

2024 HOLIDAY GUIDE

CAPITAL REGION USA

WASHINGTON, DC · MARYLAND · VIRGINIA

CapitalRegionUSA.co.uk



VisitTheUSA.com



A STORY WITH every step

Make moments that matter in hip and historic Frederick County, Maryland. Wander quaint city centres where historic buildings host locally owned shops. Indulge in world-class restaurants and embrace our lively arts scene. Venture outdoors in national and state parks and experience our storied past at American Civil War battlefields. Unwind at dozens of wineries, breweries, and distilleries.

visitfrederick.org • 001-301-600-2888



VISIT
Frederick
CITY & COUNTY



Don't just DC Washington

Come see us in **Alexandria**.



Top 3 Small City in the U.S.

- Condé Nast Traveler, 2023

Old Town Alexandria is alive with modern, independent restaurants and boutiques all living happily with historic sites and museums. Located just minutes away from the National Mall and George Washington's Mount Vernon, it's the perfect jumping-off point for exploring the Capital. So when you do DC, come stay in Alexandria.

alexandria



Learn more about Alexandria and browse our 7-day Capital Region Itinerary at:

[VisitAlexandria.com/USA](https://www.visitalexandria.com/USA)

Connect with us:

001-703-652-5378 | groups@visitalexva.com

CONTENTS

FEATURES

- 8 Regional Overview
- 16 Favourite Free Things to Do
- 18 A Region Rich in Black Culture & History
- 20 Destination Spotlights
- 22 Family-Friendly Fun
- 23 Must-Have Culinary Experiences
- 26 Sip Your Way Through the Capital Region

- 28 Hot Spots for Hot Shopping
- 30 Famous Filming Locations
- 31 Small-Town Discoveries
- 32 Picture-Perfect Byways
- 34 LGBTQ+ Travel
- 35 Ready to Cheer
- 36 Go Explore: National & State Parks

PLANNING

- 6 Map & Orientation
- 38 Exploring DC's Neighbourhoods
- 40 Pick-Your-Path Itineraries
- 44 Planning Essentials

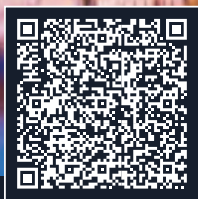
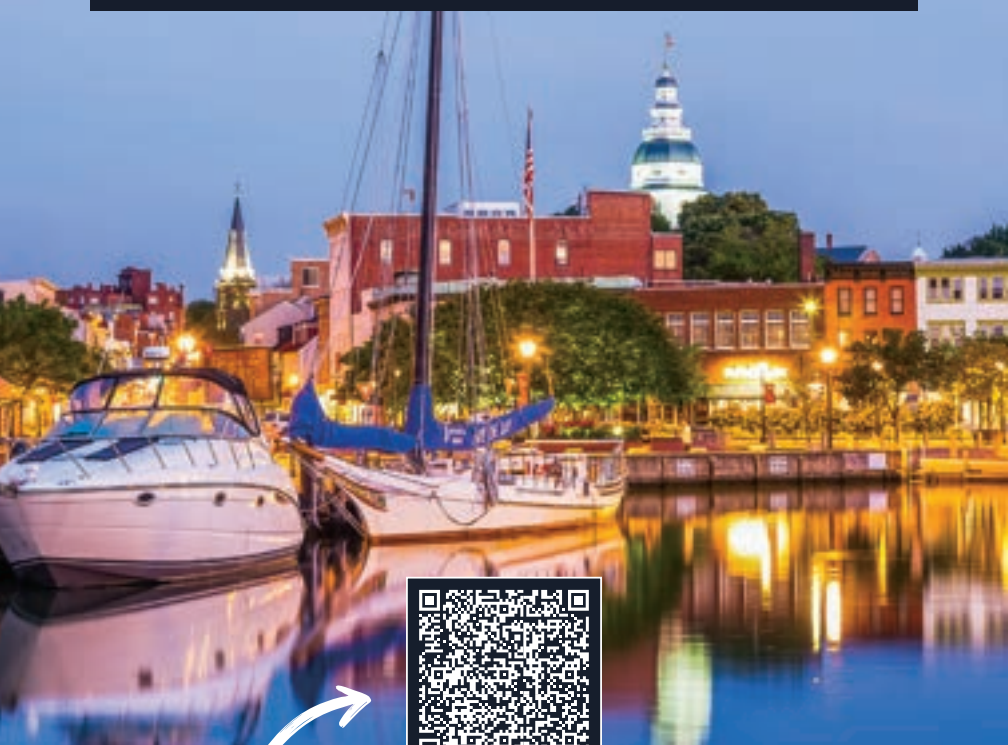


EXPLORE
THE CAPITAL
REGION ONLINE



Washington Monument, John Baggaley.

DROP ANCHOR IN AMERICA'S SAILING CAPITAL



Choose Your American Adventure

Experience a true American adventure in **Annapolis' City Centre**, shop the day away at **Arundel Mills** – Maryland's largest outlet mall, book a tour at the **United States Naval Academy**, set sail on the shores of the **Chesapeake Bay**, and more.



Visit
ANNAPOLIS
& ANNE ARUNDEL COUNTY



Maryland
VisitMaryland.org

VISITANNAPOLIS.ORG

CAPITAL REGION USA

WASHINGTON, DC • MARYLAND • VIRGINIA

CapitalRegionUSA.co.uk

BOARD OF DIRECTORS

VIRGINIA TOURISM CORPORATION

PRESIDENT & CEO Rita McClenny

VICE PRESIDENT, MARKETING Diane Bechamps

GLOBAL MARKETING DIRECTOR Heidi Johannesen

MARYLAND OFFICE OF TOURISM DEVELOPMENT

MANAGING DIRECTOR, DEPARTMENT OF COMMERCE OFFICE OF TOURISM AND FILM ARTS Liz Fitzsimmons

ASSISTANT DIRECTOR, TOURISM DEVELOPMENT Marci Ross

TRAVEL TRADE SALES MANAGER Rich Gilbert

DESTINATION DC

PRESIDENT & CEO Elliott L. Ferguson II

VICE PRESIDENT, TOURISM, SPORTS & VISITOR SERVICES Theresa Belpulsi

SENIOR VICE PRESIDENT, MARKETING & COMMUNICATIONS Robin McClain

OFFICERS

CHAIR Liz Fitzsimmons

VICE CHAIR Theresa Belpulsi

SECRETARY/TREASURER Heidi Johannesen

STAFF

EXECUTIVE DIRECTOR Scott Balyo

MARKETING & MEMBERSHIP DIRECTOR Stacey Sheetz

MARKETING & ADMINISTRATIVE DIRECTOR Kimberly Petersen

CONTRIBUTORS

VIRGINIA TOURISM CORPORATION Christi Braginton

DESTINATION DC Nicole Nussbaum

MARYLAND OFFICE OF TOURISM DEVELOPMENT Leslie Troy

THE CAPITAL REGION USA HOLIDAY GUIDE IS PUBLISHED FOR CAPITAL REGION USA BY MILES PARTNERSHIP:

ACCOUNT DIRECTOR Susan Richardson

EDITOR Rebekah McLain

CONTRIBUTING WRITER Tracy Chopek

ART DIRECTOR Carrieann Stutz

ADVERTISING SALES Carly Stedman Norosky

ADVERTISING SALES & DATA MANAGER Jason Swancey

Published by Miles Partnership, 13952 Denver West Parkway, Suite 200, Lakewood, CO 80401. All rights reserved. Reproduction in whole or in part prohibited without written permission from the publisher. Every effort has been made to ensure the accuracy of the business information presented in this guide at the time of publication. The content of the guide does not represent a direct recommendation or endorsement by Capital Region USA or Miles Partnership. Copyright 2024.

For information about advertising in this guide, contact Carly Stedman Norosky at 202-681-8169 or email Carly.Stedman@MilesPartnership.com.



Cover photo credits, clockwise from top: Washington Monument, Instagram/shantell.lopezphoto; Bear's Den Scenic Lookout, Instagram/visitloudoun; Patterson Park Baltimore, Adobe Stock/Sergey Novikov (SerrNovik).

“

THE RICHMOND REGION

**SPEAKS
FOR ITSELF**

If you don't expect much from the Richmond Region, you'll leave disappointed.



Visit
Richmond
VA.com

”

Fairfax County, Virginia
Connect with America

**STAY GROUNDED AND
REACH FOR THE STARS**

Visit FXVA.com to plan your trip.

Welcome to geology's hall of fame.

With paved, well-lit, step-free walkways you can walk through rooms 10 storeys high, marvel at the columns and pools, and hear the Great Stalacpipe Organ. It's time to discover Luray Caverns.

Call 001-540-743-6551 or visit LurayCaverns.com to learn more.

LURAY CAVERNS
In Virginia's Shenandoah Valley

What will you discover?



Spend your holidays in Harford County! Enjoy the award-winning Ladew Topiary Gardens, relax in our tea rooms, explore our plethora of outdoor recreation and indulge in Harford's diverse culinary options.

