The VIRGINIA MOUNTAINS region sits between the Shenandoah Valley and the Southwestern part of the state. Filled with spectacular views and a wealth of outdoor adventures, this region is a perfect destination for travelers who want to experience a true getaway. Scenic drives through the mountains connect many of the charming towns and lively cities, each with its own genuine brand of local culture, historic sites and delicious food. From the natural hot springs in Bath County to the bustling city of Roanoke, and down to the shores of Smith Mountain Lake, the Virginia Mountains offer travelers every reason to stop, relax and stay awhile.

**VIRGINIA MOUNTAINS**

- **ENJOY WORLD-CLASS MUSIC AND CUISINE** at the Carth Newman Music Center in Warm Springs, where resident artists are joined by renowned guests to enjoy well-prepared meals in a rustic setting. Stay at the restored Inn at Citrus Mill Square B&B and dine at their award-winning restaurant, The Waterwheel. Or camp at Douthat State Park, which offers hiking, mountain biking, fishing, watercraft rentals, tent sites and cabin rentals.

- **PUMP UP THOSE TIRES** and hit the Jackson River Scenic Trail, a roadbed trail suitable for family bike riding. While you’re in Clifton Forge, plan some time on the Alleghany Highlands Blueway, comprised of the Jackson and Covapasture Rivers, Douthat Lake and Lake Moomaw.

- **CATCH A SHOW** at the Historic Masonic Theatre in Clifton Forge or the adjacent Theatre in Clifton Forge, designed and built by Virginia Tech architecture students.

- **PUT ON YOUR SERIOUS HIKER FACE** and experience outstanding scenic beauty, history, wildlife and freshwater fishing. Twelve public access points, including Iron Gate, Buchanan and Cain Maury Park, and several outfitters and guides make this historic waterway accessible for all skill levels.

- **RENT A HOUSEBOAT** and enjoy the sunset on Smith Mountain Lake. Five hundred miles of coastline in two counties, Bedford and Franklin, make this lake a favorite for water-based fun and relaxation.

- **VISIT THE NATIONAL D-DAY MEMORIAL** in Bedford, an immersive experience of sound, sculpture and imposing architecture which tells the story of the Normandy invasion of WWII, then take a ride up the Blue Ridge Parkway to Peaks of Otter to hike, bike or even spend the night at rustic Peaks of Otter Lodge.

- **EXPERIENCE LIFE ON A TOBACCO FARM** at the Booker T. Washington Monument in Hardy, and learn about Washington’s early life as a slave, before he rose to prominence as a leader and educator.

- **GET A LITERAL TASTE OF HISTORY** in the moonshine capital of America, where Franklin County Distillery offers genuine moonshine just like the bootleggers used to make back in the day. Stop in the small town of Rocky Mount at The Harvester Performance Center, where you’ll catch an intimate show from talented performers such as Willie Nelson. Don’t forget to stop at Homestead Creamery in Burr Chimney, where you can enjoy lunch and renowned ice cream, or learn more about the local community’s agriculture by exploring their farm and dairy plant.

- **ENJOY CULTURE, FOOD AND THE OUTDOORS** with a stay in Roanoke. Stop at Center in the Square for its many museums and butterfly garden. Visit the Pinetum Museum and catch a play on the Mill Mountain Theater stage. Explore craft beers along the Blue Ridge Beerway, visiting breweries in Botetourt, Bedford and Roanoke counties. Speaking of explore, Roanoke County's Explore Park offers camping, glamping and even heated and air-conditioned pod cabins, as well as stellar mountain bike trails, and great fishing and paddling on the Roanoke River, all about 20 minutes from downtown and directly off the Blue Ridge Parkway at milepost 115.

- **DON’T LEAVE ROANOKE WITHOUT STOPPING AT THE MILL MOUNTAIN STAR** the world’s largest illuminated man-made star and viewing the city from 1,045 feet above. Beautiful both day and night!

- **PUT ON YOUR SERIOUS HIKER FACE** and take Virginia’s Triple Crown – Dragon’s Tooth, McAfee Knobs and Tinker Cliffs. These challenging hikes will be rewarded with stunning views and incredible photo ops.

