
SUNY Schenectady Community College	4,015	Certificate, Associate
The College of Saint Rose	3,863	Bachelors, Masters
Union College	2,046	Bachelors
University at Albany, State University of New York	17,688	Bachelors, Masters, Doctoral, Advanced Certificate

\*Fall 2020, IPEDS



## K - 12

We have great Pre-K-12 options here in CapNY. Check out school district information, pre-schools, and resources for raising kids in the Capital Region [here](#). Looking for summer activities? Check out [Summer Camps here!](#)

7 CAPITAL REGION SCHOOL DISTRICTS RANK IN TOP 100

- Niche.com



# FIND YOUR PLACE

## APARTMENT RENTALS

Apartment more your style? Check out these resources to get you started in finding your ideal place to live!

- Albany Management
- Apartment Finder
- Craigslist
- Redburn Development
- Sunrise Management
- The Rosenblum Companies
- Tri City Rentals



## MOVING COMPANIES

- Arnoff Moving & Storage
- Don's Moving & Storage
- Lamanna Moving & Storage
- Mabey's Moving & Storage



## HOME BUILDERS

Looking to build? Our region has a multitude of home builders ready to help design your dream.

- Capital Region Builders & Remodelers Assoc.

## RESIDENTIAL REALTORS

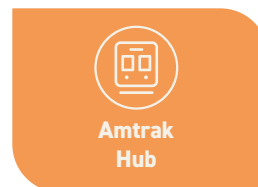
Looking to purchase a home? From urban to suburban to rural, we have options - and our CapNY realtors are ready to help you find your home here.

- Greater Capital Region Association of Realtors

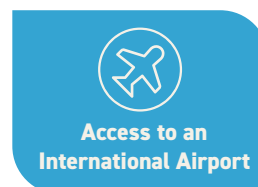
## GETTING AROUND

Average commute time is 23 minutes

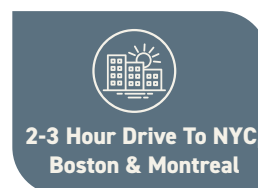
- Capital District Transit Authority ([CDTA](#)) provides public transport throughout the region including standard bus routes, Bus Rapid Transit, select Trolley service, park-and-ride, CDTA Bike Share with CDPHP and CDTA Scoot! [More here >](#)



- CapNY houses the 11<sup>th</sup> busiest [Amtrak](#) station (Rensselaer)



- [Albany International Airport](#) offers about three dozen non-stop routes and access to Newark, NJ for international flights



# WORK BALANCE

## JOB RESOURCES

- CapNY Investor Job Openings
- Cap Region Jobs.com
- Gannon's List
- NYS Department of Labor
- State Jobs NY
- Times Union/Monster

## RECRUITERS

- Alaant Workforce Solutions
- Fusco Personnel
- Walrath Recruiting

**ALBANY SCHENECTADY TROY MSA  
RANKED 27TH BEST METRO AREA  
FOR STEM PROFESSIONALS**

- *Wallet Hub*

## MAJOR INDUSTRIES

- Semiconductors / Advanced Electronics
- Life Sciences
- Healthcare
- Digital Gaming
- Software / IT
- Clean Energy / Offshore Wind
- Creative Economy

**MORE ABOUT THESE INDUSTRIES**



## COWORKING SPACES

- Albany Beahive (Albany)
- Bull Moose Club (Albany)
- CapCity CoWorks (Albany)
- Expansive State Street (Albany)
- Hone Coworks (Albany)
- Steam Garden (Albany)
- The Blake Annex (Albany)
- The Business Hub Powered by Migrate (Albany, Saratoga)
- Chatham Coworker (Chatham)
- Harmony CoWorks (Cohoes)
- WorkSmart (Glens Falls)
- Century Hill Works (Latham)
- Sunrise Solars Coworking (Latham)
- Saratoga Coworks (Saratoga)
- Palette (Saratoga, Schenectady)
- Urban Co-Works (Schenectady)
- Tech Valley Center of Gravity (Troy)
- Troy Innovation Garage (Troy)



