

SOUTHWEST VIRGINIA:

HEART OF APPALACHIA

Virginia's westernmost region, the Heart of Appalachia brings a rich culture and history to the table. Its rugged, colorful landscape is a marvel to the eye. The sounds of local songs and biodiverse wildlife echo through the rugged terrain, illustrating the story of a region's cultural abundance that's well worth the exploration.

NATURAL TUNNEL STATE PARK
Duffield



BACK OF THE DRAGON
Tazewell

EXPERIENCES THAT DEFINE THE REGION

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 Towns

An escape from big cities, the Heart of Appalachia boasts small towns with tons of character. No need to fret about time - there are charming boutique hotels to lay your head in, like the Western Front in St. Paul.

The People

The heart of this region is found in its hospitable communities. The locals share their history with open arms. Visiting any of the various local businesses around can help you easily dive right into the sights, sounds and tastes of this vibrant culture.

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.

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 love 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.

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 adventures. It's also home to some of our nation's most rare aquatic species.



KYLE LAFFRENIERE

BRAD DEEL / ILLUSTRATION BY VISIT VIRGINIA



HIGH KNOB
Wise County

Heart of Appalachia Visitor Information Center
3028 4th Ave. Market Square, St. Paul; 276-762-0011; heartofappalachia.com. VA Visitors Information Center offering brochures, attractions and event information.

Spearhead Trails
11325 Norton-Coeburn Rd., Coeburn; 276-807-7581; spearheadtrails.com. World-class outdoor adventure destination experiences; ATV, mountain-biking, hiking, equestrian, paddling.

THINGS TO DO

Appalachian Backroads
3028 4th Ave. Market Sq., St. Paul; 276-762-0011; appalachianbackroads.com. Motorcycle/auto routes covering 1500+ miles of curvy, scenic roads.

Clinch River State Park
P.O. Box 67, St. Paul; 276-254-5487; virginia.stateparks.gov/clinck-river.

Coal Canyon at Jewell Valley Multi-use Trails
17362 Dismal River Rd., Whitewood; 276-807-7581; spearheadtrails.com. 30-miles ATV and mountain bike trail with breathtaking scenery and trailhead parking.

Heart of Appalachia Bike Route and Scenic Drive
3028 4th Ave. Market Sq., St. Paul; 276-762-0011; heartofappalachia.com. 128 miles with 40 miles of side trails.

Virginia's Coal Heritage Trail/Virginia Scenic Byway
3028 4th Ave. Market Sq., St. Paul; 276-762-0011; virginia.org/coalheritagetrail. 325-mile driving trail through the Heart of Appalachia region.

BIG STONE GAP

Big Stone Gap Visitor Center
300 Wood Ave. E, Big Stone Gap; 276-523-2303; bigstonegap.com. Visitor information inside filming location of Carmines in BSG movie.

THINGS TO DO

"Trail of the Lonesome Pine" Outdoor Drama
518 Clinton Ave. E, June Tolliver Playhouse, Big Stone Gap; 276-523-1235; trailofthelonesomepine.com. Virginia's Official outdoor drama featuring folk music, feuding and romance.

Big Stone Gap Walking/Driving Tour
306 Wood Ave. E, Big Stone Gap; 276-523-2303; bigstonegap.com. Walking/driving tour of attractions, buildings, historical landmarks and Victorian-era homes.

Bullitt Park
217 E. 1st St. N, Big Stone Gap; 276-523-4950; bigstonegap.com. Historic park built by WPA program in 1930s.

Harry W. Meador Coal Museum
570 Shawnee Ave. E, Big Stone Gap; 276-523-9209; bigstonegap.com. Exhibits depicting history of coal mining lifestyles and regional culture.

Interstate 101 Car
155 E. 1st St. N, Big Stone Gap; 276-523-1322; bigstonegap.com/things-to-do/local-attractions/101-historic-trainca. An 1870 passenger car with original features.

John Fox JR Museum
117 Shawnee Ave. E, Big Stone Gap; 276-523-2303; bigtonegap.com. Historic landmark home of "Trail of the Lonesome Pine" author.

June Tolliver House & Folk Art Center
522 Clinton Ave. E, Big Stone Gap; 276-523-4707; bigstonegap.org. Historic Victorian townhouse serves as a museum and craft shop.

