



Quality of Life

Maryland has often been referred to as "America in Miniature," and with so much to do so close together, residents enjoy a broad range of lifestyles and activities in convenient reach of major metropolitan areas.

Each region of the state presents a distinctly different style and history.

- Central Maryland – characterized by rolling hills, historic towns, and high-tech industries, and anchored by the City of Baltimore with its Inner Harbor promenade and famous ethnic neighborhoods.
- Suburban Maryland – sophisticated region known for its fast-growing and innovative biotech companies, surrounds Washington D.C. on three sides.
- Western Maryland – home to mountains and forests, fast-flowing streams, and the state's largest freshwater lake.
- Eastern Shore – retains its rural character and quiet lifestyle with robust farming country, quaint old towns, and fishing villages, complementing a major seaside resort, Ocean City.
- Southern Maryland – Maryland's fastest-growing region, known for its maritime heritage and links to the aerospace and defense industries.

Maryland, which donated land to establish the nation's capital, benefits from nearby attractions in Washington, D.C. In addition to a global perspective represented by Embassy Row and international delegations, there are national treasures such as the Smithsonian Institution's 21 museums and galleries (19 in Washington D.C., including the National Zoo), the Kennedy Center for the Performing Arts, and Ford's Theatre.

Tourism in Maryland

Come enjoy the beautiful and exciting attractions that Maryland has to offer. See www.visitmaryland.org for more information on attractions, events, lodging, and special deals. Further, the Baltimore Cruise Terminal is a point of departure for nearly one hundred cruises each year to ports of call in Bermuda, the Caribbean, New England, and Canada.

Recreation

Maryland presents a variety of activities for the whole family. Baltimore boasts an excellent zoo, the world-class National Aquarium with a rainforest environment, a must-see railroad museum, and the Maryland Science Center. The city's Inner Harbor offers rides on a variety of vessels, visits on historic ships and a submarine, summer evening concerts, shopping, and dining. Walking tours are available for Baltimore's picturesque districts with notes about architecture and famous inhabitants.

Outside of Baltimore, there are two historic rail lines featuring steam engines, miles of cycling opportunities, mountains offering almost limitless hiking, downhill and cross-country snow skiing opportunities, cool lakes for swimming, water trails, 4,000 miles of clean streams for fishing, excellent large and small game hunting, hang gliding, and more. The Chesapeake Bay and the Atlantic shoreline offer perfect sailing conditions, beaches, swimming, and other water sports. The entire state offers unparalleled bird watching opportunities because of its location on migration routes and waterfowl wintering grounds.

Maryland is home to 13 Heritage Areas, 18 Scenic Byways including the Star-Spangled Banner Trail and Historic National Road, and 11 wine trails that connect more than 75 local vineyards and wineries, as well as mead, cider, and ice cream trails.

Culture

Maryland abounds in world-class cultural institutions, including:

- Baltimore Symphony Orchestra
- Eubie Blake National Jazz Institute and Cultural Center
- France-Merrick Performing Arts Center
- American Film Institute Silver Theatre and Cultural Center
- Ladew Topiary Gardens

A sampling of respected museums in the state includes:

- Baltimore Museum of Art
- Walters Art Museum
- American Visionary Art Museum
- Reginald F. Lewis Museum of Maryland African American History & Culture
- Museum of Eastern Shore Culture

Restored historic villages and revitalized neighborhoods, showcasing Maryland's history, can be found throughout the state. Significant historic attractions include Fort McHenry, the National Museum of Civil War Medicine, the Harriet Tubman Visitor Center, and Hampton National Historic Site. Antietam National Battlefield, along with battlefields from the American Revolution, the War of 1812, and the Civil War, dot the state. The lengthy shorelines of the Chesapeake Bay and the Atlantic Ocean are home to museums of maritime heritage and century-old lighthouses.

Nearby Washington, D.C. is home to unique cultural attractions, including:

- Smithsonian Institution, with 19 museums and galleries including the National Zoo
- Ford's Theatre
- National Gallery of Art
- John F. Kennedy Center for the Performing Arts
- Library of Congress
- National Archives

Sports

The Maryland area is home to several professional sports teams and more than a dozen nationally competitive college-level teams. While jousting is the official state sport and lacrosse the official team sport, Maryland became the first state in 2008 to declare a state exercise, walking.

Professional Sports

The Baltimore Orioles Major League Baseball (MLB) team competes in the American League East Division. The team plays at Oriole Park at Camden Yards, the nation's first retro-styled stadium built to recall early baseball parks. Maryland has three minor league teams, all of which are affiliates of the Baltimore Orioles. A fourth team plays in an independent league. In nearby Washington, D.C., the Washington Nationals compete in the MLB National League East division.

The Baltimore Ravens of the National Football League (NFL), winners of the Super Bowl in 2000 and 2012, debuted in the 1996 season and currently play at M&T Bank Stadium, part of Baltimore's Camden Yards sports complex. The Washington Commanders NFL team plays at Northwest Stadium in Landover, Maryland.

