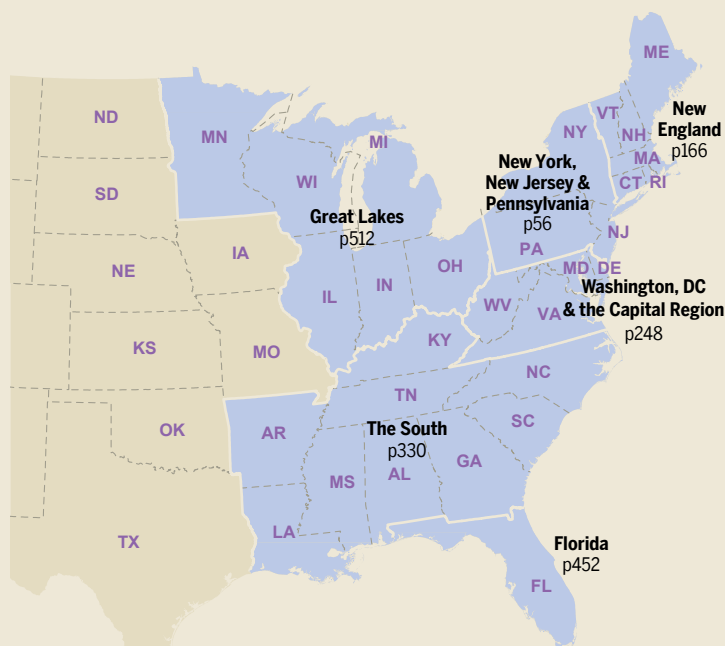




# Eastern USA



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LIFEGUARD TOWER, SOUTH BEACH P456, MIAMI



KING NEPTUNE STATUE BY PAUL DIPASQUALE, VIRGINIA BEACH P311

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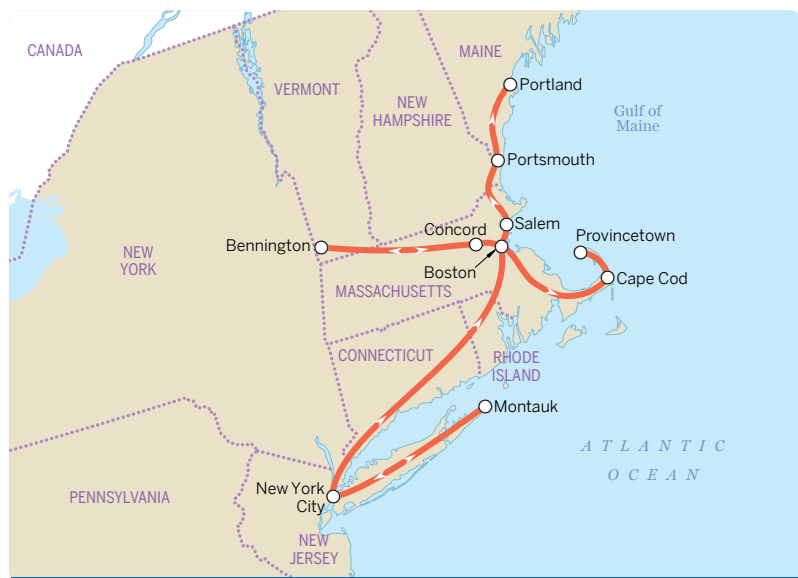
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# Itineraries



2  
WEEKS

## Down the Coast

Get your big-city fill in the biggest city of all, then mosey into New England for small-town pleasures.

The great dynamo of art, fashion and culture, **New York City** is America at its most urbane. Spend three days blending touristy must-dos – Top of the Rock viewpoint, Upper East Side art museums, Central Park rambling – with vibrant nightlife and dining adventures, perhaps in the East Village. After big-city culture, catch your breath at the pretty beaches and enticing charms of **Montauk** on Long Island. Back in NYC, catch the train to **Boston**, for two days visiting historic sights, dining in the North End and pub-hopping in Cambridge. Rent a car and drive to **Cape Cod**, with its idyllic dunes, forests and pretty shores. Leave time for **Provincetown**, the Cape's liveliest settlement. Then set off for a three-day jaunt taking in New England's back roads, covered bridges, picturesque towns and beautiful scenery, staying at heritage B&Bs en route. Highlights include **Salem** and **Concord** in Massachusetts; **Bennington**, Vermont; and **Portsmouth**, New Hampshire. If time allows, head onward to Maine for lobster feasts amid beautifully rugged coastlines – **Portland** is a fine place to start.

