



New York & the Mid-Atlantic



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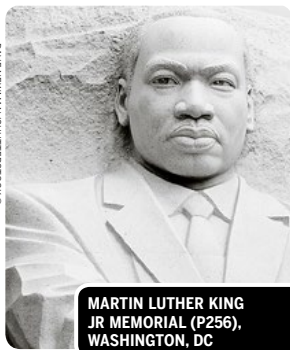
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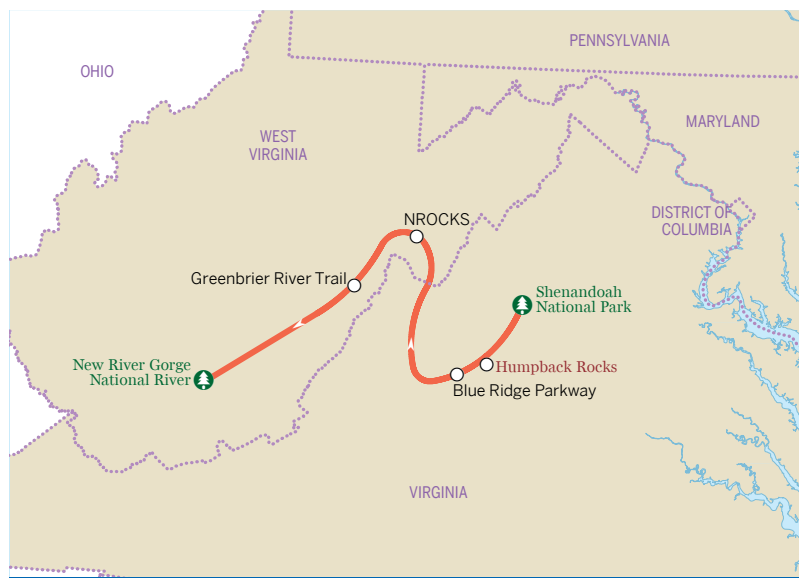
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Itineraries



1
WEEK

Mountain Adventures

This trip is for those who like their nature ancient and wild: timbered mountains, raging rivers and towering rock formations.

In Virginia, kick off with a few days at **Shenandoah National Park**. This sliver of gorgeousness straddles the Blue Ridge Mountains, so named for their color when glimpsed in the hazy cerulean distance. Soak up the beauty driving the scenic Skyline Drive and pull over to hike a few miles, winding past spring wildflowers, summer waterfalls and fiery fall leaves. Drive south of the park to climb the iconic **Humpback Rocks** beside the **Blue Ridge Parkway**.

Cruise a few hours north to the sprawling Monongahela National Forest in wet and wild West Virginia, where you can rock climb Seneca Rocks, tackle a fixed-anchor *via ferrata* trail at **NROCKS** or pedal the **Greenbrier River Trail**. From here, drive over rugged mountains to **New River Gorge National River**. End this trip rafting the wild Gauley River or the scenic New River, which is really very old. Outfitters provide white-water rafting gear for the Class V rapids.



2 WEEKS Exploring the Coast

This region isn't named the Mid-Atlantic for nothing. New York, New Jersey, Delaware, Maryland and Virginia all border the Atlantic Ocean. Their beaches and beach towns each have something unique to offer.

Escape the urban jungle of New York City with three days at the pretty beaches of **Greenport** and **Montauk** on Long Island. Next up is four days on the wild strands of the infamous **Jersey Shore**, which is dotted with resort towns stretching south from wide-beached **Sandy Hook** to **Cape May**, where bird-watching and whale-watching (May to December) are top-notch. Hop the **Cape May-Lewes Ferry** to continue south for three relaxing days in Delaware.

In **Lewes**, Delaware, explore the historic downtown then bike ride to The Point at **Cape Henlopen State Park**. The next day, drive to **Rehoboth** and take a stroll on the tourist-trappy boardwalk. Don't miss a beer sampling at famous Dogfish Head Brewings & Eats before a fine seafood dinner on Wilmington Ave. Just south, enjoy an ocean swim at **Fenwick Island State Park**. Continue south to spend two days in coastal Maryland. In **Ocean City** things get wild on another festive boardwalk. The scene is more serene on **Assateague Island**. Wild horses run free on the Maryland side of this barrier island, while the Virginia section is home to a wildlife refuge.

Drive south across the Chesapeake Bay Bridge Tunnel – hold tight! – to camp at **First Landing State Park** just steps from the sand. To conclude the trip, take your pick: a convivial boardwalk-and-beach day in Virginia Beach or a quiet hike in the remote **Back Bay National Wildlife Refuge**.