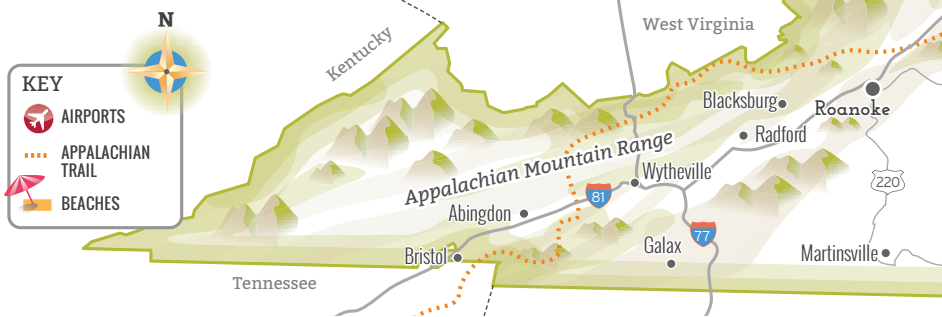
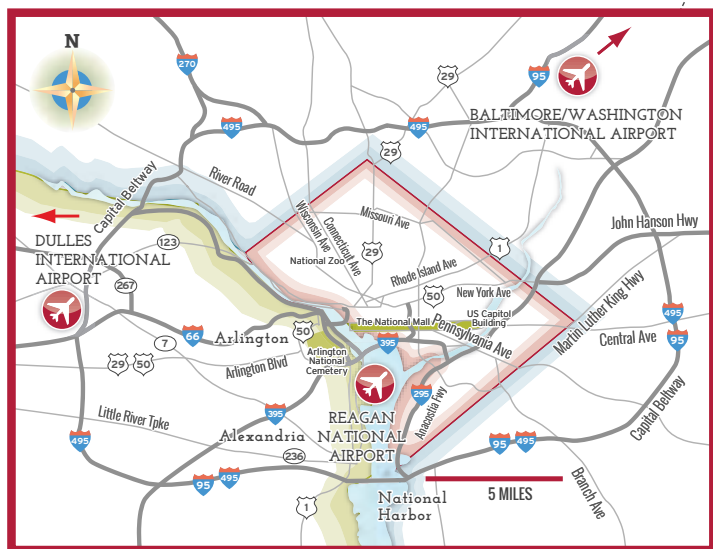
Visit
HARFORD
MARYLAND


Maryland
VisitMaryland.org

VisitHarford.com

WELCOME TO CAPITAL REGION USA

WASHINGTON, DC INSET MAP



WASHINGTON, DC TO VIRGINIA

| CITY | MILES | KM |
|----------------|-------|-----|
| Fredericksburg | 53 | 85 |
| Lynchburg | 181 | 291 |
| Norfolk | 195 | 314 |
| Richmond | 109 | 175 |

| CITY | MILES | KM |
|----------------|-------|-----|
| Roanoke | 241 | 388 |
| Virginia Beach | 209 | 336 |
| Williamsburg | 153 | 246 |
| Winchester | 76 | 122 |

WASHINGTON, DC

MARYLAND



WASHINGTON, DC TO MARYLAND

| CITY | MILES | KM |
|------------|-------|-----|
| Annapolis | 32 | 51 |
| Baltimore | 39 | 63 |
| Cumberland | 136 | 219 |
| Easton | 70 | 113 |

| CITY | MILES | KM |
|------------|-------|-----|
| Frederick | 49 | 79 |
| Hagerstown | 72 | 116 |
| Ocean City | 146 | 235 |
| Salisbury | 117 | 188 |





WELCOME TO CAPITAL REGION USA

WASHINGTON, DC • MARYLAND • VIRGINIA

The Capital Region is known for iconic monuments and museums, but it's also a destination brimming with nature, culture, history and luxury — perfect for a holiday that has something for everyone you're travelling with. Vast national parks, beguiling small towns, miles of mountain trails, vivacious city centres and sandy beaches are waiting to make travel dreams a reality. Whether you seek days filled with adventure in the outdoors or fine dining and high-end shopping, the Capital Region is the ideal destination for your next American holiday.

Opposite page, from top: Inner Harbor in Baltimore, Adobe Stock/SeanPavonePhoto: Smithsonian Castle, Washington.org; Shenandoah National Park, Adobe Stock/Chansak Joe A. **This page from left:** Virginia Beach, Chuck Jones; Washington Monument, Adobe Stock/Roman Babakin; Carroll Creek Park in Frederick, Maryland Office of Tourism.

WASHINGTON, DC

CLAIM TO FAME

It may be compact, but the influence of Washington, DC looms large as the nation's capital. In addition to the **White House** residence and **US Capitol**, top-notch museums like those of the **Smithsonian Institution** and famous monuments such as the **Lincoln Memorial** offer plenty of opportunities for cultural and historical exploration.

From **The Wharf** — a lively development along the **Southwest Waterfront** — to the hip **14th Street** corridor near **Logan Circle**, DC also boasts an assortment of eclectic neighbourhoods, ideal for experiencing the city's vibrant nightlife, booming restaurant scene and diverse entertainment.

MARK YOUR CALENDAR

Visitors from around the world flock to the capital city during the three-week-long **National Cherry Blossom Festival** (20 March–14 April). May brings **Passport DC**, a full month of festivities, during which DC's embassies open free to the public, honouring the city's many diverse cultures with street festivals, performances and more. **Capital Pride** (31 May–9 June) celebrates the LGBTQ+ community with a free parade and multiple live-music events. Join the party in 2025 as the city hosts the international celebration of **WorldPride** (23 May–8 June). End summer on a high note with the smooth sounds of **DC JazzFest** at live performances at various venues across the city (Aug–Sept.).

LATEST & GREATEST

In 2022, the **National Air and Space Museum** reopened its planetarium, museum store and eight renovated galleries, which offer digital and interactive displays and never-before-seen artefacts, including the WR-3 air racer. The **National Museum of Women in the Arts** reopened in 2023 with larger gallery spaces, a hands-on education studio and innovative technology. And you can now learn about (and meet!) the horses that protect the National Mall at **The Horse Stables** and the **Wells Fargo Education Center** located near the Korean War Veterans Memorial.

New shops and restaurants, including **Gordon Ramsay Hell's Kitchen**, await at the expanded waterfront Wharf. At **The Rubell Museum**, marvel at a growing collection of contemporary art and its inaugural exhibition *What's Going On* — 190-plus social- and political-driven pieces. Rest and refresh steps from Union Station at **The Royal Sonesta Capitol Hill hotel** — a great option for those who love to explore on foot.

This page from top: Jefferson Memorial, Getty Images/Sean Pavone; DC JazzFest, Marquis Perkins; The Wharf neighbourhood, Washington.org.



TAKE A WALK BACK INTO HISTORY.



ALL ARLINGTON
Virginia



People come to Arlington for lots of different reasons. For fun, for families, for business and so much more. If you love the outdoors, there are parks to play in, rivers to paddle on and trails to ride through. If food is an obsession, you can go from Balkan to Bolivian to barbecue and never leave the neighborhood. In short, it's all here. stayarlington.com

MARYLAND

CLAIM TO FAME

A perfect blend of cosmopolitan sensibilities and outdoor recreation make the Old Line State — its nickname referring to the Maryland Line soldiers of the American Revolutionary War — a can't-miss destination. Many of Maryland's key experiences are influenced by the **Chesapeake Bay**, from sailing and boating to beaches and enjoying signature blue crabs. Maryland's **Eastern Shore** is full of endless treasures and surprises, including the roaming wild horses of **Assateague Island**, gorgeous beaches and charming small towns like **St. Michaels**. The **National Aquarium** in **Baltimore** gives visitors an under-the-sea look at 20,000 animals in award-winning habitats.

MARK YOUR CALENDAR

The **Maryland Folk Festival** in Salisbury (20–22 Sept.) celebrates the rich diversity of American culture through food, art and music. It's a nonstop gathering with performances, workshops, parades, storytelling and more. Honour the legacy of one of Baltimore's most renowned poets at **The International Edgar Allan Poe Festival** (Oct.) with poetry and ticketed events. Meet the people behind the music at the **Annapolis Songwriters Festival** (Sept.) with dozens of artists performing throughout the city centre. In Frederick, watch gravity-defying cyclists speed through the streets in the only race of its kind in the USA: the **National Clustered Spires High Wheel Race** (13 July).

THE LATEST & GREATEST

In 2023, **Great Wolf Lodge** opened its new location in Perryville. This gargantuan indoor waterpark includes a lazy river, four-storey water treehouse and waterslides galore. The **Crossvines**, located in Poolesville's Agricultural Reserve, is a new facility created to promote viticultural research, education and training while also functioning as a winery, casual bistro and tranquil retreat. The newly renovated **CFG Bank Arena** in Baltimore hosts everything from big-name country-music concerts to WWE Monday Night Raw wrestling with an enhanced bar experience and exclusive suites with all the perks.

This page from top:
National Harbor in Maryland, Peter Charles Fellows: The National Aquarium.



WANDERING
SHOULD
LEAD TO
NEW THINGS

@johnnyersounds photographed by @philip.muriel



MOUNT VERNON

VISIT
BALTIMORE™

OUTDOOR ITINERARIES
NEIGHBOURHOOD GUIDES
WHERE TO EAT

baltimore.org

VIRGINIA

CLAIM TO FAME

Home to eight US presidents and the first permanent English colony in the nation, Virginia is known as the Birthplace of America. The state's 42 state parks and numerous national parks boast amazing settings, from the scenic Appalachian Mountains in the west to long stretches of sandy beaches along the Atlantic coast. **Shenandoah National Park**, near **Luray** in the Blue Ridge Mountains, is a recreational gem covering 200,000 acres of protected lands.

The state also enjoys a robust wine country with 300-plus wineries and more than 50 distilleries to accompany its unique place in the country's whiskey history. And all of this is in addition to Virginia's reputation as the **Oyster Capital of the East Coast**.

MARK YOUR CALENDAR

Discover a range of beach adventures at the 50th anniversary of the **Neptune Festival** in Virginia Beach with oceanfront concerts, beer and wine tastings, a sandsculpting championship and Neptune's Surfing Classic (27 Sept.–6 Oct.). Celebrate the beauty of spring at the **Shenandoah Apple Blossom Festival** in Winchester (26 April–5 May) as you watch the parade,

dance to live music, savour delicious food and drink, and cheer at sports competitions. Make **Virginia's Historic Triangle** (**Jamestown**, **Colonial Williamsburg** and **Yorktown**) ports of call in 2024 as **Princess Cruises** adds this historic stop in honour of the upcoming 250th anniversary of the USA and its revolutionary ideas. Special events will be held across the state through July 4, 2026, with the Historic Triangle acting as a major focal point.

THE LATEST & GREATEST

Try your luck at the new **Hard Rock Hotel & Casino Bristol** where slots and table games meet the fun, partying edge of the Hard Rock with delicious food and live music in the official birthplace of country music. **Caesars Virginia** is set to open a new resort casino in Danville in 2024, which will feature a full-service spa in addition to its world-class gaming floor.



This page from top: Shenandoah National Park, Getty Images/John Baggaley; Virginia Oysters, Virginia Tourism Corporation; Colonial Williamsburg, Virginia Tourism Corporation.