1  
MONTH

## Eastern Grand Tour

This road trip loops around the East through towns large and small, as blues joints, pie shops and civil rights sights flash by.

Start in **New York City** (but hire a car more cheaply in New Jersey) and hit the road for week one. Head west toward **Lancaster** to explore the idyllic back roads of Pennsylvania Dutch Country. Next is **Pittsburgh**, a surprising town of picturesque bridges and cutting-edge museums. Enter Ohio by interstate, but quickly step back in time amid the horses, buggies and byways of **Amish Country**. See the skyscrapers rising on the horizon? That's big-shouldered **Chicago**. Hang out for a few days to marvel at famous artworks and steely architecture, and chow through the city's celebrated restaurant scene.

For week two, motor south from Chicago on old Route 66, at least for a few time-warped, pie-filled miles. **Memphis** is the next destination, a mecca for Elvis fans, barbecue connoisseurs, civil rights students and blues-music buffs alike. Follow the Great River Rd south from here through juke-jointed **Clarksdale**, the Civil War battlegrounds of **Vicksburg** and the antebellum mansions of **Natchez**. It's not far now to **New Orleans**, where you can hear live jazz, consult with a voodoo priestess and spoon into thick, spicy-rich gumbo.

Begin journeying back east for week three. Wheel along the Gulf Coast to the azalea-lined boulevards of **Mobile**, then inland to **Montgomery**, where museums honor civil rights pioneers like Rosa Parks, who refused to give up her seat to a white man on a city bus. Fall under the spell of live oaks in **Savannah** and pastel architecture and decadent food in **Charleston**. Take your pick of **Durham** or **Chapel Hill**, side-by-side university towns offering groovy nightlife.

Begin week four brushing up on your history in Virginia. Visit **Jamestown**, where Pocahontas helped the New World's first English settlement survive, then wander through the 18th century at nearby **Williamsburg**. A pair of big cities completes the route: **Washington, DC** is a museum free-for-all, while **Philadelphia** fires up the Liberty Bell, Ben Franklin and the mighty, meaty cheesesteak.



**3**  
WEEKS

## Bright Lights, Big Cities

For big, brawny, bold metropolises, the East is your place. These are the cities that never sleep.

Begin with a few days in history-rich **Boston**. Walk the Freedom Trail past Paul Revere's house. Hang out in Harvard Sq's cafes and bookshops, and chow down in North End trattorias and oyster houses. Then catch the train to **New York City**. With four days, you can indulge in iconic Manhattan and beyond. Stroll Central Park, walk the canyons of Wall St, go bohemian in Greenwich Village and catch a ferry to the Statue of Liberty. For a more local scene, join residents on the High Line, in Nolita's stylish shops and in Queens' creative microbreweries and galleries.

Next hop onboard a train to **Philadelphia**, which is practically down the block from NYC. Philly was the birthplace of American independence, and has the Liberty Bell and Declaration of Independence artifacts to prove it. Spend a few days touring the historic sites and indulging in foodie neighborhoods like East Passyunk. Don't leave the Northeast without spending a few days in **Washington, DC**, a quick trip by bus or train. Beyond the staggering number of free museums and monuments – the Air and Space Museum and Lincoln Memorial among them – the US capital has rich dining and drinking scenes in Logan Circle, Shaw and along U St. Who knows what politico might be swirling a whiskey next to you?

It's a long haul to **Miami** (flying is the easy way to go), so allocate four days to get your money's worth exploring the exotic museums and galleries, the art-deco district, Little Havana and sexy, sultry South Beach. For a change of pace, day-trip to the **Everglades** and commune with alligators. Keep the Southern thing going in jazz-loving **New Orleans**, with a soundtrack of smokin'-hot funk/brass bands and the sizzle of Cajun and Creole food. Three days of heavy eating with locals in Uptown, the Central Business District, Marigny and the Bywater should do it.

