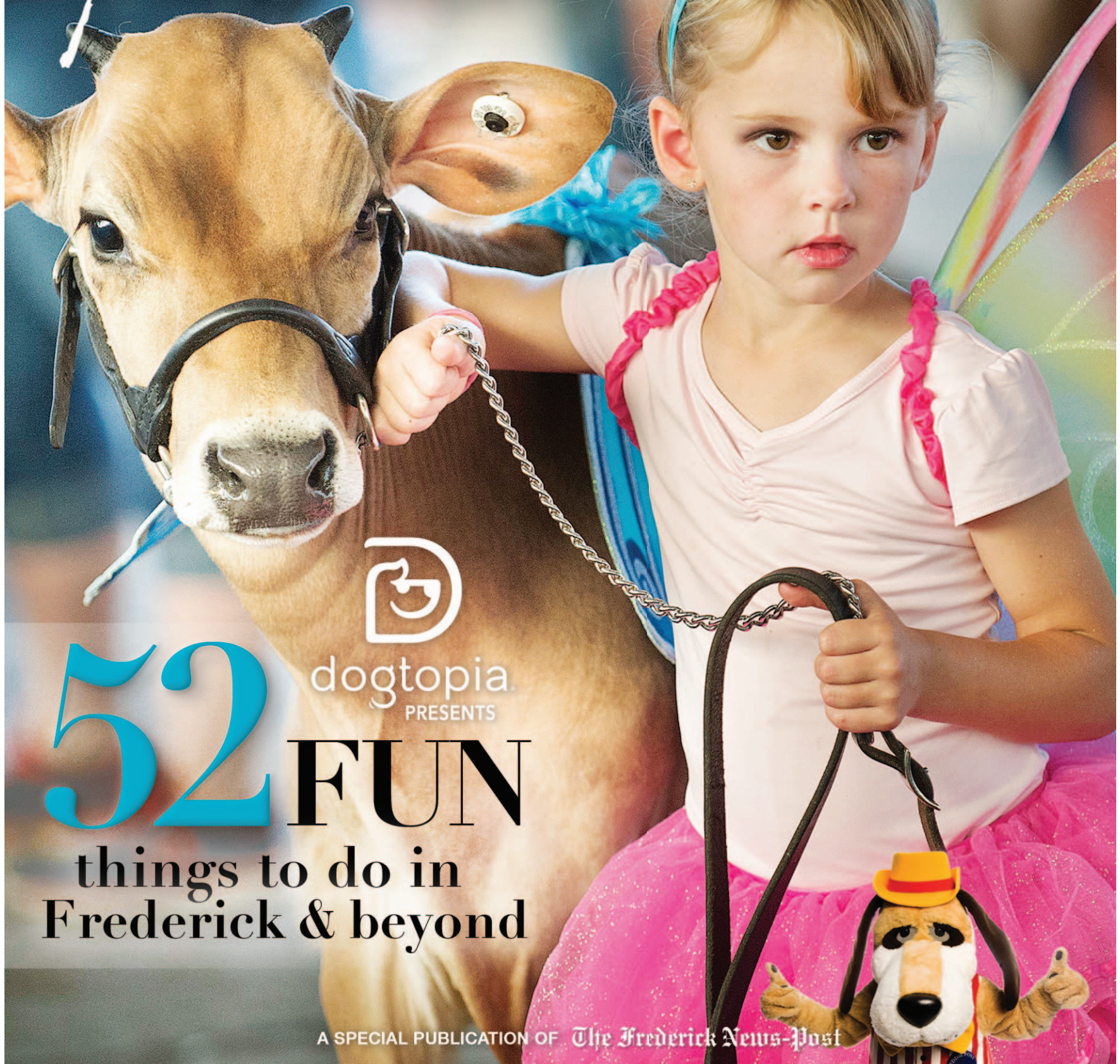


hello,
Frederick



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PRESENTS

52 FUN

things to do in
Frederick & beyond

A SPECIAL PUBLICATION OF *The Frederick News-Post*



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PHOTO BY BILL GREEN

Emmah Utterback and her Jersey calf Embrielle were the "Dairy Fly" in the Pre- 4-H, five years and under class of the Pretty Cow contest at the Great Frederick Fair.

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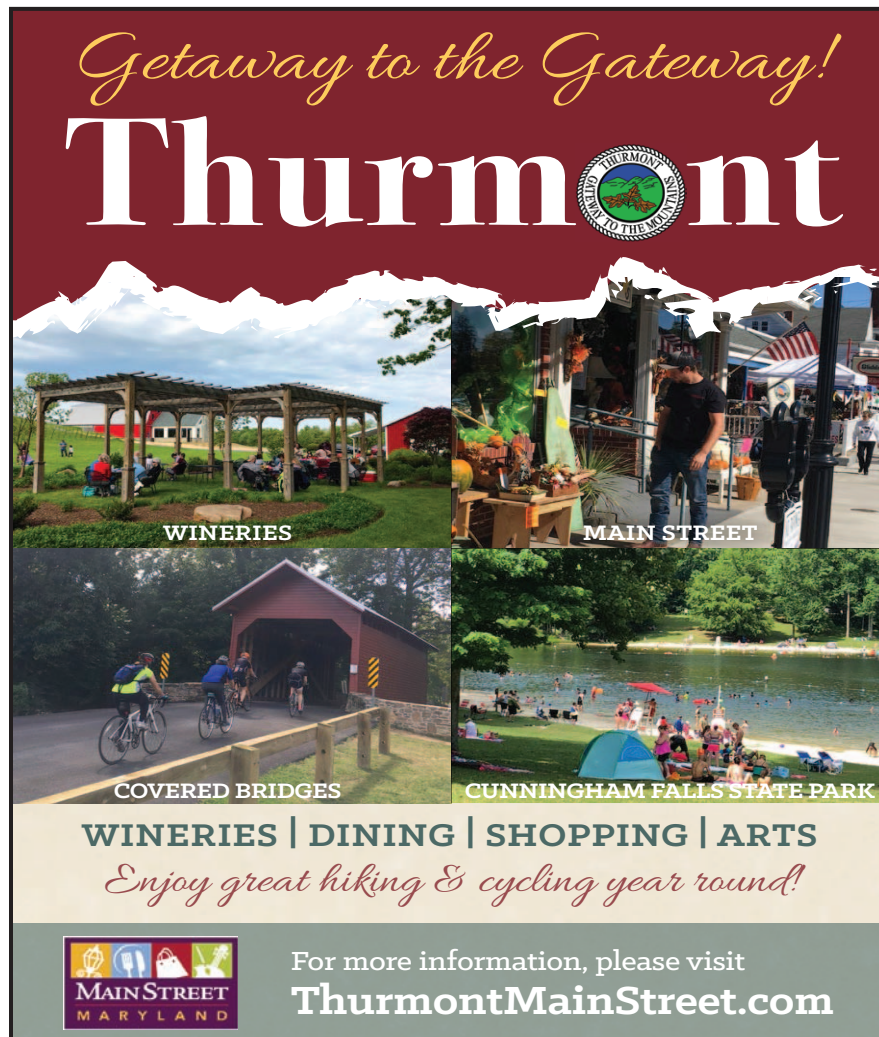
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1

TOUR THE COUNTY'S MANY CRAFT BREWERIES

Frederick County has burst onto the craft beer scene in the last five years, becoming one of the top craft beer towns in the Mid-Atlantic region. From downtown to the outskirts of Frederick County craft beer drinkers have more than a dozen options to visit to sip some suds.

FREDERICK CITY

Perhaps the most well known brewery in Frederick is **Brewers' Alley**, located in the former city hall building on North Market Street. **Monocacy Brewing Company**, at 1781 North Market Street, offers tours and a tasting room. **Rockwell Brewery** is at 880 North East Street, Suite 201, about a block away. **Midnight Run Brewing**, both of which offer several boozy beers with higher alcohol content.

Attaboy Beer operates out of 400 Sagner Avenue, a short walk from **Idiom Brewing Company**, along Carroll Creek. **Olde Mother Brewing** opened a location on Market Street about a year ago as well.

FREDERICK COUNTY

For those looking for a more scenic drive or farm views, **Frey's Brewing Company**, **Red Shedman** and **Milkhouse Brewery** are three farm breweries located near Mount Airy.

Smoketown Brewing Station has brought some life to Brunswick's downtown, and is opening a second location in Frederick by Attaboy.

Mad Science Brewing Company at Thanksgiving Farms is located in Adamstown and operates out of a nursery.

Flying Dog, the largest craft brewery in Maryland, is just outside of the city and offers several classes for beer nerds and newbies alike along with its traditional tasting room.

RESTAURANTS WITH CRAFT BEER SPECIALTY

Not all breweries offer a ton of food options, so if you're looking for some grub with your beer, **Barley and Hops**, a restaurant that brews in the facility, is at 5473 Urbana Pike. Also near Urbana Pike, **BJ's Restaurant and Brewhouse** operates next to Francis Scott Key Mall. Their selection includes about a dozen in-house beers and a draft system with about 30 others on tap.

Roasthouse Pub down the street offers a compelling rotating selection of about 20 craft beers on tap as well.

For more information on local breweries, check out **The Frederick News-Post** quarterly **Uncapped Magazine** or FrederickNewsPost.com/goto/breweries.

Celebrate 2 HOLIDAY FESTIVITIES

People visiting Frederick, or Frederick-area residents themselves, have a wealth of holiday festivities year-round to enjoy in Frederick.

From historical events to celebrations, there's much to do.

LATE MAY

The Last Full Measure of Devotion is honored at the **Monocacy National Battlefield**, where the casualties of the Battle of Monocacy are honored.

INDEPENDENCE DAY

Celebrations for the Fourth of July take place at multiple locations in Frederick County. Brunswick will hold a fireworks display at Brunswick Middle School on Wednesday, July 3. **Frederick's Fourth, an Independence Day Celebration**, takes place on Thursday, July 4, all day in Baker Park, concluding with a fireworks display in Baker Park that night.

HALLOWEEN

In October, Halloween events are plentiful. **The Great Pumpkin Patch** will be held Saturday

and Sunday, Oct. 12-13, at Middletown Park. **The Trail of Jack-o-Lanterns** is held at Great Meadows Farm in mid-October. The Middletown **Scarecrows March Down Main Street** is Saturday, Oct. 19.

Rose Hill Manor hosts the **Trick or Treat Through History** on Friday, Oct. 25. Halloween in Downtown Frederick is scheduled for Saturday, Oct. 26.

