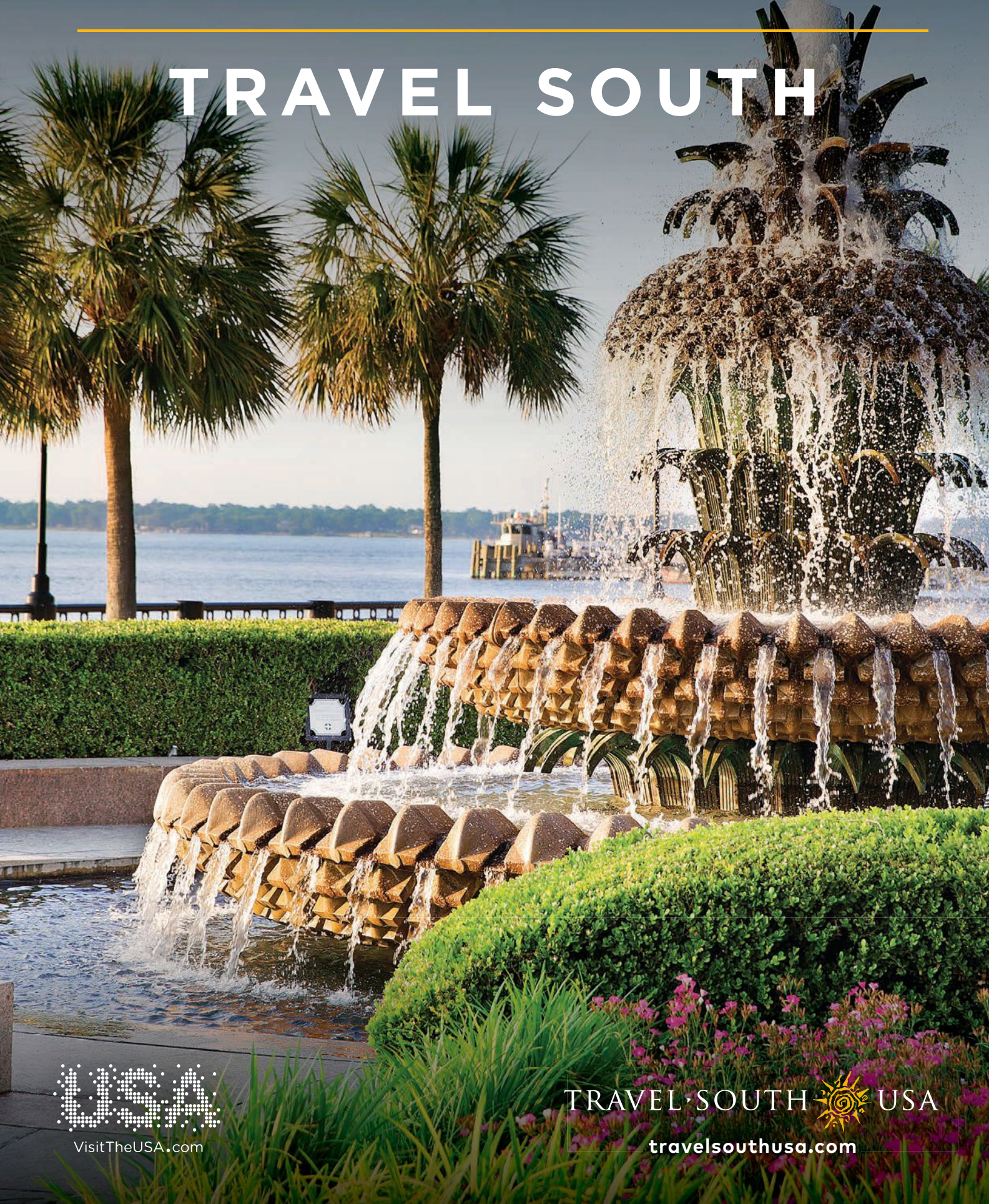


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Bodie Island, North Carolina

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TRAVEL SOUTH REGION USA



INTERNATIONAL GATEWAY AIRPORTS

- Hartsfield-Jackson Atlanta International Airport (ATL)
- Charlotte Douglas International Airport (CTL)
- Dallas/Ft. Worth International Airport (DFW)
- Kansas City International Airport (MCI)
- Orlando International Airport (MCO)
- Washington Dulles International Airport (IAD)
- George Bush Intercontinental Airport (IAH)
- Chicago O'Hare International Airport (ORD)
- Lambert-St. Louis International Airport (STL)
- Raleigh-Durham International Airport (RDU)
- Nashville International Airport (BNA)
- Memphis International Airport (MEM)
- Louis Armstrong New Orleans International Airport (MSY)
- Cincinnati/Northern Kentucky International Airport (CVG)
- Charleston International Airport (CHS)



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Hidden Wonders

UNEARTH THE REAL SOUTH

The South welcomes travelers to discover its pristine beaches, mountain views, lively music, historic sites and delicious regional dishes.

The 12 Southern states each have their own distinctive charms. In Alabama, learn about space research in high-tech Huntsville, enjoy sunny beaches and fresh seafood along the Gulf of Mexico and find a window into the past at Civil Rights museums. In Arkansas, dig for gems at Crater of Diamonds State Park and soak in hot springs. Pay a visit to the library of former U.S. President Bill Clinton.

Stroll among Savannah, Georgia's charming squares and fountains.

Dress up for a night out in Atlanta, hike on the Appalachian Trail and eat juicy peaches, Georgia's signature fruit. Explore Kentucky's Bourbon Country, listen to Bluegrass music and visit Churchill Downs, home of the Kentucky Derby horse race.

In Louisiana, tap your toes to jazz or zydeco music, and taste Cajun and Creole dishes in plantation-era small towns and the lively streets of New Orleans. Visit Mississippi's lush forests and historic sites, then head to venues playing the state's



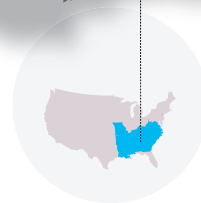
Potomac Highlands Region, West Virginia



Charleston, South Carolina



Jack Stack Barbeque, Kansas City, Missouri



signature blues music, especially in the Delta region near the mighty Mississippi River.

Missouri's Kansas City barbecue is famous, as are the views from the top of the Gateway Arch in St. Louis. In North Carolina, explore the Great Smoky Mountains, tour the Biltmore mansion and get an adrenaline rush at a NASCAR race. Enjoy fine dining in Charleston, South Carolina, kayak through salt marshes in Hilton Head Island and stroll Myrtle Beach's boardwalk. In Tennessee, tour Elvis Presley's Graceland estate in Memphis, then head to Nashville, known as "Music City." Virginia is steeped in history, with battlefields, presidential estates and monuments. Indulge in seafood from the Chesapeake Bay and Atlantic Ocean. In the Appalachian Mountains of West Virginia, explore charming towns and set aside time to go skiing and visit historic sites.

TRAVEL · SOUTH  USA

INDULGE YOUR SENSES IN THE RHYTHMS OF THE SOUTH

Dancing, dining and other delights in Atlanta, Nashville and New Orleans

When it comes to road trips, it's hard to beat the diverse offerings of the South. From the country, blues and rock tunes drifting through the streets of Nashville, to the world-class attractions of Atlanta and the tasty libations in New Orleans, this trio of destinations offers a wealth of adventure for all five senses of taste, touch, sight, smell and hearing.

Route distance:
1,303 km

Suggested time:
1-2 weeks



01

ATLANTA, GEORGIA: A METROPOLIS WITH CHARACTER

After arriving at the Hartsfield-Jackson Atlanta International Airport, you'll want to stretch your legs in "The City in a Forest," a nickname Atlanta earned because of its tree canopy. Smell the fresh air and start the day with outdoor play at Piedmont Park, which has more than 81 hectares of lawns, lakes, jogging paths and playgrounds.

Continue on to the Georgia Aquarium, and see more than 100,000 creatures from 500 species swimming, diving and soaring. Walk next door to the World of Coca-Cola to learn about one of the world's favorite beverages and watch the 'Search for the Secret Formula' inside the multisensory 4-D theater. Walk, jog or stroll through Centennial Olympic Park, built for the 1996 Olympic Games, where free concerts and festivals take place throughout the year and you can splash in the Fountain of Rings, a synchronized water and music attraction. Newshounds won't want to miss listening to tour guides tell how live news is broadcast at the world headquarters of CNN.

