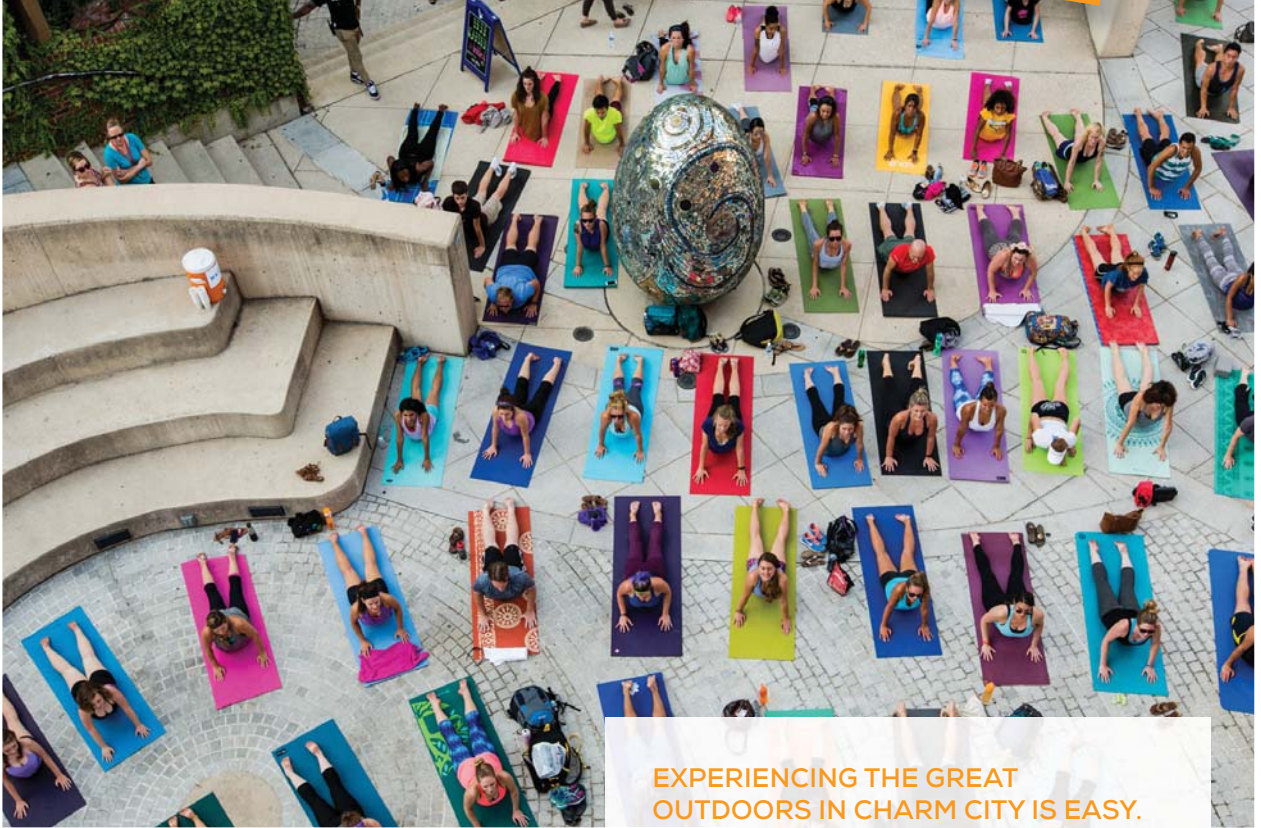


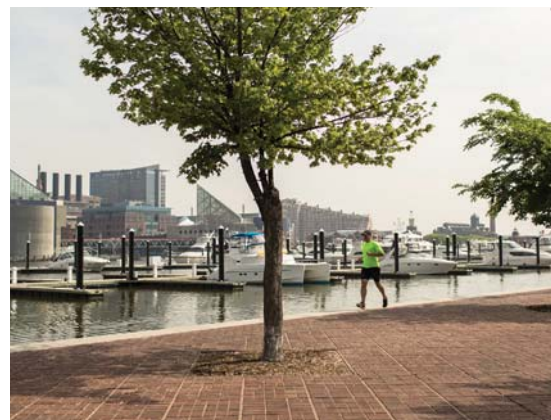
# Get Back to Nature

IN BALTIMORE



## EXPERIENCING THE GREAT OUTDOORS IN CHARM CITY IS EASY.

Whether you're up for an early morning paddle around the Inner Harbor, a game of golf in an urban park or a bike ride through city neighborhoods, there is an outdoor activity for every taste and style.





