The Virginia Mountains region graces the state with its endless natural beauty. Embracing two majestic mountain ranges—the Blue Ridge and the Allegheny—this region boasts some of the highest elevations east of the Mississippi. Among its immaculate geography lies a fascinating dialogue of history, people and culture, making this region a natural storyteller with each cinematic drive, walk or hike.

**EXPERIENCES THAT DEFINE THE REGION**

**Scenic Views**
One synonym for the Virginia Mountains? Breathtaking scenery. Spend the day hiking for 360-degree views or dine with tranquil lakeside views; there’s natural beauty to take in everywhere.

**Outdoor Adventures**
With mountains, lakes and waterfalls galore, this region charms the adventurer in everyone. Whether you’re a hiker, boater or even an antique collector, there’s something for everyone.

**Historic Sites**
Sown into this mountainous region are thousands of years of American history. From ancient geological formations to the stories of nomadic Native American tribes to even modern-day military history, the Virginia Mountains is a storytelling wonderland.

**WHAT WE RECOMMEND FOR FIRST-TIMERS**

**Smith Mountain Lake**
This Blue Ridge jewel can keep anyone from boredom, offering boating, hiking, fishing, shopping and everything in between. Just don’t forget to finish off a day on the water with a meal at one of Bridgewater Plaza’s delicious local restaurants.

**Historic Downtown Salem**
The oldest settlement in the Roanoke Valley may also be the most charming. Salem’s downtown boasts historic homes, local eateries and cozy hospitality. And, its antique shopping is hard to beat, nationwide.

**Omni Homestead Resort**
A visit to Hot Springs isn’t complete without a stay at the Omni Homestead Resort. Perched among the Allegheny Mountains, this four-season resort is a picturesque place to stay and play, too. From skiing to hiking to celebrity sighting, all the experiences are at your fingertips at this historic landmark.

**LOCAL FAVORITES**

**National D-Day Memorial**
Bedford boasts one of the most impressive military memorials in America. It spans nine acres, inviting visitors to explore a transformative event in American military history, in the town that suffered the most D-Day deaths per capita in the nation.

**The Roanoke Star Overlook**
Standing at 88.5 feet tall, the Roanoke Star on Mill Mountain attracts locals and travelers alike to marvel at the largest free-standing star in the world. The overlook offers serious views of the Blue Ridge Mountains, too, with hikes and trails for those seeking more adventure.

**Troddenvale Cider**
This new-age cider is reviving the region’s rich agricultural roots. Open Saturdays, Troddenvale invites folks to explore artisanal ciders, dedicated to highlighting the area’s forgotten fruits. It’s truly a hidden gem in Warm Springs.
Franklin County, deemed the land between the lakes, 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 or at Waid Park. 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.

Concerts by Canoe on Philpott Lake
Photo by Matt Ross

River of Lights
For the One-of-a-Kind Experience Lovers
Float under nearly a million twinkling lights along the Pigg River during their annual River of Lights event! This unique nighttime event takes place every Friday and Saturday night during the month of June.

CONCERTS BY CANOE
For the Music Lovers
After you’ve gotten your fill of Americana music along the Crooked Road: Virginia’s Heritage Music Trail and inside The Harvester Music Performance Center, hop into a canoe, kayak, tube or float and paddle your way to the front row of Philpott Lake’s floating stage for the Summer Concert Series! This free event featuring three performances by different local bands is fun for all ages and offers the perfect combination of summer fun, outdoor recreation and live music in a gorgeous setting. (You can also bring your own chairs and blankets to grab a spot on the grass if that’s more your thing!)

MOUNTAIN BIKING BLISS
For the Adrenaline Lovers
Waid Park, which is managed by Franklin County Parks and Recreation and part of The Blue Ridge Off-Road Cyclists (BROC) IMBA chapter, has been described as a 500-acre playground. Its 15-mile trail system is perfect for the mountain biker looking for a diverse riding experience. Waid Park currently has a Bicycle Skills Loop ideal for warmup laps and balance bikes, two progressive jump lines, wooden drops and unique features around every berm. The trail system is actively growing, with a new flow trail opening Spring 2022. It’s also home to the WooHoo at Waid Sprint Enduro. This five-stage spring enduro utilizes the newest and most progressive features in the VBR Enduro Series Waid Park trail network. Be ready for rock gardens, man-made jumps and sections with fast back-to-back corners and a bit of sprinting for those wanting to win this timed competition.

