



# OPEN INVITATION TO Indulge



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Virginia is for all kinds of lovers - outdoor lovers, history lovers, food lovers and, well, LOVE lovers! From Welcome Centers to wineries and racetracks to amusement parks, more than 300 giant LOVE signs are just waiting to be found. Start your LOVEwork hunt at [virginia.org/love](http://virginia.org/love).



# The Local's Guide to Virginia



**N**o matter where you go in Virginia, you'll find friendly locals eager to share what they love about their home. So we asked a few creators where they go to find inspiration, connect with their community or simply unplug and relax.



"AIN'T NO  
SOUND LIKE  
THE ONE IN  
MY TOWN."

The Music Lover

## Kingna Scott

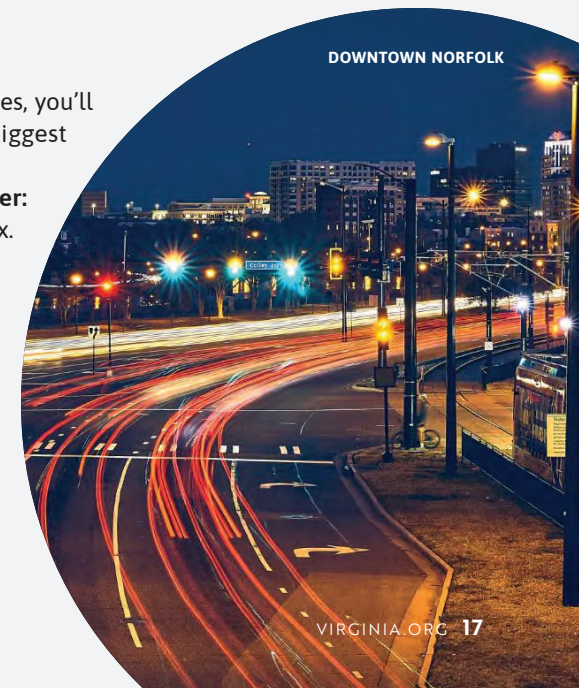
NORFOLK

This up-and-coming artist on Pusha T's record label, Heir Wave, hails from Farmville, where she polished her musical talents at church. These days, Norfolk is her home, and she continues to find inspiration in her surroundings right here in Virginia. Last year, she released the song "VA SWAY," which serves as a beautiful reflection on the state that she calls home.

COURTESY OF KINGNA SCOTT / OSCAR ACEVEDO

### FAVORITE PLACES

- **The Wave:** If you've got good vibes, you'll have a good time at Norfolk's biggest LGBTQ+ dance club.
- **Ocean View Beach & Fishing Pier:** Where I go to kick back and relax. It's the chill beach.
- **Russell's Music World:** A small local music store that carries all kinds of things. Russell is a jazz drummer, so when I come in there, we'll jam out sometimes.
- **The Fishin' Pig:** Especially if you like BBQ! They started up back home, in Farmville, so I was excited when I found out they were opening one here.



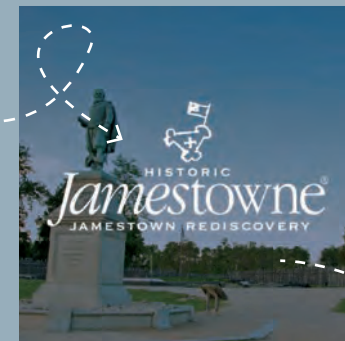
DOWNTOWN NORFOLK



“IT’S HARD  
TO BEAT THE  
ROANOKE  
VALLEY FOR  
ACCESSIBLE  
OUTDOOR  
RECREATION.”



# VIRGINIA IS FOR HISTORY LOVERS™



## The Outdoor Lover Sam Dean ROANOKE

Sam Dean is a photographer and filmmaker living and working out of the Roanoke Valley in the heart of Virginia’s Blue Ridge Mountains. One of the main reasons he loves the region is because of its rich outdoor recreation opportunities. Whether fly fishing, skiing, backpacking, climbing or mountain biking, there is always something to keep him outdoors with his wife, Niki, and son, Colter.

