



CUMBERLAND GAP
NATIONAL HISTORICAL PARK
Ewing

SOUTHWEST VIRGINIA:

HEART OF APPALACHIA

Nestled in the southwest corner of the state, the **HEART OF APPALACHIA** region is known for the rugged beauty of its landscapes and the unique vibrancy of its history, culture and people. Adventure abounds among roaring rivers and stunning vistas, while picturesque mountain towns draw you in with the sights, sounds and tastes of Appalachia.

Breaks Interstate Park Zipline, Dickenson

Adventure seekers can't miss the zipline that sends you soaring over Virginia's largest canyon, also known as the Grand Canyon of the South. The amazing scenery and adrenaline rush make it an adventure you have to experience to believe!

Clinch River State Park, Saint Paul

Just opened in 2021, Virginia's first blueway state park will ultimately extend 100 miles along the Clinch River connecting to various land features and access points along the way. Currently, the Sugar Hill unit is open, offering eight miles of trails for the public, as well as a boat launch for access to the river for quality fishing.

The Crooked Road, Regional

Explore the musical soul of Virginia's country connections along this unique Trail winding through almost 300 miles of scenic terrain, including 19 counties, four cities and 54 towns. Visit the iconic Ralph Stanley Museum, listen to traditional Appalachian music at the Carter Family Fold or catch a Saturday night bluegrass show at Country Cabin II.

Powell Valley Scenic Overlook, Big Stone Gap

The absolute grandeur of the overlook, especially during sunrise and sunset, will take your breath away. On a clear day, you can see the Appalachian Mountains far off into the distance as you look over the Powell Valley into Big Stone Gap. It's even more beautiful in cooler months as fall foliage or a blanket of snow gives it an otherworldly essence.



Cuz's Uptown Barbeque, Pounding Mill

Founded in an old dairy barn, Cuz's philosophy involves steaks big enough to do all the advertising they'll ever need, plus seafood so fresh and varied, you'll swear you're at the beach rather than mountains. (Don't miss your chance to try a Velveeta egg roll!!)

Spearhead Trails, Regional

The ultimate spot for adrenaline chasers and families alike, Spearhead offers more than 600 miles of trail across seven trail systems for every skill level of ATVs, hikers, bikers and equestrian riders. Birding trails, pump tracks, kayak access points and more make this a world-class outdoor destination.

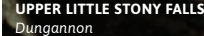
SPEARHEAD TRAILS
Saint Paul



Add these experiences to your travel bucket list for the region!

Little Stony Trail, Dungannon

Take the 2.8-mile, easy-to-moderate Little Stony Trail for beautiful views and easy-to-navigate footbridges as you wind your way to the ultimate payoff: the cascading 24-foot-high waterfall.



A high-angle, vertical photograph of a rock climber ascending a large, light-colored rock face. The climber, positioned in the upper right, wears a red t-shirt, a red helmet, and a black climbing harness. They are using a red rope and a yellow carabiner. The rock face is textured and shows some signs of weathering. Below the climber, a dense green forest fills the lower two-thirds of the frame. In the upper left corner, the text "BREAKS INTERSTATE PARK" is written in a bold, sans-serif font, with "Breaks" in a smaller font below it.

KYLE LAFERRIERE

SAM DEAN

