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Front Cover: Miami Beach, Fla.

nation's largest city, New York is also the leading center for business, entertainment, fashion, publishing and printing. Most people think of New York as Manhattan, but there are actually four other boroughs. These are Brooklyn, Queens, Bronx, and Richmond (Staten Island). All boroughs except Richmond are connected by a vast underground rapid transit system on which the visitor can take a 236-mile ride for 50¢. The great port is the busiest in the world and ships of all countries handle 40% of America's trade. The harbor has the largest single-span suspension bridge in the world, the Verrazano-Narrows Bridge. New York has many educational institutions including the City University of New York and its branches, Columbia University, Cooper Union, Fordham University, Julliard School of Music and New York University. Among its many tourist attractions New York lists the Statue of Liberty, reached by boat from the Battery; Central Park; Lincoln Center, which includes the Metropolitar Opera House and Philharmonic Hall: the Empire State Building Observatory; and Rockefeller Center, St. Patrick's Cathe-

dral, and Metropolitan Museum of Art. The United Nations

complex on the East River is easily reached from the center

of town. Theaters, movie houses, shops and restaurants of-

NEW YORK, N.Y. (Population 7,895,563, alt. to 430 ft.) The

fer a breathtaking variety of entertainment, gifts and meals. EWARK, N.J. (Population 381,930, alt. to 225 ft.) Although it is considered part of the greater New York metropolitan area, Newark is a great city in itself and one of the nation's major seaports and manufacturing centers. Beautiful Branch Brook Park has many recreational facilities including boating and fishing, and cherry trees that burst into glorious bloom in April.

TRENTON, N.J. (Population 104,638, alt. 42 ft.) is the capital of New Jersey and rich in colonial history. It was here, on the day after Christmas in 1776, that Washington crossed the Delaware to surprise and defeat the Hessians. The city has many monuments, historical buildings and museums.

PHILADELPHIA, PA. (Population 1,950,098, alt. 45 ft.) The nation's fourth largest city combines past and present in an unusual blend of modern glass and steel skyscrapers, and narrow, cobblestoned streets with venerable houses. Here, in Independence Hall, the Declaration of Independence and the Constitution were signed, and the Liberty Bell is on view. One may roam the same streets Benjamin Franklin walked, or visit some of the finest museums and art galleries in the world, such as the Academy of Arts and Sciences, Historical Society of Pennsylvania, Franklin Institute, Philadelphia Museum of Art, and many others.

WILMINGTON, DEL. (Population 80,386, alt. 134 ft.) Although the city was first settled by the Swedes, the English took control of the colony and it was governed by William Penn. Its Quaker character is evident to this day. Home of E. I. du Pont de Nemours, and the location of the world's largest chemical companies and their laboratories. Horseracing at Delaware Park May to late July.

BALTIMORE, MD. (Population 905,759, alt. to 491 ft.) is the great economic heart of Maryland. It has a fine harbor for oceangoing vessels, and is a thriving industrial complex. Here at Fort McHenry during the War of 1812 the British attacked and "The Star-Spangled Banner" was written during the battle by Francis Scott Key. Home of the world-famous Johns Hopkins Medical Center. Many fine museums and galleries.

CAPITAL BELTWAY, MD. — Modern suburban station with convenient auto access to Maryland suburbs.

WASHINGTON, D.C. (Population 756,510, alt. to 310 ft.) The nation's capital is a cosmopolitan metropolis with a clean unhurried air: a city of broad avenues, majestic monuments spacious circles and sweeping vistas. Its chief attractions are, of course, the White House and the congressional buildings on Capitol Hill where the nation's Federal laws are made. This complex of buildings is situated in a lovely 131acre park. Other points of interest include the famous Lincoln, Washington and Jefferson Memorials and the Tomb of the Unknown Soldier in Arlington National Cemetery across the Potomac. Ford's Theatre where President Lincoln was shot has been renovated and restored to its original state. The city abounds in museums, the most famous of which is probably the Smithsonian Institution, the "nation's attic," which contains thousands of items and relics illustrating the country's history, progress and achievements.

After emerging from the tunnel (which goes underneath the Capitol) upon leaving Washington, you may see the Capitol, Washington Monument, and Jefferson Memorial on the right side.

