



MATPRA

MID-ATLANTIC TOURISM PUBLIC RELATIONS ALLIANCE

A Mid-Atlantic Food Journey

Let your taste buds have a vacation! Follow this culinary adventure through the Mid-Atlantic.



Day One: Arrive in Lynchburg, Virginia

Whether you are vegan, veggie, meat lover or dietary restricted, all foodies will find a home here. Visit the [Lynchburg Community Market](#) and discover how food and the arts truly mix to make a quick stop to pick up veggies for dinner turns into hours of shopping, eating and entertainment. Vegan? No problem. Take a seat at [Urbavore](#) or [Crisp](#) and settle in for a delicious meal.



Gluten free? We've got you covered at [Isabella's Trattoria](#) where you get to enjoy great Northern Italian pasta dishes along with the rest of your party. And everyone here loves the farm fresh ingredients at [Grey's](#), with the best nachos EVER. With so much to see and do in Lynchburg, we'll keep you from going hungry.

3.75 Hours to Alexandria, Virginia



Day Two: Arrive in Alexandria, Virginia

History & Food Tour of Old Town Alexandria: Start your day in Market Square at the [Old Town Farmers Market](#), a centuries-old tradition hosted every Saturday throughout the year. Here, visitors and residents alike find fresh baked goods and locally sourced items like produce and even handmade arts and crafts.

Dive deeper into Alexandria's local culture and embark on an [Old Town Food Tour](#) of culinary hotspots, learning of the city's rich history while taste-testing celebrated dishes. Along the way, sip on a pint of beer from Port City Brewing Company, Alexandria's very own nationally acclaimed beer. For extra tasting, take to the wine bar of [GRAPE +BEAN](#) for hand selected wines and cheese, as well as the opportunity to purchase unique bottles to take home.

2.6 Hours to Wilmington, Delaware



Day Three: Arrive in Wilmington, Delaware

As harvest season arrives in the Brandywine Valley, we give thanks for all that the land has to offer - especially the ice cream. Tour through the farms and dairies of the [Delaware Harvest Trail](#), and you'll get an authentic and local taste of what the region has to offer.

Go apple picking through one of our many orchards (and grab some berries too, when they're in season), or cut down your own Christmas tree. Keep an eye out for cider doughnuts, especially in the fall, and make sure you leave time for a scoop and a visit with the cows at [Woodside Farm Creamery](#).

2.25 hours to Carroll County, Maryland



Day Four: Arrive in Carroll County, Maryland

Your day begins with The Shop at Cockey's Tavern. Then head to the [Carroll County Farm Museum](#) where you will enjoy a relaxing box lunch in the restored barn or under the big, old oak trees. Then ride through Uniontown to the [Union Mills Homestead and Grist Mill](#). Finish the day with a stop at [Baugher's Farm Market](#) for some hand-dipped ice cream or Ma Baugher's cakes, cookies and pies.

3 Hours to Laurel Highlands, Pennsylvania



Day Five: Arrive in Pennsylvania's Laurel Highlands

There is no greater journey than the journey of self. Achieve a new level of mindfulness as you travel among our serene valleys and mountain vistas. Offer sun salutations, shop farmers markets, nurture your spirit with adventure, fantastic food, and learn new methods of wellness at our region's renowned facilities. The Laurel Highlands has a way of healing and encouraging growth and we are excited to help cultivate your well-being.

- Sun salutations at [Laurel Mountain State Park](#)
- Explore more than 130 vendors who "make it, bake it, or grow it" at the [Ligonier Country Market](#)

- Shopping and lunch on own in historic Ligonier
- [Hillside Orchards](#), a fourth generation family farm and farm market

Contacts:

[Visit Lynchburg, Virginia](#)

[Visit Alexandria, Virginia](#)

[Greater Wilmington, Delaware CVB](#)

[Carroll County, Maryland Tourism](#)

[Laurel Highlands, Pennsylvania Visitors Bureau](#)