- **CATCH A FLY BALL** at a Salem Red Sox game. Farm team of the Boston Red Sox, their home is Haley Toyota Field at Salem Memorial Ballpark, which boasts beautiful views of the surrounding mountains.
Virginia Mountains

Welcome Center at Covington

Virginia Tourism Corporation

140 State Rt. 18, James River Ranger District, C&O Railway.

Railway heritage museum that tells the story of
540-862-8653; 800-453-2647; cohs.org
705 Main St., Clifton Forge 24422

C&O RAILWAY HERITAGE CENTER
treats available year-round.

Tours, seasonal produce, baked goods and sweet
540-747-2055; bluespringrunfarm.com
3901 Blue Spring Run Rd., Covington 24426

Mountains

Alleghany County Parks & Recreation

DOUTHAT STATE PARK
540-518-3700; stateparks.virginia.gov

20 miles of challenging trails with peaceful

14.4-mile trail for biking, hiking and horseback

riding.

The National D-Day Memorial—Bedford

The National D-Day Memorial commemorates the 75th
anniversary of their defense of freedom at the National D-Day Memorial.

ON JUNE 6, 1944, 4,413 MEN DIED
SO THAT FREEDOM WOULDN’T

Each member of the Allied Forces of D-Day knew that anything less than a victory would mean
the end of liberty as they knew it. And it’s why they took up the call of duty. Celebrate the 75th
anniversary of their defense of freedom at the National D-Day Memorial.

MILEPOST 86, BLUE RIDGE PKWY., BEDFORD 24523

NATIONAL D-DAY MEMORIAL
BEDFORD, VA

WHERE THE EYES OF THE WORLD
ARE UPON YOU.
THE HOPE AND PRAYERS OF
LIBERTY-LOVING PEOPLE EVERYWHERE MARCH WITH YOU.

When the Order of the Day went out that morning, the stakes were clear. “The eyes of the world
are upon you. The hopes and prayers of liberty-loving people everywhere march with you.”
Virginia’s Western Highlands is famous for its peaceful back roads. With little traffic and endless scenery, these byways are popular with motorcyclists and automobile enthusiasts alike.

You’re never far from a stunning mountain view, which is not surprising, since Virginia’s Western Highlands is home to some of the state’s most unspoiled mountain landscape. Visitors to the region are often surprised and delighted by the many charming small towns to explore and the wonderful shopping, dining and culture they possess.

The mountain scenery has lured visitors to the region for centuries, but in 2019, you can add another Instagram moment to your list of reasons to visit. It’s the 50th Anniversary of the iconic Virginia is for Lovers campaign and travelers are literally finding LOVE all across the commonwealth. Each of the four counties in Virginia’s Western Highlands has a LOVE sign that serves as a perfect photo op. Each is locally produced and is designed with local amenities or history in mind. Visit all four and share your photos using the hashtags #VaWesternHighlands and #LoveVa.
You’ll like the sound of a trip to Rocky Mount, Virginia. The Harvester Performance Center is one of the most prolific venues in the South, welcoming more than 150 acts from bluegrass to blues to heavy metal.

But that’s just our opening act. In Rocky Mount, you’ll experience the heritage of The Crooked Road, history that dates back to the Revolutionary War, and hometown that will strike a chord.

540-483-0907 | rockymountva.org | harvester-music.org

Franklin County is a distinct outdoor destination along the Blue Ridge Parkway. It is a landscape woven with miles of roads, trails, and waters perfect for adventures of all kinds. Bike along nearly 50 miles of scenic byways.

You can paddle on one of five blueways, including Philpott Lake. Or spend the day boating on one of two lakes, including Smith Mountain Lake. Finish the day with a craft beverage at one of our fine wineries, breweries or distilleries.

(540) 483-3030 | VisitFranklinCountyVA.com
VISIT VIRGINIA’S BLUE RIDGE
101 Shenandoah Ave. NE, Roanoke 24016
540-342-4001; 800-455-0355; visitvbar.com
Virginia Blue Ridge is a warm-welcome visitor destination.