CHRISTMAS

During the Christmas holiday season, Frederick city is all decked out with his decorations, lights and its famous carriage rides through downtown Frederick. **The Festival of Lights and Kris Kringle Parade** kickoff off lots of celebrations.



For a complete listing of holiday and other events in Frederick County, visit visitfrederick.org.



3

SPEND A DAY ON THE RIVER



There are plenty of water sports available in the Frederick Area.

Frederick County offers two rivers on which families can spend a day, whether it be tubing, water skiing, kayaking, fishing, swimming, or just plain hanging out with family and friends on a river bank.

The Monocacy River dumps into the Potomac River at the Monocacy Aqueduct. The Monocacy River is a left tributary for the Potomac.

The Potomac River, a natural border between Maryland and Virginia, runs west to east, from the Washington County line to the Montgomery line.

Kayaking is popular along these waterways. The peak of the water sport season typically is during the spring and summer months. Hundreds of boaters, tubers and kayakers can be seen taking on the challenging waters during this time.

Frederick offers the **Monocacy Scenic River Water Trail**, a 41.8-mile of water trail along the Monocacy River and depicts a diverse mix of opportunities for paddlers of all levels. The trail has been divided into three segments but visitors can make their trips shorter or longer according to their time and ability. The sections break down as follows:

Section 1: Maryland Route 77-Rocky Ridge to Devilbiss Bridge

Section 2: Devilbiss Bridge to Gambrill Mill

Section 3: Gambrill Mill to the Monocacy Boat Ramp

The C&O Canal Towpath follows the Potomac River all the way to Washington, ending near Roosevelt Island. In addition to water sports, the towpath offers hikers and bikers the chance to follow the river. Overnight camping areas are available as well.

During the annual John F. Kennedy 50-miler in November, 26 miles of this ultra-marathon course is run on the towpath.

More information on the Monocacy Scenic River Water Trail can be found at recreater.com/292/Monocacy-Scenic-Water-Trail-Map.

4

CATCH A BALLGAME AT NYMEO FIELD



Since arriving in 1989, the **Frederick Keys** have become a major part of Frederick County's sports history, as well as providing family-oriented entertainment during the spring and summer months.

The Keys, an advanced Class-A affiliate of the Baltimore Orioles, is a member of the well-known Carolina League. A proving ground for future Major League Baseball hopefuls, the biggest thing the Keys' offers its fans is atmosphere, with fans much closer to the action than at some Major League ballparks.

Nymeo Field at Harry Grove Stadium, the longtime home of the Keys, has much to offer, in addition to watching the Keys play baseball. Special events cover the entire home schedule each year. Fireworks displays throughout the

home schedule have been one of the featured events following a game.

During each Keys home game, there are numerous giveaways. Keyote, the Keys' official mascot, interacts with the fans, providing lots of fun for all ages. The concession stands offer everything from hot dogs to Philly cheesesteaks to satisfy a hunger craving.

Looking for souvenirs? The souvenir vendors offer a large inventory of baseball items, like shirts and baseballs.

Nymeo Field also plays host to numerous concert events throughout the season. The Keys don't have to be in town for the ballpark to be buzzing with activity.

For more information, go to frederickkeys.com.

5 FIND SOMETHING GOOD TO READ



Looking for a new book? Whether you are looking to purchase a new book or borrow a favorite, the bookstores and library system in Frederick County will be able to meet all your summer reading needs.

For kids, teens and even adults, the library system offers a reading program over the summer. Reading books earns participants points, which translate into prizes. Depending on the number of points, participants may earn new books or entries into drawings for prizes like tickets to a Keys game, and gift certificates to restaurants, book stores or local organizations. This year, people can track their progress online using the Beanstalk app.

Throughout the summer, the library system puts on movies in the Villages of Urbana, it

sponsors talks at Flying Dog, collaborates with **Heritage Frederick** to discuss whiskey, hosts music at the Thurmont location and will have space-themed parties at each of the branches.

Looking to purchase a book? Check out **Curious Iguana** in downtown Frederick. The bookstore has various offerings, grouped by traditional categories and ones to help you best select a book.

The bookstore also offers multiple speakers throughout the year and book clubs. Most clubs are free, although some, such as ones that include meals, do have a charge.

For more inexpensive books, check out **Wonder Book**, a used bookstore with a wide selection.

For more information on the county's library system, visit fcpl.org.

6



EXPLORE THE PARANORMAL

Perhaps you're looking for something spooky to give you a chill and raise the hair on the back of your neck. Learn about the Frederick County residents and visitors of the past, some who might still be sticking around.

Ghost Tours of Frederick will take you on a 1.2-mile tour of six to seven haunted sites in downtown Frederick covering 300 years of the city's history.

Tour guides will lead small groups through 90 minutes of tales of war and revenge. Those who attend a tour might meet Barbara Fritchie, as she continues to guard her house from Confederate soldiers. Or at least hear her story.

Along the tour, guides will take their guests past a house shared by two families, one of whom is dead. They'll also walk to Court House Square, where executions were once held. Legend says a curse on the area still exists.

Make sure to also listen to stories about the Trivoli theatre in downtown Frederick. Take a seat, but be careful, someone might already be sitting there.

The ghost tours run through out the year, and while recommendations are always recommended, they are required during October.

Tours are not suited for children due to the graphic nature of some of the stories, including ones about young children. The tours start at Brewer's Alley in downtown Frederick.

A full schedule of ghost tours can be found at marylandghosttours.com.

7



BUY LOCAL PRODUCE AT A FARMERS MARKET

Visit one of Frederick County's more than 15 farmers markets and enjoy the bounty of locally grown vegetables, meats, honey, flowers and more on almost any day of the week. Take a leisurely stroll along Carroll Creek Linear Park on Thursday as you head to the Frederick Farmers Market at Eveready Square and Shab Row from 3 p.m. to 6 p.m. This is the perfect spot to skip the weekend crowds and get first pick of the freshest ingredients.

YOU CAN ALSO FIND WEEKDAY MARKETS AT:

- YMCA of Frederick County at 1000 N Market St. on Tuesdays from 3:30 to 6:30 p.m.
- National Cancer Institute at Ft. Detrick on Tuesdays from 10:30 a.m. to 1 p.m.
- Mount Airy at 3 N Main St. behind the historic train station on Wednesdays from 3 to 7 p.m.
- Jefferson Ruritan Club at 4603 Lander Rd. on Wednesdays from 4 to 7 p.m.
- Lake Linganore at 6718 Coldstream Drive in New Market on Thursdays from 4 to 7 p.m.
- Emmitsburg at 302 S Seton Ave. on Friday from 3 to 6:30 p.m.

- Christ Reformed Church parking lot at 12 S Church St. in Middletown on Thursdays from 4 to 7 p.m.

But why not spend part of Saturday and Sunday among the farmers markets, too?

Whether you're visiting Thurmont, New Market, Myersville, the Frederick Fairgrounds or the Golden Mile, there's a farmers market for you on Saturday. Or, head out to Urbana and the city of Frederick on Sunday before the week starts over.

For a comprehensive list of farmer's markets, visit FrederickNewsPost.com/goto/farmersmarkets.

8

CELEBRATE SUSTAINABILITY

Thinking of raising your own pork? Want to open your farm to agritourism?

Have a question about renewable energy?

Find answers to these questions and more at the **Mother Earth News Fair**.

This sustainability-centric event historically comes to Frederick in the first weekend of June.

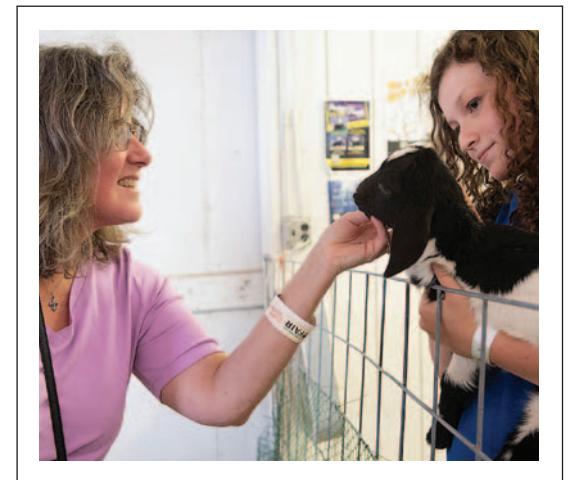
The fair traditionally includes national exhibitors with the products you need to make your next project or hobby come to fruition.

This year's fair included a chat and book signing with Gary Collins for "An Introduction to Primal Living and Eating." This talk gave expert advice on budget-friendly fitness solutions and step-by-step actions you can take to transform your life.

Keep an eye out for scheduling and a list of events for the 2020 Mother Earth News Fair.

Admission to the fair is free for children and there are plenty of family-friendly activities throughout the weekend.

A special collaboration with The Frederick News-Post also brings its signature Uncapped



brand to the event for the best of local beer, wine and spirits. Only at the news fair can you access this special feature. Admission to the fair includes access to the Uncapped tent.

For more information on dates and locations of the 2020 Mother News Fair, keep an eye on motherearthnewsfair.com.



9

SEE ANIMALS, PLAY GAMES AND CHOW DOWN AT THE GREAT FREDERICK FAIR

City streets and country roads will converge at the Frederick Fairgrounds from September 13 to 21 for the annual Great Frederick Fair.

For 157 years, the Great Frederick Fair has been a place of community gathering and competition. Livestock shows, baked good competitions, auctions and more food than one stomach can eat, will fill the fairgrounds and are a must visit as summer begins to slip into fall.

Grab a spicy Cajun catfish sandwich, fried pickles, hand-dipped ice cream or apple dumpling at one of the fair's many food vendors.

More animals than you can count will flock to the fairgrounds to be judged in hopes of taking home a blue ribbon. Check out cows, pigs, sheep, chickens, rabbits, turkeys and even alpacas in the barns and show rings.

Stay the night too and check out the grandstand, which will host nightly entertainment. This year, the grandstand will host country music band Lonestar and solo artist Terri Clark on Sept. 13 (tickets range from \$25 to \$55) and rock band Creedence Clearwater Revisited as part of the Michelob ULTRA Concert Series on Sept. 14 (tickets range from \$30 to \$45).

Be sure to also snag a \$23 ticket to the Demolition Derby too. The derby begins on Wednesday with cars going head-to-head (or bumper to bumper) and continues Thursday night with trucks and van crashing and bashing. Watch as the vehicles take wild turns and batter their competition into a breakdown.

For more information and a full list of events,
visit thegreatfrederickfair.com.

