

Welcome to **MOUNTAINEER COUNTRY**



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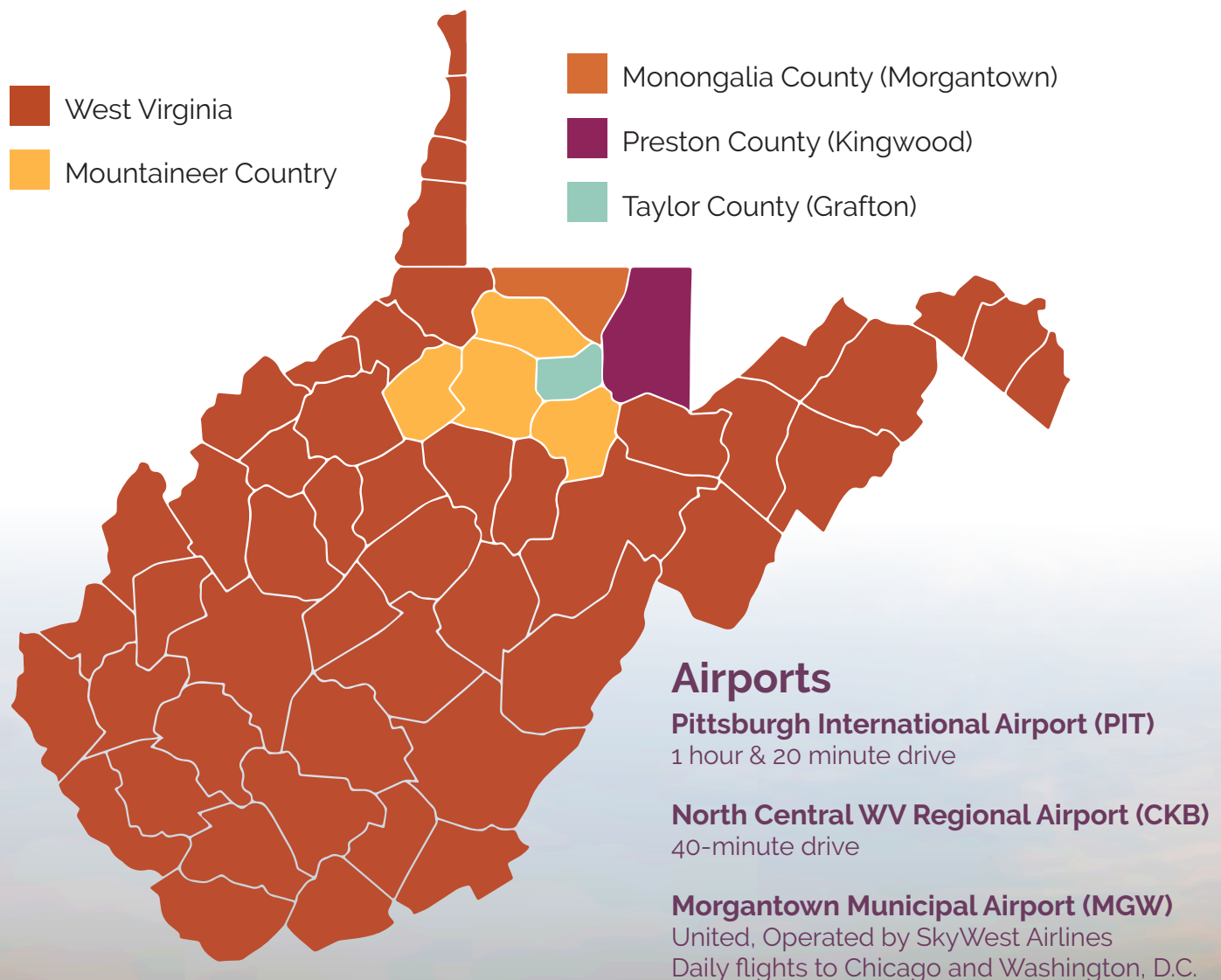


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Getting Here

Mountaineer Country is a 7-county tourism region in North-Central West Virginia. It is home to West Virginia University, the birthplace of Mother's Day, the first New Deal Community, the state's only botanic garden, and so much more to explore.