Feel the power of the past by heading to the Sweet Auburn District to walk the same streets that Martin Luther King, Jr. roamed as a child; see King's birth home, visit the King Center for Non-Violent Social Change and see the reverend's final resting place. Hear live music during a stop at Sweet Georgia's Juke Joint, a local institution where the aroma of Southern fare wafts through the building. You can't leave Atlanta without visiting the Buckhead neighborhood and touching fine merchandise in more than 200 upscale stores in Lenox Square. You'll want something special to wear in Nashville.



resting place. Hear live music during a stop at Sweet Georgia's Juke Joint, a local institution where the aroma of Southern fare wafts through the building. You can't leave Atlanta without visiting the Buckhead neighborhood and touching fine merchandise in more than 200 upscale stores in Lenox Square. You'll want something special to wear in Nashville.

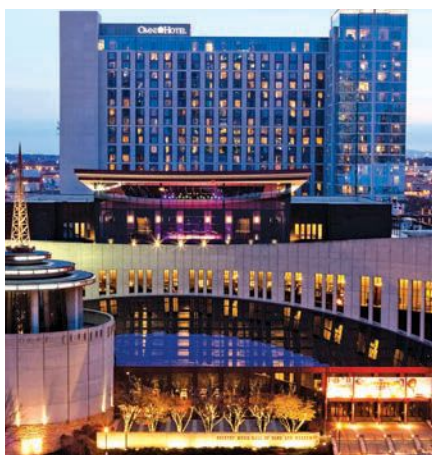
401 km 4 hours by car

02

SINGING THE PRAISES OF NASHVILLE, TENNESSEE

On the drive to Nashville, tune your radio during to a variety of stations and prime yourself for your experience in Music City. Make a beeline downtown to check out RCA Studio B, where legends like Elvis Presley, Dolly Parton and Willie Nelson recorded famous hits. The Johnny Cash Museum was voted by both Forbes and National Geographic as a can't-miss destination. Walk the Music City Walk of Fame, the Music Mile connecting Downtown to Music Row to touch sidewalk stars honoring famous musicians, including Jimi Hendrix, Vince Gill and Wynonna Judd. Next, head to the Country Music Hall of Fame & Museum to hear rare recordings of country's legendary performers and see the collection of instruments and costumes.

A Nashville visit isn't complete without a stop at the Grand Ole Opry, the world's longest running live radio show. Add a treat for your sense of taste by rounding out your visit at B.B. King's Blues Club, where you can drink, eat, dance and enjoy live music with a soulful sound. Before you leave town for New Orleans, buy yourself a pair of authentic cowboy boots to serve as a reminder of your time in Music City.



855 km 8 hours by car

03

WILD AND SCENIC NEW ORLEANS, LOUISIANA

After driving from Nashville, you'll be rewarded in New Orleans with great food, festive music and fun. Enjoy the sights on a walking tour through two of New Orleans' most distinctive neighborhoods, the rollicking French Quarter and the elegant Garden District. At lunchtime, get ready to taste a flavorful fried oyster po' boy or a belly-busting muffuletta. Follow up with a sweet, buttery pecan praline.

Hear the city sounds as you ride the Saint Charles Avenue streetcar, the oldest continuously operating one in the world, and take in views of stately mansions, towering live oaks, Tulane University and the Audubon Zoo. At night, sip on a hurricane, a rum-based favorite, and wander the Quarter, listening to wandering street musicians, or stopping by landmarks such as Preservation Hall for live jazz music. For the bravest souls, there are plenty of ghost, voodoo and vampire stories to hear on tours through the city's haunted streets and spooky cemeteries.

As you begin the trip home with a flight out of Louis Armstrong New Orleans International Airport, think about all of the stories you'll have to tell about your jaunt through Atlanta, Nashville and New Orleans. ■





Route distance:
1,141 km

Suggested time:
5 days

BARBECUE AND BREWS FROM MISSOURI TO KENTUCKY

On a quest for the best flavors in the Southeast

While Texas, the Carolinas and Tennessee may all claim to have the nation's best barbecue, it's hard to beat the smoky flavors and mouth-watering meats served in tasty spots in Missouri and Kentucky. You'll likely have your first taste of mutton (sheep meat), and, if you're lucky, perhaps a big snoot (pig snout) or two. Wash it all down with a cold brew and you'll understand why this area is a go-to destination for beers and barbecue.



for over 60 years. For a more upscale barbecue experience, visit one of three locations of Jack Stack Barbecue, where you can enjoy Denver-cut lamb ribs prepared in hickory-fired brick ovens. But save room in your stomach for your next stop, which takes barbecue to the next level.

16 km 30 minutes by car



Your next destination, Springfield, promises even more deliciousness.

01

THE FINGER-LICKIN' FINEST OF KANSAS CITY, MISSOURI

You can practically smell the barbecue sauce as you fly into Kansas City International Airport, the starting point of this delicious trip. This metropolitan gem is known for its jazz, famous fountains and, of course, its barbecue. KC (short for Kansas City) has its own unique barbecue style, courtesy of Arthur Bryant, who almost a century ago introduced the sweet tomato- and molasses-based sauce that can be smothered atop pork ribs, smoked turkey, pulled pork and other meats. Try it at his flagship two-story brick restaurant, Arthur Bryant's. Another essential stop is Gates Bar-B-Q, where folks have been enjoying smoked barbecue topped with an array of sauces

02

INDEPENDENCE, MISSOURI: A SMALL TOWN WITH BIG FLAVORS

It may only be 16 kilometers east of Kansas City, but the historic city of Independence is worth a lunch stop on your way to St. Louis. It's absolutely packed with outstanding barbecue joints. Here you can linger over smoked meatloaf or southern pulled pork at A Little BBQ Joint, or the sweet corn nuggets, potato skins, beef ribs, pork spare ribs, bone-in chicken and burnt ends at KC Smokehouse Bar-B-Que, a popular Kansas City-area spot which has an outpost here. Over at Bandana's Bar-B-Q they cook their pork, beef, chicken and ribs up to 14 hours over real wood smokers, with select hardwoods that create a signature smoked flavor.

273 km 3 hours by car



03

ALL-AMERICAN BARBECUE IN SPRINGFIELD, MISSOURI

Here in the heartland, Springfield is the Queen City of the Ozarks, the Birthplace of Route 66, home to the massive flagship Bass Pro Shops Outdoor World – and a city that loves good barbecue. You might be tempted to write off Pappy's Place, a tiny building with the simple promise of "Good Food" in the window. But this local favorite serves up tasty pulled pork, best washed down with a cold Budweiser. Heisman Trophy winner Billy Sims has his own restaurant, Billy Sims Barbecue, where you can order platters inspired by American football nomenclature such as the Running Back rib dinner, the Triple 20 pulled pork or the Heisman sandwich. City Butcher and

Barbecue has made a name for itself with a Texas-style barbecue menu. The brisket, burnt ends and pork belly have a near cult-like following. There's also a pickle bar, and you can order charcuterie including hand-made sausages, pâté, duck pastrami and other delicacies. Get there early – it's first come, first served and once the meat is gone, it's gone! If you seek a variety of sauces and sides with your 'cue, award-winning Whole Hog Café fits the bill with six different sauces (seven, if you count the Volcano Sauce available only at the counter) and its famous cheesy corn or potato salad. Your next stop, St. Louis, is a few hours away – plenty of time to get hungry again.