The Baltimore Blast professional soccer team is part of the Major Arena Soccer League (MASL) and plays at the TU Arena. The team has won 10 championships since its founding in 1980.

In nearby Washington, D.C., the Washington Wizards of the National Basketball Association (NBA), the Washington Mystics of the Women's National Basketball Association (WNBA), and the Washington Capitals of the National Hockey League (NHL) play at the Capital One Arena Center.

Collegiate Athletics

Maryland has two NCAA Division I Football Bowl Subdivision (FBS) college football teams: the University of Maryland Terrapins (Big Ten Conference) and the U.S. Navy Midshipmen (American Athletic Conference).

Both the women's and men's basketball teams at the University of Maryland College Park play in the Xfinity Center. Other NCAA Division I schools in Maryland with basketball programs include Coppin State University, Loyola University Maryland, Mount St. Mary's University, University of Maryland Baltimore County, University of Maryland Eastern Shore, Morgan State University, the U.S. Naval Academy, and Towson University.

Several Maryland colleges and universities have Division I men's lacrosse teams, including 2012 champion Loyola University Maryland, 2005 and 2007 champion Johns Hopkins University, University of Maryland College Park, University of Maryland Baltimore County, Mount St. Mary's University, Towson University, and the U.S. Naval Academy. In 2017, both the men's and women's lacrosse teams from the University of Maryland, College Park won their Division I championships, and the women's lacrosse team won the Division I championship again in 2019. The NCAA Men's Lacrosse Championships are frequently held at Baltimore's M&T Bank Stadium.

Golf

Maryland is home to nearly 200 public, private, and semiprivate golf courses located throughout the state. Notable courses include the following:

- The Baltimore Country Club in Timonium, founded in 1898, is frequently ranked among top U.S. golf courses.
- Caves Valley Golf Club in Owings Mills hosts the return of the BMW Championship in 2025, and hosted the Constellation Senior Players Championship in 2017.
- TPC Potomac at Avenel hosted the final Booz Allen Classic in 2006 and hosted the Quicken Loans National (formerly AT&T National) in 2017 and 2018.
- The legendary Congressional Country Club hosted the AT&T National on the PGA men's tour from 2007 to 2009 and again in 2012 and 2013, and the Quicken Loans National in 2014. Located in Bethesda, the Congressional hosted the men's U.S. Open in 2011.

Other nationally renowned courses include Bulle Rock, Eagle's Landing, Hog Neck, Links at Perry Cabin, Queenstown Harbor, and Swan Point.

Horse Racing

Pimlico Race Course in Baltimore hosts the Preakness Stakes, one of three thoroughbred horse races that comprise the world-famous Triple Crown. The race is held on the third Saturday in May. Thoroughbred races are held throughout the year at Laurel Park and at Timonium Race Track in conjunction with the Maryland State Fair. Harness racing takes place at Rosecroft Raceway in Fort Washington and Ocean Downs in Berlin.

Sailing

Maryland has a rich sailing history and is home to some of the most iconic maritime traditions in the U.S. Annapolis, known as "America's Sailing Capital," is home to the U.S. Naval Academy and hosts the prestigious Annapolis Boat Shows, a series of in-water boat shows and one of the largest in-water boat shows in the world. The state has also played a role in major international sailing events, including the Volvo Ocean Race and the Clipper Round the World Yacht Race. Each year, the Great Chesapeake Bay Schooner Race brings historic schooners together for a race that helps preserve the bay. Unique to Maryland's Eastern Shore, Chesapeake Bay Log Canoes, with their oversized sails and narrow hulls, have been raced since the 1800s. The Annapolis to Newport race is one of the most historic and well-known of the US East Coast blue water races and occurs every two years. Maryland's sailing scene is historic, competitive, and adventurous.

Casino Gaming

With six out-of-this-world casinos, Maryland has some of the finest gaming in the world. Hollywood Casino, the state's first, opened in September 2010 in Perryville in northeast Maryland. Hollywood offers slot machines, table games, and dining facilities. The Casino at Ocean Downs near the Atlantic resort of Ocean City offers slot machines, table games and food and beverage services and hosts live horse racing. The state's largest casino, Maryland Live! Casino at Arundel Mills, offers nearly 4,000 slot machines and more than 200 table games. Located only minutes from BWI Marshall Airport, Maryland Live! includes nationally acclaimed restaurants, an entertainment venue, and other first-class amenities within a \$500 million multi-use complex. Rocky Gap Casino in Western Maryland is part of a AAA 4-Diamond resort featuring 200 hotel rooms and the only Jack Nicklaus Signature golf course in Maryland. The Horseshoe Casino opened in 2014 in Baltimore and offers over 1,000 slot machines and over 100 table games. The \$925 million MGM National Harbor resort and casino debuted in Prince George's County in late 2016, offering a 23-story hotel with over 300 rooms, celebrity chef restaurants, concert venue, luxury spa, and salon.