# WORK BALANCE

## LARGEST PRIVATE EMPLOYERS\*

COMPANY	INDUSTRY	# EMPLOYEES
Albany Med Health System	Health Care Services	16,357
St. Peter's Health Partners	Health Care Services	11,136
Golub Corporation	Food & Beverage	8,075
Hannaford Supermarkets	Food & Beverage	5,000
GE	Manufacturing	4,000
Regneron Pharmaceuticals	Manufacturing	3,500
Stewart's Shops	Retail Trade	3,271
Ellis Medicine	Health Care Services	3,071
Globalfoundries, U.S.	Manufacturing	3,000
Flour Marine Propulsion/Knolls Atomic Power Lab	Manufacturing	2,500
Center for Disability Services Holding Corp.	Human Services	2,269
Community Care Physicians, P.C.	Health Care Services	1,794
St. Mary's Healthcare, Amsterdam	Health Care Services	1,692
Rensselaer Polytechnic Institute	Education	1,673
Empire Blue Cross	Health Insurance Services	1,643
CDPHP	Health Insurance Services	1,100
KeyCorp	Financial Services	1,000
Momentive Performance Materials	Manufacturing	1,000
SEFCU	Financial Services	945
Goldman Sachs AYCO	Financial Services	944
MVP Healthcare	Health Insurance Services	925
Union College	Education	860
Siena College	Education	827
Rivers Casino & Resort Schenectady	Hospitality	760

\*Ranked by total employees, Albany Business Review



## GUIDE TO CAPNY BLACK OWNED BUSINESSES & BLACK LED ORGANIZATIONS

REGION RANKED 17TH  
BEST PLACE FOR  
CAREER OPPORTUNITIES

- Smart Asset



# GET CONNECTED

## ENTREPRENEUR RESOURCES

Accelerators, Incubators & Networks

- Biomedical Acceleration & Commercialization Center
- IgniteU NY
- Innovate 518
- NY BizLab
- Small Business Development Center
- Startup Tech Valley
- STEAM Garden (Albany)
- Tech Valley Center of Gravity (Troy)
- UAlbany Innovation Center (Albany)
- Upstate Venture Connect
- VentureB
- More Resources>>

## CHAMBERS OF COMMERCE

- Adirondack Regional Chamber
- Bethlehem Chamber
- Capital Region Chamber
- Colonie Chamber
- Columbia County Chamber
- Greene County Chamber
- Guilderland Chamber
- NY Capital Region Hispanic Chamber
- Rensselaer County Regional Chamber
- The Saratoga County Chamber
- Upstate New York Black Chamber

## COMMUNITY RESOURCES

- Pride Center of the Capital Region
- Capital Region Language Center
- In Our Own Voices
- NYS Division of Veterans' Services
- Diversity & Inclusion in CapNY

## VOLUNTEER

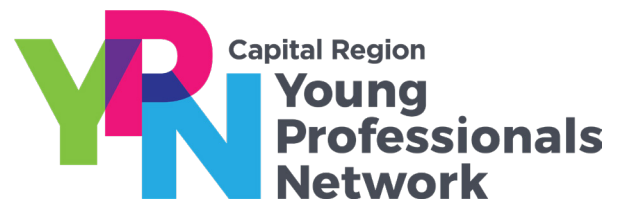
Get involved in our community!



## CAPITAL REGION YOUNG PROFESSIONALS NETWORK

YPN serves as a catalyst to connect, develop and empower young professionals in the Capital Region by offering professional development, networking and community engagement opportunities.

[LEARN MORE HERE](#)



## CAPNY CONNECTORS

The best way to learn about the region is from the people who call it home. Connect with locals who share your interests and ambitions.

[LEARN MORE HERE](#)



# THE ESSENTIALS

## HOSPITALS

- Albany Medical Center
- Albany Stratton VA Medical Center
- Columbia Memorial Health
- Ellis Medicine
- Glens Falls Hospital
- Saratoga Hospital
- St. Peter's Health Partners

## SPECIALTY CARE

- Albany ENT & Allergy Services
- Albany Gastroenterology Consultants
- Alliance for Positive Health
- Capital Cardiology Associates
- New York Oncology Hematology
- Ophthalmic Consultants of the Capital Region
- OrthoNY
- Upper Hudson Planned Parenthood

## INSURERS

- Capital District Physicians' Health Plan
- Empire Blue Cross
- Fidelis Care
- Highmark BlueShield of Northeastern New York
- MVP Healthcare
- NY State of Health - Health Plan Marketplace

