



Story Starters

First Statewide Paranormal Tourism Program in U.S.

With the continued rise of ghost hunting in pop culture, 30 tourism promotion agencies collaborated to market their historical offerings while offering the excitement of exploring the ghosts within. The only statewide paranormal tourism program in the U.S. is a collection of 65 haunted inns, restaurants, museums, historic sites, parks and more. The trail appeals to paranormal investigative teams as well as the ghost-curious leisure traveler, with some travelers experiencing as many haunted places as possible and others incorporating a paranormal visit into their larger travel plans.

Haunted Overnights

Check in to one of the trail's 17 haunted stays and mingle with a guest who may have never checked out. A ghostly figure may show you to your room, doors may slam on their own, or sounds of footsteps may haunt your dreams. Spend the night, if you dare.

Ghostly Dinners

Restaurants along the trail serve up more than just delicious food. Save an extra seat for an unexpected dinner guest, listen to eerie stories from local patrons and staff, and prepare for a meal you'll never forget. A dozen unique dining experiences await with a haunted twist, from exquisite fine dining to a meal in a jail cell.

Haunted Investigations

Either in a group or on your own, search for evidence like the experts and see what supernatural existences you can uncover. For those who have heard enough ghost stories and are ready to experience the haunts themselves, multiple trail locations welcome paranormal investigations.

Guided Tours

Tour numerous locations and learn about previous occurrences of paranormal activity. Guided by experienced staff, gain a behind-the-scenes look as you hear stories of ghostly apparitions and tragic deaths. If the haunted history of these locations doesn't make the hair on the back of your neck stand up, experiencing new sightings certainly will.

Family Friendly Trips

Families with children will find a full calendar of year-round ghostly events and festivals across the trail. Watch costumed actors bring the past to life, listen to startling stories by candlelight, participate in the UFO Festival in Pine Bush, NY or become a zombie-slayer to help keep the world safe. Historical tours of museums and buildings during the day are appropriate for all ages while ghost hunting at night may be more suitable for those adventurous souls.

Events and Festivals

Explore the trail and attend year-round events and festivals dedicated to the supernatural world: from fun and friendly celebrations for paranormal-curious individuals, to intense and investigative for the

serious ghost hunters. Some of these events include the Zombie Run 5K, Supernatural Expo, Paranormal Dinner, and Victorian-style séances.

Year-Round Visits

Ghostly figures and friendly spirits do not appear only during the Halloween season - the trail experiences haunted happenings 365 days a year. With over 65 locations, visitors can easily develop a full schedule of paranormal tourism activities any time of the year. Tour locations during the off-season for a less crowded, more in-depth look at the connections between the paranormal happenings and history.

Unexplainable Phenomena

Dive into the world of creepy and unexplainable incidents. Look to the night sky for lights that emanate from the woods and unidentified flying objects. Experience things firsthand that you have to see to believe, like tombstones with a mind of their own, vehicles that defy physics, a spot where your voice comes back louder than when you spoke, and a time vortex that transports you across a park.

Waterside Haunts

On the trail, the water is plentiful and the ghosts are even more so. Thieves and murderers lurked along the Erie Canal in the 19th century, so it's no wonder many believe the victim's spirits may still roam the towpath in search of justice. Journey along the Erie Canal to hear some of the most popular ghost stories at haunted museums and a general store with unusual happenings. Discover the island along the banks of the Hudson River that is said to be haunted by Native Americans and Dutch colonial soldiers, or visit a fort on Lake George that was the scene for countless battles, terrible disease, harsh climates, and now, spirits.

Wartime Ghosts

Military fortresses were the scene for numerous battles, terrible diseases, and harsh conditions. It's no surprise that these sites offer hundreds of years of history and a plethora of ghost stories. View extensive collections of military artifacts, take candle lit guided ghost tours, and learn of the military battles that took place. Visit these historic sites and prepare to salute soldiers from the past.

As Seen on TV

Explore the locations that have been featured on TV. Numerous stops along the trail have been visited by television crews, including "Ghost Lab," "Ghost Adventures," "Paranormal Challenge," "UFO Hunters" and "Ghost Hunters," which explored 11 different locations on the trail. These popular shows have witnessed ghostly shadows and stomping, and captured electronic voice phenomenon (EVPs) of speaking and screaming spirits.

Spirits & Spirits

These haunted locations will please any libation lover. Wet your whistle as you listen to ghostly tales of former residents, slamming doors and footsteps. Enjoy a glass of "Ghost" wine created by Miles Wine Cellar for the strange happenings they've experienced, or grab a pint at a pub where glasses fly off the bar, pictures drop off the wall and patrons feel subtle touches.

Familiar Ghosts

Some stops along the trail are home to familiar spirits, famous for their antics and behaviors. One ghostly girl in a long blue dress is known for offering to show guests to their rooms. A man with a lantern is recognized as an old groundskeeper keeping an eye on his inn. Several spirits even go by their names! Meet Karen and Ray, the chatty duo who enjoys visiting guests at Allegiance Bed & Breakfast, or stay in The Naples Hotel and meet at least six friendly spirits, including a gentleman named Topper.

Beyond Spirits

Come for the paranormal and round out your experience with everything else that New York State has to offer. The Empire State is also home to educational museums, world-renowned cultural and performing arts institutions, and state parks that showcase scenic beauty. Dine at award-winning restaurants, relax in comfortable accommodations, and choose your fun from a full calendar of festivals and events.

Impressive Architecture

Walk through the castles, mansions and elaborate buildings in which spirits take up residence. If the paranormal activity at these locations doesn't mesmerize you, the architectural features certainly will. Admire the style and design of art-deco theatres, Victorian party houses and a neoclassical country house. Make a trip to Wing's Castle, featured on HGTV's "Extreme Homes," to view its antique memorabilia, collectibles and private rooms.