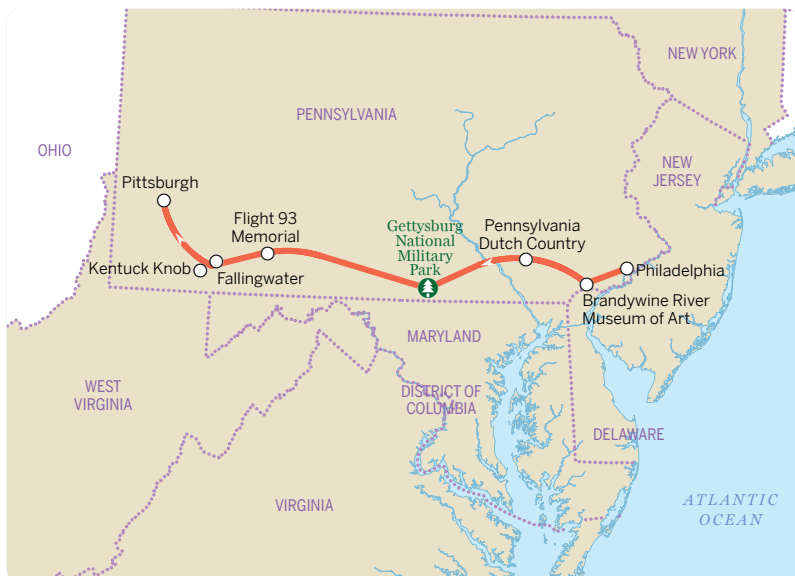
Colonial Days Tour

The roots of the USA's government took hold in riverside Colonial towns and valley villages where the Founding Fathers lived, learned and legislated. Begin with three days in the Tidewater region of Virginia, where you can brush up on Colonial-era history. Start in **Jamestown**, where Pocahontas helped the New World's first English settlement survive, then head to **Yorktown** to learn about the decisive battle that ended the Revolutionary War. From here it's a short drive to **Colonial Williamsburg** where you can wander through an 18th-century village come to life with costumed reenactors.

Your next four days will be spent exploring the low-lying Piedmont region of Virginia. Your first stop is **Richmond**, where Patrick Henry gave his impassioned 'Give Me Liberty, or Give Me Death' speech in St John's Episcopal Church in 1775. Then visit the Virginia State Capitol, designed by Thomas Jefferson. Drive west to **Charlottesville** to explore gorgeous Monticello, Jefferson's revered mountaintop home. Honor the wine-loving third president with a glass at a pretty winery. Spectacular **Montpelier**, home of James Madison, the architect of the Constitution, is also in the region.

Next up is the nation's capital, **Washington, DC**, where you'll spend four days learning about the US government from its earliest days. Don't miss the striking Jefferson Memorial before perusing Colonial artifacts at the National Museum of American History. Explore the first president's beloved home, **Mount Vernon** just outside Alexandria beside the Potomac River. Drive east to spend two days in charming **Annapolis**. Wander the first floor of the Maryland State House, where Washington famously resigned his military commission after the Revolutionary War, ensuring that the country would be led by a civilian, not a military leader, and that power would be shared with Congress. Exhibits at the US Naval Academy Museum trace the development of America's navy.

The final day of this tour is a short romp through Delaware, nicknamed the First State because it was the first of the thirteen original states to ratify the Constitution. Dine in an 18th-century tavern in historic **New Castle** then tour the John Dickinson Plantation – former home of the man nicknamed the 'Penman of the Revolution' – and the Old State House in **Dover**.

1
WEEK

Packed in Pennsylvania

On this trip, we're taking in as much of the Keystone State as possible. By the end of this journey you'll have taken in some of America's most important history and gorgeous art, and been exposed to some iconic Mid-Atlantic architecture.

Start with a couple of days in **Philadelphia**. Explore Independence National Historic Park – make sure to go early to the Independence Visitor Center to secure a timed ticket to visit Independence Hall. Before or after, also drop into the Liberty Bell Center. On the next day, get in some more historical background at the excellent Museum of the American Revolution or learn all about Philly's favorite founding father Benjamin Franklin at Franklin Court. Clomp down the cobbles of Elfreth's Alley and explore the boutiques and art galleries of the Old Town. Don't leave the city without browsing Cezannes, Renoirs and Picassos at the Barnes Foundation, and catching live music at live music at Johnny Brenda's or Union Transfer.

On the next day, drive west, making sure to stop in at the **Brandywine River Museum of Art**, situated in the dark-green Brandywine Valley. Continue west to **Pennsylvania Dutch Country**, and consider a tour of the Amish Farm & House. Have a big smorgasbord dinner, and the next day explore local folkways at the Landis Valley Museum.

After two days here, proceed further west and make a detour to **Gettysburg National Military Park**. Here you can easily spend a whole day walking the paths once laid down by the opposing armies of the Civil War. West of here is the elegiac **Flight 93 memorial**. You may want to bunk down in the Laurel Highlands to keep within close proximity to **Fallingwater** and **Kentuck Knob**, two of the most fascinating residences ever dreamed up by Frank Lloyd Wright. When you've finished getting your architectural fix on, proceed north to Pittsburgh.

In **Pittsburgh**, make sure to take a ride on the Duquesne Incline funicular and stop into the Mattress Factory and the Warhol Museum. Have a night out in the East Liberties before tackling the next day: exploring the Carnegie Museums, the Frick and Schenley Park. Have a night out in Pittsburgh's North Side or Polish Hill area, and as you sip that cold beer, be content that you've just taken in a ton of Pennsylvania.

Behind the Scenes

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THIS BOOK

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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

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

Sleeping

- Sleeping
- Camping
- Hut/Shelter

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



Brian Kluepfel

New Jersey Brian had lived in three states and seven different residences by the time he was nine, and just kept moving, making stops in Berkeley, Bolivia, the Bronx and the burbs further down the line. His journalistic work across the Americas has ranged from the Copa America soccer tournament in Paraguay to an accordion festival in Québec. His titles for LP include *Venezuela, Costa Rica, Belize & Guatemala, Bolivia* and *Ecuador*. He writes a blog about Venezuelan baseball players and another regarding birds of many nations called www.brianbirdwatching.blogspot.com.



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Regis St Louis

New York City 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

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Contributing Writer Michael Grosberg



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



Amy C Balfour

Delaware, Maryland, West Virginia Amy practiced law in Virginia before moving to Los Angeles to try to break in as a screenwriter. After a stint as a writer's assistant on *Law & Order*, she jumped into freelance writing, focusing on travel, food and the outdoors. She has hiked, biked and paddled across Southern California and the Southwest, and recently criss-crossed the Great Plains in search of the region's best burgers and barbecue. Books authored or co-authored include

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