Lonesome Pine School & Heritage Center
511 Clinton Ave. E, Big Stone Gap; 276-523-1111; lpshc.net. School memorabilia, photos and genealogical materials displayed in historic house.

Miner's Park
420 Wood Ave. E, Big Stone Gap; 276-523-2303; bigstonegap.com/things-to-do/parks-trails/miners-park. Historic park honors the coal mining history of the area.

Powell Valley Overlook
U.S. 23 N, Big Stone Gap; 276-523-2303; bigstonegap.com/things-to-do/local-attractions/powell-valley-scenic-overlook. Picturesque overlook and part of the High Knob Landform, a true geologic wonder.

Southwest Virginia Museum Historical State Park
10 W. First St. N., Big Stone Gap; 276-523-1322; virginia.stateparks.gov/southwest-virginia-museum.

BUCHANAN COUNTY

Includes Grundy

Buchanan County Tourism Office
1102 Ovenbird Rd., Grundy; 276-312-5423; wildbuchanan.com. Provides visitor information on area attractions, guides and brochures.

Southern Gap Outdoor Adventure Visitor Center
1124 Chipping Sparrow Rd., Grundy; 276-244-1111; sgadventures.com. Offering attraction/lodging information, ATV rentals, elk tours, archery tag, vending.

THINGS TO DO

Bull Creek Hiking/Biking Trail
1046 Convict Hollow Rd., Grundy; 276-244-1542; wildbuchanan.com/trails. Hiking/biking rail-trail following Bull Creek tributary of Levisa Fork River.

Coal Canyon Multi-use Trail System
1810 Fairgrounds Cir., Grundy; 276-807-7581; spearheadtrails.com. Multi-use 127-mile ATV-Mountain Biking-Hiking trails with breathtaking overlooks, elk viewing. \$

Michael D. Young Hiking/Biking Trail
1350 Slate Creek Rd., Grundy; 276-244-1542; wildbuchanan.com. Beautiful 3.3-mile rugged mountain biking and hiking trail; beautiful views.

Southern Gap Raceway
6391 Poplar Creek Rd., Grundy; 276-935-5725; facebook.com/profile.php?id=100057690840583. Family racing entertainment with events scheduled seasonally.

CITY OF NORTON

THINGS TO DO

Central Drive-In
5113 Kent Junction Rd., Norton; 276-679-3761; centraldrivein.com. Historic drive-in theater founded in 1952.

Country Cabin II
6034 Kent Junction Rd., Norton; 276-679-3541; countrycabinmusic.com. Historic, Crooked Road major music venue offering weekly concerts.

Flag Rock Recreation Area and Trail System
1348 Flag Rock Rd., Norton; 276-679-0754; flagrock.com. Thousand-acre park with trails, fishing, paddling, rock climbing, camping, scenic views, Woodbooger sanctuary.

Norton Reservoir
State Rt. 619, Norton; 276-679-0754; nortonva.org/366/reservoirs. 9.8-acre upper reservoir is a state-stocked trout water.

Park Avenue Theater
722 Park Ave., Norton; 276-328-4917; parkavenuetheater.com. Historic early 1900s 200-seat theater. Vintage movies and performing arts center.

DICKENSON COUNTY

Includes Breaks, Clinchco, Clintwood, Haysi

Dickenson County Visitor's Center, Tourism & Chamber of Commerce
194 Clintwood Main St., Clintwood; 276-926-6074; dickensonchamber.net. Tourism information, brochures, maps. Also visit dickensonva.org.

THINGS TO DO

Birch Knob Observation Tower
10 miles north of Clintwood, Rt. 611 to Birch Knob Rd., Clintwood; 276-926-6074; dickensonva.org. 3,144 feet above sea level with a view of five states; clear day, six states.

Breaks Interstate Park
627 Commission Cir., Breaks; 276-865-4413; breakspark.com.

Clinchco Coal Miners' Memorial
Rt. 83, Town of Clinchco on Virginia's Coal Heritage Trail, Clinchco; 276-835-1160; clinchcova.net. Remembering miners lost in Dickenson County coal mines.

Cumberland Mountain View Driving Tour
Virginia's Scenic Rt. 611, Breaks; 276-865-4413; breakspark.com. 19 miles of scenic views through the mountains Clintwood to Bartlick.

Dr. Phipps Family Museum
194 Clintwood Main St., Clintwood; 276-926-6074; dickensonva.org/322/dr-hippss-family-museum. Displaying medical memorabilia from the Old Dickenson County Hospital.