ALEXANDRIA, VA. (Population 110,938, alt. to 50 ft.) This charming suburb across the Potomac River from Washington is really a city in its own right. Once it boasted such distinguished residents as George Washington and Robert E. Lee. A walking tour of old Alexandria is a delightful experience that provides both excellent sightseeing and interesting shopping in a genuine colonial atmosphere. North of Alexandria, you cross the Potomac River and pass by the Pentagon. Twenty minutes south of Alexandria, you will again see the Potomac.

QUANTICO, VA. (Population 1,000, alt. 35 ft.) One of the largest Marine Corps posts, and site of the Marine Corps Development and Education Command, Quantico is the home of the Marine Corps Museum, which traces the history of the Marine Corps from its origin in 1775 to the present. The Museum displays weapons, uniforms, accouterments and dioramas depicting various engagements in which the Marines participated. Quantico is on the Potomac River, 35 miles south of Washington, D.C.

FREDRICKSBURG, VA. (Population 14,308, alt. 40 to 69 ft.) is possibly the most historic city of its size in the country. It was officially founded in 1727, although settlers had built a fort here in 1676. Fredericksburg was the last home of George Washington's mother and the home of his only sister (Betty Washington Lewis) whose mansion, Kenmore, is a beautiful example of 18th century Georgian manor house and gardens. George Washington was initiated as a Mason in 1752 at the Masonic Lodge, which survives and is open to the public, as is the first law office of James Monroe, and other fascinating colonial structures. Crucial Civil War battles fought in and around the city are commemorated in the Fredericksburg and Spotsylvania National Military Park.

RICHMOND, VA. (Population 249,430, alt. 312 ft.) Capital of Virginia and one of the most important industrial and intellectual centers of the South. Richmond, capital of the Confederacy, is so rich in history that it would take several

days to cover even the highlights: Lee House, John Marshall House, Museum of the Confederacy, the Edgar Allan Poe Museum, University of Richmond and Union Theological Seminary. The Virginia Convention met at St. John's Church in 1775. It was here that Patrick Henry made his famous speech, "Give me liberty or give me death."

PETERSBURG, VA. (Population 36,103, alt. 100 ft.) Although Petersburg is a bustling tobacco and manufacturing center, its place in history was won during the long seige of Richmond by General Grant. The Petersburg National Battlefield includes many miles of the original earthworks constructed by both armies during the months of bitter trench warfare.

From Petersburg to Savannah, Amtrak's Florida trains use two different routes. Check your timetable to determine which route your train will follow. If your train operates via Charleston, resume reading at entry for "Rocky Mount, N.C."

RALEIGH, N.C. (Population 121,577, alt. 352 ft.) Named in honor of Sir Walter Raleigh, this state capital was founded in 1792 and planned to become the "Unalterable seat of government" for North Carolina by a state convention in 1788 Andrew Johnson, 17th President, was born in Baleigh, His modest birthplace is now on the North Carolina State University's Raleigh campus. An educational and cultural center, Raleigh has several colleges and universities, noted Museums of Art and Natural History. The Nuclear Reactor Building, first facility of its kind to be devoted exclusively to development of the atom for peaceful purposes, and the first to be open without restriction to the public, is decidedly worth visiting.

SOUTHERN PINES, N.C. (Population 5,937, alt. 550 ft.) Favored by a dry, bracing climate, Southern Pines is a famous year-round resort. It is noted for the many fine homes and estates among the beautiful, long-leaf pines. Southern Pines is a mecca for golfers-there are fifteen renowned coursesand several important tournaments are played here annually. Horseback riding, hunting, sailing and tennis are other popular sports. Southern Pines' attractive natural surroundings are further enhanced by the 403-acre Weymouth Woods (Sandhills Nature Preserve) which is one mile southeast

HAMLET, N.C. (Population 7,000, alt. to 300 ft.) is that special kind of American community known as a "railroad town." It is complete with a railroad yard and all the impressive equipment needed to keep the trains on the right track. Hamlet also has diversified industry, including furniture factories and a weaving mill.

CAMDEN, S.C. (Population 8,532, alt. 222 ft.) was settled by Irish Quakers in 1750 and named Pine Tree Hill. The name was changed in 1768 in honor of Lord Camden, friend of the colonies. Fourteen revolutionary battles were fought within a radius of 30 miles and "Historic Camden," an authentic restoration of the original town, is now being developed. Contemporary Camden is a popular center for horse shows, steeplechases and flat races. There are 200 miles of bridle paths and country roads, plus three racetracks and a polo field. The Carolina Cup Steeplechase is run here every year on the Springdale course, considered one of the finest steeplechase plants in the country.