- THINGS TO DO
CENTER IN THE SQUARE
1 Market Pl., SE, Roanoke 24011
540-342-2028; roanokemarket.com
Cultural complex hosting history, science museums and a cinema.

CRYSTAL SPRING PUMP STATION
101 Shenandoah Ave. NE, Roanoke 24016
540-802-5465; roanokehistory.org
Visits the glass works museum, find pumps pumping and hear the sound of steam escaping.

ELEANOR D.WILSON MUSEUM AT HOLDLICE UNIVERSITY
200 Edland Dr., West End Visual Arts Center, Roanoke 20020
540-372-6385; holdlizedu.edu
Exhibits and programs exploring women’s and contemporary art.

HARRISON MUSEUM OF AFRICAN-AMERICAN CULTURE
1 Market Pl., SE, Roanoke 24011
540-607-9699; harrisonmuseum.com
Showcasing the art and history of local people of African descent.

HIGH GROUND VETERANS MUSEUM
614 Washington Ave. Virginia 24073
540-605-1222; highgroundva.org
Honoring veterans who serve and who have served.

HISTORIC CRANDON VILLAGE & THEATER
5100 Crandall Rd., 506, Roanoke 24015
540-384-6171; hcrandontheater.org
Quince village sets with shops & restaurants including Crandons Theater.

HISTORIC ROANOKE CITY MARKET & DOWNTOWN
213 Market St., Roanoke 24011
540-645-2000; smithmagnolias.com
Shop, eat, create, explore. Theatrical shows, award winning happening in Downtown.

HISTORY MUSEUM OF WESTERN VIRGINIA
101 Shenandoah Ave. NE, Roanoke 24016
540-342-6000; smithmagnolias.org
Exhibits and programs on the history of Western Virginia.

JEFFERSON CENTER
1 Market St., SE, Roanoke 24016
540-342-2000; 800-999-7500; Jeffersoncenter.org
Theaters performing live music, art gallery and conference facilities.

KIDS SQUARE
1 Market Pl., SE, 3rd floor, Roanoke 24011
540-342-5777; kidssquare.org
Exhibits and programs encourage play, education and development of gross motor skills.

MILL MOUNTAIN THEATRE
1 Market St., SE, Roanoke 24011
540-343-3241; millmountain.org
A year-round live professional theatre since 1964.

MILL MOUNTAIN ZOO
1964 Washington Ave., Roanoke 24015
540-343-3241; mmzoo.org
183 animals representing 70 species, miniature train, picnic area, views.

MOUNTAIN THEATRE
1 Market St., SE, Roanoke 24011
540-342-2000; Smithmagnolias.org
Exhibits encourage play, education and development of gross motor skills.

VIRGINIA MUSEUM OF TRANSPORTATION
540-342-5670; VMT.org
Virginia’s Blue Ridge Museum, East Coast Mountain Biking Capital, Virginia is for Lovers.

Why visit Virginia’s Blue Ridge?
- PROTECT AND SERVE THE ENVIRONMENT
- OFFERS ACCESS FOR PEOPLE WHO ARE BLIND OR HAVE LOW VISION
- MEETS ENVIRONMENTAL STANDARDS OF THE VIRGINIA GREEN PROGRAM
- BUSES/GROUPS WELCOME
- PET-FRIENDLY FACILITY
- ADMISSION REQUIRED
- PROVIDES DESCRIPTIONS BY A TRAINED AUDIO DESCRIBER
- PROVIDES ASSISTIVE LISTENING SYSTEMS
- PROVIDES SIGN LANGUAGE
- PROVIDES PRINTED MATERIAL IN BRAILLE
- PROVIDES DESCRIPTIONS OF A FRAMELESS GLASS ENCLOSURE
- OFFERS ACCESS FOR PEOPLE WHO ARE BLIND OR HAVE LOW VISION
- PROVIDES DESCRIPTIONS OF A FRAMELESS GLASS ENCLOSURE
- PROVIDES SIGN LANGUAGE
- PROVIDES PRINTED MATERIAL IN BRAILLE