The Visit Mountaineer Country Convention and Visitors Bureau, officially representing Monongalia, Preston, and Taylor Counties, serves as the area's Destination Marketing and Management Organization.





We're close
to several hub
destinations like
**Pittsburgh and
Washington, D.C.**

Map Credit: West Virginia Department of Tourism

We have a variety of lodging options.

From boutique hotels to rustic cabins, Mountaineer Country has a variety of lodging accommodations to make every guest feel right at home. Plan your perfect getaway, starting with where you'll recharge after a day's adventure. For a full list of lodging properties, go to www.VisitMountaineerCountry.com/Stay.



The Historic Hotel Morgan



**Stargazing Cabins
at Coopers Rock
State Forest**



**Mountain Creek Cabins at
Coopers Rock State Forest**



Courtyard by Marriott Morgantown

Photo by Expedia Group



The Ultimate *Pour Tour*



Day One

Stop #1: Start at Almost Heaven Coffee and Desserts for some of the best coffee in the Mountain State, and even grab a sweet treat before your next stop!

Stop #2: When the season's right, sit on the rooftop patio at The River View Rooftop or sit on the river and enjoy burgers and brews at Short Story Brewing.

Stop #3: Curb your hunger at one of the largest full-scale microbreweries and distributors in the state, Mountain State Brewing Company. Sit outdoors and take in the views of the Caperton Trail, or grab a bike and pedal over to The Brownie House in the Seneca Center for dessert and coffee.

Stop #4: Check out Apothecary Ale House for its selection of craft beer and outdoor seating. They have 30 rotating taps and 140 different bottles to choose from.

Day Two

Stop #1: Situated right on the rail trail in Star City, Terra Cafe is Morgantown's go-to spot for delicious breakfast smoothies, pastries and coffee. Their locally focused tap list, relaxed, casual vibe and outdoor patio make Terra a great place to start your day.

Stop #2: For a cool, refreshing drink stop by The Cupcakerie Café & Frosé for a delicious frosé (frozen rosé wine) and a bite to eat. They offer brunch, gourmet shareables and flat breads, charcuterie, takeaway meals, coffee, beer, wine, Frosé, and...of course...cupcakes!

Stop #3: In need of a caffeine break? Portland Coffee in Terra Alta brews organic, responsibly sourced, small-batch roasted coffee. They even have coffee blends named after iconic places in Preston County!

Stop #4: For even more local brews, make your way to High Ground Brewing. Their rotating tap list and outdoor seating make it the perfect place to end a full day of adventure. Plus, sometimes they have food trucks and live music! Screech Owl Brewing is another great option for authentic hand-crafted beers.

Day Three

Stop #1: Head south to Marion County to continue your brew tour adventure. The Joe is a coffee house based in the heart of downtown Fairmont offering unique flavors, craft brews, and delicious bites. After visiting this Fairmont staple, walk over to another local favorite,

Stop #2: Enjoy coal-fired pizza and honor the traditions of Italian immigrants who traveled to our area in the early 1900s at Mia Margherita in Clarksburg.

Stop #3: If you're looking for a larger selection of tasty menu items, Stone Tower Brews in Fairmont has you covered. They serve local, high-quality coffee and craft beer, plus a menu of chicken & pork tacos, nachos, wraps, salads, and more. They have a location in Morgantown too!

Stop #4: For an upscale dining experience, finish your evening at the Wonder Bar Steakhouse in Clarksburg. Enjoy their award-winning menu, endless wine assortment and commitment to service.



The Iconic Destinations



Day One

Stop #1: Discover new adventures as you experience the Rail Trails of North Central WV. The Caperton Trail in Morgantown offers over 5 miles of paved surface perfect for roller-blading, strolling, and biking along the Monongahela River. Rent a bike from Wamsley Cycles for easy trail access or a kayak from Morgantown Adventure Outfitters to spend some time on the water.

