

New York's 24th Congressional District encompasses all, or part of, eleven counties in Upstate New York, including: Broome, Cayuga, Chenango, Cortland, Herkimer, Oneida, Ontario, Otsego, Seneca, Tioga, and Tompkins. The district also includes the cities of Utica, Rome, Auburn, Geneva, Norwich, Little Falls, Oneonta, and Cortland, and borders along Binghamton and Ithaca.

The 24th Congressional District lies in the heart of New York State and comprised of four main regions:

The Adirondack Region makes up the northern part of the district that is dotted with quaint, friendly villages surrounding the largest wilderness area east of the Mississippi, the Adirondack Park.

The Southern Tier Region makes up the southern part of the district and is a hilly, without being mountainous, area that runs along the northern border of Pennsylvania.

The Mohawk Valley Region makes up the eastern part of the district surrounding the Mohawk River and nestled between the Adirondack and Catskill Mountains.

The Finger Lakes Region makes up the western part of the district and is comprised of glacier carved lakes, sparkling waterfalls, and rocky gorges; is home to more than 100 wineries; and the historic birthplace of women's suffrage.

Broome

Cayuga

Chenango

Cortland

Herkimer

Oneida

Ontario

Otsego

Seneca

Tioga

Tompkins