COLUMBIA, S.C. (Population 113,542, alt. 260 ft.) was de-

creed the state capital in 1786. The University of South Carolina opened here in 1805 and now has a 56-acre campus in Columbia. When General Sherman entered Columbia in 1865, the city was almost entirely destroyed by fire. Today, rebuilt, Columbia has a handsome State House, impressive churches and a notable Museum of Art and Science.

ROCKY MOUNT, N.C. (Population 34,284, alt. 121 ft.) Settled in 1818, this Southern industrial center is a major market for leaf tobacco. Cotton, corn and peanuts are grown here. WILSON, N.C. (Population 29,347, alt. 145 ft.) Lays claim to being the largest bright-leaf tobacco market in the country. Between mid-August and November, auctioneers sell thou-

sands of pounds of tobacco per hour. FAYETTEVILLE, N.C. (Population 53,510, alt. 153 ft.) At the head of navigation on the Cape Fear River, Fayetteville is North Carolina's farthest inland port. Its First Presbyterian Church, erected in 1816, is considered one of the finest examples of the classic colonial style of architecture in the South. Fort Bragg and its famed 82nd Airborne Division also make their homes here.

FLORENCE, S.C. (Population 25,997, alt. 137 ft.) became an important rail junction around the middle of the last century. Each spring a Beauty Trail of flowers and gardens is clearly marked. The famous Air and Missile Museum a few miles outside of the city has a fine display of planes, missiles and

CHARLESTON, S.C. (Population 66,945, alt. 13 ft.) One of the oldest and most picturesque cities in America. Situated on a splendid harbor, it has lovely walks and drives lined with palmettos, from which can be seen busy waterfront traffic composed of all kinds of vessels from steamers to sailboats. The city is especially noted for quaint older homes with walled gardens entered through iron gates. Plantation gardens in the surrounding countryside are world famous, and offshore is a lovely group of sea island resorts.

YEMASSEE, S.C. (Population 750, alt. 10 ft.) Joe Frazier, former heavyweight boxing champion, makes his home at Bruton Plantation nearby, and South Carolina's sea islands are but a scant 40 miles away. During the Civil War, General Sherman burned the town, and the area is rich in history and lore going back to the time of the American Revolution.

SAVANNAH, GA. (Population 118,349, alt. 43 ft.) The first settlement in Georgia was established here in 1773 by General James Edward Oglethorpe and his group of English settlers. Since then, a succession of Portuguese, Spanish, German, Scottish and other immigrants has added flavor and atmosphere to the life of the city. Savannah has preserved its older buildings. The old Commercial Center at Factors Walk has also been preserved. The streets are laid out on a spacious scale, and a cobblestoned riverfront with tree-shaded squares makes this a truly beautiful Southern metropolis. Besides its many fine museums, galleries libraries and shops, Savannah is blessed by Savannah Beach on nearby historic Tybee Island, a delightful resort with a pleasantly mild climate.

THALMANN, GA. (Population 3,558, alt. 50 ft.) is just 20 minutes from Georgia's largest coastal resort area, Golden Isles-the lovely and historic islands of St. Simons, Jekyll and Sea Island. Fort Frederica on St. Simons Island, built on this continent.

JACKSONVILLE, FLA. (Population 528, 865, alt. sea level to 140 ft.) refers to itself as the "bold New City of the South," and with good reason. Although it is surrounded by historical and recreational attractions, it is hardly a typical Florida resort. Its strong points are industry and business, and many national firms have their regional offices here. In addition to its cosmopolitan character, there is evident much of the culture and hospitality of the deep South. And there is much to see and do: a variety of entertainment and outdoor sports, theaters, parks, a zoo, art galleries, lovely beaches and sunny skies. And the gamefishing is among the best in the world. The 'Gator Bowl football game is played here in

DE LAND, FLA. (Population 11,641, alt. 27 ft.) This small city is situated in a region of many lakes. Huge oaks line the streets, and many are hung with moss creating a picturesque effect. De Land is the home of Stetson University where the L. L. Rice Planetarium offers periodic showings November

SANFORD, FLA. (Population 17, 393, alt. 30 ft.) The first permanent settlement was established here in 1836, when Federal troops were stationed on the banks of Lake Monroe to protect settlers from Indian attacks. Industry is modern, diversified and relatively free of pollutants. Fishing in Lake Monroe is superb.