Last, but not least, **Chicago** leaps up; the *City of New Orleans* train is a scenic way to arrive. Bike to the beach, see mod art in Millennium Park and plug into the blues.



2 WEEKS

## The Great Outdoors

This trip is for those who like their nature ancient and wild. Timbered mountains, raging rivers and sheltered islands are all on tap.

**Shenandoah National Park** rolls out the welcome mat: this sliver of gorgeousness straddles the Blue Ridge Mountains, so-named for their color when glimpsed in the hazy cerulean distance. Besides scenic drives, hiking is the big to-do here. Five hundred miles of paths – including 100 miles of the Appalachian Trail – wind by spring wildflowers, summer waterfalls and fiery autumn leaves. More activities await a few hours west at **Monongahela National Forest**, where you can strap on ropes for Seneca Rocks or a bicycle helmet for the Greenbrier River Trail. Adventure-sports enthusiasts will find their wet-and-wild bliss nearby at **New River Gorge National River**. Outfitters provide white-water rafting gear for the infamous Class V rapids.

Next up: **Great Smoky Mountains National Park**. Though it's the USA's most popular patch of parkland, you can leave most of the crowds behind if you're willing to hike or paddle (studies have shown that 95% of tourists here never venture more than 100 yards from their cars!). After a day spent in the wilderness surrounded by lush, heather-colored peaks, there's nothing quite like arriving in **Gatlinburg**, the park's kitschy base. Prepare for fudge shops, *Ripley's Believe It or Not* oddities and moonshine distilleries.

So goes the first week. Now it's time to fuel up for the twisty drive through the mountains and across to the coast, where the **Outer Banks** pay off big. Laid-back beach towns full of locally owned ice-cream shops and mom-and-pop motels dot the windswept barrier islands. Check out **Cape Hatteras**, with its unspoiled dunes, marshes and woodlands, or catch the ferry to remote **Ocracoke Island**, where the wild ponies run. Speaking of which: more wild horses roam **Assateague Island**, which floats to the north between Virginia and Maryland. It too offers brilliant, secluded beaches and a landscape ripe for birding, kayaking, crabbing and fishing.

Family-friendly, gay-friendly **Rehoboth Beach** bestows traditional gingerbread houses, kiddie amusements and a big ol' boardwalk along the oceanfront.





DANIEL LOENHAUF/SCOPY ©



MARVANI/SHUTTERSTOCK ©

Top: Blues musician  
Eddie Shaw at Kingston  
Mines, Chicago (p537)

Bottom: Bodie Island  
Lighthouse (p335),  
North Carolina Coast



# Map Legend

## Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

## Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkeling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

## Sleeping

- Sleeping
- Camping

## Eating

- Eating

## Drinking & Nightlife

- Drinking & Nightlife
- Cafe

## Entertainment

- Entertainment

## Shopping

- Shopping

## Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

## Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

## Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

## Transport

- Airport
- BART station
- Border crossing
- Boston T station
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro/Muni station
- Monorail
- Parking
- Petrol station
- Subway/SkyTrain station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

## Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

## Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

## Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

## Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

*Note: Not all symbols displayed above appear on the maps in this book*



**Kevin Raub**

**Great Smoky Mountains National Park, Kentucky, North Carolina, South Carolina, Tennessee** Kevin grew up in Atlanta and started his career as a music journalist in New York, working for *Men's Journal* and *Rolling Stone* magazines. A Georgia boy gone AWOL, he always appreciates coming home to the South for barbecue and brews. This is Kevin's 48th Lonely Planet guide. Follow him on Twitter and Instagram (@RaubOnTheRoad). To learn more about Kevin, check out [www.lonelyplanet.com/members/kraub](http://www.lonelyplanet.com/members/kraub).