#IdeasThatDefy

- Next to Washington Dulles International Airport – the best first or last stop of your visit to the Washington, DC area
- More than 3,000 artefacts, including nearly 200 aircraft
- International collection, including artefacts from the UK, Germany, France, and more
- Free admission and free guided tours; Parking is \$15/car



STEVEN F. UDVAR-HAZY CENTER ■ CHANTILLY, VIRGINIA

GO ABOVE AND BEYOND

ON THE NATIONAL MALL ■ WASHINGTON, DC



- Eight all-new galleries, with more coming over the next few years
- New, more diverse stories
- Iconic artefacts include the 1903 Wright Flyer and Neil Armstrong's Apollo 11 spacesuit
- **Free admission**; timed-entry passes required. Reserve at airandspace.si.edu



NATIONAL
AIR AND SPACE
MUSEUM

Smithsonian

airandspace.si.edu



FAVOURITE FREE THINGS TO DO



FURNACE TOWN LIVING HERITAGE VILLAGE

Tucked away in a forest setting, this living-history village delights with restored 19th-century structures, a gift shop stocked with artisan wares and a robust roster of festivals and events.

Snow Hill, Maryland

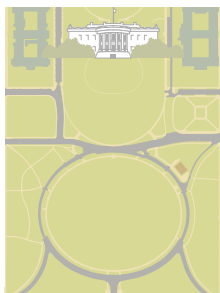
ARLINGTON NATIONAL CEMETERY

Arlington National Cemetery is the highly regarded location of sites such as the Space Shuttle Challenger Memorial, Tomb of the Unknown Soldier and President John F. Kennedy's grave. *Arlington, Virginia*

ANITA C. LEIGHT ESTUARY CENTER

Learning about the environment is fun at this centre filled with hands-on exhibitions about Chesapeake Bay ecology, educational trails for identifying trees and a 300-gallon turtle pond.

Abingdon, Maryland



MANY ATTRACTIONS REQUIRE ADVANCE, TIMED-ENTRY TICKETS. CHECK INDIVIDUAL WEBSITES FOR MORE INFORMATION.





A DAY AT THE BEACH

Grab your sun cream and head to the shore, where blue waters and soft sand await along the Atlantic coastline at numerous beaches that are free and open to the public. **Virginia Beach, Virginia and Ocean City, Maryland**

Opposite page:

Furnace Town Living Heritage Village. **This page, clockwise from top:** Beach near Cape Charles, Virginia Tourism Corporation; Smithsonian Arts and Industries Building; World War II Memorial; Shutterstock; Shipwrecks at Mallows Bay Park, Flickr/Chesapeake Bay Program; Blue Ridge Music Center.

JEFFERSON PATTERSON PARK & MUSEUM

Explore archaeological sites, hike riverside trails and take a guided tour of the MAC Lab, which houses more than eight million ancient artefacts.

St. Leonard, Maryland

CROZET TUNNEL GREENWAY

Bring a torch for exploring this 1-mile (1.6-km) unit tunnel in the Blue Ridge Mountains that was once part of a historical railroad.

Afton, Virginia

DC BY FOOT WALKING TOURS

Join a guided walk that gives an insider's look at the National Mall, Capitol Hill, historic Georgetown and more.

Washington, DC

SPOTLIGHT ON THE NATIONAL MALL

At one of the most famous Capital Region locales, you'll find a plethora of iconic landmarks in the heart of Washington, DC that cost nothing to experience. Maximise your time by hopping aboard the DC Circulator bus, which runs throughout the area.



SMITHSONIAN MUSEUMS Home to some of the world's greatest collections, the Smithsonian Institution's 17 museums and the National Zoo all offer free admission. **Washington, DC and Virginia**



MONUMENTS & MEMORIALS All of DC's monuments and memorials are free, including the Lincoln, Jefferson and World War II memorials and the Washington Monument. **Washington, DC**



MIDDAY MOUNTAIN MUSIC AT THE BLUE RIDGE MUSIC CENTER

Lose yourself to the enchantment of Appalachian bluegrass music with yearning fiddle riffs and cheerful mandolin solos at free afternoon concerts every day the centre is open. **Galax, Virginia**



SHIPWRECKS AT MALLOW'S BAY PARK Enjoy free entry and explore the "Ghost Fleet" — 100-plus World War I-era wooden steamships — via a low-tide kayak trip in the Western Hemisphere's largest ship graveyard. **Nanjemoy, Maryland**

A REGION RICH IN BLACK CULTURE & HISTORY

From confronting the nation's troubled past to the progress and discussions of the present, these destinations highlight the history and culture of Black Americans, paving the way for a brighter future.

WASHINGTON, DC

The **Smithsonian National Museum of African American History and Culture** sits a short walk away from the **Martin Luther King, Jr. Memorial** along the National Mall. The museum, which is devoted exclusively to documenting African American life, history and culture, spotlights many fascinating and inspiring artefacts — like Muhammad Ali's robe and first-hand accounts given by Civil Rights activists.

DC's historic **Anacostia neighbourhood** is rich in Black history and home to the **Frederick Douglass National Historic Site** located at Cedar Hill, the estate of the famed abolitionist, writer and orator. The **Smithsonian Anacostia Community Museum** preserves the memories, struggles and successes of communities, illuminating and amplifying their collective power.



MARYLAND

Home to numerous sites along the **Underground Railroad** and the birthplace of iconic freedom fighters Harriet Tubman and Frederick Douglass, Maryland is the most powerful Underground Railroad storytelling destination in the nation.

Hundreds of freedom seekers escaped slavery along the railroad with the help of famed "conductor" Harriet Tubman. Explore their paths to freedom at sites like the **Harriet Tubman Underground Railroad Byway** and the **Harriet Tubman Underground Railroad National Historical Park** along the state's scenic Eastern Shore.

Follow Frederick Douglass' life on **Maryland's Frederick Douglass Driving Tour**, where you can explore the park and creek near his childhood home, his lecture sites and the jail where he was imprisoned.



VIRGINIA

Fort Monroe in **Hampton** is known as **Freedom's Fortress** for protecting freedom seekers during the Civil War. Nearby, **Hampton University** — one of the nation's top historically Black colleges and universities — is home to the oldest African American museum in the nation and counts **Booker T. Washington** among its many notable alumni.

Trace the footsteps of enslaved Africans and African Americans as you walk the solemn 3-mile (5-km) **Richmond Slave Trail**. In Richmond's **Jackson Ward neighbourhood** — known as the Harlem of the South — you'll find the **Maggie L. Walker National Historic Site**, home of the first female bank president in America, and the **Black History Museum and Cultural Center**.



Opposite page from top: Jackson Ward neighbourhood, Jeff Greenberg; Smithsonian National Museum of African American History and Culture, Flickr/ Keith Jenkins. **This page:** Harriet Tubman Underground Railroad Byway, Visit Maryland.

Talbot COUNTY



Scan here for our
Visitors Guide



EASTON • OXFORD • ST. MICHAELS • TILGHMAN ISLAND

Small-Town America at its Best

001-410-770-8000 | TourTalbot.org



Maryland
TALBOT COUNTY



DESTINATION SPOTLIGHTS

PUBLIC TRANSPORT OPTIONS



TRAVEL TO EACH CITY FROM DC IS AVAILABLE VIA TRAIN AND/OR BUS (NOTED WITHIN EACH TRIP). THESE ICONS REPRESENT THE WAYS TO GET AROUND THE CITIES THEMSELVES.

*TRAVEL TIMES ARE ESTIMATES AND MAY VARY.



ANNAPOLIS MARYLAND



Maryland's capital city is the gateway to North America's largest estuary, the Chesapeake Bay. A bustling port town in the 1800s, the home of the US Naval Academy is recognised as one of the top waterfront destinations in the United States and is world-renowned as America's Sailing Capital.

TRAVEL TIME FROM DC VIA BUS: 1h*

ARLINGTON VIRGINIA



Synonymous with the hallowed grounds of Arlington National Cemetery — the final resting place of President John F. Kennedy — Arlington is just across the Potomac River from Washington, DC. Arlington offers plenty of urban features to take advantage of, including entertainment and dining complex Ballston Quarter, lush green spaces and hip neighbourhoods.

TRAVEL TIME FROM DC VIA TRAIN: 25 min*



BALTIMORE MARYLAND



On the Chesapeake Bay's Inner Harbor, the city was backdrop for pivotal moments in American history, including battles with the British at Fort Mchenry. Today it's known as one of the coolest destinations on the East Coast, with waterfront fun, cultural gems, diverse neighbourhoods and a hot culinary scene.

TRAVEL TIME FROM DC VIA TRAIN: 30 min*

CHARLOTTESVILLE VIRGINIA



The Blue Ridge Parkway and Shenandoah National Park top the agenda in this scenic mountain town. On the historic Downtown Mall, dine at outdoor cafés, catch live music and peruse art galleries. Monticello, stunning home and gardens of third American president, Thomas Jefferson, is a must-see UNESCO World Heritage Site.

TRAVEL TIME FROM DC VIA TRAIN: 2h 30 min*





Covered bridge, Visit Frederick



Virginia Beach



Colonial Parkway, Virginia Tourism Corporation

FREDERICK MARYLAND

A prominent part of Maryland's involvement in the American Civil War, Frederick is home to several battlefields, heritage sites and the National Museum of Civil War Medicine. The cheery, walkable city centre brims with boutique shops and restaurants. Nearby, discover covered bridges, scenic wineries and picturesque national and state parks.

**TRAVEL TIME FROM DC
VIA TRAIN: 1h 40 min***

VIRGINIA BEACH VIRGINIA

Find sandy beaches, a mild climate and fun like dolphin watching, surfing, kayaking, paddleboarding and fishing. The Chesapeake Bay, Atlantic Ocean and lush farmland give restaurants easy access to fresh seafood and produce. Back Bay National Wildlife Refuge's hiking trails and the Virginia Aquarium & Marine Science Center are top attractions.

**TRAVEL TIME FROM DC
VIA TRAIN & BUS: 5h***

WILLIAMSBURG VIRGINIA

Stroll through America's beginnings — from the first permanent English settlement to the American Revolution's final battle — in the Historic Triangle, which is home to Jamestown Settlement, Historic Jamestowne, Colonial Williamsburg, the American Revolution Museum at Yorktown and Yorktown Battlefield. After your history lessons, take in the region's beauty while biking, fishing, hiking, horse riding and more.

**TRAVEL TIME FROM DC
VIA TRAIN: 4h***

The Best VIEW IS YOURS
IN HAGERSTOWN & WASHINGTON COUNTY, MD

C&O Canal National Park

Antietam National Battlefield

Annapolis Rock

Maryland
WASHINGTON COUNTY

Visit HAGERSTOWN
& Washington County
Convention and Visitors Bureau

70 Miles from DC!

001-301-791-3246 | VISITHAGERSTOWN.COM

FAMILY-FRIENDLY FUN

The region's variety of activities, many of which are rich in history and culture, make it a favourite destination for every member of your family.