### FAVORITE PLACES

- **Tinker Cliffs:** Of course, hiking to McAfee Knob is one of the activities the Roanoke region is known for, but my personal preference is taking the steep Andy Layne trail to Tinker Cliffs to catch sunset (just remember to bring a headlamp for the hike out).
- **Local Fly Fishing:** I love fly fishing for native Brook Trout in any number of tiny, cold mountain streams in our region. The beauty of these fish only makes experiencing the majesty of a cascading stream that much more meaningful.
- **Mount Rogers:** If our family has a day or two, a visit to Mount Rogers for a

backpacking trip on the Wilburn Ridge trail with its amazing views and friendly ponies is something that has always been a treasured experience. We have many happy memories there over the years.

- **Local Breweries:** When you’re all hiked, peddled or fished out, grabbing a cold local beer with friends at one of the region’s many breweries, like Big Lick, Twin Creeks and Parkway, is a great way to end any adventure.

SAM DEAN

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The Food Lovers

## Jason Becton & Patrick Evans

CHARLOTTESVILLE

Jason Becton and Patrick Evans own MarieBette Cafe & Bakery in Charlottesville, where they've combined their talents (Patrick, the baker; Jason, the chef) into a unique offering of both a bakery/cafe and a sit-down dining spot offering mouthwatering breakfast, brunch and lunch. Named after their daughters Marian and Betty, MarieBette also reflects the importance of family; family is what drew them back to Patrick's hometown from New York City, though they never imagined how well received their business would be and what a feeling of community they would experience living in Charlottesville.

### FAVORITE PLACES

- **Local Restaurants:** Food-wise, our favorite places are Lampo, Birdhouse, Pineapples Thai and Public Fish & Oyster.
- **Local Wineries:** We love spending an afternoon drinking wine at Blenheim, Gabrielle Rausse or Pippin Hill wineries.

COURTESY COCKER / SARAH ANN ATKINS



"CHARLOTTESVILLE PUNCHES ABOVE ITS WEIGHT WHEN IT COMES TO THE FOOD SCENE."

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VIRGINIA IS FOR LOVERS





“BLACK CULTURE IS THE BACKBONE OF VIRGINIA.”



The Culture Lover

## Tashira Halyard

ALEXANDRIA

Tashira is an attorney, equity consultant and fashion content creator. She's a breast cancer survivor who seamlessly blends style, self-care and social justice into her brand "Politics & Fashion." Her Instagram and YouTube are hubs for not only fashion inspiration, but also a rapidly growing sisterhood. She lives in Alexandria with her fiancé and yorkie named Pooks.

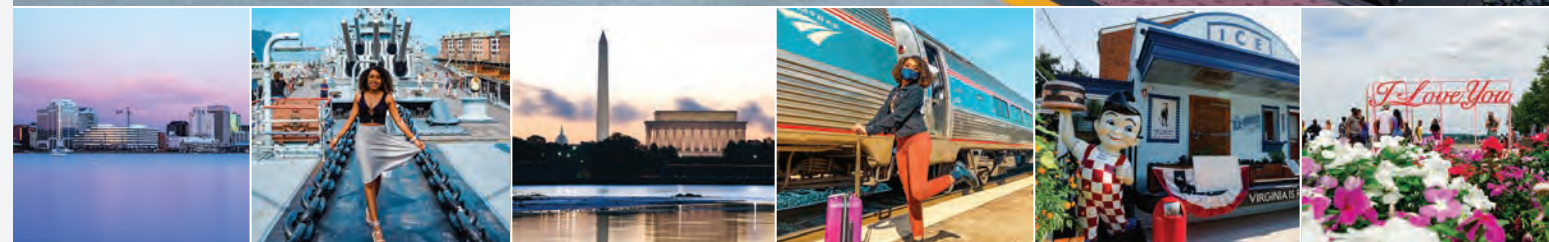
### FAVORITE PLACES

- **Cameron Cafe:** This is my local coffee shop that I visit a few times a week. It feels so good to be known by not just the owner and staff, but also the patrons. Outside of coffee, they also have a great wine and beer selection. It's quaint and easily one of my favorite neighborhood spots.
- **Penny Post:** I'm a stationary lover, and Penny Post holds a special place in my heart. It's woman-owned and so thoughtfully curated. I could spend hours just combing through their unique greeting cards.
- **La Fromagerie:** This little wine bar is owned and operated by a couple who have created such an intimate vibe. It's my favorite place to go to have a glass of wine and get away from the world. It's so special that I haven't shared it with my friends or family because I want it to be my little secret.

