



MATPRA

MID-ATLANTIC TOURISM PUBLIC RELATIONS ALLIANCE

Hikes, Harbors, and History in the Mid-Atlantic

Explore the history and outdoor spaces of these historic Mid-Atlantic destinations on a four-day tour. Hike scenic trails, ride through gorgeous canyons on covered wagons, stand in the footsteps of Civil War soldiers, tour the home of America's first president, and cruise the waters of one of the world's largest natural harbors.

Day One: Arrive in Tioga and Potter Counties, Pennsylvania



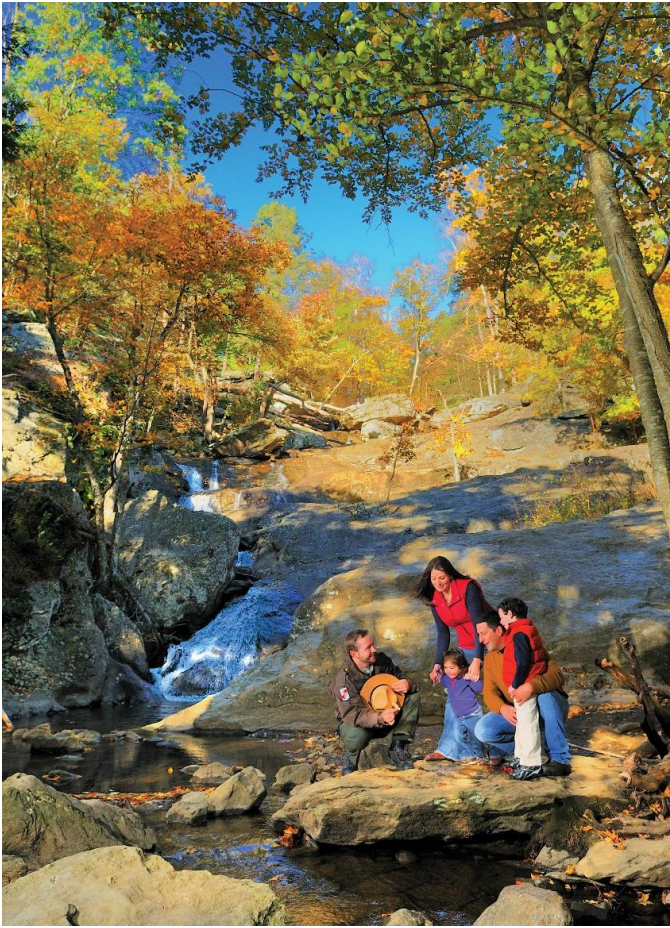
Home to the 47-mile-long [Pennsylvania Grand Canyon](#), the parks, trails and overlooks of this natural gorge offer breathtaking views throughout all four seasons as well as myriad options for outdoor recreation. Take a tour of the canyon on a horse drawn [Ole Covered Wagon Tour](#) led along Pine Creek Trail by local guides who share the history of the canyon as well as an overview of the region's spectacular scenery. Spend the afternoon in the bustling business district of [Wellsboro](#) on Pennsylvania Route 6 which serves as home to historic hotels, arts centers, and eclectic

shops as well as popular "Made in Pennsylvania" favorites like [Highland Chocolates](#). After dinner, end your day with a visit to [Cherry Springs State Park](#) to touch the stars! Named the best place on Earth for stargazing by The Travel Channel and designated a Gold Level Dark Sky Park by the International Dark Sky Association, the Milky Way shines so bright it casts your shadow - an experience that visitors will never forget!

4 Hours to Frederick, Maryland

(Optional Add-ons: Quick stopover in Hershey, Pennsylvania for a free tour of the historic chocolate factory or a quick stopover in Carlisle, Pennsylvania to visit historic sites like the Military College.)

Day Two: Arrive in Frederick, Maryland



Begin your morning with a hike to [Cunningham Falls](#), Maryland's largest cascading waterfall. You can choose the easy path for a leisurely stroll or the more challenging trail for a true nature walk! Either path leads to the same gorgeous view. Continue your adventure with a tour of the [National Museum of Civil War Medicine](#). Learn the stories of healing and care during one of America's darkest times as you experience the museum's impressive exhibits and historic Downtown building. Walk a few feet outside to take your pick from dozens of delicious [Downtown restaurants](#) serving any type of cuisine you can think of. While you are Downtown, take a tour and see a show at the Historic [Weinberg Theater](#). Opened in the 1920's, the theater still maintains the style of charm of an era that has passed. Take in the atmosphere and enjoy a more modern style of entertainment from popular comedians to world renowned bands.