PLAY OUTSIDE

Beautiful scenery and exciting things to do make for ample ways to enjoy the great outdoors. Virginia's [Discovery Ridge Adventure Center at Wintergreen Resort](#) in the Blue Ridge Mountains offers thrills for the family with a bungee trampoline, zip line, summer tubing and even a mechanical bull! In Maryland, venture to [Kent Island](#) and cycle the Cross Island Trail for inspiring views of the Chesapeake Bay. At [Washington, DC's Yards Park](#) — easily accessible by Capital Bikeshare cycle or the Metrorail Green Line — splash in the dancing fountains, catch a concert or enjoy an ice cream as you stroll alongside the Anacostia River.

STEP BACK IN TIME

There's no shortage of historical places and artefacts in the Capital Region. Learn about the history and culture of the Chesapeake Bay region at the [Chesapeake Bay Maritime Museum](#) in [St. Michaels, Maryland](#). Explore life as an early American colonist at [Jamestown Settlement](#). Tour a recreation of a Powhatan Indian village, the James Fort and ships that transported the colonists to Virginia in 1607. The extensive collection of [Washington, DC's Smithsonian Institution](#) alone would take weeks to explore. From pterodactyls and First Lady fashions to Gabby Douglas's leotard and the world's only remaining Sopwith Camel, travel through aeons of history at these 17 museums — for free!

TAKE IN CULTURE

Artistic expression abounds in the Capital Region. Discover four floors of hands-on exhibitions designed to inspire creativity and learning at [Amazement Square](#) in [Lynchburg, Virginia](#). Paint on the walls, rock out on stage or create a rainstorm over the city. Watch kids exclaim over the magical illusions of the [Community Bridge trompe l'œil mural](#) at Carroll Creek Park in [Frederick, Maryland](#). The [National Building Museum](#) in [Washington, DC](#) features a Building Zone where kids can drive a bulldozer, build a house and learn how engineers construct architectural wonders.

From top: Smithsonian National Air and Space Museum, Washington.org; Jamestown Settlement, Flickr/John Karwoski; Chesapeake Bay Maritime Museum, Visit Maryland.



MUST-HAVE CULINARY EXPERIENCES

Michelin-starred restaurants, fresh-out-of-the-water seafood, regional Southern specialties, and eco-conscious farm-to-table cuisine — there are so many ways to treat your taste buds in the Capital Region.



GLOBAL CUISINE

With many cities across the region offering diverse dining options, you'll have your pick of global cuisines to sample. **Washington, DC** is home to the largest Ethiopian community outside of Africa, making the city one of America's foremost destinations for Ethiopian cuisine. The **Adams Morgan and U Street neighbourhoods** are home to some of the city's top Ethiopian restaurants. **Eden Center in Falls Church, Virginia** is a Vietnamese American strip mall featuring more than 30 authentic Vietnamese restaurants. **Baltimore, Maryland's Little Italy** is a community of Italian Americans who have lived there for generations, serving up their family recipes at restaurants throughout the neighbourhood.

SIGNATURE STAPLES

Savour the region's soul-food offerings at Black-owned restaurants like **Ooh's and Ahh's in Washington, DC**, **Mama J's Kitchen in Richmond, Virginia** or all-vegan **Dodah's Kitchen in Baltimore, Maryland**. Don't miss barbecued favourites like beef brisket and pulled pork at **Black Hog BBQ Bar in Frederick, Maryland**, **Federalist Pig in DC's Adams Morgan neighbourhood** and **Myron Mixon's Pitmaster Barbeque in Alexandria, Virginia**. Top it all off with a piece of peanut pie — a state speciality — from **Virginia Diner in Wakefield**. Or visit **Boatyard Bar &**

Grill in Annapolis for a slice of Maryland's official dessert, the many-layered Smith Island Cake.

SENSATIONAL SEAFOOD

The **Virginia Oyster Trail** and **Maryland Crab & Oyster Trail** are terrific ways to taste the region's freshest coastal delights at multiple locations. No trip to the region is complete without a waterfront meal (or two). Enjoy stunning views as you dine from the patio at restaurants along the region's many waterfront destinations including **Washington, DC**; **Annapolis, Maryland** and **Virginia Beach, Virginia**.

FARM TO TABLE

You'll find an abundance of farm-to-table eateries thanks to the Capital Region's bounty of fresh fruits, vegetables, dairy products and ethically raised meats — all cherished by area chefs who highlight these locally sourced ingredients in innovative dishes. Prime examples include **The Restaurant at Patowmack Farm in Lovettsville, Virginia**, **Chaia Tacos in Washington, DC** and **Elkridge Furnace Inn in Elkridge, Maryland**.

MICHELIN STARS

The 2023 Michelin Guide to Washington, DC includes 122 restaurants and 37 types of cuisine in and around the nation's capital. Highlights include the guide's sole three-star establishment, **The Inn at Little Washington** located in the small town of **Washington, Virginia**, and two-star restaurants **Jônt**, **minibar by José Andrés** and **Pineapple & Pearls**, all located in DC. Twenty-five restaurants in DC earned highly coveted Michelin stars while 29 restaurants received the Bib Gourmand honour. Be sure to pick up a copy of the latest version of the guide before your visit to dine at some of the DC metropolitan region's top-rated restaurants.

This page: Quirk Rooftop in Richmond, Virginia Tourism Corporation.



HAPPINESS IS A
Real PLACE



Come share the happy energy
of this sun-kissed city where
our smiles are genuine and our
days are carefree.

VisitVirginiaBeach.com



virginia beach
LIVE THE LIFE

SIP YOUR WAY THROUGH THE CAPITAL REGION

Experience the flavours and ingenuity of local makers when you tour and taste your way through the region's breweries, wineries and distilleries. Start with these standouts.

WINERIES

VERITAS VINEYARD AND WINERY

The views are as award winning as the wines from winemaker Emily Hudson at this family-owned winery in Virginia's Blue Ridge Mountains. *Afton, Virginia*

LINGANORE WINECELLARS

This solar-powered winery touts a robust offering of reds, whites, rosés and even fruit wines, along with weekend food vans, concerts and regular festivals. (Reservations recommended for weekend tastings.)

Mount Airy, Maryland

DISTRICT WINERY

Located along the Anacostia River in the Capitol Riverfront neighbourhood, DC's first winery offers tastings of their premium small-batch wines, private tours and a full-service restaurant, making it a popular choice for travellers. *Washington, DC*

BREWERIES

ATLAS BREW WORKS Sip a craft beer at a 100-percent-solar-powered brewery, where an ever-changing tap list boasts a mix of flagship and seasonal brews, from the District Common lager to the Blood Orange Gose. *Washington, DC*

BURLEY OAK BREWING COMPANY

Locally sourced barley intensifies the flavours of draughts — like refreshing hibiscus wheat ales and pineapple-mango sours — at this bustling brewery with constantly rotating taps. *Berlin, Maryland*

THE BOLD MARINER Sip lagers, sours and pale ales on an open-air deck at this brewery by the shore. The brewery hosts monthly beach clean-ups that give back to the environment — and keep beach breezes sweet. *Norfolk, Virginia*



DISTILLERIES

TWIN VALLEY DISTILLERS

These sustainable whiskies, rums and limoncellos start with grains produced on local farms and end in delicious cocktails you can enjoy at the tasting room. **Rockville, Maryland**

ONE EIGHT DISTILLING

Rich rye whiskey with hints of honey and cinnamon along with golden, barrel-aged gin are just two of the unique spirits you can tinkle at this solar-powered brewery that also recycles water. **Washington, DC**

CATOCTIN CREEK DISTILLING

COMPANY Book a tour to taste gins, ryes and brandies tinted with peach and apple flavours at a distillery that's won awards for its products and its eco-friendliness. **Purcellville, Virginia**



Opposite page: Lignore Winecellars. This page: Catoctin Creek Distilling in Loudoun, Neal Alfano/Miles Partnership.



Metro's Loudoun Gateway Station

Bluemont Vineyard

Just 25 miles west of DC, discover award-winning wineries, craft breweries, farm-fresh dining, outdoor adventures and historic towns and villages. Happiness will meet you here.

Visit
LOUDOUN
DC's Wine Country

BRANCH OUT IN DC'S WINE COUNTRY®

VisitLoudoun.org



HOT SPOTS FOR HOT SHOPPING

Whether you seek designer labels, discount scores or one-of-a-kind treasures, you'll find everything on your wishlist at these Capital Region shopping gems.

LUXURY SHOPPING

High-end retail therapy is a favourite pastime of Capital Region residents. Maryland's **The Collection at Chevy Chase**, just outside Washington, DC, is an entire block filled with top designer shops such as **Saks Fifth Avenue** and **Tiffany & Co.** Virginia's Tysons Corner district is known as the "Rodeo Drive of the East Coast" due to the more than 400 high-end shops at **Tysons Corner Center** and **Tysons Galleria**. Encompassing several streets in the heart of DC, **CityCenterDC**'s upscale mix of shopping includes Burberry, Dior, Gucci and more.

OUTLET MALLS & SHOPPING MALLS

With more than 10 premium outlet malls and dozens of shopping centres ranging from high end to budget friendly, you'll want to bring an extra suitcase. A 15-minute ride on the Potomac Water Taxi from DC will take you to **Tanger Outlets National Harbor** in Maryland, home to more than 80 shops. Equally close to DC, Arlington, Virginia offers a plethora of shopping options at the **Fashion Center at Pentagon City** and **Ballston Quarter**, both accessible via Metrorail.

UNIQUE BOUTIQUES

Just a few streets from the oceanfront, **Virginia Beach's ViBe Creative District** is a hub of artists selling their creations in quaint shops. **DC's Georgetown neighbourhood** is the destination for shoppers looking for a mix of indie speciality shops and designer boutiques. The 50-block **historical city centre of Frederick, Maryland** is filled with hundreds of one-of-a-kind retail finds all in a charming walkable area.



