



University of Maryland
CENTER FOR ENVIRONMENTAL SCIENCE
APPALACHIAN LABORATORY

**Appalachian Laboratory (AL) Community Resource
Guide**

September 2023

The purpose of this guide is to provide information on the resources available in the community surrounding the Appalachian Laboratory. The guide is not intended to serve as an official recommendation or endorsement of any organization, business, event, or activity and while attempts have been made to create a comprehensive guide, it does not claim to represent a complete listing of all options available within the community. The guide will be updated on a regular basis; however, it may not reflect recent changes in availability. Please contact Rhonda Schwinabart, Coordinator of Outreach, at rschwinabart@umces.edu or 301-689-7102 (ext. 7102 in the Lab) with any questions related to community resources.

About the area:

The Appalachian Laboratory of the University of Maryland Center for Environmental Science (UMCES) is located in Frostburg, Maryland, approximately 145 miles from Pittsburgh, PA; Washington, DC; and Baltimore, MD. With both the Appalachian Laboratory and Frostburg State University (FSU) located within town limits, Frostburg is a small college town set within rural western Maryland. Cumberland, MD, with a population of almost 19,000 is the nearest small city.

Frostburg experiences all four seasons and the associated weather for each, which means snow and ice in winter and heat and humidity in summer. Temperatures in January can range from the 20s (F) to low 30s (F), with some lows dipping into the single digits, and in the summer, high temperatures are usually in the mid to upper 80s (F). Snowfall varies annually, but average snowfall is around 55 inches (source: <https://www.frostburg.edu/personal/latta/weather/>) . Visit FSU professor [Dr. Greg Latta's Frostburg Weather Information Page](#) to learn more about local weather.

Housing options:

The Appalachian Laboratory does not offer on-campus housing, and so, all faculty, staff, students, postdocs and visitors must find housing in the local community. Those searching for rental housing should keep in mind that most of the rental properties in Frostburg are designed with undergraduate students in mind and are concentrated near the FSU campus. Additionally, there is a mix of apartments in newer apartment buildings and older renovated houses available for rent within the town limits.

[Student housing options document](#)

Rental Information:

[Apartments.com](#)- links to Frostburg area rentals.

<https://www.forrentuniversity.com/Frostburg-State-University>

[City of Frostburg owners and agents contact list](#)

[City of Frostburg Renter's Information and Resources](#)

Real Estate Agents:

[Allegany County Chamber of Commerce listing](#)

Transportation:

Frostburg and the surrounding area has limited public transportation options available. Faculty, staff, students, postdocs and visitors will find it challenging to travel to campus or to complete daily tasks such as grocery shopping without a driver's license and personal vehicle.

Maryland Motor Vehicle Administration:

Information for international drivers:

<https://mva.maryland.gov/drivers/Pages/international-applicants.aspx>

Information for those with out-of-state driver's licenses and vehicle registrations:

<https://mva.maryland.gov/about-mva/Pages/new-to-maryland.aspx>

The Appalachian Laboratory does not require students, employees or visitors to purchase a parking pass for on-campus parking during the workday, although all are asked to register vehicle information with the Business Office to obtain a free pass.

Closest international airports:

Pittsburgh International Airport- 145 miles from Frostburg

Baltimore Washington Thurgood Marshall International Airport (BWI Marshall)- 149 miles from Frostburg

Dulles International Airport- 138 miles from Frostburg

Ronald Reagan National International Airport- 148 miles

Shuttles:

BayRunner- provides shuttle service between Frostburg and points east, including BWI Marshall. As of June 2021, a one-way ticket from BWI to Frostburg costs \$65 per person. Tickets must be booked in advance. This service is not available for the other airports listed above.

Train:

There is an [Amtrak station with limited rail service in Cumberland, MD](#), approximately 12 miles from the Lab. The station is a stop on the Capital Limited between Washington DC and Chicago. There is also limited service available to BWI airport. The train traveling east departs in the morning around 9am, and the train traveling west from DC arrives after 9pm, although these schedules are often disrupted due to the heavy volume of freight train traffic in the area. Because of the schedule disruptions and limited service options, Amtrak is mostly used by vacationers and those hiking the Great Allegheny Passage (GAP) trail who are participating in Amtrak's "Bring Your Bike Onboard the Train" service.

Local transportation options:

Allegany County Public Transit: <http://www.alleganygov.org/1634/Bus-Schedule>

[Enterprise Rent-A-Car](#)

[Hertz](#)

Lyft (region = Hagerstown)- Offers rides in western Maryland, but a ride from Frostburg to LaVale is estimated to cost \$35-\$42.

Uber (region= Baltimore-Maryland)- App indicates availability but does not seem to support a cost estimate function. Costs would most likely be similar to Lyft.

Utilities:

As with transportation, there are limited options for high speed internet and cellular services in western Maryland. While service exists in the Frostburg area, it may not be as fast as services used elsewhere in the more urban parts of the United States.