Stop #2: Visit a local favorite, Coopers Rock State Forest. The park features canyon overlooks, historic sites, picnic shelters, 50 miles of hiking and biking trails, sandstone cliffs for climbing or bouldering, cross-country ski terrain, a lake made for reeling in trout, and a nearby river for rafting.

Stop #3: If you'd rather spend time in the air, a drive across the bridge from Coopers Rock and you will journey through the forest to Adventure WV Outdoor Education Center, which is home to the WVU Zip-Line Canopy Tour. Enjoy a rustic stay at Mountain Creek Cabins after.



Day Two

Stop #1: Located just south of Fairmont, WV, is Valley Falls State Park. Here, you can gawk at each set of falls from the riverside, cautiously climb atop one of the shoreline boulders, choose from one of the eight hiking and mountain biking trails, cast your line, kayak, or enjoy a low-key picnic.

Stop #2: After this, if you're looking to find more adventure along the Tygart Valley River you can venture south to Tygart Lake State Park. Tygart Lake is open to swimming, fishing and boating in its waters, with the Marina open season taking place between May and September. The forest surrounding the lake is filled with five trails perfect for walking, hiking, and exploring nature. For more fun, head to Tygart Adventure Lake and make a splash with twenty-five giant inflatables on the water, or catch some sun from a lounge chair on the beach.

Stop #3: Spend the night at Tygart Lake Lodge, Tygart Lake Cabins, or pitch a tent at the campgrounds.



Day Three

Stop #1: For more Mountaineer Country adventures, drive to Audra State Park. This heavily wooded area is located on the border of Barbour and Upshur Counties. There are two main trails available to hikers and mountain bikers alike, but follow along the Alum Cave Trail for a more picturesque view of the Middle Fork River. If hiking isn't for you, dip your toes in one of the designated swimming areas, grab a paddle, or get your bait ready for a day of fishing.

Stop #2: Just 35 miles south in Upshur County is the West Virginia State Wildlife Center. This is a modern zoo facility that you can walk through and explore various state wildlife. Operated by an institution under the West Virginia Division of Natural Resources, this center prides itself on factual information regarding the animals that they care for. You can walk through over one mile of forest and watch animals interact in their enclosures as they normally would in the wild. In addition to the unique tour, there is also a large wooded picnic area with grills and a shelter for gathering.



Paradise for *Foodie Friends*



Day One

You can't visit West Virginia without trying a pepperoni roll, so why not spend the whole day figuring out who has the best one in Mountaineer Country?

Stop #1: The delicious treat is available in many variations. Some Morgantown local favorites are Mid-Atlantic Market, Terra Cafe, Pop! The Soda Shop Bakery and Phoenix Bakery.

Stop #2: Stray Cat Chimmi Shack offers fried twists on classic snacks. Make your day with the perfect deep-fried pepperoni roll, or as they call it, the pepp'roni roll.

Stop #3: After finding your favorite in Morgantown, venture to Fairmont and try Colasessano's Pizza or Country Club Bakery which is home to the original pepperoni roll.



Day Two

Stop #1: After eating an Almost Heaven classic, venture to Downtown Morgantown for a day of shopping and bites. Grab breakfast at Zeke's Breakfast & Bakes, The Grind, or Blue Moose Cafe for a wonderful array of freshly baked goods, coffee, and full breakfast menus. If coffee isn't your thing head to the Tea Shoppe in the Seneca Center for their selection of over 200 loose-leaf teas.

Stop #2: Once you're full, browse through local shops for WVU gear, WV memorabilia, and locally-made goodies. Some Downtown Morgantown favorites include Hoot and Howl, Gallery 304, River Fair Trade, and The Old Stone House. Head across town to Suncrest Towne Centre to find even more WVU merch at Alumni Hall. If need a little something sweet at Suncrest Towne Centre you must stop by the Sugar Bar.