10 WELCOME FALL IN THE MOUNTAINS AT COLORFEST

The colors and smells of fall are what bring Colorfest alive in the foothills of Catoctin Mountain each October.

Venture up U.S. 15 to Thurmont where the entire town celebrates the arrival of fall with this annual event. At the heart of it all is Catoctin Colorfest — a juried arts and craft show that attracts thousands from across the U.S. annually — at Community Park.

Find one of a kind jewelry, bags, flower arrangements, lawn ornaments and much more from among the nearly 300 artisans at the event on Oct. 12 and 13. Vendors are open from 9 a.m. to 5 p.m. both days with shuttle service to convenient parking.

While you're there, partake in some of the locally made food. There's nothing more

akin to fall than an apple dumpling. Hand-prepared by the Thurmont Community Ambulance Service, these treats are a local favorite and sure to perfume the air with the sweet scents of fall around the craft show, sending any hungry tummy into a rumble.

Or stop by Bollingers Restaurant for some finger-licking good food at 210 North Church St., which is walking distance from the park and downtown. Whether you're in the mood for a "dirty dog," jalapeño popper burger, pit meat or something a bit milder, they've got something for every craving.

For more information, visit colorfest.org.



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11

Find your inner child, or take your kids for a day filled with

FAMILY FUN

From taking a ride on Walkersville Southern Railroad, to riding a roller coaster at Adventure Park USA in Monrovia to splashing in the Edward P. Thomas Memorial Pool at Baker Park, there are plenty of things to do and places to go to keep the kids entertained in Frederick County.

WALKERSVILLE SOUTHERN RAILROAD

Originally built by the Pennsylvania Railroad Company in 1872, the Walkersville Southern Railroad allows passengers to ride in vintage 1920's passenger cars through scenic areas in the Monocacy Valley.

Regular trains run on weekends from May through October. There are charter and special trains, such as dinner trains, that operate throughout the year. The regular excursion on the train takes about 70 minutes.

For more info, visit www.wsrr.org/ws/.

ADVENTURE PARK USA

Located right off I-70 (exit 62), Adventure Park USA offers roller coasters, tilt-a-whirls, and miniature golf as outdoor attractions, as well as an arcade, laser tag and a high-ropes course for indoor things to do.

There is no admission fee to enter the 17.5-acre park. Visitors purchase a fun pass that acts like a debit card for all of the attractions.

For more on fun activities at Adventure Park, visit adventureparkusa.com.

EDWARD P. THOMAS BAKER MEMORIAL POOL

Located on Fleming Avenue in the heart of Baker Park, the pool operates from Memorial Day weekend to Labor Day. It's open daily from 12:30 p.m. to 8 p.m. and 4-8 p.m. on public-school days in May and June.

There is a small fee to use the pool for city and non-city residents, ranging from \$3-6 dollars depending on a person's age.

For specific hours of operation and rates, visit cityoffrederick.com/1146/Edward-P-Thomas-Jr-Memorial-Swimming-Pool.



12

Learn to ice skate at Skate Frederick

Two NHL regulation rinks and ample seating allows the area's only ice-skating facility to host Monocacy Valley Hockey League contests and other competitive hockey events. But much of the activities at Skate Frederick revolve around getting people at the youngest of ages to fall in love with skating.

Skate Frederick offers a variety of group lessons, ranging from Ice Babies class that offers instruction for 3-year-olds to adult classes for those age 15 and older.

More advanced skaters can receive specialized instruction in figure skating (freestyle, synchronized skating, ice dancing) and ice hockey. In the summer, Skate Frederick offers skating and ice hockey camps, and theatrical productions give skaters of all ages and abilities a chance to express themselves artistically on the ice.

Skate Frederick is the home base for the Frederick Freeze, which offers travel hockey for various age groups.

Public skating sessions are offered daily, and birthday parties can be arranged during any of those sessions. A party package for a maximum of 10 guests (there is no charge for the child celebrating the birthday) includes a party room for an hour, admission and rental skates, tableware, balloons and a hostess.

Group outings for gatherings of 15 or more people can be arranged a week in advance. For larger gatherings, an entire rink can be reserved. Also, fundraising events can be scheduled with a minimum of 25 skaters.

For more information, call (301) 662-7362 or visit skatefrederick.com.



13

Go for a run ... a long, long run at the **FREDERICK RUNNING FESTIVAL**

Organizers of the annual running festival pride themselves on providing fun for the entire family, and they do so by providing four different races over the first weekend in May.

All four races begin and end at the Frederick Fairgrounds stadium, with the first day of the festival featuring the **Kids Fun Run** and the **Twilight 5K**. The **Fun Run** includes a quarter-mile run for kids ages 8 to 12 and the **Toddler Trot** for those age 7 and under. Parents must accompany children age 5 and under.

For runners of all ages, the **Twilight 5K** follows at 6 p.m., with runners exiting the fairgrounds and making left turns onto Monroe Avenue and Monocacy Boulevard before reaching the turnaround point just before Church Street and returning to the fairgrounds.

The next day, the **Half-Marathon** begins at 7 a.m. The race is open to runners age 14 and up, with a field of close to 4,000 entrants running primarily in the downtown Frederick area.

A Half-Marathon two-person team relay will run simultaneously, with a second person on the relay team having to report to a designated exchange zone near Hood College. The first leg of the relay is 7.6 miles, and the second leg is 5.5 miles. The second runners will receive transportation from the fairgrounds to the exchange zone, and the first runners will receive transportation from the exchange zone to the fairgrounds.

To register or for more information, visit frederickrunfest.com.

4

GET IN BETTER SHAPE THROUGH MANY FITNESS OPTIONS IN THE COUNTY

Take a peek into most health clubs, and you'll find scores of people churning out miles on treadmills or repetitions with free weights. But Frederick County offers plenty of alternatives to achieving fitness, with CrossFit, yoga and Zumba being among the most popular.

CrossFit features some of the standard workout routines that involve lifting weights, running and the use of other equipment. While the fittest of participants may pump out high-volume workouts, CrossFit coaches go out of their way to tailor workouts

based on fitness level and ability, especially scaling down volume for those who have first ventured into the world of fitness.

CrossFit Frederick, The X Project School of Fitness and **Odin CrossFit** — all in Frederick — are among the most prominent CrossFit locations in the county.

Started by Colombian dancer Beto Perez in the 1990s, Zumba leans on Latin music and dancing to devise an aerobic fitness program.

Those who have memberships at health clubs such as **Onelife Fitness** and **Gold's**

Gym in Frederick and **Free-Zone Fitness** in New Market or area **YMCAs** (YMCA of Frederick County, Frederick YMCA and Green Valley YMCA) can take advantage of the Zumba classes offered there. Plus there are several instructors that conduct classes at other locations throughout the county.

Performed to enhance emotional and physical well-being, yoga utilizes various breathing exercises, a series of postures, meditation and other methods. There are dozens of places that offer yoga throughout the county.

15

HIT THE STREETS AT

IN THE STREET

In the Street is an annual festival designed to show off the variety of things Frederick County has to offer — without the threat of traffic.

Usually on the first or second Saturday in September, people pour onto Market Street before 9 a.m. to sample the food, art, entertainment and educational opportunities that Frederick County has to offer.

The day typically begins around 8:45 a.m. with a footrace down Market Street called the **Market Street Mile**. Over the course of the next 12 hours, it evolves into a festival of food, art and music.

There are four stages for nearly two dozen bands to entertain along Market Street and Carroll Creek.

In September of 2019, In the Street will celebrate its 36th anniversary. The festival started in 1983 as an idea by Mayor Ron Young to spark reinvestment in downtown Frederick.

The first In the Street attracted a crowd of 10,000. Now it draws more than 75,000 each year.



Find out more at visitfrederick.org.



PHOTO COURTESY OF SKI LIBERTY

16 HIT THE SLOPES

Within a 60-mile drive from Frederick County, skiing and tubing enthusiasts can find a variety of options of family friendly places that offer skiing, snowboarding and snow tubing and other amenities.

SKI LIBERTY

Located in Fairfield, Pennsylvania, this resort is the nearest to Frederick County. The season generally starts near the beginning of December and closes near the end of March. There is on-site snowmaking. Ski Liberty offers 100 skiable acres with 16 trails for skiers of all levels and nine lifts. Lessons are offered and visitors can enjoy the restaurants and bars on site and take advantage of childcare.

For more, head to libertymountainresort.com.

WHITETAIL SKI RESORT

Located in Mercersburg, Pennsylvania, Whitetail plunges skiers 935 feet over the course of its 23 trails that remained covered during the season by Mother Nature or the snowmaker. There are shops, restaurants and on-site childcare. Lessons are offered, as well as adaptive snow sports (skiing and snowboarding) programs for individuals with special needs.

Find more information at skiwhitetail.com.

SKI ROUNDTOP

Located just south of Harrisburg, Pennsylvania, Ski Roundtop is in its 55th year of operation. There are nine lifts that service 20 trails. Dining options include the Fireside Pub & Grill and a pair of food courts. Snowmaking ponds with a total capacity of 35-million gallons ensure the slopes are always covered with snow.

For more information visit skiroundtop.com.

17 CHECK OUT ICE SCULPTURES OR PERUSE DOWNTOWN ON FIRST SATURDAY

Downtown Frederick is a great place to visit any time.

But on the initial Saturday of every month, the city rolls out the red carpet for its First Saturday celebrations.

The events are a great time for first-time visitors to explore downtown, or for locals or returning visitors to visit their favorite spots.

Each season of First Saturday events has a particular theme.

The March, April, and May events focus on unique architectural and spatial elements of downtown, while June, July, and August all feature the performing or visual arts.

In September, October, and November, the food, drink, and crafts of downtown are featured, and in December, January, and February, the focus turns to the light and cheer of downtown.

February is the largest of the First Saturday celebrations, with the Fire in Ice event

that features ice sculptures, ice luges, and fire dancers, among other sources of entertainment.

But crowds also wander off the beaten path onto the side streets and alleys

of downtown, a great way to discover the shops located in the little nooks and crannies of the neighborhood that don't always get as much attention as spots on the main streets.

From murals on the sides of buildings to tasty bars and restaurants,

First Saturdays offer a chance to experience downtown Frederick, whether for the first time or just the most recent of many visits.



Visit downtownfrederick.org for more information.