ONE-OF-A-KIND SOUVENIRS

Return home with mementos that will remind you of your Capital Region holiday for years to come (or until it's time to visit again). **Union Market** in Washington, DC is more than a food hall serving regional favourites: You'll also find a collection of shops selling items designed and made by local artists such as **Salt & Sundry**, which offers home goods and apparel, and **Shelter**, where you can purchase beautiful jewellery as gifts or for yourself. **Local by Design** in Annapolis, Maryland offers truly unique souvenirs from more than 100 local creative businesses. And don't forget to stock up on Maryland's iconic Old Bay seasoning and AR's Hot Southern Honey from Virginia for your own kitchen. Historically inspired housewares await in Colonial Williamsburg. In **Merchants Square**, you can find shiny Jefferson cups at **Danforth Pewter** or browse the shops for everything from magnets and T-shirts to old-fashioned soaps and candles.

Opposite page: Maryland Avenue shopping, Visit Annapolis.
This page: Shopping in Arlington, David Hills.

10 FAMOUS FILMING LOCATIONS

WASHINGTON, DC

1 "THE EXORCIST" STAIRS

Horror film fans will recognise many locales around **Georgetown** from "The Exorcist," including a distinctive ivy-laden staircase — the site of the film's climactic showdown, as noted by a plaque installed in 2015.

2 LINCOLN MEMORIAL REFLECTING POOL

The **National Mall** has appeared in countless films, including "Forrest Gump." Who could forget Forrest and Jenny screaming each other's names as they splash into the reflecting pool?

3 SMITHSONIAN INSTITUTION

The museums are home to the second instalment of the rollicking "Night at the Museum" series. Embark on your own adventurous evening at one of the family-friendly **Smithsonian Sleepovers**.

4 US CAPITOL

This was the main setting for the landmark 1939 feature "Mr. Smith Goes to Washington." Filming wasn't allowed inside the building, so the US Senate Chamber was meticulously reproduced in Hollywood, California for the famous filibuster scene.

MARYLAND

5 JOHN WATERS' BALTIMORE

Cult-classic director John Waters loves to showcase his hometown. Spots along **36th Street**, locally known as "The Avenue," in the **Hampden neighbourhood** appear in "Hairspray," "Cry-Baby" and more. Don't miss **Atomic Books**, the local book shop where Waters receives fan mail.

6 "HOUSE OF CARDS"

Though much intrigue in "House of Cards" happened in **Washington, DC**, Maryland was the primary filming location. The Underwoods' home is in **Baltimore's Bolton Hill neighbourhood** and **Harford County** masqueraded as Frank's quaint hometown of Gaffney.

7 CINEMA MAGIC IN BERLIN

This charming hamlet boasts nearly 50 buildings on the National Register of Historic Places. It was the backdrop for **Julia Roberts'** romantic comedy "Runaway Bride" and transformed into the turn-of-the-century setting for "Tuck Everlasting."

VIRGINIA

8 "HARRIET" IN RICHMOND

Filmed at sites around the Richmond region including **Berkeley Plantation** in **Charles City**, Academy Awards-nominated "Harriet" tells the story of freedom fighter **Harriet Tubman**.

9 "LINCOLN" IN PETERSBURG

Steven Spielberg's epic "Lincoln" was filmed entirely in Virginia. **Old Towne Petersburg's** octagonal **City Market** appears several times, as does the stately **Union Station**.

10 "DIRTY DANCING" AT MOUNTAIN LAKE

The iconic summer love story was filmed primarily at **Mountain Lake Lodge** in **Pembroke**. Plan a visit during one of the lodge's "Dirty Dancing"-themed weekends for a truly immersive experience.



From top: Lincoln Memorial Reflecting Pool, Adobe Stock; "The Exorcist" stairs in Georgetown, Flickr/Ron Cogswell; Mountain Lake Lodge, Sean Shannon Photography.

10 SMALL-TOWN DISCOVERIES

MARYLAND

1 ST. MARY'S CITY Once Maryland's first capital, this is now the site of a living-history museum with a working tobacco farm, printing press and an active town centre.

2 EASTON In addition to cheery historical red-brick buildings, the twee city centre is home to antique shops, Amish markets, walking tours and the verdant Talbot Historical Society Gardens.

3 GRANTSVILLE Shop, snack and watch cheese being made at locally loved High Country Creamery & Market. Dive into area history at Grantsville Museum and stay at the historical Casselman Inn.

4 SAVAGE Peruse antiques, books and souvenirs at Savage Mill — an artisan mall housed in a 19th-century textile mill with a nearby walking trail. Then savour classic American comfort foods at Ma's Kettle.

5 HAVRE DE GRACE Visit the Havre de Grace Decoy Museum to learn about duck-hunting history and marvel at the artistry of duck decoys before enjoying fresh seafood with Chesapeake Bay views.

VIRGINIA

6 DANVILLE Angler's Ridge mountain-bike trail system thrills with 35-plus miles (56-plus km) of fun while several museums enthrall visitors with hands-on science exhibitions, tanks and more.

7 CAPE CHARLES The adorable, blue-roofed Peach Street Books in this beach town is a must-visit. At Kiptopeke State Park, kayak around nine partially sunken concrete Ghost Ships lined up just offshore.

8 LEXINGTON At Boxerwood Nature Center & Woodland Gardens, whimsical artwork mingles with various ecosystems to inspire environmental enthusiasts. Catch a film at Hull's Drive-In Theatre once the sun sets.

9 WYTHEVILLE A giant pencil on Main Street, a gas-station museum (Great Lakes to Florida Museum) and beautiful panoramic views from the 100-foot-tall Big Walker Lookout make Wytheville delightfully Instagram friendly.

10 CULPEPER At Belmont Farms Distillery, try the "moonshine" — a high-proof grain alcohol that was once brewed at night (hence the name). You can also visit the tasting rooms of several area wineries and breweries.



Clockwise from top: Easton, Maryland, Talbot County Office of Tourism; Back Cove in Havre de Grace, Visit Maryland; Cape Charles Beach, Virginia Tourism Corporation.



10 PICTURE-PERFECT BYWAYS

1 MOUNTAIN MARYLAND Head for the rugged **Allegheny Mountains** and aim your lens at the rushing **Muddy Creek Falls** or the famed **Lover's Leap**.

2 *MARYLAND HISTORIC NATIONAL ROAD Take a selfie on the water's edge at **Baltimore's Inner Harbor** or with wine in hand at a picturesque **Mount Airy** vineyard.

3 CHESAPEAKE & OHIO CANAL Bike or paddle along **Maryland's "Grand Old Ditch,"** travelling past top sites like the **Paw Paw Tunnel** and **DC's Georgetown** neighbourhood.

4 JOURNEY THROUGH HALLOWED GROUND Snap some of America's most historic sites, including the Civil War battleground of **Cedar Mountain** and President **James Madison's Montpelier** estate.

5 *CHESAPEAKE COUNTRY Kayak pristine bay waters and stop in charming fishing villages like **Chestertown, Maryland** to capture postcard images of Colonial homes and red-brick town squares.

6 *HARRIET TUBMAN UNDERGROUND RAILROAD Point your camera at historical sites — from one-room schoolhouses to wildlife refuges — along this network of secret routes and safe houses used by African American freedom seekers.

7 SKYLINE DRIVE Take in the beauty of the **Blue Ridge Mountains**, with breathtaking views of **Virginia's** sweeping **Shenandoah Valley** and the storied **Appalachian Trail**.

8 *COLONIAL PARKWAY Journey through 400 years of Virginia history, where fascinating sites like **Historic Jamestowne, Colonial Williamsburg** and the **Yorktown Battlefield** come into frame.

9 *BLUE RIDGE PARKWAY Be wowed by the spectacular scenery of the **Appalachian Mountains**, including the panoramic **Peaks of Otter** and restored **Mabry Mill**.

10 *GEORGE WASHINGTON MEMORIAL PARKWAY Explore the **Washington, DC** area and discover the camera-ready **National Mall** and historic **Mount Vernon** presidential estate and museum.



***ALL-AMERICAN ROADS:** THIS HONOUR IS AWARDED TO BYWAYS THAT OFFER EXCEPTIONAL TRAVELLING EXPERIENCES WITH ONE-OF-A-KIND SCENIC OR HISTORICAL FEATURES.

Opposite page: Thomas Jefferson's Monticello, Virginia Tourism Corporation.
From top: Rocky Knob Recreation Area on the Blue Ridge Parkway, Virginia Tourism Corporation/
Cameron Davidson: Harriet Tubman Underground Railroad byway, Visit Maryland.

LGBTQ+ TRAVEL

At the forefront of politics and culture, the Capital Region is both diverse and welcoming. Vibrant cities and lush landscapes make the ideal location for a romantic holiday, an energetic night on the town or an unforgettable celebration.



RICHMOND, VIRGINIA

Virginia's forward-thinking capital city has more than 900 restaurants and nightclubs, including **Babe's of Carytown**, a hot spot for drinks, volleyball and dancing. Delve into Richmond's dynamic LGBTQ+ arts and entertainment scene at a show by **Richmond Triangle Players**, the only performing arts group in the mid-Atlantic dedicated to LGBTQ+-themed theatre.

ALEXANDRIA, VIRGINIA

Alexandria's historic streets are not just charming, but also inclusive and welcoming. With more than 80 hospitality businesses committed to LGBTQ+-friendly policies, the city has received numerous accolades from LGBTQ+ organisations and publications. Beautifully preserved 18th- and 19th-century architecture is the perfect setting for the city's many independent restaurants, boutiques and galleries.

CHARLOTTESVILLE, VIRGINIA

Gay pride abounds in Charlottesville, where you can find locally sourced American fare, billiards and a chic dance club at **Rapture Restaurant & Nightclub** or live music with a side of salsa at LGBTQ+-ally **Cinema Taco**. Support LGBTQ+-owned businesses with a hearty meal at **Moose's by the Creek**.

WASHINGTON, DC

Dupont Circle is renowned for its eclectic eateries, book shops and gay nightlife, while **Adams Morgan's Pitchers** and **A League of Her Own** are lively LGBTQ+ sports bars. Don't miss **Capital Pride** in June, a multi-day celebration that draws more than 250,000 people.



FREDERICK, MARYLAND

The annual **Frederick Pride** festival and a growing roster of LGBTQ+-owned businesses make this city a worthwhile stop. Get your groove on at **The Lodge** in nearby **Boonsboro**, where drag and burlesque shows pack the club every evening.

