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| **Tourism Destinations Across the Mid-Atlantic Offer Scenic Hiking Hot Spots**    **(Mid-Atlantic Region, USA, May 9, 2016)** - Lace up those hiking boots and get ready to explore stunning scenery. Cities and counties through the Mid-Atlantic are home to some of the best hiking spots around. From stunning vistas set atop mountainsides, to easy-going rail trails, guests will find a hiking experience to accommodate any skill level.  Members of the Mid-Atlantic Tourism Public Relations Alliance (MATPRA) share their offerings for some of the region's most-recognized hiking trails. Interested in learning more about a destination? Please contact the visitors bureaus listed below for information about individual listings.  **Delaware**  **Greater Wilmington**  The Mike Castle Trail is nearing completion and is quickly becoming a mecca for hikers.  The 16-mile mixed-use trail stretches along the northern bank of the C & D Canal linking Chesapeake City, MD and Delaware City, DE which is the new headquarter location for the American Birding Association. *Greater Wilmington Convention & Visitors Bureau, Lyn Lewis,*[*lynlewis@visitwilmingtonde.com*](mailto:LynLewis@VisitWilmingtonDe.com)*,*[*VisitWilmingtonDE.com*](http://www.visitwilmingtonde.com/)  **Southern Delaware**  Southern Delaware is ribboned with beautiful trails. Explore the ever-popular Junction & Breakwater Trail looping through coastal marshland, forest, and farm fields between Rehoboth Beach and Lewes and hike the gorgeous Gordons Pond Trail, Prime Hook National Wildlife Refuge trails, and through the cypress swamps in Trap Pond State Park. *Southern Delaware Tourism, Tina Coleman,*[*tinac@visitsoutherndelaware.com*](mailto:tinac@visitsoutherndelaware.com)*,*[*VisitSouthernDelaware.com*](http://www.visitsoutherndelaware.com/)  **Maryland**  **Maryland Office of Tourism**  From the sandy shores of the Atlantic Ocean to the forested peaks of the Allegheny Mountains, Maryland State Parks & Forests offer a variety of hiking trails from mild to wild. Find your stride online; waterproof trail guides are available for purchase at  [dnr.maryland.gov](http://dnr2.maryland.gov/Pages/default.aspx). *Maryland Office of Tourism, Connie Yingling,* [*cyingling@visitmaryland.org*](mailto:cyingling@visitmaryland.org)*,* [*VisitMaryland.org*](http://www.visitmaryland.org/)    **Annapolis**  The Baltimore & Annapolis Trail offers 13 miles of paved hiking between Annapolis and Glen Burnie, where it connects with a 12.5-mile trail that encircles BWI Thurgood Marshall Airport. Quiet Waters Park in Annapolis features more than six miles of trails that wind through forests and past grassy fields. *Visit Annapolis & Anne Arundel County, Susan Seifried,* [*sseifried@visitannapolis.org*](mailto:sseifried@visitannapolis.org)*,*[*VisitAnnapolis.org*](http://visitannapolis.org/)  **Baltimore**  Baltimore has several urban hiking trails including the Gwynns Falls Trail spanning 15-miles and Druid Hill Park, a 745-acre urban oasis located in the heart of the city. Enjoy the sites at the Maryland Zoo and the Botanical Gardens, learn to canoe, and shop for local produce. *Visit Baltimore, Moneé Cottman,*[*mcottman@baltimore.org*](mailto:mcottman@baltimore.org)*,*[*Baltimore.org*](http://www.baltimore.org/)  **Calvert County**  Calvert County is a haven for hikers. Find incredible paths in Calvert Cliffs State Park, American Chestnut Land Trust, Kings Landing Park, and Flag Ponds Nature Center. Hikers of all experience levels are treated to bay and river vistas and rural charm. *Calvert County Department of Economic Development, Joyce Baki,*[*bakija@co.cal.md.us*](mailto:bakija@co.cal.md.us)*,*[*ChooseCalvert.com*](http://choosecalvert.com/)    **Montgomery County**  Experience more than 100 miles of park trails in Montgomery County. Choose from historical hiking trails at the Underground Railroad in Sandy Spring, or popular trails at the C&O Canal and Great Falls in Potomac. Sugarloaf Mountain in Dickerson offers hikers scenic views of Montgomery and Frederick County. *Visit Montgomery, Bethany Manimbo,* [*bmanimbo@visitmontgomery.com*](mailto:bmanimbo@visitmontgomery.com)*,*[*VisitMontgomery.com*](http://www.visitmontgomery.com/)    **Queen Anne's County**  Wye Island State Park is on Maryland's