The SOUTHWEST VIRGINIA HEART OF APPALACHIA region is known for the rugged beauty of its landscapes, culture and people. The Appalachian culture is an authentic and distinctive part of Virginia, and this region is the best place to experience it. Travelers will enjoy exploring picturesque mountain towns that are deeply rooted in history and heritage. Music is celebrated along The Crooked Road, which travels to mountain-music venues for some serious flat-footing, fast fiddling and banjo tunes. Outdoor enthusiasts will keep busy exploring places like Burke’s Garden, Spearhead Trails, Cumberland Gap National Park, High Knob, Natural Tunnel State Park, the Clinch River or Breaks Interstate Park.

**HEART OF APPALACHIA**

- **Your gateway to the Heart of Appalachia is the fabled BACK OF THE DRAGON.** Route 16 is an estimated 438 curves of “knee-dragging fun” for anything on wheels, with spectacular views along its 32-mile length. Bring your motorcycle, scooter or the family sedan to experience this iconic ride.

- **EXPLORE THE COMMUNITY** of Burke’s Garden. Known as “God’s Thumbprint,” Burke’s Garden is nestled in Virginia’s highest valley, an almost circular highland made of limestone. Have lunch at Mattie’s Place, then rent a bike and ride the rolling 12-mile loop at the mid-dam. Explore the 18th-century cemetery or take the Forest Service road up to the Appalachian Trail for stunning views into the valley.

- **TAKE THE FUN TO A WHOLE NEW LEVEL** on a zipline 100 feet above the Russell Fork River Gorge at Breaks Interstate Park. In 2017, the park added 2,000 feet of zipline to the dazzling array of sports, activities, camping and concerts available in this spectacular setting astride the border between Southwest Virginia and Kentucky.

- **BOOK A TOUR** to see wild elk in their natural habitat. In 2012, elk were reintroduced to southwest Virginia after a 150-year absence and they are thronging. Guided tours booked through Breaks Interstate Park or Southern Gap Outdoor Adventures take visitors to see these majestic animals from March to May and from August to October.

- **THE RALPH STANLEY MUSEUM** and Traditional Music Center in Clintwood is an immersive look at the life and work of a pioneer in country music. The museum is a stop on The Crooked Road, a music heritage trail of 330 miles, nine major venues and over 60 affiliated venues and festivals.

- **KEEP AN EYE OUT FOR THE WOODBOOGER.** Southwest Virginia’s own Sasquatch, Norton is Woodbooger Central, where you can attend the Woodbooger Festival the first week of October, or stop at the Woodbooger Bar and Grill for a giant salmon burger and bacon cheese fries.

- **Head on over to BIG STONE GAP.** Look down into the valley from Powell Gap Overlook, and get tickets for the outdoor drama, “The Trail of the Lonesome Pine,” at the June Tolliver Playhouse. Read the best-selling novel, “Big Stone Gap,” by native Adriana Trigiani and find the landmarks in town where the star-studded movie was filmed.

- **TRAVEL IN DANIEL BOONE’S FOOTSTEPS** at Wilderness Road State Park, where camping, biking, horseback riding and living history interpretations take you back to 1775, when the southwestern tip of Virginia was the gateway to the West.

- **GET YOUR HIKING GEAR** and head into Scott County. Natural Tunnel State Park features a limestone tunnel so large that trains run through it. Hike or mountain bike the trails to the cave floor and overlooks, then reward yourself with a relaxing float on the Clinch River.

- **Before you leave Scott County, catch a concert and do some dancing at the CARTER FAMILY FOLK, near Hiltons.** The legendary Carters helped bring traditional mountain music into the mainstream, and daughter June, a talented artist in her own right, was married to and performed with Johnny Cash.

- **EXPLORE A MAZE OF sandstone slot canyons in Great Channels Natural Area Preserve, part of Channel’s State Forest in Russell and Washington counties.**

- **VISIT THE ICE AGE MASTODON** at the Museum of the Middle Appalachians in Saltville and see how salt has affected the story of the region from prehistory through the 21st century.

- **MAKE ST. PAUL YOUR ATV HEADQUARTERS** for over 400 miles of Spearhead Trails. One use permit is good for the whole year. This incredible multi-use trail system is open to dirt bikes, mountain bikes and hikers. You can even do your shopping in St. Paul from the back of your ATV.
The Virginian: A Novel 1954

[Image 762x46 to 1096x204]

[Image 762x52 to 785x66]

[Image 869x532 to 1115x706]

[Image 983x195]
MOUNTAIN HERITAGE MUSEUM
16942 Russell St., St. Paul 24283
276-762-7500; mountainheritagemuseum.org
Coal mining, logging, railroad, farming, Civil War, Native American artifacts. 

OXBOW LAKE
16345 Bush Dr., St. Paul 24283
276-762-5297; atpaula.org
Fishing lake for non-motorized boats, boat ramp, hike/hike trails, picnicking. 

SPEARHEAD TRAILS/MOUNTAIN VIEW OHY TRAILS
3028 4th Ave. Market Sq., St. Paul 24283
276-220-9875; spearheadtrails.com
Trailhead in St. Paul. Over 100 miles maintained scenic OHV/ATV trails. 