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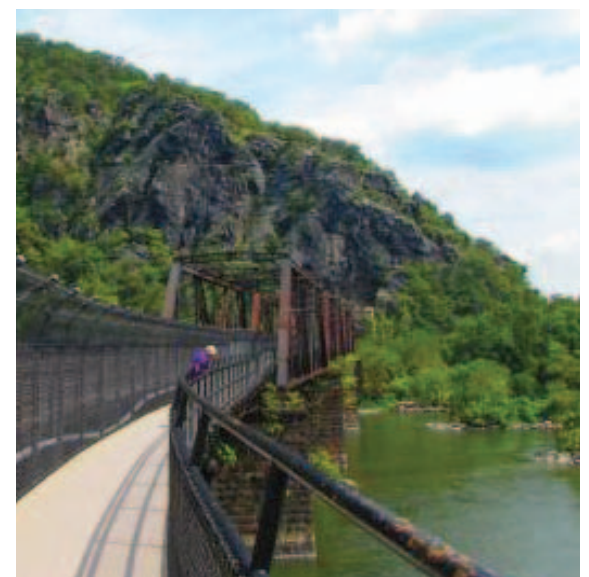
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TRY YOUR LUCK AT THE CASINO 18

Frederick County itself is not home to any gambling locations, but the county is only a short drive from several places where you can play the ponies, work the slots, or shoot some dice.

HOLLYWOOD CASINO AT CHARLES TOWN RACES

Just over the Potomac River in West Virginia, the Hollywood Casino at Charles Town Races offers 75 gaming tables and more than 2,700 slot machines, for gamblers of any taste. They also feature a 24-hour no-limit poker room, with games going on around the clock at 16 tables, and regular tournaments.

Charles Town also offers horse racing, with live events year-round and simulcast horse or dog racing broadcast every day of the year.

MGM NATIONAL HARBOR

Heading south on Interstate 270 and around the Washington Beltway, the MGM National Harbor hotel and casino offers a variety of poker, slots, and table games.

The choices of table games include blackjack, craps, and roulette, as well as several types of poker. The casino also has more than 2,800 slot machines in a variety of formats.

There are also 10 restaurants to choose from, including ones owned by celebrity chefs Michael and Bryan Voltaggio and Jose Andres.

LIVE! CASINO

Going east, the Live! Casino and Hotel in Anne Arundel County provides games and gambling, within a short drive of Baltimore/Washington International Thurgood Marshall Airport.

Along with the usual gaming options, the casino offers its Orchid Gaming and Smoking Patio, billed as a mix of table games, slots, drinks, and fine cigars.

ROCKY GAP CASINO AND RESORT

Rocky Gap Casino Resort overlooks Lake Habeeb and Rocky Gap State Park, and is 8.1 miles from Cumberland in Allegany County.

The casino features 665 slot machines, 17 table games, and two casino bars.

For more information visit FrederickNewsPost.com/goto/casinos.



19 OKTOBER FEST

Late each September, the Frederick Fairgrounds say “Willkommen” to the traditional German celebration of Oktoberfest.

Lederhosen and schnitzel are the order of the day, as the fairgrounds turns into a Bavarian wonderland, all the better to celebrate Frederick’s German heritage.

On Friday, the events open with a keg tapping, and the annual Oktoberfest Games. Friday also features \$5 specials on select food and drinks.

Saturday features indoor or outdoor beer offerings, including local names such as Flying Dog and Brewer’s Alley, and such traditional German offerings as bratwurst, schnitzel, sauerkraut,

and Bavarian pretzels.

The fairgrounds’ Fest Hall is transformed into a traditional German beer hall, while a sports tent, food and drink areas, a picnic area, a German heritage area, and a kids’ play area are also available.

The festival offers free admission to anyone coming in traditional German clothing, which usually means lederhosen for men, or a dirndl – a German dress – for women.

There are a variety of bands playing traditional German music, and lively dancers to go along with it.

There are also lessons in the German heritage area, on topics such as how to make sauerkraut, led by local experts.



Some of the attendees are either German natives or have lived in Germany for parts of their lives, while others are looking to get a glimpse into another culture or just looking for some good beer.

The experience of a Frederick Oktoberfest will leave you sad to say auf wiedersehen for another year.

For more, visit frederickoktoberfest.org.

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20 HIT THE LINKS 20

From the club pro to the weekend duffer, Frederick County has a mix of golf courses available for different levels of skill and interest.

With courses scattered around the county, it's easy to get a round in and still have time to enjoy Frederick's breweries, distilleries, and other activities.

Named for the variety of church steeples in downtown Frederick, the city's **Clustered Spires Golf Club** offers 185 acres of course along the Monocacy River just 2 miles from downtown Frederick.

Outside of Frederick, the **Richland Golf Course** in Middletown has a course wrapping through a neighborhood in the scenic Middletown Valley.

In nearby Myersville, **Musket Ridge Golf Course** lets golfers shoot a hilly round on a course designed by Joe Lee, the designer of courses including Doral and LaCosta.

In southern Frederick County's Ijamsville, **Whiskey Creek Golf Club** features a course designed with the consultation of former U.S. Open champion Ernie Els, as well as fabulous views and challenging play.

No matter where you choose to tee off, Frederick County golf courses mean you'll never need a mulligan.



For a listing of Frederick's top golf courses and contact information, visit fredericknewspost.com/goto/golf.

Also check out The Frederick News-Post's Fairways Golf Card at FrederickNewsPost.com/golfcard.

21 | SMELL THE ROSES AT A LOCAL GARDEN



Public gardens are institutions that maintain collections of plants that can provide education and enjoyment to the public, according to the American Public Gardens Association website, and some can be found in Frederick County.

Public gardens are staffed by professionals trained in their given areas of expertise and maintain active plant records systems, according to publicgardens.org.

High Glen Gardens is a 64-acre private estate at the base of the Catoctin Mountains.

It has approximately 10 acres of formal gardens arranged into garden rooms, including a large perennial border, rose garden, annual beds, koi pond, greenhouse, Japanese garden, Mediterranean garden and English cottage garden, according to publicgardens.com. There are also perimeter plantings and open

fields as well as newly restored natural areas that include a wetland and upland meadow.

In 2013, High Glen Gardens developed a new master plan to guide the evolution of the entire property. It is developing several new gardens as part of this plan, including a grand allee of bur oaks, an earth sculpture of warm season grasses and a woodland reforestation project.

While not open to the general public, group tours are available and can be arranged by invitation. High Glen Gardens is located at 6450 Christophers Crossing, Frederick MD 21702. For more info call 301-694-4606.

For a list of more public gardens in Frederick, visit FrederickNewsPost.com/goto/gardens.



22

Celebrate freedom with fireworks and music

Want to see fireworks over water with family-friendly fun, entertainment and food? Instead of battling crowds at the National Mall, take a trip to Frederick's Baker Park.

From noon to dusk, Baker Park will hold two stages of live entertainment, one with several county music acts, hosted by local country radio station 99.9WFRE, and another with local acts.

There will also be two beer and wine gardens. While all beer and wine drinkers need to have a valid ID proving they are 21 years or older, there is a family friendly garden by the Second Street tennis courts, which will allow those under 21 to enter with their parents.

Looking to exercise a bit before the fireworks show or just need to show off your competitive side? Check out the volleyball tournament on the front lawn of Frederick High School. People can be spectators, but registration is still open for those who want to show off.

All the activities will likely make you, your friends and your family hungry. There will be several food vendors throughout downtown.

And of course, no Fourth of July celebration is complete without fireworks. Celebrate Frederick, which puts on the annual show, suggests sitting at the Frederick High School lawn, the swimming pool area on Fleming Avenue or the Carillon Area of Baker Park.

Get there early because places fill up fast!

Check out Celebrate Frederick's map to figure out the perfect viewing location at celebratefrederick.com.

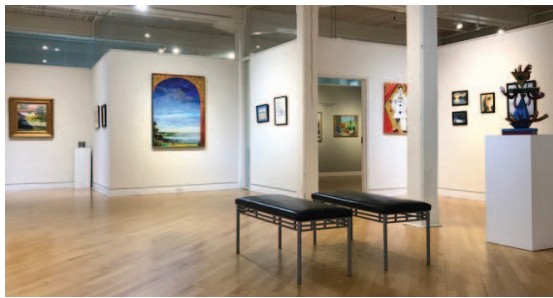
23

EXPLORE ART GALLERIES

The **Delaplaine Arts Center** holds more than 250 classes and workshops and 50 art exhibits a year. Exhibits include local, regional and national artists as well as groups in seven galleries that change monthly. The art center also hosts satellite galleries in Frederick County Public Libraries. Every First Saturday in downtown Frederick the Delaplaine hosts building-wide exhibits from 3 p.m. to 5 p.m.

The art center in July is hosting *Funhouse Mirrors*, mixed-media paintings by Goodloe Byron and *Epiphany Eternal*, acrylic paintings by José Pedreanez.

The **Artists' Gallery** is an artist-owned gallery that presents new exhibitions of fine art each month.



For more, visit Delaplaine.org, or Theartistsgalleryfrederick.com.

25

HUNG OVER? GRAB A BITE AT THESE GREASY SPOONS



The premise of a greasy spoon is simple: Tasty food at a good price. Luckily, Frederick has plenty of options.

First among them is **Watson's Carry Out** in Jefferson, home to some of the best fried chicken in the county. Don't expect fancy ingredients or elaborate presentation, just a super-moist bird under a crackling, golden-brown crust. The lunch and dinner spot also offers subs, hot meals, and some delicious desserts, including a house-made peanut butter pie.

Up the road in Emmitsburg, there's **Chubby's Barbeque**, a roadside attraction that's maintained a diner-esque allure. The menu varies wildly from velvety cream of crab soup to burnt ends — a staple of Kansas City barbecue — but almost everything is a sure bet.

You can also diversify your options in Frederick with visits to **Cafe Bueno** and **Ana's Restaurant**, two under-the-radar spots with excellent Mexican and Salvadoran cuisine. At Cafe Bueno, go for the tacos or tortas (a type of grilled sandwich), washed down with a cool glass of cinnamon-y horchata. At Ana's, you can't miss the pupusas, steaming hot pockets of masa and melted cheese.

If you're craving diner food, there are a couple can't-miss options in Frederick and Woodsboro. The first is **Nannie's Diner**, a spot off US-15 with excellent burgers, breakfast, and homemade pie. In Woodsboro, there's **The Olde Towne Restaurant**, a family-run diner with golden pancakes and a heavily patriotic motif. Locals swear by the omelettes and home fries.

24



RIDE OFF INTO THE SUNSET

Frederick County offers plenty of equine activities, whether people wish to ride, be pulled in a horse-drawn carriage or participate in shows.