Eastern Shore, along the tidal recesses of the Chesapeake Bay between the Wye River and Wye East River. The park is perfect for waterfowl viewing and hiking. Six miles of trails leading to pristine marshes and waterfront views entice birding and wildlife enthusiasts. *Queen Anne's County Office of Tourism, Laney Solomon,*[*lsolomon@qac.org*](mailto:lsoloman@qac.org)*,*[*VisitQueenAnnes.com*](http://www.qac.org/151/Tourism-Office)  **St. Mary's County**  Cradled by the Potomac and Patuxent Rivers and Chesapeake Bay, explore the scenic back roads, trails, and waterside vistas of the St. Mary's County sections of the Potomac Heritage National Scenic Trail. Cycle, hike, or paddle your way past picturesque lighthouses, centuries-old historic sites, and gorgeous Chesapeake Bay landscapes. *St. Mary's County Tourism, Andrew Ponti,*[*andrew.ponti@stmarysmd.com*](mailto:andrew.ponti@stmarysmd.com)*,* [*VisitStMarysMD.com*](http://www.visitstmarysmd.com/)    **Pennsylvania**  **Pennsylvania Tourism Office**  Whether exploring more than 100 miles of scenery in the state's iconic national forest or trekking through the award-winning Heritage Rail Trail, outdoor enthusiasts consider Pennsylvania the perfect playground. Hikers are invited to carve through endless trails and soak in breathtaking views of Pennsylvania's picturesque mountains, lakes, and waterfalls. *Pennsylvania Tourism Office, Kelly Walker,* [*kwalker@tierneyagency.com*](mailto:kwalker@tierneyagency.com)*,* [*VisitPA.com*](http://www.visitpa.com/)    **Butler County**  Butler County has a section of the famed North Country Trail right in its backyard! The 14-mile Glacier Ridge Trail stretches from the western end of Moraine State Park to Jennings Environmental Center and showcases forests, streams, and breathtaking views of Lake Arthur. *Butler County Tourism and Convention Bureau, Kimberly Windisch,* [*kimberly@krolmedia.com*](mailto:kimberly@krolmedia.com)*,*[*VisitButlerCounty.com*](http://www.visitbutlercounty.com/)    **Central PA**  A hike up Mount Nittany for a photo overlooking campus is a Penn State tradition passed down for generations. Catch a glimpse of Pennsylvania wildlife at the Bear Meadows Trail in the valley below the Tussey Mountain Ridge or take a leisurely walk at Millbrook Marsh Nature Center. *Central PA Convention & Visitors Bureau, Andy Rupert,* [*andyr@visitpennstate.org*](mailto:andyr@visitpennstate.org)*,* [*VisitPennState.org*](http://www.visitpennstate.org/)    **Cumberland County**  In the Cumberland Valley, three state parks feature miles of hiking paths and trails. The most notable is the midway point of the Appalachian Trail, with 46 miles of the trail, easy access points, and the only hiking museum in the country. *Cumberland Valley Visitors Bureau, Aaron Jumper,*[*aaron@visitcumberlandvalley.com*](mailto:aaron@visitcumberlandvalley.com)*,*[*VisitCumberlandValley.com*](http://www.visitcumberlandvalley.com/)  **Huntingdon County**  Hundreds of miles of hiking trails are located in the Raystown Lake Region. Standing Stone Trail with the unique "Thousand Steps" is the Pennsylvania Trail of the Year. Other options include strolling 27 miles of Rails-to-Trails or stepping up to the 30-mile Terrace Mountain Trail. *Huntingdon County Visitors Bureau, Ed Stoddard,* [*estoddard@raystown.org*](mailto:estoddard@raystown.org)*,* [*Raystown.org*](http://raystown.org/) **Indiana County**  Pennsylvania's top hiking/biking gurus rave about the Ghost Town, Hoodlebug, and West Penn Trails. Yellow Creek State Park and many county parks offer breathtaking nature trails, mountain biking, waterfalls, and lodging. Grab friends/family and ride a segment or the continuous 36-mile trail all with history, food, and brews nearby. *Indiana County Tourist Bureau, Maria Jack,*[*mjack@visitindianacountypa.org*](mailto:mjack@visitindianacountypa.org)*,*[*VisitIndianaCountyPA.org*](http://www.visitindianacountypa.org/) **Lancaster County** The several miles of trails within Lancaster County's Trout Run Nature Preserve are suitable for most hikers and feature wonderful scenery. Clear water tumbles along a moderately steep gradient in this beautiful, heavily-wooded ravine, forming riffles and pools, with a glade near an old railroad tunnel at the north end. *Discover Lancaster, Joel Cliff,* [*jcliff@discoverlancaster.com*](mailto:jcliff@discoverlancaster.com)*,*[*DiscoverLancaster.com*](http://www.discoverlancaster.com/) **Laurel Highlands** The Laurel Highlands Hiking trail is a 70-mile backpacking and hiking trail in Western Pennsylvania. One of the most celebrated Pennsylvania hiking trails for its varied terrain and wondrous beauty, the trail runs from Ohiopyle State Park to the Laurel Ridge State Park meeting the 1,000-foot Conemaugh Gorge.