ST. PAUL RAILROAD MUSEUM
1644 Russell St., St. Paul 24283
276-762-5279
facebook.com/StPaulVirginiaRailroadMuseum
Built in the 1890s, features St. Paul art and artifacts. Saturdays 10am-noon and by appointment. 

SUGAR HILL & CLINCH RIVER TRAILS
16345 Bush Dr., St. Paul 24283
276-762-5297; atpaula.org
Hiking trails along scenic Clingh River with rare birds. Great canoeing. 

WETLANDS ESTOMOA LEARNING CENTER
3126 Deacon Dr./4th Ave., St. Paul 24283
276-988-7250; visittazewellcounty.org
300-acre recreation area. Hiking, fishing, picnic shelter, camping and cabin rentals. 

POCAHONTAS CEMETERY
Route 102, Pocahontas 24635
276-945-9522; visitpocahontas.org
Features graves of over 114 coal miners killed in an explosion in 1884. 

POCAHONTAS EXHIBITION COAL MINE & MUSEUM
Rt. 55, 215 Shop Hollow Rd.
Pocahontas 24655
276-945-2154; pocahontasva.org
First exhibition coal mine in the U.S.; National Historic Landmark. $ 

SANDERS HOUSE
200 Sanders Ln., Bluefield 24605
276-322-4626; visittazewellcounty.org
Historic house preserving aspects of the past. Tours and events. 

TOWN OF TAZEWELL AQUAPARK
543 East Riverside Dr., Tazewell 24606
276-988-5404; townoftazewell.org
Exciting water playground at Lincolnshire Park. $ 

TRAILHEAD UTY ADVENTURES
465 Miner’s Park Ln., Bluefield 24605
276-322-4626; trailheadadventures.net
Polaris RZR rentals for trail riding plus cabins, RV sites. 

WISE COUNTY
INCLUDES APPALACHIA, BIG STONE CAP, COEBURN, NORTON, POUND, ST. PAUL
WISE COUNTY & CITY OF NORTON CHAMBER OF COMMERCE
765 Park Ave., Norton 24273
276-679-0890; visitwiseunited.org
Promoting tourism, economic development and quality of life. 

WISE COUNTY CHAMBER OF COMMERCE
206 E. Main St., Norton 24273
276-679-1325; townofnortonva.com
Regional business, activities, attractions, lodging, events information in historic location. 

GEORGE WASHINGTON AND JEFFERSON NATIONAL FOREST TRAILS
Ranger Station, 1700 Park Ave. SW
Norton 24273
276-679-8370; 276-679-0961
fs.usda.gov/activity/gwj/recreation
Snowmobile trail system with varying lengths and intensities. 

GUEST RIVER GORGE
State Rt. 72 from Coeburn to entrance of trail Swede Tunnel, Ranger Station, 1700 Park Ave. SW.
Norton 24273
276-679-8370; 276-679-0961
fs.usda.gov/activity/gwj/recreation
5.8-mile ‘rails to trail’ recreation area, formerly a Norfolk & Southern Rail coal haul line. 

HIGH KNOB OBSERVATION TOWER AND RECREATION AREA
Rt. 619, Norton 24293
276-328-3231; visitwiseunited.org
Panoramic views of 6 states from observation tower.

LAY’S HARDWARE CENTER FOR THE ARTS
409 East Front St., Coeburn 24230
276-395-5001; layshardware.com
Jam sessions, Friday night bluegrass and dancing. Art/craft classes/exhibitions. 

LONESOME PINE RACEWAY
10800 Norton-Coeburn Rd., Coeburn 24230
276-395-5061; lonesomerinerapecway.com
Stock car racing on 3/8-mile oval track. NASCAR racing series. $ 

COEBURN TRAIN DEPOT
502 Front St. E, Coeburn 24210
276-395-3333; townofcoeburn.com
Restored train depot over 100 years old; VA LOVE photo-op. 

DERBY COAL CAMP
Derby Rd., Appalachia 24216
276-523-6266
swvmuseum.org/coalcamps
1920s coal camp built by mining company. 

POCAHONTAS EXHIBITION COAL MINE & MUSEUM
Route 102, Pocahontas 24635
276-945-9522; visitpocahontas.org
Features graves of over 114 coal miners killed in an explosion in 1884.

CAMP BETHEL
9050 Camp Bethel Rd., Wise 24293
800-359-4049; campbethel.com
85-acre wooded area, lake, climbing wall and camping. Authentic log cabin building.

CIVIL WAR MONUMENT & RED FOX TRAIL TO KILLING ROCK
Top of Jenkins Mountain, take Rd. 35 and follow trail signs., Pound 24279
276-328-8321; visitwiseunited.org
Red Fox was a legendary bad-man immortalized in plays, storytelling.

ST. PAUL RAILROAD MUSEUM
16345 Bush Dr., St. Paul 24283
276-762-5297; stpaulva.org
Historic house preserving aspects of the past. Tours and events. 

POWELL VALLEY OVERLOOK
Lt. Hobbs Way, Big Stone Gap 24219
276-328-3231; visitwiseunited.org
Scenic overlook offering sweeping vistas of Powell Valley and High Knob.

LITTLE STONY FALLS (DUNGANNON): BILLY BOWLING
Little Stony Falls—Dungannon
THINGS TO DO
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