Stop #3: Spend the night at Hotel Morgan, a newly renovated, historic hotel in Downtown Morgantown. Grab a breakfast or handhelds at Anvil + Ax, a relaxed European coffee shop and evening cocktail bar. Part classic, part retro, part modern, this hotel bar brings a unique twist to the drinks and dining scene in Morgantown, WV.



Day Three

Stop #1: Close out your Almost Heaven foodie tour with a day of unique and trendy eateries. Go back to Downtown Morgantown for a unique brunch at Von Blaze. This upscale casual restaurant provides a menu of classic sandwiches with a modern touch, rich soups, fresh salads and sophisticated fries, served in a reinvented nostalgic local space.

Stop #2: If you want to experience something comforting that tastes like home, Mama K's in Star City has home-cooked Italian food that will leave your heart and belly full. .

Stop #3: If the season's right, go pick your own flowers or fruits at one of our many U-pick farms. Choose from Blueberry Ridge Farms, Black Cat Pumpkin Patch, Sterns Berry Farm, or one of the many farm stands in the area. Finish your day at Lake House Restaurant, for pizza, pasta, seafood and cocktails offered in a waterfront tavern with warm, wood-paneled decor. If you're in the mood for happy hour and burgers check out Table 9, a local favorite.

A Playground of *Art + History*



Day One

Mountaineer Country's heritage is reflected in its architecture, artwork, cuisine, and celebrations. There is no shortage of ways to discover the many facets of the region's history and spend days exploring the art and culture that Greater Morgantown has to offer.

Stop #1: The Art Museum of West Virginia University is a great place to start. Walk through touring exhibits that include paintings, prints, works on paper, sculptures, ceramics, and folk art.

Stop #2: Roam through downtown and the surrounding area to catch historic statues including Don Knotts, a JFK Memorial, Jerry West, and Hot Rod Hundley. While you're there, catch a show at The Metropolitan Theatre, a venue in downtown Morgantown showing plays, films, and more all in a historic building.

Day Two

Museums and war reenactments will take you back in time as you tour various battle sites and historic towns in Preston County!

Stop #1: Go back in time to 1933 at a tourist favorite, Arthurdale, WV. As the nation's first New Deal Homestead Community, Arthurdale was created through President Franklin D. Roosevelt's New Deal legislation, the community provided a new chance at life for residents who were suffering from the Great Depression. First Lady Eleanor Roosevelt fostered the community, so it is often referred to as "Eleanor's Little Village." Today, Arthurdale Heritage holds events, festivals, and tours, to maintain the rich history of the area.

Stop #2: History buffs must visit Historic Rowlesburg, a major railroad link during the Civil War. The Rowlesburg Railroad and World War II Museums are open to the public to educate visitors on critical war battles that occurred in Preston County.

Stop #3: End your history-filled day with a walk down the Civil War Trail and stop along the way at one of the largest and most historic cemeteries in Mountaineer Country, The Grafton National Cemetery.

Day Three

Stop #1: Just north of Fairmont, Prickett's Fort Memorial State Park brings a full day of fun for the entire family. It is a 188-acre state park featuring a reconstructed refuge fort that was originally constructed in 1774 to provide early settlers protection from Native American attacks. Throughout their touring season, you'll find blacksmiths, spinners, weavers, and so many other artisans at work.

Stop #2: One of the more popular reenactments is found in the gun shop where you'll see public deportations of 18th-century firearm manufacturing. Outside of the fort tours, you can enjoy visiting the original 19th century Job Prickett House, Prickett Cemetery, Visitor Center, and Museum Gift Shop.

Stop #3: Set up a picnic, and walk or bike over 3 miles of trails with Rail Trail access to both the Marion County trail and the Mon River Trail South of Morgantown. You can find bike rentals in the Visitors Center during their business hours.



Fun for the *Whole Family*



Day One

Stop #1: The Aquatic Center at Mylan Park is the perfect place to make memories. Their community pool offers 6 lap lanes, 4 water slides, various water play features, and a seasonal outdoor splash pad, all allowing your family to swim while taking in the stunning mountain views.