BALTIMORE, MARYLAND

Charm City is known as being the home-town inspiration of LGBTQ+ icons like John Waters and Divine. Each June, the city spends an entire month celebrating **Baltimore Pride** with an array of parades and events in almost every neighbourhood. Year-round, you'll find inclusive and welcoming venues along with weekend Drag Queen brunches at various locations.

From left: Virginia Museum of Fine Art, Michael Simon/Virginia Tourism Corporation; Frederick, Visit Frederick/Bill Adkins.

READY TO CHEER

Get a true taste of the nation's sporting spirit by spending the day at one of these fan-favourite athletic events.

MAJOR LEAGUE BASEBALL

The **Washington Nationals** and **Baltimore Orioles** — Capital Region's Major League Baseball teams — both take the field at stadiums in scenic neighbourhoods where soaking in the sunshine with a beer in one hand and a hot dog in the other is a quintessential American pastime.

Season: April–October

NATIONAL FOOTBALL LEAGUE

The country's most intense fan bases emerge each autumn for America's version of football. You'll catch the fever, too, when you experience the hard hits, miraculous diving catches and end-zone celebrations of the **Washington Commanders** and **Baltimore Ravens**.

Season: September–January



NATIONAL BASKETBALL ASSOCIATION

See the flamboyant dunks and gravity-defying alley-oops of DC's NBA and WNBA teams. The **Washington Wizards** (NBA) put on their spectacular show at **Capital One Arena** whilst the **Washington Mystics** (WNBA) play at **Entertainment and Sports Arena**. *Season: October–April and May–September*

NASCAR

Head to **Virginia** and feed your need for speed with the intense drama of stock-car racing at **Martinsville Speedway's** paper-clip-shaped raceway in the mountains of **Ridgeway**, the massive **Bristol Motor Speedway**, and **Richmond Raceway**, whose recent infield redevelopment project added a viewing walkway so fans can get a closer look at all the action.

Season: February–November



NATIONAL HOCKEY LEAGUE

In the 2018 season, the **Washington Capitals** won the coveted Stanley Cup for the first time. And they're still proving themselves on the ice, having reached the play-offs for eight consecutive seasons. Attend a riveting home game at **Capital One Arena** in DC's city centre.

Season: October–April

MAJOR LEAGUE SOCCER & NATIONAL WOMEN'S SOCCER LEAGUE

DC United — the most decorated club in America's football (or "soccer," locally) scene — and the **Washington Spirit** professional women's club — whose roster is stacked with players of the 2023 Women's World Cup — show you what the US version of the sport is all about. Wear your red and black (or red and blue) to cheer the teams on.

Season: March–October



From left: Oriole Park at Camden Yards, Visit Baltimore; Richmond Raceway, Richmond Region Tourism; Washington Spirit, Jose Argueta/isiphotos.com.

GO EXPLORE: NATIONAL & STATE PARKS

KENILWORTH PARK & AQUATIC GARDENS WASHINGTON, DC

WHY YOU SHOULD GO: Hike past peaceful ponds filled with croaking frogs and sunning turtles and go birding on a boardwalk that leads to a lush marsh, where you can watch flocks of wading shore birds as they hunt for food.

MAGICAL MOMENTS: Visit early in the morning from late June through July to see the park's gorgeous water lilies and lotus flowers spectacularly open up for a few hours before the midday heat forces them to close once again.

FOR MORE: nps.gov/keaq

ROCK CREEK PARK WASHINGTON, DC

WHY YOU SHOULD GO: With more than 32 miles (51 km) of trails to explore, Rock Creek Park is a true oasis in the city. Visitors can also discover American Civil War fortifications, a 1765 house and a mill from the early 1800s.

MAGICAL MOMENTS: Be wowed by the night sky in the planetarium or during evening stargazing sessions, held April through November.

FOR MORE: nps.gov/rocr

PATAPSCO VALLEY STATE PARK MARYLAND

WHY YOU SHOULD GO: Maryland's oldest state park is known for its 200 miles (322 km) of scenic trails, where you can go hiking, mountain biking and horse riding. Head down to the Patapsco River and do some fishing or go canoeing too.

MAGICAL MOMENTS: As you travel through the park keep an eye out for historic ruins, like the Elk Ridge Furnace that reportedly produced cannons and ammunition during the Revolutionary War, and the former riverside mill town of Guilford.

FOR MORE: bit.ly/patapsco-valley

SWALLOW FALLS STATE PARK MARYLAND

WHY YOU SHOULD GO: Home to Maryland's tallest waterfall — Muddy Creek Falls — as well as several other cascades, this mountain park is a nature lover's dream. Hike or bike alongside river rapids, through thick forestland and into neighbouring Herrington Manor State Park.

MAGICAL MOMENTS: Escape into the serenity of the woods to listen for birdsong. Try to catch sight of the Blackburnian warbler — recognisable by its fiery orange throat and dappled black and white body.

FOR MORE: bit.ly/swallow-falls





**FIND
MORE
NATIONAL
PARKS**



SHENANDOAH NATIONAL PARK VIRGINIA

WHY YOU SHOULD GO:

Skyline Drive leads to awe-inspiring views of the Blue Ridge Mountains and the world-famous Blue Ridge Parkway. Hike part of the famous Appalachian Trail and look for the nearly 200 bird species found in the park — you might even spot deer or black bears.

MAGICAL MOMENTS:

Stay overnight in a rustic cabin so you can enjoy sunrise and sunset in the mountains.

FOR MORE: nps.gov/shen

NATURAL BRIDGE STATE PARK VIRGINIA

WHY YOU SHOULD GO:

Feel the magic of this park as you walk under the massive 215-foot limestone arch of Natural Bridge, estimated to be hundreds of millions of years old. Follow the riverside trail to Lace Falls, a tumbling waterfall that's the perfect backdrop for pictures.

MAGICAL MOMENTS:

Relax under twinkling stars as park rangers and astronomy volunteers teach you about the night sky on special Dark Sky Night programmes.

FOR MORE:

bit.ly/natural-bridge-park



Opposite page: Shenandoah National Park, Adobe Stock/Guoqiang Xue. **This page, clockwise from top:** Kenilworth Park & Aquatic Gardens, Flickr/John M; Swallow Falls State Park, Visit Maryland; Natural Bridge State Park, Virginia Tourism Corporation; Rock Creek Park, Adobe Stock/Peter Silverman.

EXPLORING WASHINGTON, DC NEIGHBOURHOODS

Home to more than 20 distinct neighbourhoods, there's something to discover in every corner of the city.



Opposite page, clockwise from top left: National Zoo, Washington.org; National Arboretum, Adam Fagen; Metro train in Washington, DC, Getty Images/Kenneth C. Zirkel; Canoe near the Kennedy Center, Washington.org; Capital Bikeshare, Getty Images/ablokhin; The Wharf, Washington.org; Friendship Archway in Chinatown, Washington.org; Duke Ellington mural, Washington.org.

NEIGHBOURHOODS TO KNOW



WOODLEY PARK

A leafy green retreat in DC, Woodley Park is bordered by the Smithsonian's National Zoo, home to animals like giant pandas and American bison. Sprawling Rock Creek Park also borders the neighbourhood, perfect for a day of hiking, biking or horse riding in the city.



U STREET

This lively sector could be considered the part of DC that never sleeps. As a nightlife hub, music venues are plentiful. It's even the birthplace of famed jazz musician Duke Ellington, and is steeped in African American heritage.



PENN QUARTER & CHINATOWN

Hip restaurants pepper this area east of the White House, complete with world-renowned museums and theatres. A massive arena and plenty of architecture examples complete the district.



IVY CITY

Once an industrial area and a horse-racing track, this cosy neighbourhood is now a happening food and drink scene with numerous craft distilleries and two Michelin-recognised restaurants. It's also home to the U.S. National Arboretum, a vast expanse of beautiful gardens.



FOGGY BOTTOM

Just north of the National Mall, this neighbourhood is home to cultural venues, diplomats and outdoor enthusiasts. Stretching along the Potomac River, there are also opportunities for biking and running.



SOUTHWEST WATERFRONT

Much of the activity here centres on the water, from river cruises to riverside restaurants. A revitalisation effort has made The Wharf development a vibrant destination for dining and entertainment.



GETTING AROUND

The Metro (the region's underground rail and bus system) is considered the best way to get around Washington, DC and reaches destinations in Virginia and Maryland, including Alexandria, Arlington, Fairfax, Rockville and Silver Spring. Consider these other options, as well:

- Metrobuses connect destinations not served by the Metrorail
- DC Circulator bus system along six routes
- Bike sharing on 100-plus miles (161-plus km) of bike lanes
- Taxis and ride-sharing apps like Uber and Lyft
- Walkable avenues that lead you past famous landmarks

See p. 45 for more information on getting to and around the Capital Region.



PICK-YOUR-PATH ITINERARIES

EPIC ECO-FRIENDLY ADVENTURES

Sustainable holiday seekers will enjoy every environmentally impactful moment of this three-day tour.

DAY 1

- Tour **Washington, DC's** top attractions by foot, bike or Segway on themed excursions like the **Monuments at Night Bike Tour** from **Unlimited Biking** or **DC By Foot's** free, tip-based tour of the city.
- Graze on a variety of locally produced foods from the 40-plus vendors at **Union Market** before settling in for the evening at a carbon-footprint-conscious hotel like **Motto by Hilton** in the **Chinatown neighbourhood**.

DAY 2

- With **Farm to Fork Fitness Adventures** in **Chestertown, Maryland**, you'll pedal past farmsteads, sip award-winning wines and learn how community-supported agriculture benefits everyone.
- Rest your head in one of the area's numerous historical, sustainable lodgings.

DAY 3

- Set sail with **Captain Barry's Backbay Cruises** in **Chincoteague, Virginia**. The **Eco-Expedition** is an interactive experience on a floating classroom and research vessel.

Follow your passion throughout the entire Capital Region with these themed journeys linking Washington, DC, Maryland and Virginia.

- Camp on the beach or reserve a waterfront holiday rental for breathtaking sunrise sights.

BLACK HISTORY & CULTURE TOUR

Immerse yourself in the history and culture of Black Americans in the Capital Region, while frequenting the Black-owned shops, restaurants and lodgings of today.