Cellular phone service providers:

US Cellular

AT&T

T-Mobile/Sprint- Based on coverage maps, coverage is spotty in some parts of Allegany and Garrett Counties and in neighboring parts of West Virginia

Verizon- Based on coverage maps, coverage is spotty in some parts of Garrett County, MD and neighboring parts of West Virginia

Internet/Cable providers:

Atlantic Broadband (Cumberland)

XFINITY (Frostburg)

Medical and Mental Health Services:

[UMPC- Western Maryland](#)- hospital located in Cumberland, MD

[UMPC- Urgent Care Frostburg](#)

[UMPC Primary Care](#) - offers links to available primary care facilities in the area

[UMCES Mental Health Services list](#)

Students employed by UMCES through an assistantship can also make use of the [Employee Assistance Program](#).

Other Services:

[Allegany County HRDC](#) - HeadStart, senior centers, affordable housing, income assistance

[Allegany County Health Department](#)

[Allegany County Department of Social Services](#)

[Allegany County Government](#)

[Frostburg City Government](#)

[Recycling Programs](#)

[Maryland 211](#)- searchable online database for a variety of services in the state

[Path2Health](#)- searchable online database of national resources

K-12 schools (approved through Maryland State Department of Education)

[Allegany County Public Schools](#)

Beginnings Montessori School

111 Washington Street
Cumberland 21502
(301) 722-2220
Kindergarten and Grades 1 through 6

Bishop Walsh School

700 Bishop Walsh Road
Cumberland 21502
(301) 724-5360
Kindergarten and Grades 1 through 12

Arts and Entertainment

[Allegany Arts Council](#)

[Frostburg State University Cultural Events Series](#)

[Frostburg State University Department of Theatre and Dance](#)

[Frostburg State University Department of Music](#)

[Frostburg State University Planetarium](#)

[Cumberland Theatre](#) - a regional professional theatre in Cumberland, Maryland.

[Palace Theatre](#) - independent movie theatre located on Main Street in Frostburg that hosts independent, classic or documentary films.

Outdoor recreation

Garrett and Allegany Counties in Maryland offer a wide variety of outdoor recreation options, including hiking, cycling, downhill and cross country skiing, boating, fishing, white water rafting, and much more.

[Frostburg City Recreation Facilities](#)

Maryland State Parks (Allegany and Garrett Counties)

- [Rocky Gap State Park](#)
- [New Germany State Park](#)
- [Swallow Falls](#) and [Herrington Manor State Parks](#)
- [Dan's Mountain State Park](#)

[Deep Creek Lake Recreation Area](#) - boating, fishing, downhill skiing (includes a state park)

[Youghiogheny Wild River Natural Environmental Area](#) - world renowned whitewater boating

[Garrett Trails](#) - provides information on trails in Garrett County parks, forests, and other public lands

[Great Allegheny Passage](#) - hiking and biking trail from Cumberland to Pittsburgh, PA. Links with the C&O Canal Towpath in Cumberland to create a trail from Washington, D.C. to Pittsburgh, PA

[C&O Canal National Historical Park and Towpath](#)

[Green Ridge State Forest](#)

[Mexico Farms Equestrian Center](#)

[Searchable outdoor activity directory from the Mountainside of MD](#)

Libraries

In addition to the UMCES Library Services, there are two local libraries or library systems available:

[Frostburg State University Lewis J. Ort Library](#)

[Allegany County Library System](#)

Shopping

There are limited retail options available locally. Most residents shop online or travel to retail centers in Morgantown, WV; Altoona, PA; or Hagerstown, MD, all of which are within about an hour's drive of Frostburg. Retail options in Frostburg include a number of small businesses and a few regional and national chain stores.

[Save-a-Lot](#) (grocery)

[Weis Market](#) (grocery)

[Walgreens](#) (pharmacy)

[Wholesome Harvest Food Co-Op](#)

[Downtown Frostburg store directory](#)- Frostburg offers a number of locally owned speciality shops that sell everything from vintage clothing to records.

The following retail stores are located in LaVale, MD, approximately 10 miles from the Laboratory:

[Country Club Mall](#)- TJ Maxx, Bath and Body Works, and Walmart, among other stores.

[Kohl's](#)- retail

[Lowe's](#) – home improvement

[Ollie's Bargain Outlet](#)- discount retail

[Gabe's](#)- discount retail

[Big Lots](#) – discount retail

Martin's – grocery

Farmers markets are also held in both Frostburg

(<https://www.mdmountainside.com/frostburg-farmers-market>) and Cumberland

(<https://www.mdmountainside.com/downtown-cumberland-farmers-market>) from May to October.

Restaurants

[Allegany County](#)

[Frostburg](#)

Religious

[Mountainside of Maryland Directory of Religious Groups and Institutions](#)

Business Directories (including banks, beauty and haircare and more):

[Allegany County Chamber of Commerce Directory](#)

[Frostburg First Directory](#)