



MATPRA

MID-ATLANTIC TOURISM PUBLIC RELATIONS ALLIANCE

Experience Outdoor Adventures in the Mid-Atlantic

(Mid-Atlantic Region, July 31, 2019) — Whether you're looking to hit the trails to hike to scenic viewpoints, race down paths on mountain bikes, or traverse the region's expansive system of waterways, outdoor recreation enthusiasts will find no shortage of activities throughout the Mid-Atlantic states.

For more information on any of the following, contact the destination marketing organization listed below. For general information on the Mid-Atlantic, visit MATPRA.org.

MARYLAND

State of Maryland

Travel along one of Maryland's scenic byways or the Great Chesapeake Bay Loop to enjoy Maryland's countless outdoor activities. Hike along the Appalachian Trail, camp out on the beach at Assateague Island, bike along the Western Maryland Rail Trail and go whitewater rafting on the Youghiogheny River. *Maryland Office of Tourism, Matthew Scales, VisitMaryland.org, msscales@visitmaryland.org*

Annapolis & Anne Arundel County

Sailing, kayaking, stand-up paddle boarding and canoeing options abound in and around Annapolis. Land lovers can hike miles of trails in city, county and state parks, and cycling enthusiasts workout on the 13.3-mile Baltimore and Annapolis trail. It connects to another 12.5-mile trail circling BWI Thurgood Marshall Airport. *Visit Annapolis & Anne Arundel County, Susan Seifried, VisitAnnapolis.org, sseifried@visitannapolis.org*

Baltimore

It's easy to enjoy the great outdoors in Baltimore! Whether you're up for an early morning paddle around the Inner Harbor or a bike ride or hike through gardens, wetlands or nature preserves on the eleven-mile Jones Fall Trail, there's something for everyone. *Visit Baltimore, Abigail Vitaliano, Baltimore.org, avitaliano@baltimore.org*

Calvert County

On the Chesapeake Bay and Patuxent River, Calvert County is all outdoors with many kayak and paddleboard entry points. Hike American Chestnut Land Trust, Kings Landing Park and Battle Creek Cypress Swamp Sanctuary. Calvert Cliffs has an easy 1.5 mile hike to a beach filled with fossils and shells. *Calvert County Department of Economic Development, Hilary Dailey, ChooseCalvert.com, Hilary.Dailey@calvertcountymd.gov*

Frederick County

Maryland's largest cascading waterfall can be reached by taking a scenic hike, leisurely stroll, or handicap accessible path. Visitors can choose the route that is best for their group, but the stunning view at the end will be the same. *Visit Frederick, Melissa Muntz, VisitFrederick.org, mmuntz@fredco-md.net*

Hagerstown - Washington County

Washington County is home to the most iconic overlooks on the 40-plus-mile stretch of Appalachian Trail in Maryland. Perfect for a day hike, a weekend backpacking trip or a section hike, the views are stunning from Weverton Cliffs, Washington Monument, Annapolis Rock, Black Rock, Raven Rock and High Rock. *Visit Hagerstown, Betsy DeVore, VisitHagerstown.com, betsy@visithagerstown.com*

Harford County

Find your adventure in Susquehanna State Park, Rocks State Park (spot a waterfall!) and Gunpowder Falls State Park. Well-groomed bike trails await on the Ma & Pa Trail in Bel Air. Our location at the top of the Chesapeake Bay means watersports such as kayaking, paddleboarding and parasailing are plentiful. *Visit Harford, Mindy Schneider, VisitHarford.com, mindy@visitharford.com*

Howard County

Howard County is home to over thirty parks including Patapsco Valley State Park, which welcomes over 1 million visitors a year! There are lakes and award-winning trails all over Howard County, connected by over 100 miles of trails that take walkers, runners and cyclists past wildlife, waterfalls, and historic architecture. *Visit Howard County, Crystal Abrom, VisitHowardCounty.com, crystal@howardcountytourism.com*