A longtime favorite activity are the **carriage rides** through the Frederick Town Historic District during the holiday season.

Rides are available throughout the month of December.

Those interested should contact the **City of Frederick Parks & Recreation Department** to register at 301-600-1380, or visit cityoffrederick.com.

For those who want to do some horseback riding and/or board horses, there are several options in Frederick County.

Feelgood Farm, a friendly "A" circuit equestrian facility specializing in hunter/jumper training, according to its website. It offers sales, boarding, leasing, training, instruction and career management to all ages and abilities. It also launched a breeding program in 2013.

Feelgood Farm is at 5150 Tuscarora Road, Tuscarora MD 21790.

For more information visit feelgoodfarmllc.com.

Saddleview Ranch offers a variety of options for the horse enthusiast, including horses for sale or lease, horse boarding and horse shows for both English and Western Riders, according to its website.

Saddleview Ranch is at 2719 Thurston Rd, Frederick, MD 21704.

For more information visit saddleviewranchmd.com.

26

SIP FINE WINES



Black Ankle Wineries in Mount Airy has a vineyard, winery and tasting room with hours throughout Friday, Saturday and Sundays. Signature wines include gruner veltliner, east hill chardonnay and cosecha.

Catoctin Breeze Vineyard is a boutique vineyard and winery producing fine qualities Maryland wines. Popular wines include romance rose, opera merlot, estate chardonnay and award-winning honey wines.

Elk Run Vineyards in Mount Airy is located on an historic property granted to Lord Baltimore in the 1700s. Popular wines include citrine, gypsy rose and sparkling wine.

Hidden Hills Farm and Vineyard is located on a horse farm with more 100 acres in the heart of Frederick County. Popular wines include cabernet franc, sauvignon blanc, vidal blanc, and chambourcin.

Lingnore Winecellars is open year round nestled among the rolling hills of

Frederick County. With the latest technology and eco-friendly methods, Lingnore Winecellars offers 30 wines including six estate bottled, seven pure fruit, two honey wines and two specialty wines.

Links Bridge Vineyards has been growing premium grapes for about ten years. Two years ago it began crafting estate wines in small batches. Wines include a cabernet franc and a Vidal Blanc.

Mazzaroth Vineyard is a family-run boutique winery in Middletown crafting premium Maryland wines. Wines include Vidal Blanc, cabernet sauvignon and seyval Blanc.

For a list of wineries and vineyards around Frederick County, head to fredericknewspost.com/goto/wineries.

Your 10 local wineries and save on your visits by grabbing the UnCapped Wine Card at FrederickNewsPost.com/winecard

[27]

FEED THE ADRENALINE JUNKIE IN YOU

Ever have the urge to go whitewater rafting, chuck a hatchet, or operate heavy machinery?

No need to leave the area. Several local establishments offer those activities and more for adrenaline junkies. Here are a few such places, although there are several others for those seeking a unique rush.

HEAVY METAL PLAYGROUND

Heavy Metal Playground offers people a chance to operate and play on heavy equipment.

Once behind the wheel of a hulking piece of machinery, participants can dig, push, scoop dirt, stack tires, smash cars and play a Heavy Metal Playground basketball game.

Heavy Metal Playground is at Family Recreation Park, 21036 National Pike, Boonsboro MD 21713.

For more information visit heavymetalplayground.com.

RIVER & TRAIL OUTFITTERS

Whitewater rafting, tubing, kayaking, canoeing, biking and ziplining are among the activities featured at River & Trail Outfitters in Knoxville.

Adventures and activities are offered for people of all ages.

River & Trail Outfitters is at 604 Valley Road, Knoxville, MD 21758.

For more information visit rivertrail.com

STUMPY'S HATCHET HOUSE

Stumpy's Hatchet House plans to offer people a chance to engage in the sport of hatchet throwing when it opens in Frederick this summer. There's even a standard scoring system.

Stumpy's Hatchet House's Frederick location hopes to have its grand opening in July. It will be located at 4635 Wedgewood Boulevard suite 101, Frederick MD 21703.

For more information visit stumpysshh.com.



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Looking for a bit of adventure with a view? Frederick County offers rope courses, rock climbing and even sky-diving for those who want to soar to new heights.

UPWARD ENTERPRISES

Upward Enterprises in Adamstown offers the chance to bond with your coworkers, friends or families while making your way through a series of rope challenges. There are more than 80 different courses, some with an added bonus of zip lines or the chance to rapel from 50 feet. All courses are meant to bring people together by making them work together to problem solve or better communicate.

The courses are open those to 8 and older. Upward Enterprise usually works with groups and offers three- and six-hour sessions.

Head to upwardenterprises.com for more information.

BOULDER YARD

For those who prefer to climb indoor, check out the Boulder Yard, a relatively

new rock climbing facility. Boulder Yard attempts to emulate rock climbing outside and offers 3,000 square feet of climbing opportunities.

Boulder Yard offers lessons for children as well as a competitive team for junior rock climbers to compete in rock climbing competitions.

Go to theboulderyardmd.com for more information.

DAYBREAK EXCURSIONS, LLC

For those who prefer to rock climb outside, look no farther than Daybreak Excursions, LLC. The Thurmont-based organization offers rock climbing, rappelling, caving and kayaking. Daybreak guides will take small groups on day trips packed with outdoor adventures.

Most Daybreak destinations are within county limits, although there are some trips, especially those involving caves, which will take adventurers outside of the county.

Visit daybreakexcursions.com for more information.




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A ramen bowl from Gambrill Mtn. Food Co. food truck.

29

FOOD ON THE GO HAS A NEW MEANING

Frederick-based food trucks are enjoying a boom. Visit any local brewery and you'll find options for all kinds of cuisines, from farm-to-table fusion (**Gambrill Mtn. Food Co.**) to Vietnamese (**The Pham**).

As the food truck industry grows, the city is also finding new ways to accommodate the mobile eateries. Most excitingly, local entrepreneurs Lorenzo Nichols, Alexandra Gushard-Edwards, and Christian Phillips launched the first annual **Frederick Food Truck Festival**, an event that took place on June 29 at the Frederick Fairgrounds on East Patrick Street. Along with live music and local beer, the founders organized options from more than half a dozen trucks around the city and country.

There are plenty of weekly events, as well. **The Field Fresh Farmers Market**, also at The Frederick Fairgrounds, includes food trucks every Saturday from April to November. **The Key City Food &**

Farm Market runs every Friday from May 4 to October 26 at Baker Park and hosts four to five vendors a week. And the eateries regularly stop at breweries, wineries, and distilleries across the county, including **Attaboy Beer** in downtown Frederick, **Milkhouse Brewery** in Mount Airy, and **Springfield Manor Winery Distillery Brewery** in Thurmont.

Among the best? The aforementioned Gambrill Mtn. Food Co., which integrates hyper-local ingredients onto a menu that includes plenty of vegan options. **Boxcar Burgers**, a roving truck featuring Maryland grass-fed beef, is another sure bet. And don't miss the excellent street food from **Mayta's Peruvian Cuisine**, including a truly delicious chorizo sandwich.

Visit frederick.org/events/food-trucks/ keeps a list of events food trucks are scheduled to attend.

30

TASTE YOUR WAY AROUND FREDERICK COUNTY

Restaurant weeks are great for special occasions — they offer diners the chance to sample spots that might be inaccessible — or unaffordable — at other points in the year.

Luckily, the idea is catching on across Frederick County. The biggest restaurant week, of course, is Frederick's, with almost 20 participating restaurants offering menus at a variety of price points. There are the obvious five-star spots — **The Wine Kitchen**, for instance, or **Volt**, which offered a \$40 tasting menu with foie gras and wild striped bass at last year's event.

But other restaurants have joined the fold, including the Frederick franchise of **Chap's Pit Beef**, which put together a prix fixe menu comprised almost completely of smoked meats. Frederick's restaurant week 2020 is scheduled for March 2-8.

Diners outside Frederick can still get in on the fun. Mt. Airy recently launched its own restaurant week with more than a dozen participants, including local favorites like **Mount Airy Inn** and **Laurienzo Brick Oven Cafe**.

Thurmont started its own, too, with eight offerings from restaurants including **Shamrock Restaurant** and the **Thurmont Bar and Grill**.

Both their restaurant weeks for 2020 have yet been announced, but historically have occurred in April.

Lamb shank with barley risotto, heirloom carrots, cremona mushroom, red wine glazed cipollini onion, porcini and rosemary jus from Hootch & Banter.



For more info visit, mountairymd.org/313/Restaurant-Week, visitfrederick.org/restaurant-week/, and thurmontmainstreet.com/events.html.



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31

CHECK OUT THE COUNTY'S HISTORICAL MUSEUMS

The Museum of Frederick County History, or Heritage Frederick, is a non-profit that researches and shares the historical impact that Frederick County has had on the state, country and world. Explore 300 years of Frederick County history through self-guided tours, exhibits, public programs, hands-on activities, walking tours and more.

The Frederick County Fire and Rescue Museum highlights apparatus, equipment and pictures of the county's fire and rescue services.

Rose Hill Manor Park and Museums provides visitors a look into early American life, transportation and agricultural history of Frederick County. Thomas Johnson, Maryland's first elected governor, spent his retirement years at the manor.

The Brunswick Heritage Railroad Museum features an interactive scale model railroad depicting the passenger line from Union Station, D.C. to Brunswick Freight Classification Yards.

The Schifferstadt Architectural Museum is the perfect example of German colonial architecture. The 1758 stone house is one of the earliest homes in Frederick and is known for its living history events.

The Roads & Rails Museum has one of the world's largest model railroads with miniature villages, mountains, trains and automobiles. It also includes a circus, zoo, erupting volcano and more.

For more information, visit FrederickNewsPost.com/goto/museums.

32 CATCH A SHOW AT THE WEINBERG



The Weinberg Center for the Arts is a theater built in 1926 in the heart of downtown Frederick. Once the second largest structure built in Frederick, it had a 16-foot movie screen and could also accommodate live performances, an orchestra pit, 50 sets of pulleys for scenery and a full set of dressing rooms.

Today it is owned and operated by the City of Frederick and has brought many famous names such as George Carlin,

Judy Collins, Tammy Wynette and the Temptations to its stage over the years.

Throughout the summer, bring the family out to watch 1990s family classics like Jurassic Park on July 31. Around the holidays, come out to enjoy the Russian Ballet Theater's production of Swan Lake on Nov. 8.