@politicsandfshn

MARISSA SOLOMERO / HANNAH ARMSTRONG

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# ACCESSIBLE ADVENTURE

Virginia is working to create a world of possibilities for all abilities.

By Janie Willis

**H**ello, Virginia, my name is Janie Willis! I have had cerebral palsy since birth and depend on a wheelchair to get around. My family and I love to travel and, of course, Virginia is our favorite destination.

Whether it's a planned or spontaneous trip, the concerns are the same when determining accessibility. Road trips that require overnight accommodations can be challenging when you're off the beaten path. Make sure to call the hotel/motel itself as travel agencies don't always reserve accessible rooms. Even gas stations are a challenge because it's dangerous just getting out of your vehicle. Occasionally, you'll find a button to summon assistance.

Sometimes being in a wheelchair means you don't always get to experience the full effect of an adventure. For instance, when hiking Crabtree Falls, the trail is doable for about a quarter-mile and then the adventure stops. There are also many water parks with slides and rope courses with zip lines that look like so much fun, but I'm unable to get to the top to enjoy them. That's a bummer!

However, Virginia is home to many nonprofits that make physical activities more accessible.





And when it comes to traveling in Virginia, there really is something for everyone — including the special needs community.

## THE MOUNTAINS

**Skyline Drive** and the **Blue Ridge Parkway** offer great scenic year-round trips for the day or overnight. There are many side trips that can be taken like the Blue Ridge Tunnel; the east trail-head in Afton has a flat approach to the tunnel.

## THE COAST

**Virginia Beach** has a great oceanfront three-mile boardwalk that can be enjoyed by all and a bike path that runs parallel to it. There are at least four locations on the boardwalk that loan beach wheelchairs. Ramps are at each location to get you to the beach, then they have mats that will get you closer to the water.

For educational options, check out the **Historic Triangle** of Yorktown, Colonial Williamsburg and Jamestown. At **Jamestown Settlement**, you can see replicas of the three ships that brought the first English colonists to Virginia. If you want to add a scenic ride to the triangle, do what's commonly referred to as the **"Nickel & Dime Ride"** by motorcyclists. Head east on Route 5 (nickel) towards Jamestown and hop on the Jamestown-Scotland Ferry, cross the James River and head back to the Tri-city area via Route 10 (dime). Or just hop back on the ferry and head back to the Triangle area. Let the attendant know prior to boarding if you have a ramp, so they can allow space for it to open.

# Harrisonburg & Rockingham County

Enjoy four seasons of fun, wineries, craft breweries, charming downtowns, festivals, bike trails and more!

[VisitHarrisonburgVA.com](http://VisitHarrisonburgVA.com)
[HarrisonburgTourism](https://www.facebook.com/HarrisonburgTourism)
[VisitHarrisonburgVA](https://www.instagram.com/VisitHarrisonburgVA)

[VisitRockingham.com](http://VisitRockingham.com)
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**Wintergreen Adaptive Sports** accommodates those with a broad range of abilities who want to hit the slopes. I can sit in a bi-ski tethered to an instructor who safely controls me until I'm ready to take over. I can shift my weight to control direction, speed and stopping!

**Beyond Boundaries** makes water sports and climbing rock walls great experiences for those who are differently able. I love rafting with them on the class 5 rapids of the mighty James River. It's not only an adventure, but an opportunity to socialize.

**Jacobs Chance** is another great non-profit that provides adventure, adaptive sports and educational programs. They make sure that accommodations are in place prior to any event.