## OTHER

- Voter Registration
- NYS Department of Motor Vehicles
- E-ZPass
- NYS Police

## BANKS & CREDIT UNIONS

- Ballston Spa National Bank
- Bank of America
- Berkshire Bank
- CAP COM, a division of Broadview Federal Credit Union
- Capital Bank
- Citizens Bank
- Community Bank
- Glens Falls National Bank and Trust (W/Saratoga)
- KeyBank
- M&T Bank
- NBT Bank
- Pioneer Bank
- Saratoga National Bank and Trust
- SEFCU, a division of Broadview Federal Credit Union
- Sunmark Credit Union

## UTILITIES

### ELECTRIC & GAS

- National Grid
- NYSEG
- Green Island Power Authority

### INTERNET & PHONE TV & SATELLITE TV

- Spectrum
- AT&T
- Verizon Fios
- T-Mobile
- Spectrum
- Verizon Fios
- DISH Network
- Direct TV

### COST OF LIVING CALCULATOR

If you move from NYC to Albany\*:

- Groceries will cost 15.79% less
- Housing will cost 52.54% less
- Utilities will cost 4.19% less
- Transportation will cost 9.80% less
- Healthcare will cost 1.49% less

*\*Capital District Regional Planning Commission*



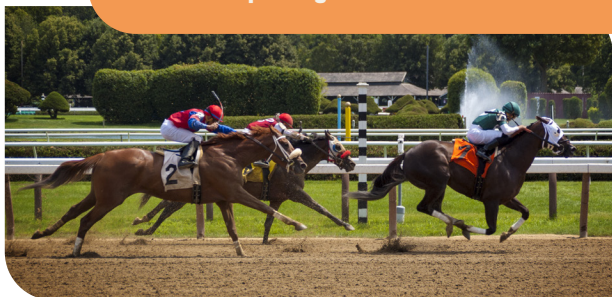
# LIFE BALANCE

## OUTDOORS

CapNY has endless opportunities to explore! Find your path in the Adirondack or Catskill mountains, check out one of our many waterfalls, or pitch a tent and relax under the stars.

[MORE HERE >>](#)

The **SARATOGA RACE COURSE** is the oldest and most prestigious horse track in America.



## ARTS & CULTURE

History. Art Galleries & Museums. Music! Immerse yourself in history with a trip to Saratoga Battlefield. Check out The HYDE Collection's latest pieces by artists like Georgia O'Keeffe or the Albany Institute of History and Art. Catch a Broadway performance at Proctors Theatre. Concerts more your jam? See you at the Saratoga Performing Arts Center (SPAC)!

[MORE HERE >>](#)

## FOOD & DRINK

Breweries, Wineries and Cideries, oh my! CapNY is a foodie's dream. Whether it's quaint local coffee shops, farm-to-table restaurants or speakeasies, we have options for everyone. Prefer to cook at home? Our amazing farmer's markets, co-ops, and specialty groceries have just what you need.

[MORE HERE >>](#)

At 6 MILLION acres, the **ADIRONDACK PARK** is largest protected area in the continental U.S.; larger than Yosemite, Everglades, Grand Canyon and Yellowstone National Parks combined.



## SPORTS

Lake Placid: Two time host to the Winter **OLYMPIC GAMES**

Check out the professional Albany Empire Arena Football Team, NLL Albany Firewolves Lacross Team or Division I Men's College Basketball Siena Saints play at MVP Arena. Bring the family to see our Minor League Baseball team, the Tri-City Valley Cats. Root for our local Union College & Rensselaer Polytechnic Institute Hockey Teams or University at Albany Basketball/Football teams.

[MORE HERE >>](#)

## EXPLORE

**110** [Breweries, Distilleries, Wineries, Cideries](#)

**64** [Waterfalls](#)

**41** [Museums](#)

**23** [Performing Arts Venues](#)

**10** [State Parks](#)

**6** [Ski Resorts](#)

**5** [Amusement Parks](#)

**∞** [Endless Possibilities](#)

Come to a place where you can make a difference, a place where you are **CAP**able of **anY**thing. Connect with the GoCapNY team to learn how you can build a life here in NY's Capital Region.

1-888-804-6227  
[info@gocapny.com](mailto:info@gocapny.com)  
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