Tickets can be purchased through weinbergcenter.org.



33

EXPERIENCE FREDERICK'S UNIQUE CULINARY SCENE

There's plenty of unusual food flying under the radar in Frederick if you know where to look. Take **Maxwell's Kitchen**. The fast-casual option on East Patrick Street boasts burgers, brisket, and soft-serve ice cream — the latter in creative flavor combinations like orange-chocolate and vanilla-beet. Sure, beet ice cream might sound a little strange, but the option pairs the richness of vanilla with the juicy earthiness of the ruby red root.

Kinklings, or fasnachts, are another sweet staple of the Frederick area. The fried treats are traditionally served on Fat Tuesday, but you can find them year-round at the **Jefferson Pastry Shoppe** on Jefferson Pike. Expect square doughnuts sprinkled with powdered sugar or dunked in a sweet glaze. They're proof that good things don't always have to be served in moderation.

Stray outside the limits of downtown Frederick and you'll also find out-of-the-box options for lunch and dinner. **Le-Mandingue**, a Liberian restaurant, offers takeout West African cuisine in a tiny space on West South Street (you can eat in, too, but it's a bit of a squeeze).

In Market Square, across the street from Wegmans, there's **Wok In Wok Out** — a new Asian fusion restaurant that packs plenty of flavor in another small setting. The casual spot offers customizable stir fries and fried rice bowls along with popular noodle dishes including pad Thai and drunken noodles. But the real draw is chef Josh Tjin's "Big Wok" burger, a thick patty topped with fried egg and served on a deep-fried steam bun.

34

RIDE A FERRIS WHEEL AT THE COUNTY'S MANY CARNIVALS

Carnival season effectively kicks off in May with the **Mother Seton School** carnival in Emmitsburg. From there, it's all hands on deck until Sept. 21, when **The Great Frederick Fair** effectively wraps up the season with arguably the most distinguished carnival throughout the county.

But what about the smaller carnivals? You know — the ones that might not come with all the ballyhoo that The Great Frederick Fair offers ... smaller rides, less food options and uber-familial atmosphere? Those will be on display this summer, too, as most



every fire department from Walkersville to Urbana to Sykesville to Middletown typically provide a less grandiose fair — but still just as fun as the big boys.

Besides, as long as you have the staples of a carnival always present, you can't go wrong. Novelty food items such as a fried Snickers or a Big Cheese Stick ... On A Stick? Check. Rides that creek with every turn? Check. Super fun, impossible-to-win games that dangle a huge stuffed animal in front of you as bait for throwing quarters in glasses? Double check. Carnivals are as

American as country music, Texas Roadhouse and Hank Williams singing The Star Spangled Banner while holding a gun.

Just envision the bright flashing lights, the equally grotesque and appetizing smells, the pet-able animals, the infectious games, the delicious food trucks, the homebred cover bands and the never shy crowds, and — especially in Frederick County — you'll feel as home as ever.

For a list of towns with carnivals and dates, visit FrederickNews-Post.com/goto/carnivals.

35 GO ANTIQUING!

Looking for a rare first edition book or antique piece of furniture? Look no further than Frederick County, known for its large and vibrant network of antique dealers open year-round both downtown and elsewhere.

Some of the larger shops and warehouses are located in downtown Frederick, many within easy walking distance for those interested in taking in the sights and atmosphere of historic downtown Frederick as they browse and shop.

One of the larger antique shops, **Emporium Antiques**, features collections from more than 100 dealers under the same roof. Located at 112 East Patrick St., Emporium Antiques offers treasure hunters an impressive 55,000 square foot warehouse to walk through and search for deals, and, as an added bonus, the warehouse is pet-friendly.

Promoting itself as the city's oldest antique store, **Cannon Hill Place**, another warehouse downtown, is also open to dogs at its location at 111 South Carroll St., which houses more than 40 different dealers in its two floor building.

Offering everything from antique furniture and silverware to more "modern" vintage col-

lections like records and old audio equipment.

Plenty of other shops offer antiquers the perfect motivation to venture outside of the city into the rest of the county.

Visit **Braddock Mountain**

Antique Center at 5018

Old National Pike in

Braddock Heights

or the 34,000

square foot

Emmitsburg

Antique Mall

featuring

120 booths

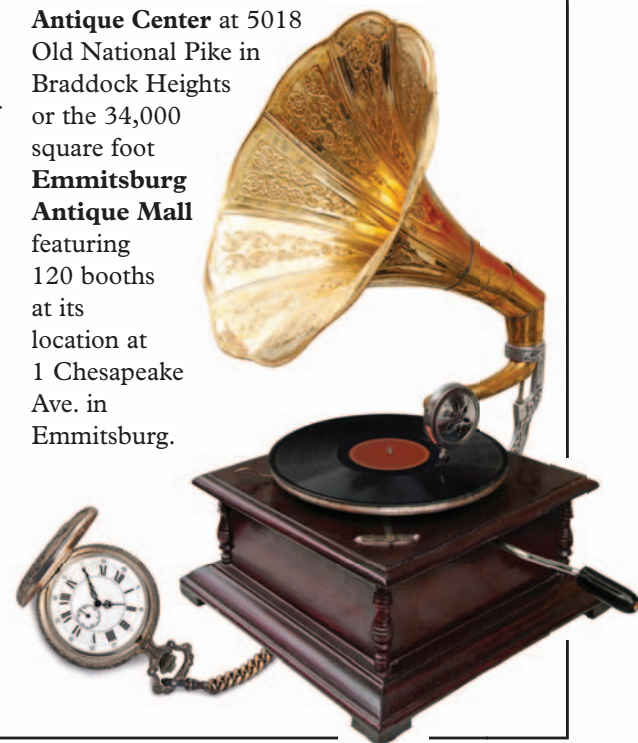
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Ave. in

Emmitsburg.



36

ENJOY THE WILDEST 8-SECOND RIDE

The rides often last less than 10 seconds. But for those who have become addicted to the adrenaline rush of bull riding and aspire to make a living doing so, **J Bar W Ranch** provides an avenue for those wanting to ascend to professional status.

Raising more than 850 heads of livestock in Union Bridge, with an emphasis on breeding the best bucking bulls, the father-son-daughter trio of John, Sonny and Lisa Williams head J Bar W Ranch — the home of the seven-event Battle of the Beast Series.

While rodeo enthusiasts can attend annual events such as the Maryland State Fair, J Bar offers the state's only continuous series of events.

From June through August, the Battle of the Beast events take place on the first and third Saturdays, with the series-ending event taking place in September. Up to 30 bull riders enter each rodeo, with each of them trying to advance to the final rodeo, where they have a chance to win prize money.

The rodeos begin at 7 p.m., but gates open two hours earlier. The half-hour Little Wranglers rodeo gives children an opportunity to play inside the rodeo arena and become familiar with the basics of rodeo. Also, women participate in barrel racing events, during which riders and their horses are expected to complete a cloverleaf pattern around three barrels placed in the rodeo arena in the fastest time possible.

For more information, visit jbarwrench.com.



37 JAM OUT

With three record stores and a number of concerts, Frederick offers plenty of fun opportunities for music-goers.

RECORD STORES

The Record Exchange, at 151 N. Market St., offers a wide array of records, CDs and cassette tapes, along with a variety of music apparel, along with T-Shirts and alt-music magazines.

Vinyl Acres, at 25 E. Patrick St., which saw significant damage during the flooding last May, offers a variety of classic rock records, and organizes local concerts.

A short stroll from there, **Rock and Roll Graveyard** at 115 E. Patrick St. offers much of the same vinyl. Both have been staples in the downtown Frederick community for multiple years.

DOWNTOWN BARS

Various bars downtown also host in-house concerts on a weekly basis including, but not limited to: **Olde Towne Tavern**, **Bushwaller's**, **Cafe Nola** and **The Cellar Door**.

OUTDOOR CONCERT VENUES

Also a staple in downtown Frederick, the **Baker Park bandshell** at 121 N. Bentz St. is scheduled to host several outdoor concerts this the summer. **The Summer Concert Series** begins in June and runs through Aug. 25.

The Carroll Creek Amphitheater will also be hosting events throughout the summer, including the **Third Annual Jazz Festival** that as held on June 29.

Head over to visitfrederick.org for a full schedule of the summer concert series.



HIKE THE APPALACHIAN TRAIL

PHOTO COURTESY OF APPALACHIAN TRAIL CONSERVANCY

The Appalachian Trail winds through Maryland for 41 miles, and the first stretch from the south travels through the southwestern part of Frederick County.

Hikers can expect a moderate hike through the area, as they transverse through Gathland State Park, near the small town of Burkittsville. Throughout the state, elevation never exceeds 1,880 feet. Much of the trail snakes through Washington County, but it does hook

back west of Catoctin Mountain Park, part of the U.S. National Park Service.

Those interested in traveling the trail should follow one of the Mid-Atlantic Trail Clubs, including the Mountain Club of Maryland and the Potomac Appalachian Trail Club.

The Mountain Club of Maryland plans hikes on the trail throughout the year. Carpool costs for the hikes are \$5, and registration is required, unless specified on the group's website.

The Potomac Appalachian Trail Club has a map of cabins posted along the trail, including ones in the region. Bear Spring at Gathland Park; Highacre near Harpers Ferry, West Virginia; Catoctin Hollow Ridge and Olive Green near Catoctin Mountain Park.

A popular spot along the trail is the Washington Monument State Park, right on the Frederick and Washington County borders. It is the first part

to dedicate a monument to George Washington—the 40-foot structure was built in 1827, and was added to the National Register of Historic Places in 1972.

The entire Appalachian Trail is 2,190 miles long, and typically takes five to seven months to complete.

For more information, visit appalachiantrail.com.

39 CELEBRATE FREDERICK'S HISTORY THROUGH A CHURCH & SPIRES TOUR

In one of Frederick's great ironies, there are more churches on Second Street (6) than there are on Church Street (3).

Among the Second Street churches is **Evangelical Lutheran**, which was founded in 1738 and known for its distinctive Twin Spires. It was the first church in Frederick County and remains the largest ELCA Lutheran Church in Maryland.

It served as a hospital for wounded soldiers during the Civil War following the Battle of Antietam in 1862.

Evangelical Lutheran played a key role in the founding of the first Lutheran seminary in Gettysburg and served as an early model for Sunday school programs across the country.

The church offers free tours on the first Saturday of every month from 1-4 p.m.