BEYOND BOUNDARIES  
PADDLE CLUB  
Richmond



*A community is best  
served when we are all  
served equally.*

JANIE WILLIS



SKYLINE DRIVE  
Shenandoah



VIRGINIA BEACH  
Virginia Beach

## THE CAPITAL

Richmond offers so much and accessibility has become the norm. In the city there's the very accessible 1.25-mile riverfront Canal Walk. Three pedestrian bridges cross the mighty James: a suspension bridge to Belle Isle leads to an accessible trail around the whole island; the Potterfield Bridge offers great views of the Richmond skyline with historical markers along the way; the bridges to Brown's Island take you to a very accessible waterfront venue filled with history — and even music and great food during special events and festivals.

The Diamond, home of the Flying Squirrels baseball team in Richmond, offers two accessible seating sections. The best is right behind home plate, and a plus is the safety net protects you from foul balls. The Capital Trail is a walk, run or bike path that goes from Richmond to Williamsburg. It is a paved trail and great for people with disabilities.

## VIRGINIA STATE PARKS

With so many great parks to choose from I find it hard to pick my favorite. I do recommend Shenandoah River State Park. The trails, fishing and tubing were so much fun. Surrounded by natural beauty, an occasional wildlife sighting, trails easily navigable and quite a bit of shoreline to explore. Smith Mountain Lake State Park is on my bucket list.

Accessibility is a huge factor in the life of so many, including me. A community is best served when all are served equally. Welcome to Virginia, where we are working hard to serve everyone — to ensure a better future for all.



From our mountains to the coast, Virginia has incredible birds and wildlife to observe year-round.

Discover the best spots for birding and wildlife viewing on the Virginia Bird and Wildlife Trail, a guide to 600 parks, trails, waterways, and more where you can experience Virginia's natural world as you walk, hike, paddle, bike, or camp.



EXPLORE  
the Wild

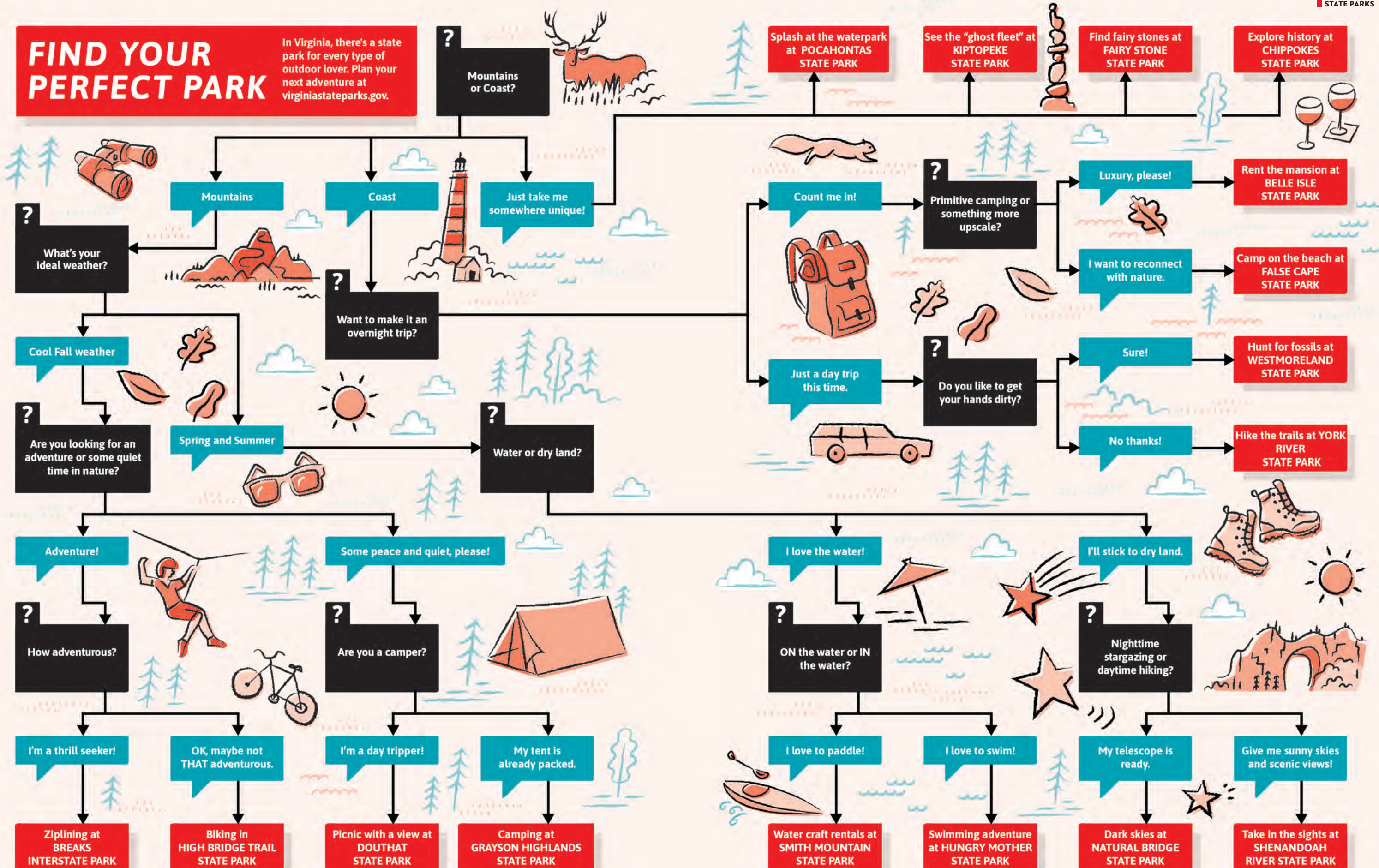
[VirginiaWildlife.gov/BirdTrail](https://VirginiaWildlife.gov/BirdTrail)