348 km 4 hours by car



04

SAVORY MEETS SWEET IN ST. LOUIS, MISSOURI

Known for its iconic Gateway Arch and Route 66 roots, St. Louis will surprise you with its breadth and depth of barbecue flavors. Your taste buds will be dazzled at places like Pappy's Smokehouse, known throughout the USA for its dry-rubbed ribs, smoked for 14 hours over sweet apple and cherry wood. Lines run out the door with folks eager to try dishes like Pappy's Frito Pie – Fritos corn chips topped with your choice of barbecued meat plus baked beans, cheddar cheese and onion. Sister store Bogart's Smokehouse also offers a variety of delicious meats and sides with original sauces like the sweet and smoky Kansas City-style Sweet Maegan Ann. For great smoked meats and tasty sides with no

frills, visit Adam's Smokehouse, a sister restaurant to Pappy's and Bogart's. You can't leave St. Louis without trying the city's namesake dish, St. Louis-style ribs, which are pork spareribs trimmed into small rectangles. Get some of the best ones at Ms. Piggies' Smokehouse, a laid-back, easy-order spot. Then get your palate ready to see how Kentucky puts its own spin on barbecue.

330 km 3 hours by car



05

MUTTON, BURGOO AND MORE IN OWENSBORO, KENTUCKY

Known as the mutton capital of the world, the family-friendly, bluegrass music mecca of Owensboro is the place to try mutton served sliced or pulled, accompanied by a soupy meat stew known as "burgoo." For a taste, stop in at Old Hickory Bar-B-Q, where they process their own meat and cut it into slices before letting it cook for anywhere from 18 to 22 hours. Order your mutton "off the pit" and don't forget the homemade cobblers or banana pudding for dessert. Across town is Moonlite Bar-B-Que Inn, where the mutton is cooked in custom-designed smokers for up to 18 hours after the finest Kentucky tradition. Other delicious offerings

include beef brisket and Boston butt. They're open as early as 9 a.m., so perhaps stop here for an unconventional breakfast before setting off on your drive to Louisville.

174 km 2 hours by car



06

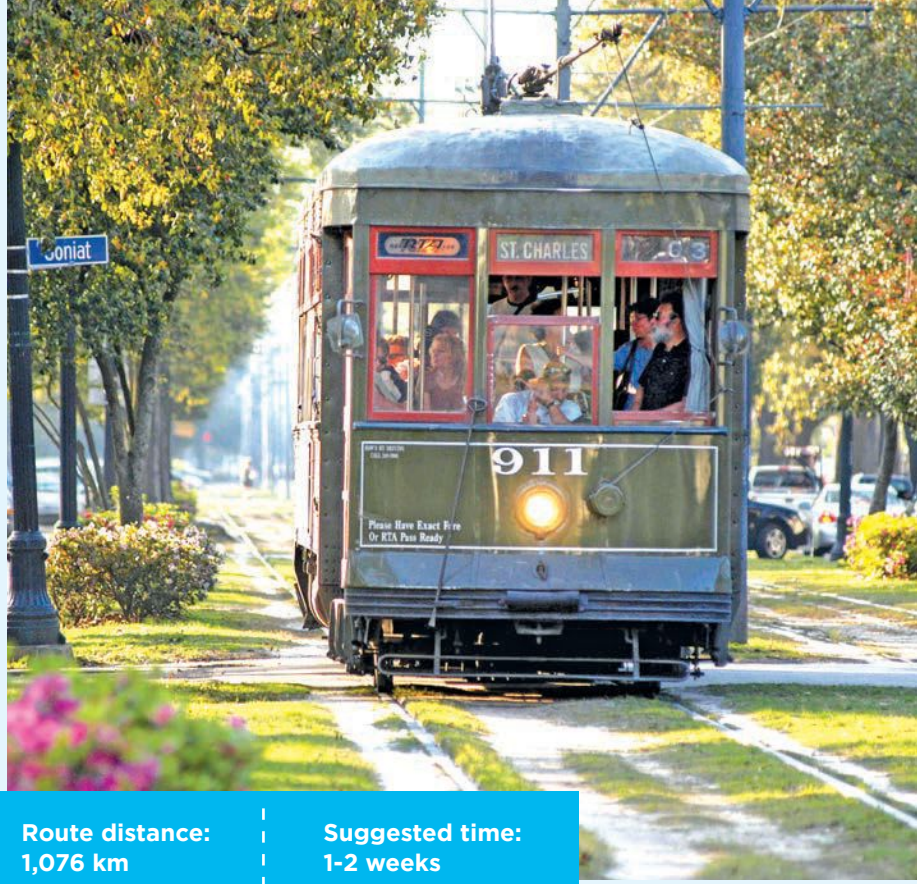
BOURBON, BEER AND BRISKET IN LOUISVILLE, KENTUCKY

When you enter Louisville, you'll find that barbecue is not the only "B" in town: This festive home of the Kentucky Derby is also famous for its bourbon, beer and brisket. Combine all of them at places like Down One Bourbon Bar & Restaurant, where you can sip on one of the 160 available bourbons while enjoying bacon-wrapped gorgonzola stuffed dates or the famous Three Little Pigs sandwich, recognized as one of the best barbecue sandwiches in the country. For great beer and meats in a casual environment, stop in at the Frankfort Avenue Beer Depot, where ribs, sandwiches, sides and scrumptious flavors abound, and you can play

mini-golf for free. Over at Momma's Mustard, Pickles & BBQ, Kansas City-style barbecue is on the menu, as is, of course, mustard and pickles made from the owner's mother's recipe. If you're eager to depart from barbecue, head over to Hammerheads for chicken and waffles, duck fat fries, pork belly baked beans and smoked cheddar grit cakes. Some of the best locally brewed beer in Louisville can be found at the Bluegrass Brewing Company or Against the Grain, but make sure you leave plenty of time for it to digest before driving! Head out from Louisville International Airport. It'll be a long time before you get hungry again! ■

DIAMONDS, PLANTATIONS, BAYOUS AND BREWS: GEMS OF THE SOUTHEAST

Heritage and natural history in Louisiana and Arkansas



Route distance:
1,076 km

Suggested time:
1-2 weeks

Jump from car to airboat to riverboat to carriage as you make your way through this wide-ranging road trip, which will catapult you through the cultural and natural heritage of Louisiana and Arkansas. Distinctly Southern and stunningly scenic, the bayous, springs, festivals and plantations in these two states bear the imprint of hundreds of years of cultural and geological change. Discover the attractions that make each destination unique.

01

STARTING POINT: NEW ORLEANS, LOUISIANA

As soon as you land at New Orleans' Louis Armstrong International Airport, you'll realize that this city is unlike any other in the USA. It's a kaleidoscope of food, music, architecture and celebrations that honor its distinct mélange of ethnic heritages, from Cajun and African American to Creole, European and Caribbean. Evidence of this melting pot surrounds you as you stroll from street to street and neighborhood to neighborhood: in the Gothic and Victorian-style buildings; in the wedding parties that fill Jackson Square; or in the quirky parades that meander slowly through the French Quarter. It can be tasted in unique dishes like the turtle soup at The Court of Two Sisters, or in the gumbo, beignets and jambalaya served at every corner restaurant. It can be heard in the sounds that spill from a hundred jazz clubs, blues joints and zydeco festivals, and seen on the specialty tours that let you explore topics like voodoo, antiques and cemeteries. Before you head out of town, immerse yourself in New Orleans nature at spots like the Audubon Nature Institute or on a paddlewheel steamboat tour on the Mississippi River.

92 km 1 hour by car

02

HISTORY AND HERITAGE IN BATON ROUGE, LOUISIANA

Louisiana's capital city trends Cajun/Creole-cosmopolitan at its center, but is surrounded by sprawling historic plantations that offer a glimpse into the 18th century, and bayous filled with wildlife. Start in downtown Baton Rouge, where you'll find plenty to keep you occupied, from the Shaw Center for the Arts, to the 400-plus restaurants, food trucks and farmers markets. Of course you should tour both the old and new capitol buildings: the Old Capitol features a museum inside a Gothic stunner overlooking the Mississippi River, while the new Capitol wows with a sky-high view of the city and gorgeous gardens. As you proceed toward Francisville, make a stop at one of the many graceful plantation houses along Route 61, or hit up Teddy's Juke Joint, a real-deal haunt for alternating DJs and live music.