Dr. Ralph Stanley Museum and Traditional Mountain Music Center
249 Main St., Clintwood; 276-926-8550; ralphstanleymuseum.com. Features the life and music of the legendary Bluegrass performer. \$

Haysi's Ridgeview Multi-use Trail System
Trailhead at 849 Kiwanis Park Rd., Haysi; 276-807-7581; spearheadtrails.com. Connecting with Coal Canyon ATV Trail offering 200 miles of trails for ATV, Mountain biking and hiking. \$

John W. Flannagan Dam & Reservoir
192 White Water Rd., Haysi; 276-926-6074; dickensonva.org. Whitewater releases in October. Fishing, boating, picnics, hiking, handicapped equipped fishing pier.

Pine Mountain Trail
Rt. 611, Breaks; 276-926-4605; pinemountaintrail.com. Scenic hiking/horseback riding trail following crest of Cumberland Mountains.

Virginia Scenic Cranesnest River & Multi-use Trail
SR 83, Two miles from Clintwood; 276-926-6074; dickensonva.org/495/virginia-scenic-cranesnest-river. Bird watching, hiking, biking, equestrian trails.

Virginia Scenic Russell Fork River
SR 83, Haysi; 276-853-9544; breakspark.com. Rapids and pools offering class five/six whitewater. Releases first four weekends in October.

LEE COUNTY

Includes Big Stone Gap, Ewing, Jonesville, Keokee, Pennington Gap, St. Charles

Lee County Tourism Office
33640 Main St., Jonesville; 276-346-7766; ilovelee.org. Lee County, where Virginia begins - the first great gateway to the west.

Pennington Gap Welcome Center
335 Fairground Rd., Pennington Gap; 276-298-5177; townofpenningtonva.gov. Regional attraction/lodging, event information near Stone Mountain Multi-use trails trailhead.

THINGS TO DO

Appalachian African American Cultural & Community Development Center
230 N. Leona St., Pennington Gap; 276-546-5144; aaaculturalcenter.org. Books/Photos depicting African American life in Appalachia. Tours by appointment.

Arrow B. Ranch
2585 Flanary Bridge Rd., Jonesville; facebook.com/myarrowb. Music, pumpkin patch, sunflowers, farm animals, corn maze.

Cave Springs Recreational Area
Cave Springs Rd., Big Stone Gap; 276-523-2303; fs.usda.gov/recarea/gwj/recreation/recarea. Camping, picnic area, natural swimming area, hiking.

Coal Miners Memorial Wall
St. Charles Rd., St. Charles; 276-546-1177; ilovelee.org. Remembering those who were lost providing for their families.

Cowan Mill
Located off Hwy. 58, Rt. 698/Indian Creek Rd., Ewing; 276-346-4629; ilovelee.org. Historic gristmill built in 1890. Must see photo op.

Cumberland Bowl Park
842 Park St., Jonesville; 276-346-1151; jonesvillevirginia.com/park. Visit the beautiful Veteran Memorial Wall located inside the park.

Cumberland Gap National Historical Park
US Hwy. 58, Ewing; 606-248-2817; nps.gov/cuga. First great gateway to the west; follow the buffalo.

Gap Cave (aka Cudjo Cave)
Cumberland Gap National Historical Park, Ewing; 606-248-2817; nps.gov/cuga. A majestic underground cathedral with glistening stalagmites and stalactites.

Iron Furnace
Cumberland Gap National Historic Park, Ewing; 606-248-2817; nps.gov/cuga. Used to make iron before and during the Civil War.

Lake Keokee
SR 606 Keokee Rd., Keokee; 276-679-8370; dwr.virginia.gov/waterbody/lake-keokee. A 92-acre lake for fishing, boating, picnic facilities.

Lee Theatre
41676 W. Morgan Ave., Pennington Gap; 276-546-4000; leetheatre.org. Historic venue for arts, entertainment, local events, education and movies.

Stone Face Rock
US 421 North, Pennington Gap; 276-546-1177; ilovelee.org. Folklore says that the face was carved by Cherokee Indians.