Wicomico County

Wicomico County is home to over 1,500 acres of parks and more than 1,000 miles of waterways. Explore rugged trails within Pemberton Historical Park in Salisbury. The Wicomico and Nanticoke rivers make for great kayaking and canoeing spots. People can also enjoy fishing, crabbing and hunting. *Wicomico County, Vanessa Junkin, WicomicoTourism.org, vjunkin@wicomicocounty.org*

PENNSYLVANIA

Commonwealth of Pennsylvania

From the Great Allegheny Passage to the Appalachian Trail and everything in between, Pennsylvania is home to 1,700 miles of rail trails, 2,036 miles of water trails, and 6,753 miles of hiking and biking trails including Pennsylvania's 2019 Trail of the Year – the 327-mile Mid-State Trail. *Pennsylvania Tourism Office, Lisa Zahn, VisitPA.com, lisa.zahn@tierneyagency.com*

Allegheny National Forest

So Big, So Green. The Allegheny National Forest located in northwestern Pennsylvania offers over 513,000 acres for hiking, mountain biking and fishing. There are 15 campgrounds with more than 1,000 sites for tent, RV, and cabin camping. Highlights include the Allegheny Reservoir and over 600 miles of trails. *Allegheny National Forest Visitors Bureau, Linda Devlin, VisitANF.com, devlin@visitanf.com*

Altoona

The Lower Trail is sought out by those interested in an outdoor adventure related to railroad history. The trail is 17 miles and invites users on a trip through nature and history. Along the trail there are remnants of the canal era and more. *Explore Altoona, Jennifer Fleck, ExploreAltoona.com, jfleck@explorealtoona.com*

Clearfield County

Enjoy 102 miles of floating relaxation on the West Branch of the Susquehanna River that flows slowly through Clearfield County so that you can enjoy all types of recreational possibilities, including a stop at Curwensville Lake. *Visit Clearfield County, Josiah Jones, VisitClearfieldCounty.com, jjones@visitclearfieldcounty.org*

Cumberland Valley

The Cumberland Valley is home to hundreds of miles of trails, including three state parks and midpoint of the Appalachian Trail. Some of the flattest and most accessible portions of the AT can be found in the Valley, as well as the only museum in the country dedicated to hiking. *Cumberland Valley Visitors Bureau, Aaron Jumper, VisitCumberlandValley.com, aaron@visitcumberlandvalley.com*

Huntingdon County

The Allegrippis Trails celebrates 10 years world class mountain biking bliss. The 2019 and 2016 PA Trails of the Year both meander here. Paddlesports enthusiasts enjoy placid waters of Juniata River & Raystown Lake. Jack's Narrows is the deepest gorge in PA with the unique Thousand Steps section / Standing Stone Trail. *Huntingdon County Visitors Bureau, Liza Gutshall, Raystown.org, lgutshall@raystown.org*

Lancaster County

Visitors and locals alike love to get out on and along the Susquehanna River, Lancaster County's western border. From hiking/biking trails to varied levels of rock climbing to kayaking and paddleboarding its sparkling waters, the mighty Susquehanna offers loads of outdoor activities, plus plenty of food & drink options afterwards. *Discover Lancaster, Joel Cliff, DiscoverLancaster.com, jcliff@discoverlancaster.com*

Laurel Highlands

Have a mild or wild water adventure on the Youghiogheny River in Pennsylvania's Laurel Highlands! Paddle your way down a leisurely stretch of flat water while enjoying the view with your family, or challenge yourself with some of the best kayaking and whitewater rafting on the East Coast. *Laurel Highlands Visitors Bureau, Anna Weltz, LaurelHighlands.org, aweltz@laurelhighlands.org*

Lehigh Valley

Lehigh Valley beckons hikers to its wide-open vistas. Explore the expansive Delaware & Lehigh National Heritage Corridor and Jacobsburg State Park as you enjoy the region's impressive opportunities for kayaking, biking, hiking, and more. During winter months, get your dose of thrills at two nearby ski resorts. *Discover Lehigh Valley, Kaitie Burger, DiscoverLehighValley.com, kaitie@discoverlehighvalley.com*