DAY 1

- Marvel at more than 150 lifelike wax sculptures at the **National Great Blacks in Wax Museum** in **Baltimore, Maryland**. The little ones can learn by dressing up, playing instruments, dancing and crafting at **Sankofa Children's Museum of African Cultures**.
- For dinner, relish an array of cuisine — from Senegalese fine dining to Caribbean fare — at 100-plus Black-owned Baltimore restaurants.
- Turn in for the night at **The Ivy Hotel** in the picturesque **Mount Vernon neighbourhood**. The property boasts 17 opulent rooms in a 19th-century mansion that dubs itself "Baltimore's hidden gem."



This page from top: Mount Vernon Distillery, Mount Vernon; Chincoteague Island, Bill Crabtree/Virginia Tourism Corporation; Ben's Chili Bowl on U Street, Peter Ellegard. Opposite page: Alexandria, Richard Nowitz.

DAY 2

- At the **National Museum of African Art in Washington, DC**, you'll find a collection of almost 12,000 artistic expressions, ranging from ancient to contemporary times.
- **Ben's Chili Bowl** is a local legacy. Try the Chili Half-Smoke — a spicy regional sausage, mustard, onions and home-made chili sauce on a steamed bun.
- Catch a show at **The Howard Theatre**. The historical venue has hosted greats like Duke Ellington and Lena Horne and brings phenomenal performers to the city to this day.
- Owned by Sheila Johnson — one of the first Black female billionaires — **Salamander DC** offers luxurious accommodations along the city's Southwest Waterfront.

DAY 3

- Begin at **James Madison's Montpelier in Virginia** where *The Mere Distinction of Colour* exhibition tells a holistic story of America's past. Then, head to **Thomas Jefferson's Monticello for The Life of Sally Hemings** exhibition to learn about one of the most famous African American women in US history.
- **The Jefferson School African American Heritage Center in Charlottesville** features a permanent historical exhibition and a rotating contemporary art gallery, along with hosting numerous events highlighting the city's African American history and culture.
- For dinner, relax with a comforting meal at **Soul Food Joint** or **Mel's Cafe**, both locally owned and specialising in the traditional cuisine of America's South.

Find more ideas for stops on this tour on p. 18.

URBAN WATERFRONTS

Explore two states and the capital city on this tour as you hop on cruising water taxis and riverboats to see highlights of Washington, DC, Maryland and Virginia all in one trip.

DAY 1

- Have a leisurely lunch of fresh bivalves at **DC's Rappahannock Oyster Bar**. Then, head to **The Wharf** to explore shops, parks and bars. Afterwards, drop into **The Municipal Fish Market** to watch people haggle over freshly caught seafood.
- Cruise 45 minutes to **Alexandria, Virginia** on a scenic water taxi ride. Set on enchanting **King Street, Vermilion** is a locally loved eatery known for its farm-to-table menus. In the evening, take in a performance at **The Birchmere**, an intimate concert hall that has featured music legends like Johnny Cash to Esperanza Spalding.



FIND MORE TRIP IDEAS





This page from top: Torpedo Factory Art Center, Visit Alexandria; The Capital Wheel, Adobe Stock/otmman; Tidal Basin paddle boats, Washington.org. Opposite page from top: Ocean City, Visit Maryland.

DAY 2

■ Ride the trolley down Alexandria's **King Street** for scenes of the waterfront, historical buildings and shops. Housed in a former industrial plant, the **Torpedo Factory Art Center** overflows with creativity. Find artists' studios, galleries and even workshops. At **Virtue Feed & Grain**, enjoy regionally sourced American fare in a charmingly repurposed 1800s feed house.

■ Hop on a water taxi to **National Harbor, Maryland** to end your day. Marvel at the pinks and reds of sunset along with the lights glistening on the water from the top of **The Capital Wheel**.

■ Book a room at **MGM National Harbor**, which boasts Las Vegas-style gaming, a 3,000-seat theatre and dining options from acclaimed chefs like José Andrés.

DAY 3

■ Score epic bargains on designer brands at **Tanger Outlets National Harbor**. Afterwards, take advantage of the **National Harbor Circulator bus** to return to the waterfront.

■ At **Succotash**, sample traditional dishes of the American South with Korean influence

from acclaimed James Beard Award winner Edward Lee. Then, take a post-lunch stroll on the boardwalk to admire murals, statues and other public art, including *The Awakening*— a dramatic metal sculpture of a giant emerging from the ground.

■ Catch a boat for a delightfully windswept ride back to DC. Round out your adventure by exploring **The Wharf** at night: Take in a concert at **The Anthem** or savour the coastal fare at **Del Mar**.

SEA TO SUMMIT

Take in the full variety of the Capital Region's landscapes — from cosmopolitan urban offerings to gorgeous sandy beaches to rolling mountains draped in dense forestland.

DAY 1

■ Settle into the city and get inspired for your adventure by summiting DC's highest point — the **Washington Monument** — for panoramic views of America's capital.

■ Pedal a boat around the **Tidal Basin** to see more of the city's impressive marble monuments by water.

DAYS 2-4

- Stay and play at the Capital Region's best beaches for a few days. Start with **Ocean City, Maryland's** boardwalk: it offers miles of walkable fun, like roller coasters, arcade games and live entertainment.
- Make your way to **Assateague Island National Seashore** to camp on the beach and watch wild ponies trot through the waves.
- In **Virginia Beach, Virginia**, stroll the 3-mile (4.8-km) boardwalk — home to many restaurants and nightly summer concerts — and learn to kayak or charter a fishing boat.
- **Ocean View Beach Park** in **Norfolk** is the perfect place for picnics, concerts, sunsets or long strolls along the shoreline before a dinner of fresh seafood.



DAY 5

- Head west towards **Waynesboro, Virginia** where you'll feel the cool mists of the Blue Ridge Mountains as you cruise the famous **Skyline Drive** through **Shenandoah National Park**. The 105-mile (169-km) roadway winds through the mountains with more than 70 scenic overlooks and plenty of opportunities to hike.

- In **Front Royal**, the northern endpoint of Skyline Drive, find caverns, museums, wineries, historical sites and more.

DAY 6

- Revel in the allure of Maryland mountain towns in **Cumberland**, marvelling at the **Allegany Museum's** 50,000-plus historical artefacts or chugging along the **Western Maryland Scenic Railroad**.

THAT WHICH UNITES US



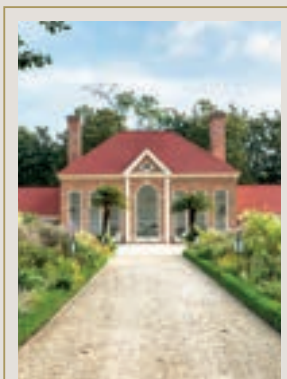
STANDS THE
TEST OF TIME.

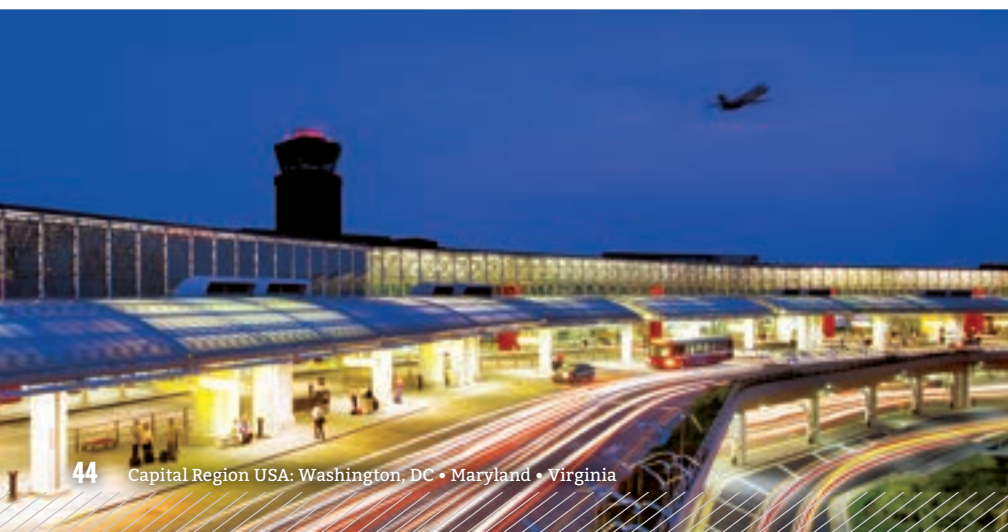


Home of the first president
of the United States.
16 miles / 26 km south of
Washington, DC.

GEORGE WASHINGTON'S
MOUNT ★ VERNON

mountvernon.org





PLANNING ESSENTIALS

MAJOR AIRPORTS

WASHINGTON DULLES INTERNATIONAL AIRPORT (IAD)

Dulles, Virginia
flydulles.com



Washington Dulles International Airport is the international and domestic gateway airport to Washington, DC and the greater Capital Region. This major travel hub supports domestic and international air travel on 42 airlines to 74 domestic and 61 international destinations, including 42 world capitals.

Washington Dulles is connected to the Capital Region via dedicated roadway and features a new Metrorail train station. The Silver Line provides fast and frequent service connecting Washington Dulles to the Capital Region. Not only is the Capital Region's Metro system one of the most expansive in the country, but it's also one of the most affordable. The maximum one-way fare is \$6 between any two points on the system on weekdays and \$2 on nights and weekends.

Washington Dulles has efficient customs clearance and security processing, thanks to numerous innovative technology features like Global Entry, self-serve Passport Kiosks, TSA PreCheck and biometric screening via CLEAR and VeriSCAN.

Aside from being a world-class travel facility, Washington Dulles offers fantastic amenities and is committed to a diverse arts programme that includes rotating exhibitions, public-art displays and live performances — all for the enjoyment of passengers. The airport also features a wide variety of local and brand-name retail shops, including multiple duty-free shops, spa services and award-winning restaurants from such celebrated chefs as Wolfgang Puck, Michael Symon and Geoff Tracy.

OTHER DULLES HIGHLIGHTS

- Automated AeroTrain that connects passengers between the Main Terminal and the concourses
- The expansion of the Metrorail Silver Line to Dulles opened in 2022, enabling train service from DC's city centre to Dulles in 50 minutes.
- Dedicated free access road provides airport patrons fast, easy connections to the Washington beltway (I-495) and I-66 into the capital
- Nine airline lounges with a new Capital One Lounge opened in 2023
- Free Wi-Fi and charging stations
- Online duty-free shopping and mobile concessions ordering
- Children's play area, private nursing rooms and more

DISTANCE TO DC
26 miles (42 km)

TRANSPORTATION

Taxi to DC (\$65); shared van (\$35 to DC); Metrorail Silver Line (maximum cost is \$6 systemwide on weekdays, \$2 for nights and weekends); car rental (starting at \$45 per day)

RONALD REAGAN WASHINGTON NATIONAL AIRPORT (DCA)

Arlington, Virginia
flyreagan.com

This convenient city centre airport supports short-haul domestic and transborder air travel on eight airlines to 102 domestic and six international (including three Canadian, one Bermudian and one Bahamian) destinations, serving nearly 24 million passengers in 2022.

