Open invitation to open tables. Open arms. In Virginia Beach, we proudly welcome you and your family, no matter when you visit. The spirit of our coastal city is something you have to experience to understand: a renewed sense of self and connectedness, and of what it means to truly be open.

Indulge VisitVirginiaBeach.com
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.
No 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.

The Local's Guide to Virginia

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.

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.

“AIN’T NO SOUND LIKE THE ONE IN MY TOWN.”
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.

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

**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.

Six days. Eight iconic sites. Countless memories.

Explore Virginia and experience the sites that witnessed our nation’s founding. View the itinerary and unlock exclusive discounts at VAHistoryRoadTrip.com
Jason Becton and 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.

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

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.

PROUDLY GIVING SOCIAL MEDIA SOMETHING TO POST ABOUT.

Follow our Blogger Ambassadors at @amtrakva.
Hello, 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.

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

By Janie Willis
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 trailhead 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.

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 nonprofit that provides adventure, adaptive sports and educational programs. They make sure that accommodations are in place prior to any event.

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.

Enjoy four seasons of fun, wineries, craft breweries, charming downtowns, festivals, bike trails and more!
A community is best served when we are all served equally.

JANIE WILLIS
FIND YOUR PERFECT PARK

In Virginia, there’s a state park for every type of outdoor lover. Plan your next adventure at virginiaisforlovers.org.

Mountains or Coast?

Mountains

What’s your ideal weather?

Cool Fall weather

Are you looking for an adventure or some quiet time in nature?

Spring and Summer

Coast

Just take me somewhere unique!

Want to make it an overnight trip?

Water or dry land?

Some peace and quiet, please!

Adventure!

How adventurous?

I’m a thrill seeker!

Ziplining at BREAKS INTERSTATE PARK

OK, maybe not THAT adventurous.

Biking in HIGH BRIDGE TRAIL STATE PARK

I’m a day tripper!

Picnic with a view at DOUTHAT STATE PARK

My tent is already packed.

Camping at GRAYSON HIGHLANDS STATE PARK

I love the water!

ON the water or IN the water?

I love to paddle!

Water craft rentals at SMITH MOUNTAIN STATE PARK

I love to swim!

Swimming adventure at HUNGRY MOTHER STATE PARK

My telescope is ready.

Nighttime stargazing or daytime hiking?

Give me sunny skies and scenic views!

Take in the sights at SHENANDOAH RIVER STATE PARK

I’ll stick to dry land.

See the “ghost fleet” at KIPTOPEKE STATE PARK

Luxury, please!

Primitive camping or something more upscale?

I want to reconnect with nature.

Count me in!

Just a day trip this time.

Sure!

Rent the mansion at BELLE ISLE STATE PARK

No thanks!

Hike the trails at YORK RIVER STATE PARK

Do you like to get your hands dirty?

Sure!

Camp on the beach at FALSE CAPE STATE PARK

Hunt for fossils at WESTMORELAND STATE PARK

No thanks!

Find fairy stones at FAIRY STONE STATE PARK

Rent the mansion at BELLE ISLE STATE PARK
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
7696 Sam Snead Highway, Hot Springs, VA 24445
(800) 838-1766 | (540) 839-1766
TheOmniHomestead.com

A luxurious back to nature escape! The Blue Ridge Mountains are a natural paradise of forest-cloaked peaks and sun-dappled valleys. At the heart of this pristine wilderness, Primland Resort awaits on its own 12,000-acre mountain estate. From the regal Lodge with its skirt of emerald fairways to its romantic log cabins and treehouses perched above the Dan River Gorge, winding trails lead to myriad fresh discoveries. Wander the banks of streams alive with trout and chance upon a deer, silhouetted in a backlit glade. Experience the rush of mountain biking balanced with the rejuvenation of the Auberge Spa. Gaze at primeval views and star-filled skies from an on-property observatory, basking in the serenity of nature. At Primland Resort every moment is one to savor.

Primland Resort
2000 Busted Rock Rd, Meadows of Dan, VA 24120
(866) 960-7746
AubergeResorts.com/Primland

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.

Kingsmill Resort
1010 Kingsmill Road, Williamsburg, VA 23185
(888) 338-1766 | (540) 839-1766
Kingsmill.com/golf

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