1 Hour to Fairfax County, Virginia

Day Three: Arrive in Fairfax County, Virginia



Start your day with a tour of [George Washington's Mount Vernon](#), the 18th century home of America's first president. Walk in Washington's footsteps through [his stunning mansion](#), immerse yourself in the restored gardens, the working 1700s farm, outbuildings, and wharf. Mount Vernon is the most visited historic estate in the country and offers visitors the chance to discover the real George Washington through a multitude of interactive experiences and exhibits at the fascinating museum and educational center. If time permits, take the shuttle the [George Washington's Distillery & Gristmill](#) to see how his famous rye whiskey was made and learn about some of his most successful business endeavors. (Open April – October).

In the afternoon, get some fresh air with a two-mile hike along the Potomac River on the Potomac Heritage Trail, visiting two parks along the way. Park at [Riverbend Park](#), a part of the Fairfax County Park Authority system, featuring 400 acres of forest, meadows, and ponds. Start your trek on the Potomac Heritage Trail as you make your way to [Great Falls Park](#), a pocket park of the National Park Service. At [Great Falls Park](#), the Potomac River builds up speed and force as it falls over a series of steep, jagged rocks and flows through the narrow Mather Gorge. The Patowmack Canal offers a glimpse into the early history of this country. [Great Falls Park](#) has three stunning overlooks of the falls and many opportunities to explore history and nature, all in a beautiful 800-acre park only 15 miles from Washington, DC.



End your day with a concert under the stars at another of Fairfax County's National [Parks](#) – the only one in the country dedicated to the performing arts. [Wolf Trap](#) presents a diverse range of musical performances year-round. Venues onsite include the [Filene Center](#), a 7,000-seat open-air amphitheater (May-September), [The Barns](#), an intimate venue inside two 18th century barns (October – May), and the [Children's Theatre-in-the-Woods](#), an outdoor family-friendly destination (June-August).

3 Hours and 10 minutes to Hampton Virginia

Day Four: Arrive in Hampton, Virginia



Start your day in Hampton on the water as you set sail for adventure aboard the [Miss Hampton II Harbor Cruise](#).

Boarding at the [Downtown Public Piers](#) along the Hampton River, this 3-hour harbor tour sails through the 400-year history of the city and the region. From the decks you'll see Blackbeard Point, where the notorious pirate's head was displayed on a pike after his capture off the coast of the Outer Banks as well as historic [Fort Monroe National Monument](#) and the Old Point Comfort Lighthouse, all before you've even left the waters of

Hampton. The boat cruises through Hampton Roads to the Elizabeth River for an up-close look at the warships of Naval Station Norfolk, home to aircraft carriers and nuclear-powered submarines.

The return trip to Hampton features the story of the Battle of the Ironclads, as the boat sails through the original battle site. When weather permits, there will also be a 45-minute guided tour of the abandoned island fortress of Fort Wool.

Explore over 400 years of military history in Hampton while you tour the [Casemate Museum](#) at [Fort Monroe National Monument](#).

On this site Fort Algernonne was built in 1609. This early fort served as a lookout and protector of the Jamestown Settlement and Hampton Roads harbor. Here, you'll see the shore where the first African American visitors arrived to Hampton and Virginia. In 1619, vessel carrying twenty-odd African-American passengers arrived at Old Point Comfort near the point of land on which John Smith and crew arrived in 1607. This historic landing marks the beginning of slavery in the New World.

Fort Monroe was constructed from 1819-1834. During the Civil War, Fort Monroe was a union-held bastion in the Confederate South. The fortress served as a safe-haven for men, women and children escaping enslavement after Union Major General Benjamin F. Butler declared the runaways "contraband of war" and refused to return them to their Confederate owners. The fort's Casemate Museum houses the cell in which Confederate President Jefferson Davis was imprisoned following the Civil War. The fortress is also home to Old Point Comfort Lighthouse.

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