# FIND YOUR PERFECT PARK

In Virginia, there's a state park for every type of outdoor lover. Plan your next adventure at [virginiastateparks.gov](http://virginiastateparks.gov).





# Virginia's Greatest Golf Courses

All ages and skill levels can enjoy a beautiful day on these local courses.



With three renowned 18-hole golf courses, one designated for members, a celebrated golf academy and year-round golf schools, **Kingsmill Resort** offers the exciting variety and challenge you want to take your game to the next level. Come play the most historic 177 yards of golf in America at Williamsburg's only AAA Four Diamond Resort. As one of the premier golf resorts on the East Coast, Kingsmill offers exclusive resort perks for our overnight guests. Pack your clubs and make a tee time on the River or Plantation Course. The River Course has hosted the world's best players on both PGA and LPGA tours.

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Sam Snead once remarked that if he could play only one course, it would be The Cascades, which celebrates its centennial in 2023. Recently ranked #41 on Golf Magazine's list of the Top 100 Courses You Can Play and #29 on Golfweek's Top 200 Resort Courses, **The Cascades at The Omni Homestead Resort** in Hot Springs is regarded as one of William S. Flynn's finest works.

Flynn's deft architectural skills created a course which fit perfectly within the scenic Allegheny Mountains. A variety of tee shots lead to sloping, tree-lined fairways and the Cascades stream comes into play on several holes.

The Cascades has challenged PGA TOUR professionals and US Presidents alike. The renowned course has hosted eight USGA championships and more than 200 Virginia State Golf Association championships.

**The Omni Homestead Resort**  
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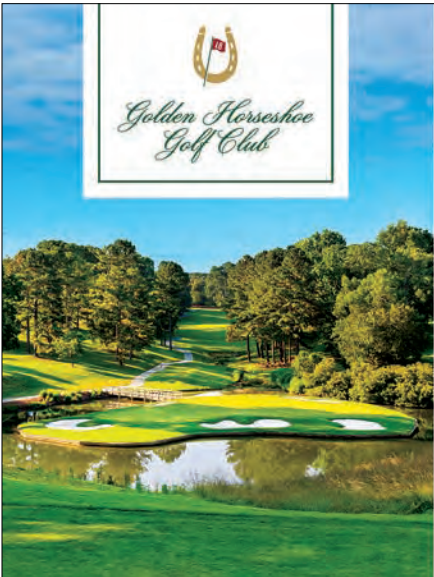


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