Montgomery County

Port Providence Paddle is one of Montco's best spots to spend a day on the water. Here, visitors can embark on epic adventures on the Schuylkill River journey. Take a leisurely ride down the river or get in a great work out as you paddle through the rapids. *Visit Montgomery, Emily Keel, ValleyForge.org, keel@valleyforge.org*

Pittsburgh

Pittsburgh is home to many beautiful green spaces for every outdoor enthusiast. Surrounded by three rivers, visitors can enjoy taking a stroll through Point State Park or Shenley Park. The Three Rivers Heritage Trail provides 24 miles to view the beautiful city by renting bicycles or walking alongside the river. *VisitPITTSBURGH, Kristin Wenger, VisitPittsburgh.com, kristin.wenger@visitpittsburgh.com*

Pocono Mountains

The scenic Pocono Mountains offer endless outdoor adventure for visitors! Enjoy biking on the D&L Trail, viewing Bushkill Falls "The Niagara of Pennsylvania," whitewater rafting down the Lehigh River, boating, fishing, or swimming in one of the 150+ lakes, or hiking on the hundreds of trails. *Pocono Mountains Visitors Bureau, Brian Bossuyt, PoconoMountains.com, bbossuyt@poconos.org*

Reading / Berks County

Find exceptional cycling in Pennsylvania's Americana Region. Our diverse landscape of winding roads and rolling mountains provide the perfect venue for all kinds of riding experiences. Plus, our convenient location lets cyclists from across the MidAtlantic access our trails in no time flat. Biking adventures await

in Pennsylvania's Americana Region. *Pennsylvania's Americana Region, Lisa Haggerty, VisitPaAmericana.com, lisa@visitpaamericana.com*

VIRGINIA

Alexandria

Bike, walk or jog on the breathtaking Mount Vernon Trail. This 18-mile, paved, multi-use trail winds along the Potomac River from George Washington's Mount Vernon through Alexandria, Virginia and to Theodore Roosevelt Island in Arlington, offering stunning views of the national monuments and memorials in D.C. *Visit Alexandria, Leah Spellman, VisitAlexandriaVA.com, lspellman@visitalexva.com*

Fairfax County

Cascading waterfalls, historic trails, still water kayaking, and mountain biking await visitors to Fairfax County. Key highlights include the NPS-managed Great Falls Park and bald eagle viewing at Mason Neck State Park. Follow the 45-mile W&OD Trail by foot or bike to explore three counties on Virginia's "skinniest park." *Visit Fairfax, Ali Morris, FXVA.com, amorris@fxva.com*

Fredericksburg Region

Take the scenic route in Fredericksburg, VA, with a walk on the many trails. Explore Government Island where the stone for many of D.C.'s government buildings was quarried. Enjoy water sports including a leisurely tube ride down the Rappahannock or thrilling jet ski and fishing on Lake Anna. *Fredericksburg Region, Debbie Aylor, VisitFred.com, daylor@spotsylvania.va.us*

Giles Country

Thirty-seven miles of the New River with public access and outfitters or guides, miles of hiking including the Appalachian Trail, three waterfalls for hiking and swimming, and five towns with unique lodging, hometown shops and eateries mean you will have an adventure in Virginia's Mountain Playground™, Giles County, Virginia. *Giles County Tourism, Cora Gnegy, GilesCounty.org, cgnegy@gilescounty.org*

Hampton

Enjoy beautiful Chesapeake Bay views in solitude at Grandview Nature Preserve. A 10-minute hike on a maintained trail through tall marshes brings tranquility-seekers to a 2.5 mile long stretch of bay-front beach. Grandview Nature Preserve is the ideal spot for fishing, kayaking, walking on the beach or observing wildlife. *Hampton Convention and Visitor Bureau, Elizabeth Severs, VisitHampton.com, elizabeth.severs@hamptoncvb.com*