WINTER PARK, FLA. (Population 21,895, alt. 100 ft.) An ideal subtropical climate, elegant shopping areas, and many cultural facilities have earned this picturesque community the title of "City of Gracious Living," Its unique waterways connect a chain of lakes which provide excellent freshwater fishing. The Ben White Raceway is the winter home of fine trotters and pacers. And the fabulous Walt Disney World is a mere 20 minutes away.

ORLANDO, FLA. (Population 99,006, alt. 111 ft.) Situated in the heart of the lake country, Orlando offers many opportunities for recreation and sport. The city's Sunshine Park features an auditorium, tennis, shuffleboard, lawn bowling,



croquet and horseshoes. The Sanford-Orlando Kennel Club holds dog races every night of the 120-day winter season. The annual \$150,000 Citrus Open Gulf Tournament also takes place here. The Minnesota Twins hold spring training at Tinker Field. Walt Disney World is only 15 miles from Orlando, Circus World, Cypress Gardens and Sea World



LAKELAND, FLA. (Population 41,550, alt. 227 ft.), as its name implies, has 13 lovely lakes within the city limits. The annual Orange Cup Regatta, held around February 1, has resulted in many world speed records. Florida Southern College houses the largest architectural collection in the world by the late Frank Lloyd Wright. The new \$9 million auditorium has established Lakeland as a convention center.

TAMPA, FLA. (Population 277,767, alt. to 72 ft.) There is a lively Latin section called Ybor City here which is one of Tampa's greatest attractions. The leading cigar factories of the United States are here, and plants manufacture everything from wire and cable to citrus and beer. Tampa has year-round swimming at superb beaches, greyhound racing from September through early January, jai alai, spring training with the Cincinnati Reds, the University of Tampa, museums and an amusement park. It is also the home of Florida's second-largest tourist attraction, Busch Gardens, a 300-acre complex themed "Experience Africa."

CLEARWATER, FLA. (Population 52,074, alt. 29 ft.) Primarily a year-round resort city, Clearwater overlooks the Gulf of Mexico and boasts a beautiful, broad, white sand beach. The International Snipe Regatta, held every March, has gained worldwide fame. The harbor has a large sailing fleet including charter fishing boats.

ST. PETERSBURG, FLA. (Population 216,232, alt. to 45 ft.) Once known as the "last resort" of senior citizens, St. Petersburg began a vigorous campaign to change its image. The town fathers emphasized St. Petersburg's constant activities, educational opportunities, sports and fishing. Now there is a thriving industrial belt on the city's outskirts, and new arrivals include many young people attracted to St. Petersburg's beautiful beaches, palm-lined shore drive and one-mile-long Waterfront Park. The N.Y. Mets and St. Louis Cardinals train here. There is excellent golf, horseback riding, greyhound racing (late December through March), and

thoroughbred racing (mid-January through mid-March).

WALDO, FLA. (Population 840, alt. 170 ft.) The site of Waldo has been occupied since 1830, when a plantation was established there, but the town did not incorporate itself until 1907. Outdoor life focuses on the Waldo Canal which leads to Lake Alto, where the favored sports are water skiing and boat races. Closest Amtrak point to Gainesville.

OCALA, FLA. (Population 22,583, alt. 104 ft.) Moss-draped oaks and stately Southern mansions line many streets of this industrial and resort city, well known among horse breeders for its excellent thoroughbred stables and farms. Nearby is famed Silver Springs where crystal-clear waters can be viewed from glass-bottom boats, live deer abound and reptiles are de-fanged for spectators. A museum pictures early Americana and "Six-Gun Territory" offers an amusement park atmosphere. Ocala National Park has 360,000 acres of swimming, boating, fishing and camping.

WILDWOOD, FLA. (Population 2,500, alt. 170 ft.) is a popular that provide fine piscatorial sport. The lakes have such interesting names as Lake Panascosskee, Lake Miona and Lake Okahumpka. The Dade Memorial Battlefield is a prominent Wildwood landmark.

