Untouched Natural Wonders
With parks, lakes and mountains to traverse, there’s no shortage of nature to dive into. In addition to popular spots like Breaks Interstate Park and Natural Tunnel State Park, locals have their favorite adventures, too: an easy, half-mile hike to Tank Hollow Falls; the forests and wetlands of Oxbow Lake; or the fishing on Laurel Bed Lake — rumored to be the best in the region!

The Roads
There’s no shortage of scenic drives in this region. For beauty plus thrills, try Back of the Dragon — a motorcyclist’s dream — and be sure to stop into the new Back of the Dragon Welcome Center in Tazewell, offering a coffee shop and brewery, food truck and an interactive LOVEwork.

WHAT WE RECOMMEND FOR FIRST-TIMERS
Clinch River State Park
The heart of Appalachia is full of beautiful secrets, and Clinch River State Park is one of them. Shaped like a “string of pearls,” Virginia’s first blueway state park is full of historical and recreational adventure. It’s also home to some of our nation’s most rare aquatic species.

Burke’s Garden
Virginia’s highest valley has a heavenly nature. Coined “God’s Thumbprint” for its impressive aerial appearance, Burke’s Garden in Tazewell is a lush and serene valley encapsulating the natural bliss that is Appalachia.

Explore the Spearhead Trails
Calling all daredevils! The Spearhead Trails are waiting for you. If you like to ride ATVs, dirt bikes or even horses, this trail system has fun opportunities for both budding and experienced riders.

LOCAL FAVORITES
Pat’s Kountry Diner
What better way to immerse yourself in the local community than with good food and company? This local hotspot in Lebanon serves some of the best comfort food, from pancakes to biscuits and gravy.

Dante Coal Mining and Railroad Museum
You can’t talk about the history of Appalachia without coal and railroads. This small but mighty museum displays impressive memorabilia donated by residents, each with a story to tell.

Axe Handle Distilling
While the region may have an old distilling history, this new, family-run distillery in Pennington Gap is all about roots. Their spirit-making approach is a nod to the past by using locally sourced water and grains, channeling the flavors of their land.
Heart of Appalachian Bike Trails

Appalachian Backroads
305 Rte. 616, Wytheville; 276-226-2626; southernappalachianbiketours.com. 230 miles, 3100 vertical feet, 9 days.

Coal Canyon Multi-use Trail

Coal Miners’ Memorial Reservoir
1124 Chipping Sparrow Rd., Haysi; 276-807-1136; wildbuchanan.com. Buchanan County Tourism Information, attraction/lodging information, guides and event information.

East Clintwood Multi-use Trail
10 miles north of Clintwood, VA 24240; 276-926-4605; breaksinterstatenationalpark.com. 30 miles, 2100 vertical feet, 8 days.

Fishing/horseback riding trail between Clintwood and Clinchco.

Fishing/Diving Trail
1044 Clintwood Main St., Grundy; 276-344-1542; wildborah.com. Beautiful 3.5 mile rugged mountain biking and hiking trail. Weekly releases.

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157156

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