50 km 1 hour by car

03

ADMIRING ARCHITECTURE IN ST. FRANCISVILLE, LOUISIANA

Architecture enthusiasts and nature lovers can both find something to admire in St. Francisville, home to plantations, a historic district and numerous outdoor pursuits. Start at the West Feliciana Historical Society Museum for an overview of the

history of the parish, then try a walking tour of the churches, private homes, Georgian Revival courthouse, restaurants and shops downtown. Note the Gothic stylings of Grace Episcopal Church and the traditional cottage structure of many of the district's houses. When you've had enough of the city, hike or bike the green areas of the parish, or try bird-watching on Cat Island National Wildlife Refuge. It'll help you burn off some energy before you get back in the car and continue north to the Alexandria and Pineville area.

158 km 2 hours by car

04

REVISIT THE 18TH CENTURY IN ALEXANDRIA AND PINEVILLE, LOUISIANA

The two sides of early Louisiana society are evident in Alexandria and Pineville: the splendor of wealthy plantation dwellers, and the Spartan circumstances of poor Creole farmers. Kent House, a beautiful French colonial-style plantation that dates back to 1796, offers a glimpse of the French, Spanish and American cultures that influenced Louisiana. On the other side of town you can visit Epps House, an 1852 Creole cottage that was built in part by Solomon Northup, a kidnapped free man whose story was told in the 2013 film "12 Years a Slave." On your way out of Alexandria, get an eyeful of Louisiana and Southern art at the Alexandria Museum of Art. Then continue up Interstate 49 to one of the oldest places in Louisiana.

93 km 1 hour by car

05 NATCHITOCHES, LOUISIANA: DISTINCTIVELY, DEFINITELY HISTORIC



As you enter Natchitoches (pronounced "nack-a-tish"), it might not seem extraordinary, but it is in fact Louisiana's oldest settlement, dating back to 1714. If you look closely, you can see that it has a distinct European flavor, owing to its founding during the days when Louisiana was still part of France. Tour the extensive National Historic District by horse-drawn carriage, and make stops at the general store and cemetery. Other early sites include plantation houses and Fort St. Jean Baptiste, which tells of Natchitoches' beginnings. In winter, the Natchitoches Christmas Festival illuminates the city, and in warmer months, watch the sun set over the Red River as you head out of town.

121 km 1.5 hours by car

06 SHREVEPORT-BOSSIER CITY, LOUISIANA: RIPE FOR SIGHTSEEING



Follow the Red River right into the restaurants, cruises and entertainment that are hallmarks of Shreveport and Bossier. Most of the action is centered on the water, where six riverboat casinos offer Las Vegas-style entertainment, nightclubs, bars and live music. On land you can shop til you drop at the Louisiana Boardwalk Outlets, or dine and drink at one of the many craft brew pubs and eateries specializing in Shreveport-style stuffed shrimp. Outdoor activities including golf, fishing and zip lining are also popular, earning Shreveport a reputation as a sportsman's destination. But the abundance of ways to entertain yourself does not mean there's nothing of historic or artistic value in town – before you head toward Arkansas, take a drive through the historic downtown. Keep an eye out for statues of blues legend Huddie "Leadbelly" Ledbetter and Elvis Presley, and the "Once in a Millennium Moon" mural.

116 km 1 hour by car

07 HISTORIC BORDER TOWN OF TEXARKANA, ARKANSAS

The quirky town border town of Texarkana, Arkansas blends seamlessly with its twin, Texarkana, Texas, and is imbued with the flavors, sounds and history of both states. Ragtime music has roots here: Acclaimed composer Scott Joplin was a Texarkana native and there's a mural on the Texas side of downtown that celebrates him. Just a few blocks away is a remnant of the city's colorful past, the Ace of Clubs House. This 1885 Italianate Victorian home built in the shape of a club was, according to legend, financed by a winning poker hand. The Arkansas Municipal Auditorium, which once hosted Elvis, Johnny Cash and Mae West, may no longer be around, but the restored 1924-era Perot Theatre is worth visiting. Of course before you leave you'll need to walk the Arkansas-Texas divide along State Line Avenue, and behold the only post office that sits in two states. It's even equitably made from both Texas granite and Arkansas limestone. Plant your feet back on the Arkansas side and start your journey to the birthplace of a very famous American.

55 km 1 hour by car

08 HOPE, ARKANSAS: A PRESIDENTIAL DESTINATION

Hope was nothing more than a nondescript southern town until Bill Clinton became the governor of Arkansas, then the 42nd president of the United States. Hope, his birthplace, instantly earned its place on the map. You can tour the house where he was born and view supporting exhibits in the adjacent visitor center. If you want to learn more about the former President, you'll need to take a detour to the Clinton Presidential Center in Little Rock, the capital of Arkansas. If you're not interested in Clintonia, move on to Murfreesboro, and make sure to bring a shovel.

55 km 1 hour by car

09 DIGGING FOR DIAMONDS IN MURFREESBORO, ARKANSAS

Arkansas is alternately referred to as The Natural State and The Diamond State because of attractions like Crater of Diamonds State Park, Murfreesboro's main claim to fame. It's the only place in the U.S. where you can dig for – and keep – any diamonds you find. This eroded crater yielded its first find in 1906 and is still turning out sparklers today. You have to admit that there's something enticing about the concept: For less than \$10 (plus a bit extra to rent digging tools), you can go into the search area, and potentially come out a few hours later with something

worth much more than the price of admission. If you come up empty-handed, no worries – soothe your aching muscles in Hot Springs, the next stop on the itinerary.

66 km 1 hour by car

10 NATURAL WONDERS IN HOT SPRINGS, ARKANSAS

Despite its name, the hot springs are not the only attraction in this central Arkansas town, which is an all-around great place for a relaxing getaway filled with food, fun and history. An ideal itinerary starts in the Central Avenue historic district, where it's easy to park and walk to places like the Gangster Museum of America, which tells of Hot Springs' rowdiest era, and to legendary pubs like The Ohio Club. Make an appointment at any of the bathhouses along Central Avenue, which are fed by waters bubbling up from the natural springs deep in the earth below. In the middle of it all sits the Hot Springs National Park Visitor Center, repurposed from the gorgeous, and thoroughly preserved, Fordyce Bathhouse. Learn about the springs and baths here before heading out of town into the park, where hiking trails lead to mountain vistas and the fall foliage is not to be missed. On your way to your last destination, stop at Garvan Woodland Gardens for a well-curated series of landscapes, including a wildflower overlook along Lake Hamilton.

90 km 1 hour by car

11 PINE BLUFF, ARKANSAS: END WITH HISTORY ON THE BAYOU



The final stop on your journey is a place that evokes the era of cotton plantations, steam railroads and the Civil War. In the heart of downtown Pine Bluff, murals illustrate the town's past, 19th century homes line the streets, and a Confederate monument sits near the town courthouse. The Arkansas Railroad Museum offers a peek at Steam Locomotive 819, built onsite in 1942 when the museum was a machine shop. Nearby, the Pine Bluff/Jefferson County Historical Museum explores the town's ties to the cotton trade and role in the war. For something a little different, learn about the bottomland ecology of Arkansas' waterways at the Delta Rivers Nature Center, where you can see displays and take short walks through bayou, lake and prairie habitats. For a deeper immersion in nature, rent a kayak and enjoy the easy trail at Cane Creek State Park for a last bit of tranquility before heading home from Little Rock, Arkansas' Bill and Hillary Clinton National Airport or Memphis International Airport in Tennessee. ■



DISTILLING IN THE HILLS AND RACING

Where Moonshine History and NASCAR Come Together

Even before the American Revolution, people were making unaged corn whiskey in North Carolina, Tennessee and Virginia using a recipe distilled from their European roots, abundant corn crop and spring water running from the Appalachian Mountains. During Prohibition, as the law hunted stills, the stills crept further into the mountains. Moonshine runners turbo-charged car engines, removed seats and modified rear suspensions to bear heavy loads. For fun, runners often raced each other, eventually leading to the National Association for Stock Car Auto Racing (NASCAR) in 1948. Today, stock cars, drag racers, trucks and other vehicles compete on certified tracks. Follow this itinerary to team shops, halls of fame and fabled routes run by the bootleggers. Between speedways, stop at distilleries, restaurants and bars that honor the craft.