## BIKE



Explore Baltimore on two wheels when you rent a bike through **Baltimore Bike Share**. Pay by the trip or by the month, and choose a traditional geared bicycle or give your pedal power a boost with an electric bike. For a short, landmark-filled ride, cycle from the **Inner Harbor** to **Fort McHenry** with stops at **Federal Hill** and **Tide Point**. If you visit on the last Friday of the month, join **Baltimore Bike Party**, a roving monthly meet-up that's part fitness and part fun – themes change each month, but it's sure to include music, lights and costumes!

## WALKING/JOGGING

Several downtown hotels, particularly those in the **Inner Harbor** and **Harbor East** neighborhoods, provide maps with outlined jogging trails for you to follow – ask at the front desk or, if a map is not available, check with Baltimore City's Department of Recreation & Parks. History buffs will want to check out the **Star-Spangled Banner National Historic Trail**, which traces War of 1812 troop movements and stops at sites like **Fort McHenry National Monument and Historic Shrine**, the **Star-Spangled Banner Flag House** and the **Maryland Historical Society Museum**.



## HIKE



If hiking is more your speed, you'll find plenty of ways to hit the trail in Baltimore. The 11-mile **Jones Falls Trail** starts at the **Baltimore Visitor Center**, where you can pick up a route map. The trail takes you from the **Inner Harbor** to **Penn Station**, and then to the Woodberry neighborhood, where you can enjoy a post-hike pint at **Union Craft Brewing** or dinner at **Woodberry Kitchen**. The final leg of the trail takes you to the 200-acre **Cylburn Arboretum**, Baltimore's largest public garden, where you'll find three more miles of trails that pass through expansive gardens and woodlands.

## GOLF



Baltimore's "Classic Five" is a collection of public courses within city limits. **Carroll Park** is a 9-hole course that is close to downtown; 18-hole **Clifton Park** was built in 1915 on the grounds of Johns Hopkins' summer mansion; the rolling, 18-hole **Mount Pleasant** was home to the Eastern Invitational Open from 1950-1963; the front nine at **Forest Park** is known for its tight, wooded fairways; and scenic **Pine Ridge** is the home of several PGA and LPGA tournaments.

## FITNESS CLASSES



Do you find you're more motivated by group fitness classes? Each summer, **Waterfront Partnership** hosts a robust calendar of outdoor wellness classes, including yoga, barre, Pilates, boot camp and Zumba. All are instructed by industry professionals and offered free of charge. **Movement Lab**, which is located above **R. House** in Remington, offers drop-in fitness classes that range from yoga and meditation to martial arts and dance. They also offer antigravity fitness classes that can turn your routine upside down – you'll build core strength by flipping and inverting while being suspended on a hammock.

## YOGA



There are dozens of yoga studios throughout the city that offer drop-in classes, but there are also a few attractions that host pop-up yoga classes, allowing you to keep up with your practice while using your time wisely. Do yoga alongside the animals at the **Maryland Zoo in Baltimore**, bend and stretch in the sculpture garden at the **Baltimore Museum of Art**, or get fit before exploring the **American Visionary Art Museum**. Up for a challenge? FloYo at the **Four Seasons Hotel Baltimore** combines yoga and standup paddleboarding. Classes are open to the public and take place in the hotel's outdoor infinity pool, with the Inner Harbor as its picture-perfect background.

## KAYAK/BOAT



One of the best ways to experience the heart of the Chesapeake Bay is, of course, from the water. Kayak tours depart from the **Maryland Science Center** in the Inner Harbor on Sundays at 9 a.m. and 1 p.m. from April to October (advance reservation required). If you're looking for something a little more laid back, head over to **Pier 1** and climb aboard a dragon-shaped boat or a paddle boat, offered by **Team Chessie, the Paddle Boats and Electric Boats of Baltimore's Inner Harbor**. Additionally, **Terrapin Adventures** organizes a variety of kayak tours at different skill levels and also provides tubes, life vests and maps for self-guided tours down the **Patapsco River**. The company also provides aerial rope courses and zip lining for those who prefer to stay dry.



## GOING

# VEG

*Meat-free options are available far and wide in Baltimore, but if you're looking to stay healthy and support some plant-based purveyors, try these options:*

### Garden Produce

400 W. LEXINGTON ST.

Located inside the world-famous Lexington Market, this immaculate fruit stand can turn hand-picked fresh produce into a smoothie or salad for a quick, healthy energy boost.

### Grind House Juice Bar

2431 ST. PAUL ST.

This 100% vegan juice-bar and cafe serves fresh made juice, smoothies, salads, wraps, sandwiches and cleanses.

### The Land of Kush

840 N. EUTAW ST.

The Land of Kush serves vegan soul food, including BBQ ribs, curry chicken, mac and cheese, candied yams, collard greens and – on the weekends – crab cakes.