Stop #2: After making a splash, head to The WOW! Factory for a day of painting your own pottery, mosaic, or glass fusing.

Stop #3: Next, stop by a Mountaineer Country hidden gem, Spark! Imagination and Science Center. Explore science through various hands-on exhibits as the whole family digs for dinosaur fossils, investigates nanoscience, discovers Space Weather, and so much more.

Day Two

Stop #1: If you are visiting April through October, Hovatter's Wildlife Zoo is perfect for a wildlife adventure. Your family will have the opportunity to feed giraffes, goats, and lemurs, ride camels, and even see exotic animals. This West Virginia Zoo is home to over 30 different species of native and exotic animals from all over the world.

Inside Scoop: If you're lucky enough to be there during the holiday season, "Wild Lights at the Zoo" is a must-see event. Load up the car with your family and friends, stop by their drive-thru concession stand, and enjoy a 3/4-mile drive through a beautiful, bright holiday-light display.

Stop #2: Consider learning about West Virginia's folklore, and head to Cryptid Mountain Miniature Golf. This 13-hole indoor black light putt-putt course features a different Appalachian cryptid on each hole.

Stop #3: If you want to get your wheels turning, try your hand at cracking a cold case or spooky mystery at either Xscape Morgantown or the Morgantown Escape Room which both offer unique, immersive puzzles.

Day Three

Stop #1: Spend the last day cooling off at Tygart Lake State Park's brand-new adventure lake. Tygart Adventure Lake features 25 giant inflatables and a sandy beach area with lounge chairs. Race each other to the top of the towering 14-foot iceberg, glide down the floating slide, and fly into the air on their floating trampoline. Whether you and your family are just looking to catch some rays or want to seek more adventure in the water, this is the place for families to have the most fun you'll have all summer long.

Inside Scoop: If you're not interested in jumping, diving, or cannonballing into the lake, take a stroll around the water and admire the 10-mile-long, 1,750-acre lake. Ask around, or try to find the "Almost Heaven" swing on your own and snap a family picture!



25 Free

Things to Do



Looking for Something?

Do you have some time to spare but aren't sure where or how to spend it? Tackle this 25 Free Things to Do scavenger hunt checklist! Search any of the items on the list below using our website, VisitMountaineerCountry.com, or by using our free trip planner app.

Parks & Forests

- ☐ Coopers Rock State Forest
+ Almost Heaven Swing
- ☐ Tygart Lake State Park
+ Almost Heaven Swing
- ☐ Mason Dixon Historical Park
+ Almost Heaven Swing
- ☐ Henry Clay Iron Furnace
at Coopers Rock State Forest
- ☐ Valley Falls State Park
- ☐ Cranesville Swamp
- ☐ Cathedral State Park
- ☐ Dorsey's Knob Park

On Campus

- ☐ West Virginia University
Campus Tour
- ☐ West Virginia University
Art Museum
- ☐ West Virginia University
Core Arboretum
- ☐ West Virginia University
Planetarium & Observatory
- ☐ West Virginia University
Downtown Library

Art, History, & Culture

- ☐ WWII Museum &
Szilagyi Center
- ☐ Greater Morgantown
Public Art Tour
- ☐ Arthurdale Heritage
- ☐ Covered Bridges Tour
- ☐ Allegheny Treenware Tour
- ☐ Our Lady of the Pines
Smallest Church in 48 States

Miscellaneous Family Fun

- ☐ Decker's Creek
- ☐ Crimson Shamrock Ranch
- ☐ West Virginia Botanic Garden
- ☐ Mon River Rail Trail
- ☐ Tugboat Depot Playground
- ☐ Cheat Lake Park & Trail

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**BOOK AN ADVENTURE
TO MOUNTAINEER
COUNTRY ASAP. YOU
WON'T REGRET IT!**

@EastCoastContessa