Route distance:
1,065 km

Suggested time:
6 days

01

FIRST PIT STOP: CHARLOTTE, NORTH CAROLINA

Fly into the cosmopolitan and friendly city of Charlotte via Charlotte Douglas International Airport to plunge straight into the capital of racing, with its events, team shops and the NASCAR Hall of Fame. Devote at least half a day to the Hall in uptown Charlotte, where you can pump a jack, change a tire, fuel a race car against the clock in the pit stop simulator and peek at Junior Johnson's moonshine still. Time your visit to catch a race at Charlotte Motor Speedway just north of Charlotte in Concord. The big ones are the Coca-Cola 600 in late May and the Bank of America 500 in early October. Main events are rivaled by pre- and post-race festivities like the 600 Festival. Try the NASCAR Racing Experience that puts you on the track and in the driver's seat of a real race car. A kilometer-and-a-half away from the track, drop by Hendrick Motorsports, where you can see cars being prepped for race day before heading northeast to Raleigh.



02

CAPITAL CULTURE IN RALEIGH, NORTH CAROLINA

A trip to modern-meets-historic Raleigh is well worth the slight detour to enjoy its booming music and beverage scenes. This energetic destination, innovation center and capital of North Carolina is also home to more than 25 breweries. Get your fill at the Raleigh Beer Garden, known as the world's largest and perfect for sampling a more modern addition to the Southeast's beverage-production heritage (though, small-batch distilleries can be found here as well). Bluegrass and rock are just two of the live music genres that can be enjoyed nightly in Raleigh, which touts itself as having "the most music in North Carolina." Before getting back on track to Virginia, round out your trip with a stop in a local restaurant or coffee shop. Don't be afraid to ask a friendly local for a recommendation. Raleigh may be a growing metropolis, but it's still full of small-town charm.

269 km 3 hours by car

03

SMALL-TOWN REVELRY IN WYTHEVILLE, VIRGINIA

With your need for speed and spirits satisfied (at least momentarily), slow down in Wytheville. This historic mountain town at the crossroads of two major interstates is an ideal hub for exploring. Wind along Big Walker Mountain Scenic Byway to Big Walker Lookout, a 30-meter tower surveying farms and forests. Hike Monster Rock – the name refers to the craggy outcrop's killer view, not its level of difficulty – then linger at BW Country Store for ice cream or fudge, souvenirs by local artisans and live music on the porch on weekends during warmer months. Rev up the night at Wythe Raceway. There's live action on this dirt track most Saturday nights; arrive by 5 p.m. to claim a seat in the wooden grandstand or a hillside spot for your lawn chair. Qualifying laps begin around 7 p.m. for 8 p.m. races, but there's plenty to do while you wait: Hit the concession for fried bologna, send children to the arcade and revel in the small-town Saturday night. "The same 2,000 or 3,000 people every week pack the place," reports driver Caleb Holman, who got his start here. Enjoy the immersion in local culture and the mountain views; there's even more of it to come at your next stop.

309 km 4 hours by car



04

ABINGDON, VIRGINIA: TAPESTRY OF CARS, MUSIC AND VISUAL ARTS

Head about an hour southwest to Abingdon, a lively small town surrounded by the wilderness of the Blue Ridge Mountains. Caleb Holman is now based here as a driver with Henderson Motorsports. "If the gate's open, come on in," he says. If Holman's not out racing, chances are you'll find him onsite, along with his boss' collection of vintage Corvettes, Thunderbirds and the like, set against a faux 1950s-style diner. Abingdon is a gateway to Southwest Virginia's cultural tapestry of visual art and American roots music. Visit Heartwood to shop local artisans' wares or hear live music, and to pick up a brochure to help you discover The Crooked Road, Virginia's Music Heritage Trail. Running past wayside exhibits and music venues, the Trail meanders through Franklin County, where a history of moonshining lives on.

90 km 1 hour by car



05

BRISTOL, TENNESSEE: HOME OF THE FASTEST HALF-MILE

After your cultural tour, discover a place where peaceful mountains, rolling hills and tranquil lakes converge. In Bristol, hear the soft strains of music history at the new Birthplace of Country Music or the hard-driving sounds of one of the country's most popular NASCAR venues, Bristol Motor Speedway. Legendary and known as the "world's fastest half-mile," the speedway is one of the largest sporting venues in the world with seating for 160,000. Tours include a lap around the track and a trip down Thunder Valley, the .4-kilometer dragstrip. Make time to tour the magnificent Bristol Caverns and walk along the banks of the ancient Underground River that carved these vaulted chambers millions of years ago. Explore downtown Bristol, whose State Street is actually the state line between Tennessee and Virginia. Pop in and out of boutiques and antique shops. Hike or paddle boat year round at the beautiful 890-hectare Steele Creek Park. Bonus: About half-an-hour west of Bristol – en route to your next destination, Knoxville – Kingsport Speedway hosts near-weekly races from late March through late September.

27 km 30 minutes by car



06

MIXING HISTORY AND FUN IN KNOXVILLE, TENNESSEE

Knoxville is often called the capital of Appalachia. Its quirky blend of art and music, nature, sports and history creates a vibrant city. In and around Knoxville, the White Lightning Trail (one of the state's 16 culturally inspired touring trails) connects bootlegging and racing via interpretive and historic stops. You might take a break at Calhoun's Bearden Hill along the original Thunder Road, the legendary bootlegger run that inspired a ballad and film in the late 1950s. Order the Thunder Road pilsner micro-brewed onsite, then tiptoe through Old Gray Cemetery in search of the hollowed-out monument that served as a moonshine drop-off point. As you follow the trail, explore the historic Old City district northeast of downtown. This turn-of-the-20th-century formerly raucous area of town is now a mix of retail, restaurants, bars and events retrofitted into yesteryear architecture. Enjoy music, food and shopping at Market Square, Krutch Park, Gay Street's shops and bars and rest a bit before returning back east to North Carolina.

183 km 2 hours by car



07

ASHEVILLE, NORTH CAROLINA: THE FINISH LINE

Finish strong in Asheville, known for its vibrant arts scene, independent restaurants, myriad breweries, and the famed estate of George Vanderbilt, The Biltmore. Plan a scenic drive from the Blue Ridge Parkway Visitor Center. Maneuvering the Parkway's twists and turns as you eye its forested, mountainous scenery, it's easy to imagine when bootleggers lived here. In an ode to that craft, two distilleries operate in and near the city today: Troy & Sons and Howling Moon. Troy & Sons tours are complimentary, brief and followed by tastings. Depending on what's available, the tasting might feature their Oak Reserve, a moonshine-style whiskey mellowed in bourbon barrels for a golden color and caramel notes. Once you've taken it all in, Asheville Regional Airport is just 14 kilometers south of the city, or drive two hours back to Charlotte to catch an international flight. ■

187 km 2 hours by car



FOR THE LOVE OF SOUTHERN FOOD

Let your appetite guide you along this tour of the Southeast's famed culinary landmarks

George Bernard Shaw once said, "There is no sincerer love than the love of food." One of the best ways to experience that love is through the savory, delectable flavors of the South. Some of the world's best-known chefs and sommeliers live in Georgia and South Carolina, offering cuisine at festivals and restaurants that can't be missed.

Route distance:
1,279 km

Suggested time:
6 days

01

KICK OFF YOUR TRIP WITH A FOOD FESTIVAL IN ATLANTA, GEORGIA

Whatever you're in the mood for, Atlanta's mix of international cuisine, Southern techniques and farm-fresh, locally sourced food will deliver it, so prepare to chow down, especially in late May or early June. You'll drive from Hartsfield-Jackson Atlanta International Airport to the Loews Atlanta Hotel, the base for the Atlanta Food & Wine Festival in Midtown. Here, the South's best chefs and sommeliers offer a bevy of tastings, seminars and classes on everything from the wines of Chile to the secrets of Southern cooking. Try tastings ranging from the South's finest fried chicken to Ole Smoky's Apple Pie Moonshine. You can buy a day pass, a three-day pass or tickets for individual events. Eat as little as possible before the festival to save your appetite for the savory Southern flavors that await you. Find a way to clear your palate before moving on to Columbia, South Carolina.