Healthcare

A Maryland location provides access to world-renowned health care resources. The state is home to 47 acute care hospitals, including Johns Hopkins Hospital in Baltimore, one of the top-rated hospitals in the nation. The University of Maryland Medical System is home to the nation's first Shock Trauma Center, with affiliated shock trauma units around the state. Furthermore, Maryland ranks 4th in the country in physicians per capita, with over 27,000 doctors statewide.

The National Institutes of Health in Bethesda, Maryland is the nation's medical research agency. The NIH supports scientific studies and clinical trials that result in cutting-edge health care and treatments.

Housing

Within a close drive of any particular employment center, Marylanders can find dozens of residential settings that include both recently built homes and established neighborhoods. A number of areas feature waterfront properties. All types of housing—detached single family houses, townhouses, duplexes, condominiums—are available in wide price ranges across the state, while apartments offer alternative housing under lease terms.

For 2024, the median price for settled residential sales was \$400,000 for Maryland, ranging from \$130,000 in Allegany County to \$580,000 in Montgomery County. Housing in the Baltimore metropolitan area is generally lower than other northeast and West Coast metro areas.

Metropolitan Area Median Home Price – Q3 2022

Metro Area	Price
<i>Baltimore-Columbia-Towson, Maryland</i>	\$426,600
Austin-Round Rock, Texas	\$481,800
Miami-Fort Lauderdale-West Palm Beach, Florida	\$630,000
Portland-Vancouver-Hillsboro, OR-WA	\$609,000
Newark, NJ-PA	\$720,000
Denver-Aurora-Lakewood, Colorado	\$654,600
Washington-Arlington-Alexandria, DC-VA-MD-WV	\$642,500
Seattle-Tacoma-Bellevue, Washington	\$802,300
Boston-Cambridge-Newton, MA-NH	\$758,700
Nassau County-Suffolk County, New York	\$752,300
Los Angeles-Long Beach-Glendale, California	\$947,500
San Francisco-Oakland-Hayward, California	\$1,309,000

Source: National Association of Realtors ®.

Climate and Topography

Despite Maryland's small size, the state has a relatively diverse topography and climate. Elevation ranges from sea level on Maryland's Eastern Shore, a peninsula surrounded by the Atlantic Ocean and Chesapeake Bay—the nation's largest estuary, to over 3,000 feet in the Appalachian Mountains of the west. This range allows for a variety of recreational activities from beach exploration and water sports in the east to rock climbing and snow skiing in the west.

Climate variation depends primarily on elevation and proximity to water, though precipitation is generally 40 to 45 inches annually, distributed fairly evenly throughout the year. Snowfall and temperature vary more widely depending on location, with annual snowfall ranging from 5 to 15 inches in Southern Maryland and the Eastern Shore to over 100 inches in far Western Maryland. Most of the state experiences snowfall in a more moderate range of 15 to 25 inches per year. Average summer temperatures range from the upper 60s°F in Western Maryland to generally in the mid-70s °F in the central and eastern regions of the state. The average winter temperature ranges from 32°F to 40°F in most areas.

Cost of Living

Communities throughout Maryland offer a broad range of amenities and lifestyles that are both attractive and affordable. Across the Baltimore metropolitan area, living costs on average are somewhat above the national norm, but substantially less than those in urban areas in the northeast and west. Living costs on Maryland's Eastern Shore and in Western Maryland are generally near or below the national average, and also compare favorably with other smaller metropolitan and non-metropolitan areas in the northeast and Midwest United States.

Cost of Living Index for Maryland Counties
(average for U.S. = 100.0)

County	Index	County	Index
Allegany	84.6	Harford	111.8
Anne Arundel	122.1	Howard	131.5
Baltimore City	105.4	Kent	97.8
Baltimore Co.	111.3	Montgomery	130.9
Calvert	124.3	Prince George's	124.8
Caroline	100.7	Queen Anne's	117.7
Carroll	114.2	Somerset	87.0
Cecil	106.2	St. Mary's	112.8
Charles	125.2	Talbot	100.8
Dorchester	91.4	Washington	94.5
Frederick	116.8	Wicomico	97.2
Garrett	89.0	Worcester	97.1

Source: Maryland Department of Commerce; data for 2022.

Cost of Living Index for U.S. Metropolitan Areas
(average for all urban areas = 100.0)

Metro Area	Index
<i>Baltimore, MD</i>	100.4
Middlesex-Monmouth, NJ	115.6
Chicago, IL	115.1
Philadelphia, PA	103.3
Portland, OR	116.6
Alexandria, VA	124.1
Arlington, VA	135.1
San Diego, CA	145.3
Seattle, WA	145.1
Stamford, CT	127.3
Boston, MA	145.9
San Francisco, CA	166.8
New York (Manhattan), NY	230.6

Source: C2ER Cost of Living Index, 2024 Q1 – 2024 Q3
Annual Average Data.