**Simon Richmond**

**New York State** Journalist and photographer Simon has specialized as a travel writer since the early 1990s and first worked for Lonely Planet in 1999 on the *Central Asia* guide. He's long since stopped counting the number of guidebooks he's researched and written for the company, but countries covered including Australia, China, India, Iran, Japan, Korea, Malaysia, Mongolia, Myanmar (Burma), Russia, Singapore, South Africa and Turkey. For Lonely Planet's website he's

penned features on topics from the world's best swimming pools to the joys of Urban Sketching - follow him on Instagram to see some of his photos and sketches.



**Regis St Louis**

**Florida Keys, Miami, The Everglades** Regis grew up in a small town in the American Midwest - the kind of place that fuels big dreams of travel - and he developed an early fascination with foreign dialects and world cultures. He spent his formative years learning Russian and a handful of Romance languages, which served him well on journeys across much of the globe. Regis has contributed to more than 50 Lonely Planet titles, covering destinations across six continents.

His travels have taken him from the mountains of Kamchatka to remote island villages in Melanesia, and to many grand urban landscapes. When not on the road, he lives in New Orleans. Follow him on [www.instagram.com/regisstlouis](http://www.instagram.com/regisstlouis).



**Mara Vorhees**

**Massachusetts** Mara writes about food, travel and family fun around the world. Her work has been published by BBC Travel, *Boston Globe*, *Delta Sky*, *Vancouver Sun* and more. For Lonely Planet, she regularly writes about destinations in Central America and Eastern Europe, as well as New England, where she lives. She often travels with her twin boys in tow, earning her an expertise in family travel. Follow their adventures and misadventures at [www.havetwinswilltravel.com](http://www.havetwinswilltravel.com).



**Karla Zimmerman**

**Illinois; Indiana; Michigan; Minnesota; Virginia; Ohio; Washington, DC; Wisconsin** Karla lives in Chicago, where she eat doughnuts, yells at the Cubs and writes stuff for books, magazines and websites when she's not doing the first two things. She has contributed to 40-plus guidebooks and travel anthologies covering destinations in Europe, Asia, Africa, North America and the Caribbean - all of which are a long way from the early days, when she wrote about gravel for a construction

magazine and got to trek to places like Fredonia, Kansas. To learn more, follow her on Instagram and Twitter (@karlazimmerman).

## CONTRIBUTING WRITERS

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Trisha Ping **Michigan**



### **Robert Balkovich**

**New York City** Robert was born and raised in Oregon, but has called New York City home for almost a decade. When he was a child and other families were going to theme parks and grandma's house, he went to Mexico City and toured Eastern Europe by train. He's now a writer and travel enthusiast seeking experiences that are ever so slightly out of the ordinary to report back on. Instagram: @oh\_balky



### **Ray Bartlett**

**Pennsylvania** Ray is a travel writer specializing in Japan, Korea, Mexico and the United States. He's worked on many different Lonely Planet titles, starting with *Japan* in 2004 and going through to the present.



### **Gregor Clark**

**Connecticut, Maine, Massachusetts, New Hampshire, Vermont, Rhode Island** Gregor is a US-based writer whose love of foreign languages and curiosity about what's around the next bend have taken him to dozens of countries on five continents. Chronic wanderlust has also led him to visit all 50 states and most Canadian provinces on countless road trips through his native North America. Since 2000, Gregor has regularly contributed to Lonely Planet guides, with a

focus on Europe and the Americas.



### **Michael Grosberg**

**New York City** Michael has worked on over 45 Lonely Planet guidebooks. Whether covering Myanmar or New Jersey, each project has added to his rich and complicated psyche and taken years from his (still?) relatively young life. Prior to his freelance writing career, other international work included development on the island of Rota in the western Pacific; South Africa where he investigated and wrote about political violence and helped train newly elected government

representatives; and Quito, Ecuador to teach. He received a Masters in Comparative Literature and taught literature and writing as an adjunct professor at several New York City area colleges.