345 km

4 hours by car

02

INTERNATIONAL FLAVORS AND LOCAL FAVORITES IN COLUMBIA, SOUTH CAROLINA

It's a college town, it's a melting pot, it's an outdoor lover's dream – South Carolina's capital city of Columbia has a little bit of everything, including a wide-ranging dining scene. Like many cities around the U.S., Columbia is seeing a surge in the popularity of food trucks. These restaurants on wheels offer something for every palate: sweet (sugar-infused Liege waffles at the Belgian Waffle Truck), savory (German sausages at the Wurst Wagen), south of the border (authentic Mexican flavors at Tacos Nayarit) and stuffed (2 Fat 2 Fly Stuffed Chicken Wings).

On the brick-and-mortar side, the upscale Motor Supply Company Bistro has been at the forefront of Columbia's local-vore movement since 1989, featuring a farm-to-table menu that changes twice daily. Of course, let's not forget that we're in the South; barbecue is a must, with Southern Belly BBQ lauded as some of the best in the country. Order a sandwich with the Carolina-style Midas mustard sauce, and finish it with a locally brewed beer. For an updated take on Southern

comfort food, head over to Mr. Friendly's New Southern Café. The menu is regularly updated with fresh seafood and meats, as well as an award-winning wine list, small-batch bourbon and local microbrews. It's plenty to keep you satisfied while you make your way to Charleston.

193 km

2 hours by car

03

WINING, DINING AND DOUGHNUTS IN CHARLESTON, SOUTH CAROLINA

Known for its seafood, home cooking traditions and love of pork, Charleston's food scene has been revving up in recent years. If you have a sweet tooth, start your day with a gourmet, made-from-scratch doughnut from Glazed. Flavors like chocolate-orange-ginger and strawberry-champagne make it hard to stop at just one. Do a proper brunch to sample a menu full of Southern favorites like chicken and andouille gumbo, sweet potato hash, fried green tomatoes and buttermilk biscuits. Visit The Glass Onion for all that and more. There's a little something upscale and well-



styled about Charleston culture, and that extends to its food and drink. Cocktails count as much as manners do. It's only right to have a pre-dinner drink at a place like Bin 152, which offers over 30 wines by the glass and more than 130 by the bottle. A standard Charleston dinner might include bouillabaisse, buttermilk fried chicken, or shrimp and grits. Find them all at Hank's Seafood, named Best Seafood Restaurant for 16 consecutive years by the locals. For a nightcap, settle in downtown at charming FIG (short for Food is Good), where the bourbon and rye whiskey menu is short and sweet. Wake up ready to take on Beaufort.

111 km 2 hours by car

04 HOME COOKING AND FANCY FOOD IN BEAUFORT, SOUTH CAROLINA

A coastal Lowcountry community, Beaufort has a romantic seaside village feel, where every meal is enjoyed with a view. Waterfront restaurants, gracious inns and charming downtown eateries make up the scene here. Letting your meal unfold in a leisurely way is key, so go for starters at a place like Emily's Restaurant & Tapas Bar, where the 46 items on the menu will warm up your appetite before dinner. Urban sophisticates, take advantage of the range of upmarket dishes available here at restaurants like Saltus River Grill or Breakwater Restaurant and Bar, where sushi and steak are represented alongside fare like house-made pimiento cheese and Southern sampler platters. You can't do Beaufort without getting a down-home Southern food fix. In early June, head to the High on the Hog BBQ Festival, where Friday night is all about shrimp and chicken, and Saturday is devoted to barbecue. Lick your fingers clean before cruising south to Hilton Head.

66 km 1 hour by car

05 IN HILTON HEAD, SOUTH CAROLINA, SEASIDE DINING AND LOCAL FAVORITES

As a resort town steeped in Southern hospitality, Hilton Head Island celebrates the coast in its menus, which offer skillfully prepared seafood and all of the staples of Lowcountry cooking. Sit on the dock and feast on steam pots, a mixed boil with corn, clams, mussels and shrimp. Mouthwatering hush puppies, cornbread, fried okra and alligator are on menus throughout the island. Sample daily fish specials, which you'll find paired with Southern sides like collards, cheese grits and green beans. Try the unpretentious Sea Shack for down-home cooking. Hilton Head's upscale offerings provide everything else you might have a hankering for, from tapas to steaks. For gourmet salads and comfort food done in high-style, with a dose of music tossed in, try The Jazz Corner. You may want to skip dessert, as next-stop Savannah is practically around the corner.

61 km 1 hour by car

06 SOPHISTICATED SOUTHERN AND SEASONAL FARE IN SAVANNAH, GEORGIA



This quintessential Southern town is beloved for its eccentric character, history and charm. Savor all three through its food. The ambience here – think moss-laden live oak trees, cobblestone streets and charming squares – is hard to beat. Start with a sophisticated dinner at Olde Pink House. Housed in an 18th century mansion, the menu here reflects what's classically great about Savannah cuisine with items like fried green tomatoes, pork tenderloin and pecan pie making appearances. Give yourself over to a chef's tasting menu for a culinary adventure. The sage grits, Georgia shrimp and coastal grouper you might find on the seasonal menu at Elizabeth on 37th will make you glad you did. When you're ready for that fried chicken, homemade biscuits, okra gumbo and savory barbecue you've heard so much about, make time to eat at Mrs. Wilkes Dining Room or Wiley's Championship BBQ. Before you leave for Golden Isles, head to Ellis Square's Goose Feathers Café and get some bread pudding for your drive.

134 km 2 hours by car

07 IN GOLDEN ISLES, GEORGIA, SAVOR THE SUNSETS AND SEAFOOD



The ocean provides all the best ingredients on these four gorgeous islands, accented by golden marshes, wide beaches and tree hammocks. Start on St. Simons Island and go straight to Halyards, which captures local, fresh flavors in a seasonal menu peppered with specialties like wild Georgia shrimp and cane grits. On the same island, reserve lunchtime for oysters and wine; locals like the ones at The Half Shell. If you're in town in early June, don't miss the Georgia Sea Island Festival on St. Simons Island. You'll definitely want to make time to eat the seafood here the way nature intended: on the water. For that, head to Echo and sample the sea scallops while you watch the sunset. On Jekyll Island, you'll find family-friendly fare that reflects the beachy vibe and outdoor dining options that run the gamut from docks to courtyards. Find four different eateries inside Jekyll Market or sit by the water at Latitude 31 Restaurant & Rah Bar to take full advantage of the scene here before heading to Macon.

369 km 4 hours by car

08 FIND THE SOUTH'S HEART AND SOUL IN MACON, GEORGIA

If music is food for the soul, food is the music of life in Macon, which is also known for its music scene, past and present. Start with some soul food at the iconic H&H Restaurant, where you'll enjoy meat-and-three-sides lunches, fresh squeezed lemonade and trademark Southern charm. Just down the street, Downtown Grill serves the city's best steak, lamb or fresh fish, and a humidor bar features the finest in cigars and bourbons. Around the corner, find farm-to-fork fare with a new Southern twist at Dovetail, which is above a favorite neighborhood bar and grill, The Rookery. Grab lunch at Nu-Way Weiners, one of the nation's oldest hot dog stands, established in 1916, before driving to Hartsfield-Jackson Atlanta International Airport to catch your flight home. ■

CHANGING THE COURSE OF FREEDOM: A CIVIL RIGHTS HISTORY TOUR

A tribute to the struggle and honoring a legacy across the Southeast



Route distance:
2,005 km

Suggested time:
1-2 weeks

Of the themes running through the American South, civil rights is one of the most dichotomous. Not only because the theme is one of division but because to follow its thread is to relive its lows and highs, and to comprehend how those lows invoked the attention and energy to power positive change. Through this itinerary that includes the birth home of Dr. Martin Luther King Jr. and the site of his assassination, you'll meet the soldiers of the movement – children, colleagues, clergy and others – in memorials, museums and historic sites along the way.