WINTER HAVEN, FLA. (Population 16,136, alt. 180 ft.) Sixteen of this city's 100 lakes are connected by canals to form a 30-mile waterway stocked with fish and steeped in aquatic pleasures. The Boston Red Sox train here every spring. Winter Haven is the home of famed Florida Cypress Gardens, one of the state's most outstanding attractions. Pathways lead through incredibly colored gardens along which stroll models in "Southern belle" gowns. Electric boats cruise along canals and each day is highlighted by exciting water ski exhibitions in a 1,000-seat, all-weather stadium. Cypress Gardens has been the scene of countless Hollywood films.

SEBRING, FLA. (Population 7,223, alt. 160 ft.) The annual International Grand Prix Sports Car 12-Hour Endurance Race is held here in mid-March. (Make hotel reservations early.) Nearby is Highlands Hammock State Park, 3,800 acres of jungle, exotic vegetation and mirror pools. Roads and trails are well marked. Exhibits and guided tours.

WEST PALM BEACH, FLA. (Population 57,375, alt. 18 ft.) The Atlanta Braves do their spring training here. Lucky residents and vacationers can spend the entire year enjoying the balmy weather and complete resort facilities. Nearby is not-to-be-missed Lion Country Safari game preserve—a fivemile drive in a simulated African veldt past live lions, elephants, giraffes, etc. (Keep your windows closed: no convertibles allowed. Cars can be rented at the entrance.) Here also you can take a boat ride through a lagoon replete with hippopotamuses, camels, monkeys and other animals. Open daily. The new Municipal Auditorium features everything from ice shows to circuses. Also see the Henry Flagler Museum, and the Science Museum and Planetarium featuring daily programs.

DELRAY BEACH, FLA. (Population 19,336, alt. 19 ft.) offers one of Florida's finest stretches of ocean beach, plus golf, tennis, boating, deep-sea fishing and other water sports. The annual "Delray Affair," a showcase for a great many local artists, is held the first weekend after Easter. The Delray Beach Playhouse is open November through April. Nearby Laka Ida is a water-skiing center.

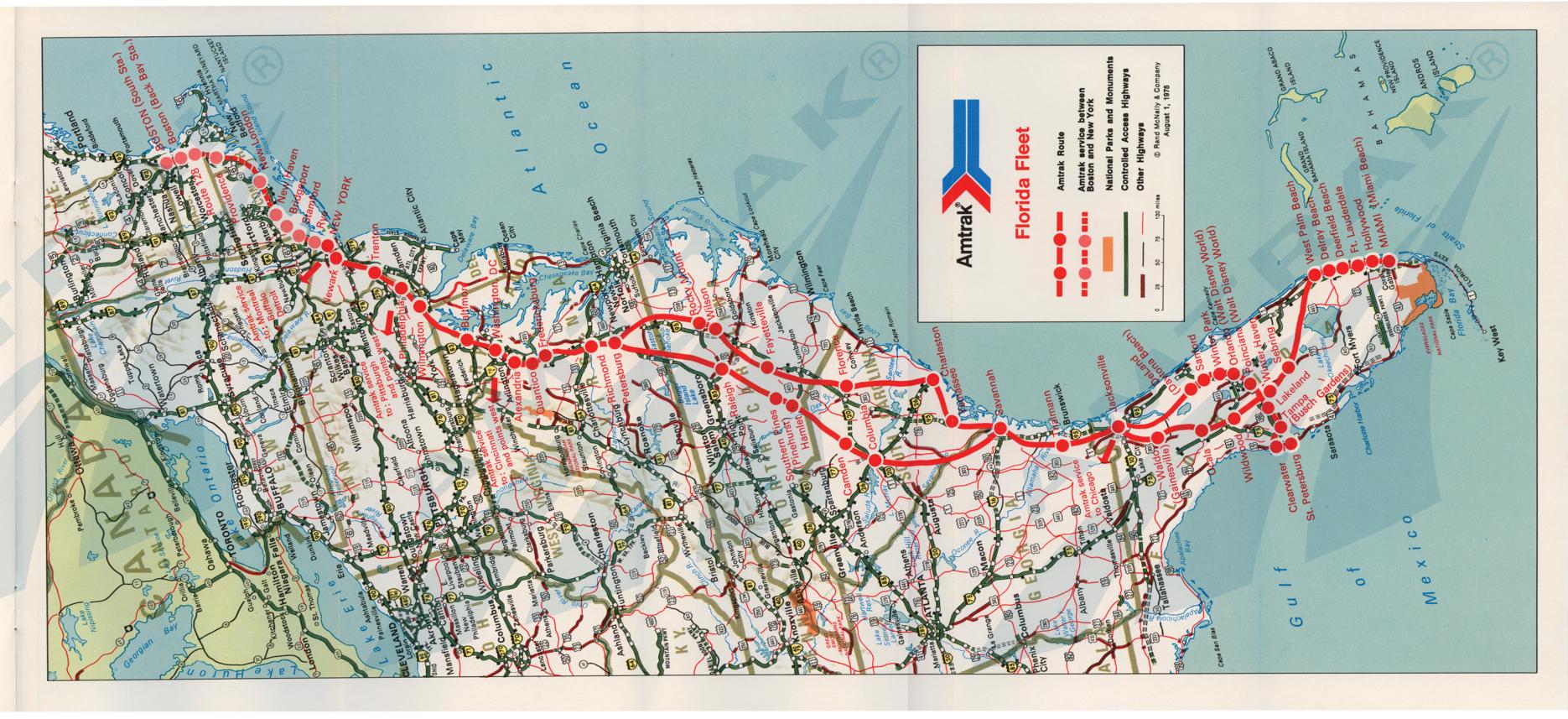
table farms in the vicinity, Deerfield Beach is situated on the Atlantic Ocean, 38 miles north of Miami.