DISTANCE TO DC
Less than 1 mile (2 km)

TRANSPORTATION

Taxi to DC (\$18); shared van (\$15); Metro to DC (\$3–\$6); rental car (starting at \$50 per day)

Opposite page, from top: Washington Dulles International Airport, Metropolitan Washington Airport Authority; Ronald Reagan National Airport; Baltimore Washington/International Thurgood Marshall Airport, Flickr/Greg Pease.

BALTIMORE/ WASHINGTON INTERNATIONAL THURGOOD MARSHALL AIRPORT (BWI)

Baltimore, Maryland
bwiairport.com

DISTANCE TO DC
30 miles (48 km)

TRANSPORTATION

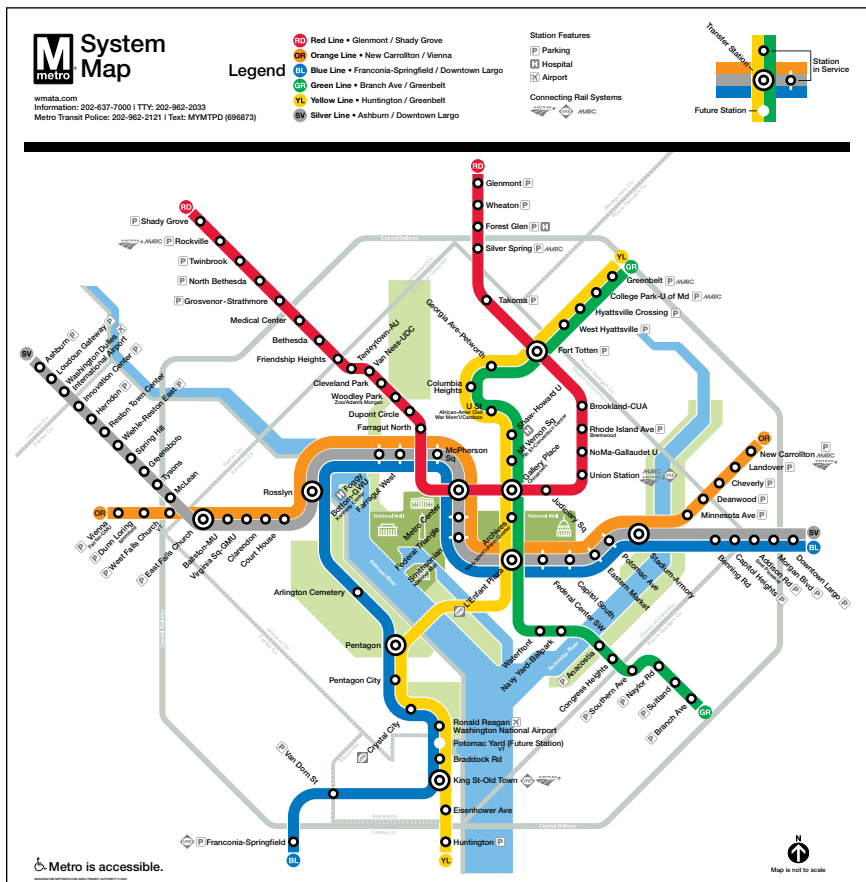
Taxi (\$90 to DC); shared van (\$45 to DC); Amtrak train (\$5 and up to DC); rental car (starting at \$40 per day); MARC train (\$8 to DC)

NOTE: Prices are approximate and subject to change. For airport information and air service maps, see each airport's website.

GETTING AROUND

METRO

The DC Metrorail system covers the DC area plus nearby towns in Virginia and Maryland, including Washington Dulles International Airport. Metro SmarTrip® fares range from \$2–\$6, depending on the time of day. The Metrobus takes you from Metro stations to many convenient stops around DC, Maryland and Virginia. See the website for timetables and routes wmata.com. Certain Metro stations might be impacted by an ongoing Metro improvement plan. Visit wmata.com/safetrack to help plan your trip. Maryland's MARC train service (mta.maryland.gov/marc-train) and Virginia's VRE rail service (vre.org) connect to DC daily and on weekdays, respectively.



BIKE SHARE

The Capital Bikeshare programme (capitalbikeshare.com) is a network of 5,000 bicycles at 700-plus stations across DC; Arlington, Alexandria, Falls Church and Fairfax County in Virginia; and Montgomery County and Prince George's County in Maryland. Rental options start at \$8 for 24 hours, but three-day and 30-day usage is also available. Pick up a bike and pedal to wherever your plans take you, with the ability to return your ride at any station nearby.

CAR RENTAL

Travel on your own schedule by renting a car from companies in major airports and larger cities. If you're staying in Maryland or Virginia, or travelling outside of Washington, DC, a rental car makes sense.

In Washington, DC and adjacent areas, neighbourhoods are pedestrian-friendly and affordable public transportation is readily available. For a short trip outside the city, consider renting a Zipcar (zipcar.com/dc), available by the hour or day. Although not required, drivers are advised to get an international driving permit before the trip. Sample car rental rates (prices vary by pickup location): compact (\$74/day), standard (\$80/day), full-size (\$113/day), luxury (\$133/day), plus taxes and fees.

TAXIS

Taxis can be hailed on busy streets or at hotels and other landmarks; dispatch may also be called ahead of time to arrange pick-up. Find approximate taxi rates and fees at dctaxi.dc.gov. Tipping 15% to 20% is customary.

Uber and similar services are available in many locations.

GETTING TO THE CAPITAL REGION BY AMTRAK

Amtrak trains (amtrak.com) include comfortable standard and business-class seats, sleeping cars and glass-domed observation cars. The Acela Express and Northeast Regional routes take you quickly to major East Coast cities such as DC, Baltimore, Richmond, Norfolk, Philadelphia, New York City and Boston, as well as Charlottesville, Lynchburg, Newport News, Roanoke, Virginia Beach (via coach transfer) and other cities within the Capital Region.



EXPERIENCING THE REGION BY AMTRAK: SAMPLE ITINERARIES

WASHINGTON, DC TO RICHMOND ON THE NORTHEAST REGIONAL — Ride into the heart of Virginia and be immersed in American history and charm. **2 hours 40 minutes**

WASHINGTON, DC TO BALTIMORE ON THE NORTHEAST REGIONAL — Take a scenic journey through the Maryland towns that inspired the US national anthem. **40 minutes**

WASHINGTON, DC TO NORFOLK ON THE NORTHEAST REGIONAL — Travel through Richmond, Colonial Williamsburg and Newport News before arriving at the riverfront city of Norfolk; a short bus ride takes you all the way to Virginia Beach. **4 hours 45 minutes**

WASHINGTON, DC TO CHARLOTTESVILLE ON THE NORTHEAST REGIONAL — Travel to the home of two presidents and the University of Virginia. **2 hours 30 minutes**

TRAVEL TIMES AND FARES ARE BASED ON ONE-WAY TRIPS AND ARE SUBJECT TO CHANGE.

WASHINGTON, DC TO ROANOKE ON THE NORTHEAST REGIONAL — Enjoy the "Rails, Trails and Ales" getaway, when you take the train to explore Roanoke's breweries, recreational trails and transportation history. **5 hours**

This page: Amtrak, Scott K. Brown Photography.



TRAVEL TIPS

WHEN TO GO

The Capital Region has a generally mild and pleasant climate, so you can enjoy indoor and outdoor activities throughout the year. Late summer tends to be hot and humid, so spring and autumn are ideal for sightseeing.

A RANGE OF SEASONS In summer, high temperatures in Virginia Beach reach about 30°C and it's warm enough to swim. In winter, western Maryland highs are generally a chilly 1°C, perfect for winter sports.

WHERE TO STAY

The region offers a wide variety of accommodations and price ranges: luxurious city hotels, stylish boutique properties, quaint country inns, mountain resorts and more. Visit CapitalRegionUSA.co.uk/accommodations to learn more.

CURRENCY EXCHANGE

International Currency Exchange (ICE) serves Washington Dulles International Airport and Reagan National Airport. Travelex Foreign Currency Exchange is available at Baltimore/Washington International Airport. Currency Exchange International (CXI) has several locations throughout the region.

PASSPORTS & VISAS

For the most current information on passports, visas and the Electronic System for Travel Authorization (ESTA), visit CapitalRegionUSA.co.uk/info/travel-documents.



NEED MORE INFORMATION?

CONTACT YOUR LOCAL TOURIST BOARD

Capital Region USA
The Sail Loft,
Budock Vein Lane,
Mawnan Smith,
Falmouth TR11 5LQ
United Kingdom

Tel: +44 01326 250213,
Email: tmp.uk@btinternet.com
CapitalRegionUSA.co.uk



SIGN UP FOR OUR FREE E-NEWSLETTER!

CapitalRegionUSA.co.uk/enewsletter-signup

Get great deals plus articles, videos and event features filled with trip ideas.

From top: Dorchester Cambridge Choptank River Lighthouse, Jill Jasuta/Dorchester Tourism; World War I Memorial, Washington.org.

A photograph of three women walking across a large, green lawn. The woman on the left is wearing a dark blue, short-sleeved, pleated dress and is barefoot. The woman in the middle is wearing a white top with a red and purple floral pattern and black pants, and she is pointing towards the right. The woman on the right is wearing a rust-colored, wrap-style dress and is carrying a black bag. In the background, there are several historic brick buildings, including a large one with a white cupola on its roof. The sky is blue with light clouds.

life. at your pace.

Visit
WILLIAMSBURG
JAMESTOWN ▼ YORKTOWN

Charlottesville

ALBEMARLE COUNTY, VIRGINIA

Experience a historic American region
where every wine palate is satisfied,
every foodie is welcome to the table,
and every selfie tells a story.

Close to the sights of Washington, DC,
far enough to feel like a holiday.



visitcharlottesville.org

VIRGINIA IS FOR LOVERS