01

START IN KING'S FOOTSTEPS IN BIRMINGHAM, ALABAMA

Fly directly into Birmingham's Shuttlesworth International Airport (named after civil rights activist Reverend Fred Shuttlesworth), or drive over from Atlanta's Hartsfield-Jackson International Airport (about two and a half hours). Your journey will deposit you in the heart of a vibrant, heritage-rich city that has the stamp of Dr. Martin Luther King, Jr. all over it. The late, great activist visited in April 1963, a year when the civil rights events in Birmingham made history. Make your first stop the Birmingham Civil Rights District, where you can see demonstrators' gathering points at Kelly Ingram Park, and the Birmingham Civil Rights Institute, which holds the door and bars of the cell from which King composed "Letter from Birmingham Jail" and footage of King's "I Have a Dream" speech. Nearby, visit the Fourth Avenue North Historic District, the black business district during the King era, and the 16th Street Baptist Church, where lively Sunday services have changed little from the days when King was a visitor. On your way out of the city, make a stop in the town of Bessemer to visit one of the oldest – and last remaining – backyard "juke joints" in America, Gip's Place.

211 km

2 hours by car

02

A MICROCOSM OF THE CIVIL RIGHTS STRUGGLE IN TUSKEGEE, ALABAMA

Tuskegee offers a broad overview of the civil rights story through its numerous monuments and museums. Start at Tuskegee University, formerly the Tuskegee Institute, which was founded by Booker T. Washington in 1881 as a school to train African-American teachers. Visit on a weekend for guided tours of Washington's home, The Oaks, or explore the George Washington Carver Museum and the campus itself, a designated historic district. Make your way to the university chapel, where 11 Negro spirituals are depicted in stained glass known as the "Singing Windows." Also worth visiting is the Tuskegee Airmen National Historic Site, which tells the story of pioneering black American pilots through its hangar museum, wayside exhibits and regular events, including fly-ins. Before leaving Tuskegee, fit in a stop at the Tuskegee Human & Civil Rights Multicultural Center, where exhibits draw parallels between the U.S. civil rights conflict of the mid-20th century and earlier conflicts between European explorers and Native American tribes – profound material to consider as you head west toward Selma.

64 km

1 hour by car

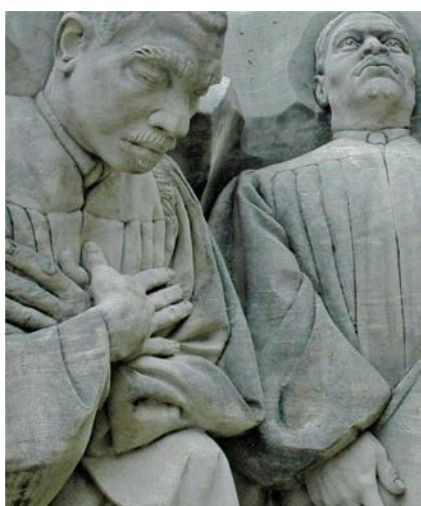
03

FOLLOW THE SELMA TO MONTGOMERY NATIONAL HISTORIC TRAIL

As you journey between Tuskegee and Jackson, you'll pass through Montgomery and then Selma, the start and end points of the 87-kilometer Selma to Montgomery National Historic Trail, which commemorates those who marched for the right to vote in 1965. In Montgomery, one of the cornerstones of the civil rights movement, take a tour of the Capitol before exploring downtown sites like the Dexter Avenue King Memorial Baptist Church, where Dr. King lived, preached and planned the Montgomery bus boycott. Later, visit the Rosa Parks Library and Museum and the Freedom Rides Museum, which commemorates people of all races who protested against segregated public transportation. Proceed to Haynesville and the Lowndes Interpretive Center, and watch for wayside exhibits along the route. Once to Selma, head to the Selma Interpretive Center, which tells how armed forces attacked the first wave of unarmed marchers on Bloody Sunday. Worth examining before continuing on to Mississippi: the Brown Chapel African Methodist Episcopal Church, where the marches began, the National Voting Rights Museum, and the Slavery & Civil War Museum.

399 km

4 hours by car



04

JACKSON, MISSISSIPPI: THE HEART OF CIVIL RIGHTS ACTIVISM

On your way to Mississippi's capital city, stop in Meridian, a center of civil rights activism, and remember civil rights martyrs such as James Chaney, who died during the "Freedom Summer" of 1964. Then proceed to Jackson and the Smith Robertson Museum and Cultural Center, housed inside the first public school for African Americans in Mississippi. Next, visit Tougaloo College and explore Farish Street, a historic center of black businesses including the renovated Alamo Theater. Try hot smoked sausage sandwiches when hunger calls. Jackson was also the home of famed civil rights pioneer Medgar Evers, whose namesake museum tells of his life and 1963 murder by a white supremacist. En route to your next stop, meet Sylvester Hoover in Greenwood, and he'll take you to Bryant's Grocery in the town of Money, a site associated with the murder of 14-year-old Emmett Till. Till's death is often credited with awakening the world to the U.S. civil rights struggle. If you have the time, inquire into Hoover's side trips to other Mississippi civil rights sites.

🚗 423 km

🚗 4.5 hours by car

05

LITTLE ROCK, ARKANSAS: HOME TO CENTRAL HIGH SCHOOL NATIONAL

HISTORIC SITE AND MUCH MORE

Just a 4.5-hour drive from Jackson, Little Rock, Arkansas, is home to one of the nation's most important civil rights sites, Central High School National Historic Site. This is where, in 1957, nine brave African American students, known as the Little Rock Nine, integrated a previously all-white high school, in pursuit of a quality education. Use the Arkansas Civil Rights History Tour app to learn about more than 35 African American-related sites in the Little Rock area. Follow the Arkansas Civil Rights Heritage Trail that runs through downtown and commemorates the sacrifices and accomplishments of those who fought for racial and ethnic justice in Arkansas. Round out your time in Little Rock with a variety of other attractions such as the Mosaic Templars Cultural Center; the Clinton Presidential Center and its Anne Frank Tree exhibit; the Daisy Bates House; and "Testament," the Little Rock Nine monument, which was the first civil rights memorial to be placed on the grounds of a Southern USA capitol. Before you hit the road to your next stop in Tennessee, enjoy a meal at the Lassis Inn or Sims Bar-B-Que, both long-time Little Rock dining institutions owned by African-Americans and recipients of national accolades over the years.

🚗 220 km

🚗 2.25 hours by car

06

CIVIL RIGHTS MUSEUMS AND MUSIC IN MEMPHIS, TENNESSEE

Memphis was instrumental in the civil rights movement, which was intertwined with its legendary music scene. Start your visit on a serious note at Memphis' National Civil Rights Museum at the Lorraine Motel, and take a glimpse inside the motel room and balcony where Dr. Martin Luther King Jr. was assassinated. Across from the museum stands the boarding house where the shooter stood. Within this Legacy Building, exhibits detail the investigation, manhunt and trials associated with King's murder. Memphis is filled with other important civil rights sites, from the Burkle Estate, a rumored stop on the Underground Railroad, to historic markers honoring activists such as Ida B. Wells, to Mason Temple, where Dr. King delivered his legendary final speech. Beale Street's Withers Collection Museum & Gallery is also a must. End your visit at the Memphis Rock 'n' Soul Museum or the Stax Museum of American Soul Music, where you'll get a look inside the Memphis music scene and see its connections to the larger story of civil rights in the South. These stops may just inspire the soundtrack for the last leg of your trip to Atlanta.

🚗 610 km

🚗 6 hours by car

07

MARTIN LUTHER KING JR.'S LEGACY LIVES ON IN ATLANTA, GEORGIA

It's a long but worthwhile drive to culture-rich Atlanta, where historic homes and churches, festivals and the new Center for Civil and Human Rights cement Atlanta as a civil rights hub. But Atlanta is perhaps most famous as the birthplace of Dr. Martin Luther King Jr. Take a guided tour of King's birth home on Auburn Avenue, then explore the Martin Luther King Jr. National Historic Site's self-guided elements: Ebenezer Baptist Church, where three generations of the King family preached; The King Center, where King and his wife, Coretta, are buried; and the International Civil Rights Walk of Fame, where shoeprints from Rosa Parks, Desmond Tutu and others are embedded. Surrounding the site, the Sweet Auburn district invites its own exploration. From March through November, you can walk with a docent from the Atlanta Preservation Center as your guide; or you can tour it on your own, stopping into the APEX Museum, where exhibits tell Sweet Auburn's story, dating to the mid-1800s. When you're ready to leave, Atlanta's Hartsfield-Jackson International Airport is just 13 kilometers from downtown. ■





Route distance:
760 km

Suggested time:
4 days

SAVORY SOUTHERN CUISINE

A menu of sumptuous, savory and delectable delights

Prepare for your taste buds to be wowed – and to pack on a few pounds – as you embark upon a culinary adventure through some of the South's most famous foodie destinations. Whether it's your first po'boy, sticky jambalaya or freshly caught Gulf shrimp, these dining experiences can't be missed.