ing shops and boutiques. Tennis, golf, deep-sea fishing and

HOLLYWOOD, FLA. (Population 106.873, alt. to 7 ft.) In the Under the Stars.

MIAMI, FLA. (Population 334,859, alt. to 20 ft.) The name in advance. Spring, summer and fall offer excellent values.

Thank you for traveling Amtrak!



DEERFIELD BEACH, FLA. (Population 17,130 alt. 15 ft.) Primarily an agricultural center for the lush citrus and vege-

FORT LAUDERDALE, FLA. (Population 139,590, alt. to 7 ft.) An elegant city of islands interlaced by rivers, inlets, bays, man-made canals and waterways. Many sun lovers come here in November and stay until May or June. Easter time brings thousands of college students to cavort on the 6 miles of unbroken beach. The Yankees spring-train here. Things to do and see: Ocean World - alligator wrestling, trained porpoise and sea lion acts; Pirates World - amusement center with rides and entertainment for the young; Jungle Queen - 3-hour sightseeing cruise around the city's waterways. Horseracing at Pompano Park (harness) and Gulf Stream (flat). Fine restaurants and night spots. Interest-

water sports abound. heart of Florida's Gold Coast, midway between Miami and Fort Lauderdale, this seaside resort was initially hacked from a palmetto jungle in 1921. Often called Florida's "golfingest" city because it has 17 courses. Nearby are the trotters, greyhound racing and jai alai. Excellent deep-sea fishing. Philharmonic Orchestra plays at the Beach Theater

Miami derives from a Calusa Indian word meaning "big water." Miami today is enormously big in just about everything that spells vacation fun and entertainment. It also offers a myriad of sports activities. For a great many people it is the vacation capital of America and the world. It has everything from glittering shows featuring the most famous entertainers to poolside bars and sauna baths for the morning after. Suggested things to see and do: Miami Wax Museum; Vizcaya, a fabulous Italian-style palazzo furnished with European treasures: Miami Seaguarium, home of television's "Flipper" and much exciting aquatic activity; Monkey Jungle, 22 miles south, where the monkeys run wild and spectators are in cages; Parrot Jungle, 11 miles south; and the miles of luxury hotels fronting on the ocean in Miami Beach, just across Biscayne Bay. Horseracing at Hialeah, Tropical and Gulfstream. The annual Orange Bowl Festival takes place here mid-December to mid-January, highlighted by the Orange Bowl Football Classic. During the peak winter season, reservations should be made well

in 1736, is the largest fortress constructed by the British

January. From Jacksonville, Amtrak's Florida trains offer two routes for Miami passengers; the eastern one via

Orlando and the western, via Wildwood. Check your timetable to determine which route your train will

through March. Closest Amtrak point to Daytona Beach.

Busch Gardens, Tampa, Florida.