Harrisonburg

Hailed by National Geographic Society as one of America's Best Mountain Bike Towns, Harrisonburg is the perfect getaway for heart-pumping adventure. This vibrant city boasts a mix of peaceful county trails, bike-friendly city streets, winding single tracks, and challenging mountain bike courses. Come see why the riding is so beloved. *Harrisonburg Tourism & Visitor Services, Jessica Williams, VisitHarrisonburgVA.com, jessica.williams@harrisonburgva.gov*

Lynchburg

Train tracks once crisscrossed throughout the City of Lynchburg; now they are renewed into 40 miles of the most unique urban trail system in Virginia. See herons, and native plants and animals as you walk, bike, or fish under the lush canopy alongside the James River and its tributaries. *Lynchburg Office of Economic Development & Tourism, Krista Boothby, LynchburgVirginia.org, krista.boothby@lynchburgva.gov*

Orange County

You can be outdoorsy and epic! Take your love of Virginia right up to the skies. Come fly with Skydive Orange, the Washington D.C. region's best and brightest skydiving destination, where great big, powerful planes and downright incredible skydiving adventurers join forces to help landlubbers fulfill their flying dreams. *Orange County, Virginia Tourism, Lori Landes-Carter, VisitOrangeVirginia.com, lcarter@orangecountyva.gov*

Prince William County

Prince William, Virginia is home to over 38 square miles of open park space and an array of water activities too. From camping in a cabin once used for spy training to sailing on the Potomac River you can have all of the outdoor adventure you desire in D.C.'s Countryside. *Prince William County Office of Tourism, Nicole Warner, VisitPWC.com, Nwarner@pwcgov.org*

Richmond Region

Richmond's James River is a great way to cool off this summer! Richmond is the only city with Class III and IV rapids in an urban setting - so it's easy to cool off with a picnic and swimming at Belle Isle or a white water rafting trip with Riverside Outfitters. *Richmond Region Tourism, Meghan Gearino, VisitRichmondVA.com, mgearino@visitrichmondva.com*

Shenandoah Valley

Get the full Shenandoah experience with a weekend getaway. Take a shady mountain hike, visit a winery or brewery, and then enjoy farm to table dining. Later, stay in one of several glamping sites such as "The Dome on Our Farm" or the "Cottage on the Seven Bends." *Shenandoah County Tourism, Jenna French, VisitShenandoahCounty.com, jfrench@shenandoahcountyva.us*

Virginia's Blue Ridge

Virginia's Blue Ridge is one of only 15 Silver-Level Ride Centers in the world for mountain biking, offering trails for all levels. Come to America's East Coast Mountain Biking Capital for 300 miles of singletrack. If you're more of a hiker, paddler or foodie – we have plenty of that too! *Visit Virginia's Blue Ridge, Taylor Spellman, VisitVBR.com, tspellman@visitvbr.com*

WEST VIRGINIA

Hampshire County

Experience true nature immersion when you canoe or kayak through the trough- a 6.5 mile long stretch of the South Branch of the Potomac River. This forested canyon is only accessible by water or train as the river flows through sawmill ridges where bald eagles nest and soar. *Hampshire County Convention & Visitors Bureau, Jonathan Bellingham, ComeToHampshire.com, info@cometohampshire.com*

Pocahontas County

Nature's Mountain Playground is a hiking and biking mecca! Whether you're a seasoned hiker, or just looking to work up a slight sweat - there's a trail for you. Try the award-winning Greenbrier River Trail State Park, or venture to the trails off the Highland Scenic Highway. *Pocahontas County Convention & Visitors Bureau, Chelsea Walker, NaturesMtnPlayground.com, cwalker@pocahontascountywv.com*

About the 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

while promoting common threads, offering story ideas about the Mid-Atlantic region as a whole. For more information, visit MATPRA.org.