Do it all in Franklin County, Virginia
Franklin County, deemed the land between the lakes, 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 or at Waid Park. 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.

Franklin County
A Natural Setting for Opportunity
Office of Economic Development + Tourism
(540) 483-3030
VisitFranklinCountyVA.com
WELCOME           c PET - FRIENDLY FACILITY        $  ADMISSION REQUIRED         I ADA - COMPLIANT

VIRGINIA
MOUNTAINS

GET away, enjoy - it’s uniquely

restaurants. Historic treasures
and two walkable downtowns
110 Mall Rd., Covington;
Alleghany Highlands Chamber
Low Moor, Millboro
Includes Clifton Forge, Covington,
memories that will last a
designed and maintained
be treated like family, to
When you visit a Blue Water
410-213-1900; bwdc.com
Bluewater Vacation Properties
Covington 24426
Mile Marker 2, I-64
Virginia Tourism Corporation
Covington

HIGHLANDS
MEETS ENVIRONMENTAL STANDARDS OF THE VIRGINIA GREEN PROGRAM

BLUE RIDGE PARKWAY
Botetourt County

THINGS TO DO

Alleghany Highlands Arts and Crafts Center, Inc.
359 Main St., Clifton Forge; 540-862-4474; highlandartsandcrafts.org. Art center; art gallery; shopping; art classes; events.  

Alleghany Highlands Blowneye
35 Mall Rd., Covington; 540-862-2725; blowneye.com. Glassblowing demonstrations, baked goods and sweet treats available year-round.  

Alleghany Highlands Genealogical Society
321 E. Pine St, Covington; 540-862-3033; ahsociety.org. Library; free access to over 180,000 old photos and records.  

Alleghany Highlands Industrial Heritage and Discovery Technology Center
190 Maple Ave., Covington; 540-962-3049. Celebrates the industrial heritage of the Alleghany Highlands.  

Alleghany Highlands Trails
310 Mall Rd., Covington; 540-862-2725; alleghanyhighlandsrails.com. Hundreds of miles of challenging trails with peaceful mountain views.  

Alleghany Historical Society
Covington Depot
149 Maple St., Covington; 540-962-0194; covingtondepot.org. Restored 1913 C&O passenger depot and 2400 height depot.  

Blue Spring Run Farm
3001 Blue Spring Run Rd., Covington; 540-747-2035; bluespringrunfarm.com. Farm animals; petting zoo; baked goods and sweet treats available year-round.  

Clifton Forge School of the Arts
528 Church St., Clifton Forge; 540-862-7275; artscliftonforge.com. Offers a large array of classes specializing in the arts.  

Douglas State Park
14,029 acres; Douglas State Park Rd., Millboro; 540-862-8010; virginiastateparks.org/douglas.  

Eastern National Children’s Forest
Route 18, James River National Scenic Area, Covington; 540-962-2224; virginiahighlands.org. Planted by Children, a unique site offering an easy hike.  

Falling Spring Falls
Scenic overlook on Rt. 230 north of Covington, Covington; 540-962-2783; castlesgreenlodge.com. Remarkable cascading 80-foot waterfall; a roadside overlook.  

Historic Hangback Bridge
1.4-mile drive to Pt. 67 trailhead. 1/2 mile east of I-64.  

Historic Masonic Theatre
520 Main St., Clifton Forge; 540-862-9873; historicmasonictheatre.com. Constructed in 1910, now used as a performing arts center.  

Jack Mason’s Tavern & Brewery
400 E. Ridgeway St., Clifton Forge; 540-862-5624; jmtavern.com. Open 11am-9pm Friday-Sunday for tours, seasonal produce, field tours, tennis courts, driving ranges, amphitheater.  

Jackson River Sports Complex
110 Mall Rd., Covington; 540-962-6360; destinationbedfordva.com. RV hook-ups, Wi-Fi and meeting space available.  

Jackson River Sports Complex
110 Mall Rd., Covington; 540-962-6360; destinationbedfordva.com. Nestled in the scenic Allegheny Mountains; camping, outdoor recreation, wineries, breweries, shopping, delicious cuisine, cocktails. Some dating back to slavery.  

BEDFORD AREA

VIRGINIA MAIN STREET COMMUNITY
Includes Big Island forest.

