

SOUTHWEST VIRGINIA:

HEART OF APPALACHIA

Located at Virginia's westernmost tip, the Heart of Appalachia region sets history, heritage, and music to a backdrop of rugged beauty. Rent a side-by-side ATV and get muddy on the Spearhead Trails, take an ice-cold dip in the famed Devil's Bathhtub, or experience pioneer life at the Historic Crab Orchard Museum.



UPPER LITTLE STONY FALLS
Dungannon

unexpected experiences

1. Trail of the Lonesome Pine • Big Stone Gap

Discover the history and culture of Southern Appalachia through music and storytelling at one of the country's longest-running outdoor dramas, inspired by John Fox Jr.'s 1908 novel.

follow this trail

2. The Crooked Road • Throughout Region

This 333-mile trail celebrates the unique musical heritage of Southwest Virginia that resulted from a blending of cultures over several centuries.

3. Back of the Dragon • Tazewell

Sports car and motorcycle enthusiasts will love this thrilling 32-mile route that crosses three mountain ranges and has over 400 curves. Fuel up on coffee, dragon-fired pizza, and craft beer at their Welcome Center.

pit stop destination

4. Woodbooger Statue at Flag Rock Recreation Area • Norton

Norton erected a life-sized sasquatch statue after Animal Planet's "Finding Bigfoot TV" filmed at the Woodburger Sanctuary in 2011. Go for a hike and snap a photo next to the infamous and mythical Woodbooger.

5. Cuz's Uptown Barbeque • Cedar Bluff

Set against the scenic backdrop of Deskin Mountain on a working farm, this local favorite restaurant serves a mash-up of BBQ, steaks, and seafood in a restored 1950s dairy barn decorated with crazy colors and vivid designs.

for the first time traveler

6. Breaks Interstate Park • Breaks

Challenge yourself by zip-lining along the edge of the "Grand Canyon of the South." If you prefer to keep your feet on the ground, plan to hike, fish, and stay in a lakefront cabin in this park surrounded by rugged terrain and cut by the Russell Fork River.

for families

7. Creation Kingdom Zoo • Gate City

This conservation-minded zoo offers visitors close encounters with their exotic residents. Purchase food to feed lemurs, giraffes, zebras, and more.

8. Martin's Station at Wilderness Road State Park • Ewing

Virginia's frontier comes alive at this outdoor living history museum where interpreters demonstrate what life was like in Colonial America.