BRAD DEFL



BREAKS INTERSTATE PARK
Breaks

Stone Mountain Multi-Use Trail System
100 Fairground Rd., Pennington Gap; 276-807-7581; spearheadtrails.com. 30-mile challenging trails for ATVs, mountain biking, hiking; stunning overlooks. \$

White Rocks
US Hwy 58, Ewing; 276-346-4629; ilovelee.org. Hike to massive rocks-landmark for early pioneers. Impressive views.

Wilderness Road State Park
US Hwy 58, 8051 Wilderness Rd., Ewing; 276-445-3065; dcr.virginia.gov/state-parks/wilderness-road. Hiking, biking, camping, picnicking, living history programs, Karlton Mansion.

Wilderness Road Trail
US Hwy. 58, 8051 Wilderness Rd. (mid-trail), Ewing; 276-445-3065; dcr.virginia.gov/state-parks/wilderness-road#general_information. Follow the path of Daniel Boone's legendary Wilderness Road.

RUSSELL COUNTY
Includes Castlewood, Cleveland, Dante, Honaker Lebanon

Russell County Tourism
137 Highland Dr., Lebanon; 276-889-8000; experiencerussellva.com. Promoting tourism, attractions, economic development and quality of life.

THINGS TO DO

Channels Natural Area Preserve
State Route 80 at Raven Ridge Rd., Lebanon; 276-676-5673; dcr.virginia.gov/natural-heritage/natural-area-preserves/thechannels. Great Channels of Virginia, 721 acres atop Clinch Mountain.

Cleveland Barrens Natural Area Preserve
State Route 82, Cleveland; 276-676-5673; dcr.virginia.gov/natural-heritage/natural-area-preserves/cleveland. One of the top six biodiversity hot spots in the United States.

Dante Coal & Railroad Museum
30 Straight Hollow Rd., Dante; 276-495-1903; heartofappalachia.com/listing/dante-coal-mining-and-railroad-museum. Exhibits of coal and railroad memorabilia related to the history of the coal mining community.

Dickenson Bundy Log House & Old Courthouse
24071 US Hwy. 58A, Castlewood; 276-889-8000; heartofappalachia.com/places/dickenson-bundy-log-house. Restored 1769 log house, craft shop and old courthouse tours.

Honaker Heritage Museum
386 Railroad Ave, Honaker; 276-991-9138; facebook.com/honakerheritagemuseum. Showcasing photos/memorabilia linked to town's heritage/history. By appointment.

Jessee's Mill
SR 645, Jessee's Mill Rd., Lebanon; 276-762-0011; heartofappalachia.com/places/jessees-mill. US Historic Landmark, Roller-process gristmill built between 1889-90.

Laurel Bed Lake/Clinch Mountain Wildlife Management Area
Route 747, Honaker; 276-676-5673; experiencerussell.com. Elevations from 1,600' to 4,700', 330-acre man-made lake; fishing, boating. \$

Pinnacle Natural Area Preserve
State Route 721, Lebanon; 276-676-5673; dcr.virginia.gov. Spectacular cliffs and breathtaking waterfalls on the scenic Clinch River.

Trans-America Bike Route
State Route 80/76 Bicentennial bike route, Lebanon; 276-889-8000; experiencerussell.com. Route 80 from I-81 Exit 24 to Breaks Interstate Park - The Great 80 "80 Curves of Challenge".

SCOTT COUNTY
Includes Blackmore, Duffield, Dungannon, Gate City, Hiltons, Nickelsville

Scott County Tourism
190 Beech St., Suite 201, Gate City; 276-386-6521; explorescottcountyva.org. Carter Fold, Natural Tunnel State Park, Crooked Road, festivals, re-enactments.

THINGS TO DO

A.P. Carter Museum
3449 A.P. Carter Hwy. Hwy. 614), Hiltons; 276-594-0676; carterfamilyfold.org. Recordings, photographs, books, instruments and memorabilia of the Carter family. \$

Bark Camp Lake & Recreation Area
FS Rt. 551, Dungannon; 276-386-6521; explorescottcounty.com. Camping, fishing, picnicking and hiking. \$

Bush Mill
1154 Twin Springs Rd., Nickelsville; 423-863-7311; explorescottcountyva.org. A restored operational mill built between 1896 and 1897.

Carter Family Fold
3449 A.P. Carter Hwy. Hwy. 614), Hiltons; 276-386-6054; carterfamilyfold.org. Traditional music performed at Carter family homeplace on Saturday evenings. \$

Creation Kingdom Zoo
1692 Snowflake Rd., Gate City; 276-479-1910; creationkingdomzoo.com. Breeding zoo for endangered species. Open mid-March to November 30.\$

Dungannon Depot
344 Phoenix St., Dungannon; 276-467-2306; ddcinc.org/depot.htm. Early 1900s depot used today as a community center.