Bedford Area Welcome Center

Bedford Museum and Genealogical Library
212 E. Main St., Bedford; 540-584-4520; bedfordmuseum.org. Local history and exhibits. Hours Monday-Saturday.  

The Bedford Wine Trail

Big Otter Mill
14.4-mile trail for biking, hiking, birding, fishing, wilderness, camping.  

Douthat State Park
State Route 18, James River Scenic Trail; 540-962-0194; virginiastateparks.gov/douthat.  

Jackson River Sports Complex
110 Mall Rd., Covington; 540-962-6360; destinationbedfordva.com. Serving as hospital during Civil War; Confederate soldiers buried here.  

To the east and west are bustling cities, but in between is pure bliss. Beauty that will take your breath away and stories of bravery that will leave you speechless.

WHERE BLUE RIDGE PARKWAY LEADS

Looking for a true hidden gem? Experience a quiet getaway in the famed Blue Ridge Mountains just 45 minutes from Roanoke.
Book your Blue Ridge escape.
#UniquelyAlleghany sunset at Falling Spring Falls.

A getaway to Bath County is more than relaxing. A day at a spa or a visit to the newly restored Warm Springs Pools will leave you feeling rejuvenated, inspired and ready to take on the world. That’s a Made in Bath County experience.

Discover The Omni Homestead Resort, an iconic destination nestled in the Virginia mountains. A $140 million investment, to be completed in 2023, is restoring this piece of American history.

Plan your Uniquely Alleghany getaway at VisitAlleghanyHighlands.com

540-962-2178 · 888-430-5786 · #UniquelyAlleghany

Photo: Indoor Hot Springs Pool at The Omni Homestead Resort.
New Castle Town Park 120 Salem Ave, New Castle; 540-464-2200; visitnewcastleva.com. Play equipment, picnic area, LOVElectric restaurants and shopping area.  
Old Brick Hotel & Gallery Library 25 East St, New Castle; 540-464-4233; visitnewcastleva.com. Three floors of local history and arts, three log cabins.  
FRANKLIN COUNTY/ ROCKY MOUNT  
include Avoca, Bosen MIl, Beville, Franklin Mills, Rocky Mount  
Franklin Office of Economic Development - Tourism 2545 S. Street, Suite 112, Rocky Mount; 540-463-3030; visitrosscountyva.com. Information about the Gateway to the Virginia Mountains and much more.  
Jabal A Early Homeplace 4255 Hollett Ln, Franklin; 540-654-7531; historicalhollett.org. No admission fee.  
Philothea-Lincoln-Franklin County 1201 Philo Dam Rd., Lincolns; 276-627-2701. Swimming, boating, Wi-Fi, fishing, picnic, and nine boat launches.  
Highland County Barn Quilt Trail 220 Franklin St., Rocky Mount; 540-483-3137; roanokeva.com. Barn quilts in surrounding area.  
Highland County Visitor Center 62 Franklin Center Dr., Monterey; 540-486-2510; highlandcountyva.gov. Brochures and information about local business, events and attractions.  
McDowell Battlefield 845 Sounding Knob Rd., Monterey; 540-483-3030; historicmonitor.org. Student group interpretive programs, small 25-acre battlefield with interpretive signage.  
Virginia Maple Syrup Trail Sugar Camps Throughout Highland County. Map available at Visitors Center. Your local sugar camp will give you your passport stamp!  
ROANOKE  
includes Vinton  
Virginia’s Blue Ridge Visitor Information Center 101 Shenandoah Ave. NE, Roanoke; 540-342-6203; virginia.gov/visitva. Open 9AM-5PM daily.  
Eleanor D. Wilson Museum at Hollins University 8009 Fishburn Dr., Wetherill Visual Arts Center, Roanoke; 540-362-6152; hollins.edu/museum. Features the life of artist, emerging and established 2012 South Jefferson St., Roanoke; 540-853-9645; dgif.virginia.gov. Visit the great fly-wheel rotating and the pistons pumping.  
Emory Park BFB Millville 111, St Roanoke River Parkway Rd., Roanoke; 540-342-6300; explorevir.org. Hiking trails, adventure course disc golf, camping and vistas.  
Grand Theatre 1341 Broad St, Roanoke; 540-345-6377; grandtheater.com. Historic nonprofit theatre showing first run classic films.  
Harrison Museum of African American Culture 1 Market Sq. SE, Roanoke; 540-557-4091; harrisonmuseum.org. Shaping the art and history of African Americans.  
High Ground Veterans Memorial 1711 West Washington Ave, Vinton; 540-943-0640; veterans.gov. Honoring veterans who served and have served.  
History Museum of Western Virginia 101 Shenandoah Ave. NE, Roanoke; 540-853-5465, roanokeva.com. Exhibits and programs on the history of Western Virginia.  
Jefferson Center 540 Mac Lane, Suite 221, Roanoke; 540-345-2510; jeffcenter.org. Performing historic arts theater, art gallery.  
Kids Square 1 Market Square SE, Third Floor, Roanoke; 540-342-3779; kidsquare.org. Children’s museum with exhibits and activities, interactive website, party spaces.  
Mountainside at Millwood 1 Winding Pines Dr., Roanoke; 540-342-5743; mtlav.org. A year-round live professional theater in Millwood, performing arts.  
Mountainside Zoo 1 Winding Pines Dr., Roanoke; 540-342-5743; mtlav.org. A year-round live professional theater in Millwood, performing arts.  
Roanoke Civic Center Plaza 1 Market Sq. SE, Roanoke; 540-557-7474; civiccenter.com. Over 60 parallel games to play.  
Retire-VA.com  
Retire in the Blue Ridge Mountains: Roanoke, Blacksburg, Lynchburg and Smith Mountain Lake.
Roanoke Star & Overlook, Mill Mountain