### **Ashley Harrell**

**Southwest Florida, Space Coast** After a brief stint selling day spa coupons door-to-door in South Florida, Ashley decided she'd rather be a writer. She went to journalism grad school, convinced a newspaper to hire her, and starting covering wildlife, crime and tourism, sometimes all in the same story. Fueling her zest for storytelling and the unknown, she traveled widely and moved often, from a tiny NYC apartment to a vast California ranch to a jungle cabin in Costa Rica, where

she started writing for Lonely Planet. From there her travels became more exotic and farther flung, and she still laughs when paychecks arrive.



### **Adam Karlin**

**Florida, Alabama, Arkansas, Georgia, Louisiana, Mississippi** Adam has contributed to dozens of Lonely Planet guidebooks, covering an alphabetical spread that ranges from the Andaman Islands to the Zimbabwe Border. As a journalist, he has written on travel, crime, politics, archeology, and the Sri Lankan Civil War, among other topics. He has sent dispatches from every continent barring Antarctica (one day!) and his essays and articles have featured in the BBC, NPR and

multiple non-fiction anthologies. Adam is based out of New Orleans, which helps explain his love of wetlands, food and good music. Learn more at <http://walkonfine.com>, or follow on Instagram @adamwalkonfine.



### **Brian Kluepfel**

**New Jersey, New York City** Brian has worked for Lonely Planet across the Americas since 2006. He's been the editor of the *Bolivian Times* in La Paz, a correspondent for Major League Soccer, and a contributor to Frontier Airlines inflight magazine. His Lonely Planet adventures have taken him to Venezuela, Bolivia and even the pine barrens of New Jersey. His stories on Sleepy Hollow Cemetery and the mines of Potosi, Bolivia feature in the Lonely Planet title *Amazing Secret*

*Marvels*. <https://auth.lonelyplanet.com/profiles/brian.kluepfel>



## OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

## OUR WRITERS



### Benedict Walker

**Curator. Connecticut, Rhode Island** Ben had a suburban upbringing in Newcastle, Australia, and spent his weekends and long summers by the beach, whenever possible. Although he's drawn magnetically to the kinds of mountains he encountered in the Rockies and the Japan and Swiss Alps, beach life is in his blood. He loves the thrill of unearthing the best of big cities, but he's always most at home in nature. Writing for Lonely Planet is Ben's every dream come true – to

date he has contributed to Lonely Planet's *Australia, Canada, Germany, Japan, Sweden, Switzerland, US* and *Vietnam* guidebooks. Journey along on Instagram: @wordsandjourneys. Ben also wrote the Plan Your Trip, Understand and Survival Guide chapters.



### Kate Armstrong

**Florida** Kate has spent much of her adult life traveling and living around the world. A full-time freelance travel journalist, she has contributed to around 40 Lonely Planet guides and trade publications and is regularly published in Australian and worldwide publications. She is the author of several books and children's educational titles.



### Carolyn Bain

**Maine, Massachusetts** A travel writer and editor for more than 20 years, Carolyn has lived, worked and studied in various corners of the globe, including Denmark, London, St Petersburg and Nantucket. Her Iceland obsession has led to her recently setting up a permanent home in Reykjavik. Carolyn's former base was Melbourne, Australia, and she was repeatedly drawn north to cover diverse destinations for Lonely Planet, from dusty outback Australia to luminous Greek

islands, by way of Maine's lobster shacks and Slovenia's alpine lakes. Carolyn writes about travel and food for a range of publishers; see carolynbain.com.au for more.



### Amy C Balfour

**Delaware, Maryland, Virginia, West Virginia** Amy grew up in Richmond, Virginia and now lives in the Shenandoah Valley in the foothills of the Blue Ridge Mountains. A few of her favorite places between the Atlantic and the Appalachians include Sharp Top Mountain, Lexington, VA, Berlin, MD, and the New River Gorge. New top escapes? Scott's Addition in Richmond, VA, downtown Staunton, VA, Chincoteague Island and Frederick, MD. Amy has authored or co-authored more than

30 books for Lonely Planet, including *USA*, and *Florida & the South's Best Trips*. Her stories have appeared in *Backpacker*, *Sierra*, *Southern Living* and *Women's Health*.

OVER MORE  
PAGE WRITERS

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