Mann Farms
11005 Veterans Memorial Pkwy., Ft. Blackmore; 276-995-1000; heartofappalachia.com/places/mann-farms. A Certified Virginia Century Farm known for their strawberries.

Natural Tunnel State Park
1420 Natural Tunnel Pkwy., Duffield; 276-940-2674; virginiastateparks.gov/natural-tunnel. \$

Pungo Farms
209 Pungo Dr., Nickelsville; 276-479-3809; pungofarms.com. Growing fall decor & pumpkins; petting zoo; open fall season.

Wilderness Road Blockhouse
1420 Natural Tunnel Pkwy., Duffield; 276-940-2674; danielboonetrail.com. Gathering place for hundreds of pioneers and the last safe haven for those migrating toward Kentucky.

ST. PAUL

VIRGINIA MAIN STREET COMMUNITY

Heart of Appalachia Visitor's Center & Tourism Authority
3028 4th Ave. Market Sq., St. Paul; 276-762-0011; heartofappalachia.com. Regional travel information on attractions, accommodations and special events.

THINGS TO DO

A.R. Matthews Park
16620 Riverside Dr., St. Paul; 276-762-5297; stpaulva.org. Clinch river access/launch, tennis, basketball, baseball, Blue Bell Island hiking.

Mountain Heritage Museum
16542 Russell St., St. Paul; 276-762-7500; mountainheritagemuseum.org. Coal mining, logging, railroading, farming, Civil War, Native American artifacts.

Mountain View Trails ATV Rentals
3025 Fourth Ave., St. Paul; 276-738-3040; mountainviewtrailsatvrentals.com. Polaris ATV rentals, two and four seaters, Spearhead Trails. \$

Oxbow Lake
16345 Bush Dr., St. Paul; 276-762-5297; stpaulva.org. Fishing lake for non-motorized boats, boat ramp. Bike/hike trails, picnicking.

TAZEWELL COUNTY
Includes Bluefield, Cedar Bluff, Pocohontas, Richlands

Back of the Dragon Welcome Center
524 West Main St., Tazewell; 276-979-4288; backofthedragon.com. Travel Information. Group planning for Route 16.

Visit Tazewell County
163 Walnut St., Bluefield; 276-322-1345; visittazewellcounty.org. Promotes tourism and community development. Provides information on local attractions.

THINGS TO DO

Appalachian Arts Center
112 River Rd., Cedar Bluff; 276-596-9188; appalachianartscenter.org. Exhibitions featuring works of over 180 local crafters & artisans.

Back of the Dragon
Route 16, Tazewell; 276-979-4288; backofthedragon.com. Scenic 32-mile driving trail between Tazewell and Marion, Virginia.

Cavitts Creek Park and Lake Witten
750 Recreation Dr., Tazewell; 276-988-7250; visittazewellcounty.org. 300-acre recreation area. Hiking, fishing, kayaking, camping and cabin.

Historic Crab Orchard Museum & Pioneer Park
3663 Crab Orchard Rd., Tazewell; 276-988-6755; craborchardmuseum.com. Region's comprehensive cultural heritage museum. Year-round pioneering experience. Kid friendly! \$

Spearhead Trails/Mountain View OHV Trails
3028 4th Ave. Market Sq., St. Paul; 276-220-9875; spearheadtrails.com. Trailhead in St. Paul. 100+ miles maintained scenic OHV/ATV trails.

St. Paul Railroad Museum
16646 Russell St., St. Paul; 276-762-5297; facebook.com/stpaulvirginiarailroadmuseum. Built in the 1890s, features St. Paul art and artifacts. Saturdays 10am-noon and by appointment.

Sugar Hill & Clinch River Trails
16345 Bush Dr., St. Paul; 276-762-5297; stpaulva.org. Hiking trails along Clinch River, birdwatching, canoeing, kayaking, fishing.

Wetlands Estonoa Learning Center
3126 Deacon Dr./4th Ave., St. Paul; 276-762-5151; wetlandsestonoa.com. 1/4-mile walking/birding trail, wetlands habitat and environmental education center.