The Roanoke STARCADE
1 Market Sq. SE, Second Floor, Roanoke; 540-342-5747; roanokestarcade.org. Over 60 vintage and popular arcade games.

Science Museum of Western Virginia
1 Market Sq. SE, Ste. 4, Roanoke; 540-342-5710; smwv.org. A variety of exhibits that span the spectrum of science.

Splash Valley Water Park
7413 Wood Haven Rd., Roanoke; 540-777-6300; splashvalleywaterpark.com. Outdoor water park featuring slides, a current river, children’s sprayground and more!

Taubman Museum of Art
110 Salem Ave. SE, Roanoke; 540-342-5760; taubmanmuseum.org. Inspiring Art Exhibitions, Educational Programs, Fun Events - Family Friendly!

Vinton History Museum
210 E. Jackson St., Vinton; 540-342-8614; vintonhistorymuseum.org. An educational, fun and free experience for everyone!

Virginia Museum of Transportation
303 Norfolk Ave. SW, Roanoke; 540-342-5670; vmt.org. Virginia’s official transportation museum. Locomotives, antique automobiles, aviation.

THINGS TO DO

Dixie Caverns
Directly off I-81 at Exit 132, 5753 W. Main St., Salem; 540-380-2080; dixiecaverns.com. Cavern tours, gift and rock shop and antiques mall, campground. Open all year.

Downtown Salem Historic District
Main St. from Academy St. to College Ave., Salem; 540-375-4044; visitsalemva.com. National Historic District encompassing 34 buildings dating from late 19th and early 20th century. Features eateries, brewery, gift shops and Roanoke College Campus.

Olde Salem Brewing Company
21 East Main St., Salem; 540-404-4399; olde salem brewing.com. Thoughtfully crafted beer in the heart of Salem’s Historic Main Street District.

Outdoors In Salem
110 Union St., Salem; 540-375-4044; visitsalemva.com. Near Salem you find the Appalachian Trail and McAfee Knob, mountain biking at Carvin’s Cove plus in-town Roanoke River Blueway for kayak and canoe and miles of greenway.

Parkway Brewing Company

Salem Museum
801 E. Main St., Salem; 540-389-6760; salemmuseum.org. 300+ years of regional history: historic house, arts, sports, gardens.

Salem’s 9-11 Memorial
216 S. Broad St., Salem; 540-375-3081; visitsalemva.com. Lasting tribute to 9-11 located one block from Main Street.

SMITH MOUNTAIN LAKE

Parkway Brewing Company

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Booker T. Washington National Monument

Smith Mountain Lake Dam
Visitors Center
2072 Ford Rd., Sandy Level; 540-985-2587; smithmountainlake. com. At the visitors center overlooking the dam, you’ll enjoy learning how electricity is generated.

Smith Mountain Lake State Park
1235 State Park Rd., Huddleston; 540-297-6066; virginiastateparks.gov/smithmountain-lake.