*Laurel Highlands Visitors Bureau, Anna Weltz,*[*aweltz@laurelhighlands.org*](mailto:aweltz@laurelhighlands.org)*,*[*LaurelHighlands.org*](http://www.laurelhighlands.org/)  **Lehigh Valley**  Lace up the hiking boots and get ready to hit the trails in Lehigh Valley. From the flat, packed surfaces of the D&L National Heritage and Ironton Rail Trails, to stunning vistas atop the Trexler Nature Preserve and Lehigh Gorge - there's something for all skill levels here. *Discover Lehigh Valley, Kaitie Burger,* [*kaitie@discoverlehighvalley.com*](mailto:kaitie@discoverlehighvalley.com)*,* [*DiscoverLehighValley.com*](http://www.discoverlehighvalley.com/)    **Pocono Mountains**  The Pocono Mountains region is home to 261 miles of hiking trails. With eight state and two national parks, and hotspots like the Appalachian Trail and Bushkill Falls, the region has trails for skill levels from beginner to expert. The scenery will take your breath away. *Pocono Mountains Visitors Bureau, Elizabeth Richardson,* [*erichardson@poconos.org*](mailto:erichardson@poconos.org)*,* [*PoconoMountains.com*](http://www.poconomountains.com/)    **Greater Reading**  Hike, explore, then, hike some more in Greater Reading, where ample trails offer adventures for all skill levels. Trek through forests, around waterways, and up mountains. Experience the legendary Appalachian Trail and the welcoming beauty of Hawk Mountain, now handicap accessible. Lace up. Our trails are calling! *Go Greater Reading, Lisa Haggerty,* [*lisa@gogreaterreading.com*](mailto:lisa@gogreaterreading.com)*,*[*GoGreaterReading.com*](http://www.gogreaterreading.com/)    **Virginia**  **Charlottesville**  Charlottesville and Albemarle County feature miles of hiking trails for all fitness levels. The Saunders-Monticello Trail provides a wheelchair-accessible hike to Monticello, while the Rivanna Trail system offers the opportunity to hike without leaving the city. The area also boasts an entrance to the Shenandoah National Park. *Charlottesville Albemarle Convention & Visitors Bureau, Bri Warner,*[*warnerb@charlottesville.org*](mailto:warnerb@charlottesville.org)*,*[*VisitCharlottesville.org*](http://www.visitcharlottesville.org/)    **Fairfax**  Cascading falls, historic trails, and National Park land. Take advantage of the lush green space, Class-V rapids, and the 15 miles of hiking trails at Great Falls Park. While exploring this natural oasis in Fairfax County, you might just forget that a major capital city is only 10 miles away. *Visit Fairfax, Ali Morris,*[*amorris@fxva.com*](mailto:amorris@fxva.com)*,*[*FXVA.com*](http://www.fxva.com/)    **Hampton**  Look no further than Grandview Nature Preserve and Sandy Bottom Nature Park for great hiking in Hampton. Ideal for kayaking and hiking, Grandview is a 578-acre estuary on the Chesapeake Bay with 2 ½ miles of beach. Sandy Bottom is a 456-acre facility with two lakes, wetlands, and hiking trails. *Hampton Convention & Visitor Bureau, Ryan Downey,* [*ryan@hamptoncvb.com*](mailto:ryan@hamptoncvb.com)*,*[*VisitHampton.com*](http://www.visithampton.com/)    **Harrisonburg**  Harrisonburg has an abundance of offerings for hikers, including local services, guides, and gear. Take a short and easy hike at Edith J Carrier Arboretum, Hillandale, or Purcell Park. Looking for a more difficult trek? Visit the Shenandoah National Park! *Harrisonburg Tourism & Visitor Services, Jessica Williams,* [*Jessica.williams@harrisonburgva.gov*](mailto:Jessica.williams@harrisonburgva.gov)*,* [*VisitHarrisonburgVA.com*](http://www.visitharrisonburgva.com/)    **Lexington and Rockbridge**  Boasting 64,000 acres of National Forest lands, Appalachian Trail, and Blue Ridge Parkway, Lexington, Virginia, offers hikers a variety of terrains, waterfalls, and magnificent views. House Mountain - an iconic landmark and favorite local hike - is only seven miles from the cultural