Railroad Section Foreman's House
1542 Front St., Richlands; 276-964-2566; facebook.com/downtown-richlands-inc-52986608586. Railroad history. State and National Landmark.

Sanders House Center
200 Sanders Ln., Bluefield; 304-922-2760; visittazewellcounty.org. Historic house preserving aspects of the past with Tours/Events.

Tazewell Train Station
135 Railroad Ave., North Tazewell; 276-988-2061; facebook.com/tazewelltrainstation. One of two remaining depots along the Clinch Valley Line. Educational Exhibits.

WISE COUNTY
Includes Appalachia, Coeburn, Norton, Pound

Wise County & City of Norton Chamber of Commerce
765 Park Ave., Norton; 276-679-0961; wisecountychamber.org. Promoting tourism, economic development and quality of life opportunities.

Wise County Tourism
206 E. Main St., Wise; 276-328-2321; visitwisecounty.com. Promoting tourism and relocation opportunities in Wise County.

THINGS TO DO

Appalachia Cultural Arts Center
402 W. Main St., Appalachia; 276-565-3900; facebook.com/appalachiaculturalartscenter. Community arts activity center in restored early 1900s building.

Camp Bethel
9050 Camp Bethel Rd., Wise; 800-359-4049; campbethel.com. 165 wooded acres, lake, climbing wall, camping, authentic log building.

Civil War Monument & Red Fox Trail to Killing Rock
Top of Jenkins Mountain, SR 667/Potterstown Rd., Pound; 276-328-2321; visitwisecounty.com. Red Fox was legendary bad-man immortalized in plays, storytelling.

Coeburn Train Depot
502 Front St. E, Coeburn; 276-395-3323; townofcoeburn.com. Restored train depot over 100 years old; VA LOVE photo-op.

Derby Coal Camp
Derby Rd., Appalachia; 276-523-1322; swvamuseum.org/coalcamps.html. 1920s coal camp built by mining company.

Falls of Little Stony
Rt. 72, From Coeburn toward Dungannon about 10 miles, Coeburn; 276-679-8370; fs.usda.gov/activity/gwj/recreation. 2.8-mile trail, 400 foot-deep, 1700 foot-wide gorge, two waterfalls, fishing.

George Washington and Jefferson National Forest Trails
Ranger Station, 1700 Park Ave. SW, Norton; 276-679-8370; fs.usda.gov/activity/gwj/recreation/hiking. Multiple trail systems with varying lengths and intensities.

Guest River Gorge
State Rt. 72 from Coeburn to entrance of trail Swede Tunnel, Coeburn; 276-679-8370; fs.usda.gov/activity/gwj/recreation. 5.8-mile rails-to-trails recreation area hiking/biking trails formerly railroad property.

High Knob Observation Tower
Rt. 619, Norton; 276-328-2321; visitwisecounty.com. At elevation of 4,162 feet, panoramic views of five states.

Lay's Hardware Center for the Arts
409 East Front St., Coeburn; 276-395-5160; layshardware.com. Jam sessions, Friday night bluegrass and dancing. Art/craft classes/exhibitions.

Lonesome Pine Raceway
10802 Norton-Coeburn Rd., Coeburn; 276-395-5155; lpraceway.com. 3/8-mile high-bank oval stockcar track; NASCAR racing series. \$

Louis E. Henegar Miners Memorial Park
Callahan Ave., Appalachia; 276-565-0055; visitwisecounty.com/places/louis-e-henegar-miners-memorial-park. Public park dedicated to local mining in the community.

Mountain View Multi-use Trail System
3rd Ave., St. Paul; 276-807-7581; spearheadtrails.com. 118-mile scenic trail system for ATVs, mountain bikes and hiking. \$

North Fork of Pound Lake & Reservoir
Rt. 630/Old North Fork Rd., Pound; 276-796-5775; heartofappalachia.com/attraction/north-fork-of-pound-reservoir. Camping, picnic facilities, fishing and boat launch ramp.

Phillips Creek Recreational Area
SR 671, Pound; 276-328-2321; visitwisecounty.com. Beach area, hiking trail and picnic shelters on Pound Reservoir.

Wise Lake Reservoir
5545 Browning Ln./Rt. 646 off Coeburn Mountain Rd., Wise; 276-679-0961; visitwisecounty.com. Stocked fishing, boat ramp, hiking and picnic facilities available.

SAM DEAN