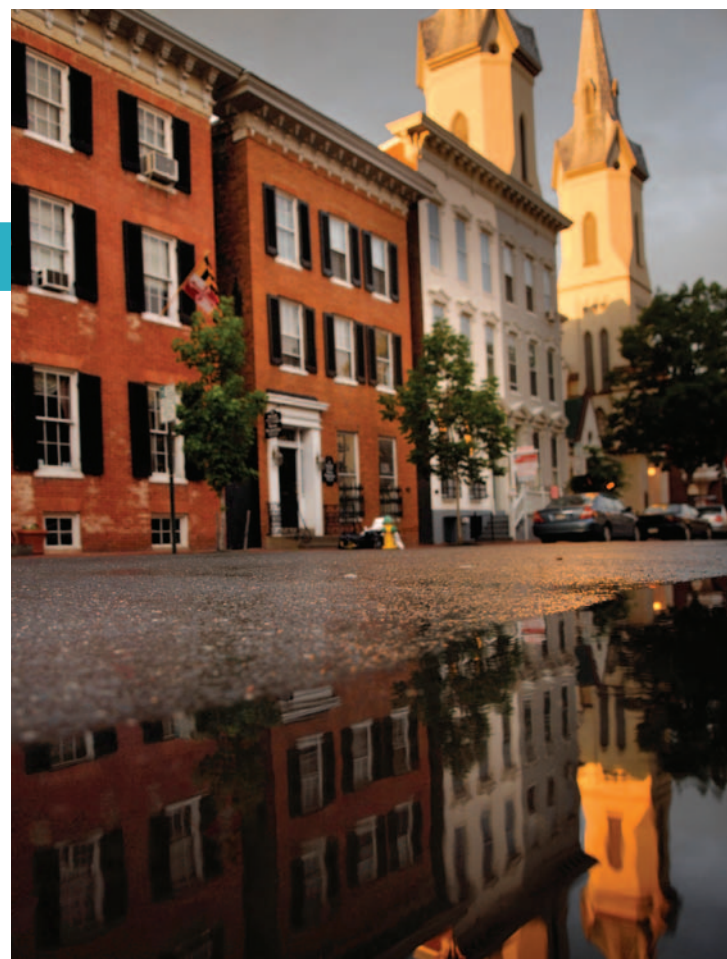
Visitors can see the 22 stained-glass windows in the sanctuary and the grand pipe organ, which was installed in 1950.

Meanwhile, over on Church Street, **All Saints Episcopal Church** has been serving parishioners since 1742.

In 1793, All Saints hosted the first confirmation of an American citizen. The presiding bishop was Thomas John Claggett, who was the first Episcopal Bishop consecrated on American soil.

All Saints Episcopal also served as a field hospital during the Civil War, and The Rectory building at 108 W. Church Street was used as military headquarters during the early stages of the war.

The church is open for prayer during business hours.



For more information, visit visitfrederick.org/events/annual-events/historic-houses-of-worship/.

40

VISIT YOUR FAVORITE ZOO ANIMAL

When it comes to animal lovers, either native or exotic species, Frederick County offers plenty of zoos, farms and petting zoos to satisfy almost any interest.

CATOCTIN WILDLIFE PRESERVE

Located in the northern end of the county, the Catoctin Wildlife Preserve at 13019 Catoctin Furnace Rd. in Thurmont is the largest privately owned zoo in the region, home to more than 600 animals within the preserve's 50-acre lot.

The zoo also bills itself as the only park in the mid-Atlantic area with a guided safari tour featuring a drive through 25 wooded acres of the park to have close-up interactions with some of the animals. Other interactive activities include daily camel rides from Memorial Day to Labor Day, parakeet feedings and other close encounter opportunities that rotate and change on a seasonal basis.

For more information visit catoctinwildlifepreserve.com

GREEN MEADOWS PETTING FARM

Green Meadows Petting Farm at 10102 Fingerboard Rd. in Ijamsville offers close-up interaction with farm animals of all kinds, including feathered fowl like chickens and ducks, to more traditional livestock like pigs, sheep, goats and cows.

Kids and adults can also watch and participate in different events at the farm, including pig and duck races, dairy cow milking demos, animal feeding opportunities, slides, play areas and wagon rides.

Find out more at greenmeadows-events.com.



41 LEARN THE HISTORY OF FREDERICK COUNTY DURING THE CIVIL WAR

When looking across Frederick County, there are multiple ways to learn about one of the greatest conflicts in American history.

The Civil War is evident in multiple museums and locations countywide, and a good place to start in downtown Frederick is the **National Museum of Civil War Medicine** at 48 E. Patrick St.

The museum displays a fraction of more than 5,000 artifacts at any time, which tell the story of Civil War surgeons and the medicine that existed during the 1860s.

Those interested can also request an appointment at the **Bettie Delaplaine Research Center**, which contains hundreds of books and other materials related to Civil War Medicine.

Southern parts of the county contain some important battlefields, notably the **Monocacy National Battlefield**.

Countywide, there are also ongoing walking tours and events dedicated to local Civil War history. **Heritage Frederick** hosts a \$10 walking tour on the first Saturday of each month, starting at 11 a.m. at 24 E. Church St.

There is another walking tour of downtown Frederick, which starts May 5 and runs every Saturday and Sunday at 3 p.m. until Oct. 27.

Those focus on hospitals and how Frederick became "One Vast Hospital," according to the Heart of the Civil War Heritage Area, and start at the National Museum of Civil War Medicine.

Go to visitfrederick.org for more information

42 HIKE THE TRAILS OR PITCH A TENT

From the beautiful overlooks and refreshing open-sky campsites on **Catoctin Mountain** to the north, or the equally impressive open space of **Gambrill State Park**, Frederick County can be an outdoor lovers' paradise.

Technically a ridge of the Blue Ridge Mountains, the Catoctin Mountain is mostly encompassed within the **Catoctin Mountain Park**, a roughly 8 square-mile national park with approximately 25 miles of hiking trails running past its various peaks and vistas, including the iconic **Chimney Rock**, and similarly impressive **Wolf Rock**, with a spectacular vista overlooking Thurmont elsewhere on the loop.

A visitor center located at 14707 Park Central Rd. in Thurmont holds regular hours from 9 a.m. until 4:30 p.m. daily. The park features five different campgrounds, including one open year round for

reservations, as well as several three-sided log structures called Adirondack shelters available for hikers and campers.

Immediately south of the national park is the **Cunningham Falls State Park**, which offers not only a diverse array of hiking trails for adventurers of every ability level, but also the park's namesake waterfall, the state's largest cascading waterfall.

Both Catoctin Mountain Park and Cunningham Falls State Park are on the mid-to-northern end of one of the county's more arduous hiking trails, the **Catoctin National Recreational Trail**.

Running a total of 26.6 miles, the trail connects Gambrill State Park to the northernmost edge of Catoctin Mountain Park.



For a full schedule of park hours, seasons for individual campgrounds, reservation information and detailed maps of the trails, campgrounds and parks, visit FrederickNewsPost.com/goto/camping.



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43

Enjoy the city's largest happy hour

Running from May 9 to Oct. 3, **Alive @ Five** is the premiere live concert series in Frederick. While it showcases all walks of local music, it also serves as a summertime gathering spot for those hoping to catch up around town each Thursday evening. And with the backdrop of Carroll Creek painting the scenery, you'd be hard-pressed to find a more communal environment to enjoy the summer weather.

Highlights for the 2019 slate include Stitch Early and The Populatn, who promise to bring some hip-hop flair the event on Aug. 15. You'll also want to mark your calendar for Sept. 26, which serves as not only the penultimate installment of the 2019 schedule, but will also feature one of the best voices in all of Frederick as Luna and the Starless Few are set to perform.

All proceeds from the series go to the Downtown Frederick Partnership, which in turn are reinvested into the downtown Frederick community. Admission for each concert is \$5 and you must be at least 21 years old to get through the gate. Kicking off at 5 p.m. and winding down at 8 p.m., it's arguably the best three-hour block of entertainment the Key City consistently offers each summer ... that is, except for July Fourth this year, which happens to fall on a Thursday. But that's no bother: Frederick's Fourth of July celebration at Baker Park will have no problem holding the **Alive @ Five** diehards over for at least one week.

For a full schedule of the remaining acts, visit downtownfrederick.org.



44

SPEND A DAY AT THE AIRPORT

Many of Frederick's attractions — think Baker Park or the Weinberg Center for the Arts — are hard to miss because they are located in the heart of the city or off of heavily traveled roads.

But that's not the case with **Frederick Municipal Airport**. With planes and helicopters taking off and landing on a regular basis, it's understandably located on the outskirts of town. But it doesn't take long to drive to this full-service reliever airport, and the short trip is worthwhile for anyone who enjoys watching sleek flying machines.

The airport hopes to be a place where curious locals spend a portion of their day, either to watch quotidian aviation activity or captivating events like the **Fly-In** put on by the Frederick-based **Aircraft Owners and Pilots Association (AOPA)** in May.

Held to mark the AOPA's 80th year in business, the **Fly-In** featured aircraft displays (including World War II D-Day Squadron C-47s) and aerial demonstrations as well as seminars and workshops for the aviation community.

But many who stop by might not want to fly at all, opting just to get nice glimpses of aircraft. There are about 156 planes and 12 helicopters based at Frederick Municipal Airport, according to Tom Haines, who is the AOPA senior vice president of media, communications and outreach.

There are opportunities for all types of pilots, whether they are beginners or those who want to return to flying after a hiatus and need to brush up on some things.

Visit cityoffrederick.com/152/Frederick-Municipal-Airport for more information.

45

HIT THE CLUB

Sure, it's a brewery town, but Frederick has no shortage of things to do after 10 p.m. If it's dancing you're after, there are two sure bets: **The Cellar Door** and **Cafe 611**, both within walking distance of downtown.

The Cellar Door hosts acoustic sets every Wednesday, but things heat up on the weekends when the bar clears a dance floor and brings in a live DJ. Cafe 611 hosts dancing multiple times a week, and it's also the only place in town where you can find live hip-hop and heavy metal. Next door is **Guido's**, a newly renovated dive bar with punk shows and plenty of cheap beer.

For a hipster hangout, check out **Cafe Nola** four blocks to the south. The diminutive bar/restaurant has great cocktails and hosts some of Frederick's best local bands. Just be prepared — the tiny interior gets loud, fast.

Outside the city, there's a handful of dive bars where you can find karaoke and cover bands. **Monkey LaLa**, a street-level watering hole below **Avery's Maryland Grill**, is among the most lively. **Champion Billiards** on Buckeystown Pike also hosts pool, darts, and jumbo-sized flat screens for your sports viewing pleasure.