amenities and historic sites of downtown Lexington. *Lexington and Rockbridge Area Tourism, Patty Williams,*[*marketing@lexingtonvirgina.com*](mailto:marketing@lexingtonvirginia.com)*,*[*LexingtonVirginia.com*](https://lexingtonvirginia.com/)    **Loudoun County**  Escape to Red Rock Wilderness Overlook Regional Park for panoramic views of the Potomac River as you hike the 67-acre property. The park is part of the Virginia Birding and Wildlife Trail and gives visitors a glimpse into history, with ruins of several buildings dating back to the 1800s. *Visit Loudoun, Jennifer Buske-Sigal,*[*sigal@visitloudoun.org*](mailto:sigal@visitloudoun.org)*,*[*VisitLoudoun.org*](http://www.visitloudoun.org/)    **Lynchburg**  Lynchburg boasts one of the most unique urban trail systems in Virginia with a diverse network of hiking and walking trails passing through lush natural areas and the heart of the historic downtown. With five paved and myriad earthen trails, there's so much to explore! *Lynchburg Regional Convention & Visitors Bureau, Krista Boothby,* [*krista.boothby@lynchburgva.gov*](mailto:krista.boothby@lynchburgva.gov)*,* [*DiscoverLynchburg.org*](http://www.discoverlynchburg.org/)    **Prince William & Manassas**  South Valley Trail, found in Prince William Forest Park, is the perfect hike for those looking for some outdoor fun. The 19-mile long trail runs along the Quantico Creek, with arbor lined paths, and scenic bridges. In all, 37 miles of trails are available to explore throughout the park. *Prince William & Manassas, Nicole Warner,*[*nwarner@discoverpwm.com*](mailto:nwarner@discoverpwm.com)*,* [*DiscoverPWM.com*](http://www.discoverpwm.com/)  **Roanoke**  Hike Virginia's Blue Ridge Mountains with over 600 miles of trails and discover why readers of Blue Ridge Magazine voted us Best Trail Town!  Explore scenic trails and overlooks along the Blue Ridge Parkway or hike McAfee Knob to see the most photographed spot on the Appalachian Trail. *Visit Virginia's Blue Ridge, Catherine Fox,* [*cfox@visitvablueridge.com*](mailto:cfox@visitvablueridge.com)*,* [*VisitVABlueRidge.com*](http://www.visitvablueridge.com/)  **Shenandoah County**  Discover the beauty of the Shenandoah Valley on 178 miles of trails winding through National Forest, featuring routes for all skill levels and abilities. See stunning views of the seven bends of the Shenandoah River from the Woodstock Tower or walk along rock outcrops overlooking the valley below. *Shenandoah County Tourism, Jenna French,* [*jfrench@shenandoahcountyva.us*](mailto:jfrench@shenandoahcountyva.us)*,* [*VisitShenandoahCounty.com*](http://visitshenandoahcounty.com/)    **Winchester-Frederick County**  The Winchester area functions as a bustling hub for hikers using the Appalachian Trail (access at Sky Meadows State Park and Bear's Den), as well as the newly re-routed Tuscarora Trail featuring ridgeline hiking and mountain views through the George Washington National Forest along the West Virginia border. *Visit Winchester Virginia, Justin Kerns,* [*justin.kerns@visitwinchesterva.com*](mailto:justin.kerns@visitwinchesterva.com)*,*[*VisitWinchesterVA.com*](http://www.visitwinchesterva.com/)    **West Virginia**  **Pocahontas County**  Grab a backpack and walking stick and head to Pocahontas County. Delight in the solitude of hundreds of miles of trails through the Monongahela National Forest.  Logging roads of early 1900s make perfect treks through thick forest with mountain views, crystal waters, and an abundance of wildlife. *Pocahontas County Convention & Visitors Bureau, Gail Hyer,* [*ghyer@pocahontascountywv.com*](mailto:ghyer@pocahontascountywv.com)*,*[*PocahontasCountyWV.com*](http://www.pocahontascountywv.com/) |

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| **About Mid-Atlantic Tourism Public Relations Alliance**  The Mid-Atlantic Tourism Public Relations Alliance (MATPRA) is a cohesive unit of regional tourism partners encompassing Delaware, Maryland, Pennsylvania, Virginia, West Virginia and Washington, D.C. The group serves travel journalists by creating a regional resource that ignores geographical boundaries. The Alliance promotes common threads and offers saleable stories to journalists about the mid-Atlantic destination as a whole. For more information, visit[www.matpra.org](http://www.matpra.org/).    # # # |