46

CHECK OUT FREDERICK'S OLDEST HOMES ON A HISTORIC HOUSE TOUR

Throughout Frederick County, thousands of historic structures are scattered countywide, from the city of Frederick to smaller municipalities to the countryside in between.

There are many houses visitors can tour, including **Rose Hill Manor**, the home of Maryland's first governor, Thomas Johnson.

The house, which has been converted into a museum, also tells the story of Frederick County's agricultural and transportation history. It is at 1611 N. Market St.

Elsewhere in Frederick, the **Schifferstadt Architectural Mus-**

eum offers tours on weekends from 1-4 p.m. through Dec. 9.

Outside the city of Frederick, there are random historic properties located in more rural parts of the county.

Near Point of Rocks, **Lockhouse 28** serves as a reminder of the battle between the Chesapeake and Ohio Canal and the Baltimore and Ohio Railroad to reach the Ohio River Valley.

Some properties offer direct looks into the Civil War. That includes the **Thomas Farm**, located on the Monocacy National Battlefield southeast of the city of Frederick. The farm has an his-

toric brick mansion, which was built by Scottish merchant James Marshall around 1780. Some of the heaviest fighting at the Battle of the Monocacy on July 9, 1864 occurred near the house.

Further down the road in Urbana, the **Landon House** was recently restored. It was originally built in 1754 in Virginia, and then transported in 1840 by barge up to the Georgetown area, before traveling up the Potomac River to near Point of Rocks.

For more information, call the Frederick Visitor Center at 301-600-4047.

47 SPEND SOME MONEY AT THE OUTLETS

The Frederick area is surrounded by outlets with tons to offer for the shopper with a few extra bucks burning a hole in their pocket.

HAGERSTOWN

A 30-minute drive on Interstate 70 west will land you at Hagerstown Premium Outlets, an open air outlet center with more than 100 stores that offer savings up to 65 percent on products from brands like Banana Republic, Coach, Guess, Under Armour and Kate Spade.

Visit premiumoutlets.com/outlet/hagerstown for a full store listing.

CLARKSBURG

For those on the southern side of Frederick County, a short drive down Interstate 270 into Montgomery County can earn similar savings at the Clarksburg Premium Outlets. These outlets boast similar stores as the Hagerstown outlets, with a few extra higher end options like Saks Fifth Avenue off 5th and Steve Madden.

Visit premiumoutlets.com/outlet/clarksburg for a full store listing.

GETTYSBURG

Just north of Frederick County, across the state line are the Outlet Shoppes at Gettysburg. They offer popular stores like Adidas, American and Under Armour, but also have some unique shops like The Beef Jerky Outlet and Christmas Tree Hill.

Visit theoutletshoppesatgettysburg.com for a full store listing.





48

CELEBRATE THE ARTS

2020 marks the 27th year of one of Frederick's most prestigious art traditions, the **Frederick Festival of the Arts**. Presented by the Frederick Arts Council, it's three days of wall-to-wall art (and a little bit of music) all along Carroll Creek.

Among those transformative artworks at this year's event will be an installation at Sky Stage created only for this year's Festival of the Arts by Amy Boone-McCreesh, who "specializes in mixed media works and pieced objects," according to the arts council website. Still, for those hoping to focus

more on the visual aspect of things throughout the event, have no fear — there are reportedly more than 120 exhibitors set to display their work throughout 2019's installment.

With a quarter of a century behind it, Frederick's Festival of the Arts hopes to kick off its next 25 years with selections as powerful and illuminating as ever.

For more information visit frederickartscouncil.org/programs/festival-of-the-arts/.

49

ENJOY A SHOW AT THE LOCAL THEATER

From one of Frederick's downtown staples, the **Maryland Ensemble Theatre (MET)**, to a brand new theatre experience right next door, **New Spire Stages** — and not to mention all the productions that formulate with increasing regularity around town each year — the local theatre scene in Frederick has come a long way over the course of the last few decades. Gone are the days of strictly seeing plays in high-school auditoriums and in are the times that showcase something like Elizabeth Lucas's Free Range Human troupe that offers stories as provocative as they are entertaining.

Among the productions you might want check out at the 31 W. Patrick St. venue will be performances by **The Comedy Pigs**, the region's longest running improv troupe, on the first Friday and Saturday of each month. And for those looking to develop new theatre works, the **METLab: Plays In Progress festival**, which showcases new work from playwrights in the Mid-Atlantic region, will kick off on July 18.

Still, the MET isn't the only place to take in quality theatre in Frederick. The **Way Off Broadway Dinner Theatre** is staging "Little Shop Of Horrors" on Sept. 20. **Other Voices Theatre**, located on South Jefferson Street, will offer up its take on "Young Frankenstein!" beginning Aug. 2. And if you're into ballet, the **Weinberg Center** will host the Russian Ballet Theatre's production of "Swan Lake" on Nov. 8.

Visit FrederickNewsPost.com/goto/theater for a list of local places to catch a show.

50 NERD OUT FOR THE DAY

As you exit the mysterious cave you come to a crossroads with a signpost pointing out several paths to different events in front of you:

- Comic book conventions with local artists, comics for sale and cosplay fun
- Annual sci-fi convention with celebrity guests and special effects make up demonstrations
- A bed and breakfast offering a Dungeons & Dragons role playing experience
- Local comic book shops with frequent guests and special events

Which path do you choose? In Frederick County, the choice could be "all of the above."

COMIC CON

Twice each year, once in the winter and again in the summer, the Frederick Comic Con rolls into the 8,000 square-foot ballroom space at the Clarion Inn Event Center at 5400 Holiday Dr. Featuring plenty of local and regional artists, comic book vendors, toys, trading cards and an inviting venue to dress up as your favorite fictional character, the convention is a must for true believers and pop culture enthusiasts everywhere.

For additional information on the Frederick Comic Con, including up-to-date admission prices and/or changes to the schedule or venue, please visit the event organizer's website at shoffpromotions.com.

STARQUEST CONVENTION

Similarly, the fifth annual StarQuest Convention will take place from July 27 through July 28 at the Hampton by Hilton at 5311 Buckeystown Pike for the more science fiction-minded fanatics. This year's convention will feature appearances by two celebrity guest actors from the Star Trek: Voyager television series.

Additional information regarding the annual StarQuest Convention can be found at starquestconvention.com

BRAINSTORM COMICS

Brainstorm Comics, at 54 East Patrick St., is the hot spot for comic books in downtown Frederick, while Beyond Comics has a location at 5632 Buckeystown Pike with plenty to offer local and visiting superhero fans.

Visit brainstormcomics.com for more information.

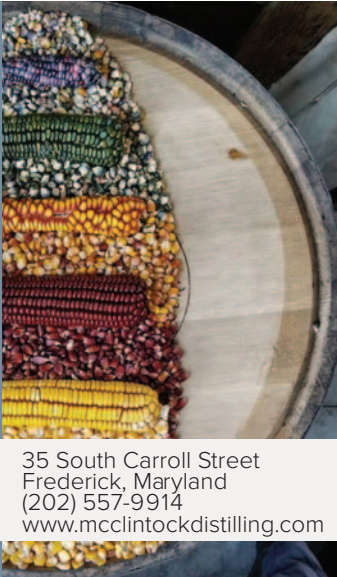
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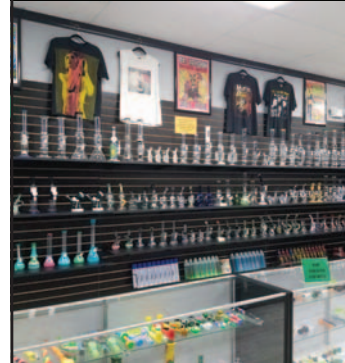
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51

GET YOUR DRINK ON AT A LOCAL DISTILLERY

As the craft beer industry booms, another, lesser talked about craft industry has thrived in Frederick as well: spirits.

Frederick County has a plethora of options for those looking to imbibe in craft liquors.

Dragon Distillery, the county's first distillery, opened near Frederick Municipal Airport in 2016. The distillery offers several whiskeys, vodkas and gins and rums. For a drinker looking for something with a little less kick, they also offer canned cocktails, including a lemon meringue moonshine and lemonade that is coming soon, according to the website.

For the environmentally friendly drinker, **McClintock Distilling** in downtown Frederick uses sustainable production methods to ensure its popular whiskeys and gins are produced in an environmentally conscious manner. All spent grains are used as livestock

feed in local Maryland farms and the heads are re-used in the distillery for cleaning. Their closed loop cooling system and advanced tank cleaning also reduce wastewater from production.

Looking for cocktails? Feel free to check out **Tenth Ward Distilling's** new cocktail lab on East Patrick Street.

And if you're not in the confines of the city of Frederick, you can still get your spirits fix by heading up Thurmont and visiting **Springfield Manor**, which has a distillery, winery and brewery, or Mount Airy for a visit to **MISCellaneous Distillery**.

For more information check out **The Frederick News-Post's** quarterly **UnCapped Magazine**, or find a list of local distilleries in Frederick at FrederickNewsPost.com/goto/distilleries

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LEND A HAND

Helping those less fortunate can be some of the most rewarding activities you can find. And Frederick has plenty of volunteering opportunities.

From helping out at downtown's biggest happy hour, to lending a hand at the rescue mission, it's not hard to find a way to help out that fits with your interests.

Frederick offers a soup kitchen program through **Frederick Community Action Agency** and needs volunteers Monday through Friday from 5-7 p.m. to set-up and serve meals and to clean up the dishes and kitchen area after the meal is finished. Weekday volunteers usually sign-up to work the same evening either every week or every other week.

More than 500 volunteers help out at the **Frederick Rescue Mission**, and need volunteers to help with the serve food, clean the facility, and translate for bilingual guests among other opportunities. Those

interested in helping out at the rescue mission can apply on the mission's website.

The Literacy Council of Frederick County is in need of tutors to work with adults on reading and writing skills.

Those with music interests can teach the art form to underprivileged children through the **MusicLink Foundation**.

Dog lovers can volunteer to raise future guide dogs for **Guiding Eyes for the Blind**.

The United Way of Frederick County offers several volunteer opportunities through programs such as MLK Day of Service, Stuff the Bus and Summer Serve.

The Downtown Frederick Partnership also seeks volunteers for events like **Alive @ Five** and their movie night events.

Those looking for volunteer opportunities can visit volunteermatch.org/ or websites of the specific organization they want to get involved with.



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