01

SAVORY SEAFOOD AND SWEET TREATS IN NEW ORLEANS, LOUISIANA

New Orleans Cajun and Creole cuisine is as famous—and as festive—as its Mardi Gras, and there's no shortage of places serving it up. After landing at Louis Armstrong New Orleans International Airport, introduce yourself to the land of gumbo and grits at one of the classic establishments like Commander's Palace, a local favorite where the weekend Jazz Brunch is legendary. Breakfast is a high art in this city, a tradition that goes back 100 years to morning menus that were more robust and full of variety: You might be eating jambalaya for breakfast one day and a sweet beignet the next. To experience this incredible range, head to Elizabeth's, where the Banana's Foster Stuffed French Toast is a heavenly way to start your day, but you can opt for fried chicken livers and eggs, too. One place to explore the city's delicious obsession with beignets is La Petite Grocery, where you can get them stuffed with crab. Dining later in the day plunges you into the heart of Cajun and Creole cooking: rich, dense flavors; roux and red beans and rice; grits and grillades. Try award-winning Cochon, where the Cajun-Southern approach is applied mostly to pork, for a sense of how much depth can be brought to food here. As for oysters, Peche Seafood Grill's raw bar is an excellent place to start. For some of the best Cajun fried chicken around, stop in to Coop's Place. And before you roll out to Gulfport, sample one of the region's most beloved desserts, bread pudding; get the Krispy Kreme version at Boucherie.

126 km 1.5 hours by car

02

GO GOURMET ON THE GULF COAST IN GULFPORT, MISSISSIPPI

Just an hour away from New Orleans, Gulfport's take on classic Gulf Coast cooking is easy to love. The friendly beach town, with its Old Florida waterfront district, cute cottages and scores of independent shops and restaurants, is all about its position along the Gulf. There's a strong Southern influence in the food here, but this is also coastal cuisine. Try fresh-caught shrimp, catfish and oysters, best eaten dockside, at sunset. Southern favorites like fried dill pickles and green tomatoes pop up frequently in starter and small plate menus at places like the Blow Fly Inn. If you ask locals where to go for a Gulfport-style po'boy sandwich, they'll likely point you to Lil' Ray's, where the motto is "South in Ya Mouth." Breakfast lovers can drive 10 minutes to Long Beach to sample the white chocolate raspberry pancakes at the Harbor View Café. Eat them while overlooking Long Beach Harbor, mimosa in hand. Grab coffee from Southern Grounds Coffeehouse to fuel your drive to Biloxi.

21 km 30 minutes by car



03

SOUTHERN SEAFOOD MEETS ASIA IN BILOXI, MISSISSIPPI

Seafood might be king in Biloxi, but it's the city's interest in fusing it with other flavors that makes the food scene so appealing. It's not just catch-of-the-day here; it's that catch done Vietnamese-style, with a dash of Southern technique thrown in for good measure. International flavors are on the plate alongside the comfort food, barbecue and crawfish. Le Bakery & Café is a prime example with a menu that blends local and Asian flavors in dishes such as the Vietnamese po'boy or the curried coconut chicken. But you can also get good old-fashioned barbecue from restaurants like Slap Ya Momma's BBQ Smokehouse –don't let the name intimidate you – and feast on ribs or pulled pork to your

heart's content. Crawfish connoisseurs will like how their plate arrives here; restaurants like Taranto's Crawfish do a true boil, dishing up piles of the crustaceans with corn and potato mixed in. Trying all of the variations of bread pudding throughout your trip is a must, so get to-go boxes of Mary Mahoney's Old French House's version, topped with rum, to hold you over until Mobile.

52 km 1 hour by car



04

MOBILE, ALABAMA: SOME OF THE FRESHEST SEAFOOD IN THE COUNTRY

Peach pies, hole-in-the-wall barbecue joints and boiled peanuts: Mobile's culinary scene is lively and varied, but there is no doubt seafood rules here. The industry is a major employer, and the Gulf of Mexico is just beyond Mobile Bay. Locals are fiercely proud of their city's tasty reputation, and the number of eateries devoted to crabs, shrimp, fish and oysters reflects it. Wintzell's Oyster House, a flagship restaurant in the heart of Mobile's downtown entertainment district, is a good introduction into how Mobile does oysters; try the Carnival preparation, with lump crabmeat, spinach and hollandaise. Everywhere you'll

see fun iterations on the usual, such as the One-One and One – cups of gumbo, crab soup and turtle soup – from Felix's Fish Camp Grill or Spot of Tea's Cajun Seafood Omelet, stuffed with blackened shrimp and covered with a sauce made with Mexican grouper with crawfish. The only thing you will take away with you is a bag of fresh-roasted peanuts from A&M Peanut Shop, since there's even more eating to do in Montgomery.

272 km 3 hours by car



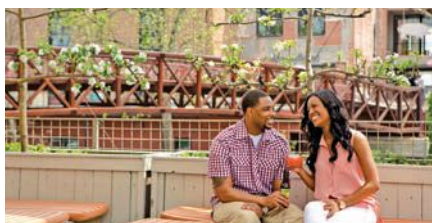
05

MICROBREWS AND LOCAL EATS IN MONTGOMERY, ALABAMA

Many of this capital city's most interesting restaurants can be found in one area, the Alley Entertainment District, which is suggestive of Montgomery's fun approach to food. You'll find top-notch barbecue sold in smoke shacks with nicknames like "The Butt Hut" as well as a 100-year-old hot dog joint. To dive right into the pit-culture here, indulge in hickory-smoked sausage and ribs with sides of okra and Brunswick stew at Dreamland Bar-B-Que. There are counterpoints to traditional Southern fare, too, including Japanese, Italian and Mexican restaurants. Just a few steps from the Alley, you'll find something to whet your palate. Railyard Brewing Company's microbrewery serves its burgers on a pretzel

bun with pimento cheese fries and craft beer in a building that unites the area's past and present. It's good preparation for Atlanta's modern food and brew scene.

259 km 3 hours by car



06

STEAKS, SEAFOOD AND CUTTING-EDGE CULINARY CREATIONS IN ATLANTA, GEORGIA

This metropolis does all the classics well, but it's the combination of modern American fare with a Southern twist that makes Atlanta an emerging food city. Yes, it has its peaches and berries, chicken and dumplings, and hosts more than one Creole jazz brunch, but Atlanta is also a prime destination for steak, menus inspired by locally sourced food, and international flavors. At Buckhead's KR SteakBar, small-plate steaks won't overwhelm your appetite for the pasta on the menu. For Southern ingredients given an urban gloss, head to Decatur's Cakes + Ale Restaurant, just 20 minutes away,

which offers arancini and squash dip before you've even thought about round two. If you want to really see what Atlanta does with its Southern roots, get to JCT Kitchen, set in the hip Westside Urban Market. Start with a drink upstairs, then move to the dining room for truffle Parmesan fries, shrimp and grits and a side of heirloom tomatoes. If you still have room left for more, stop at Hartsfield-Jackson International Airport's One Flew South before you board the plane home. The "Southernational" cuisine is the perfect end to your food tour of the South. ■



Route distance:
914 km

Suggested time:
5 days

SOUNDS OF THE DELTA

Celebrating an American art form

There are few regions that have given rise to as many music stars as the Mississippi Delta. In this melting pot of slaves and sharecroppers, from despair came the blues. From the fields grew gospel. From rogues and unlikely collaborators came rock 'n' roll and soul. Designated trails like Bridging the Blues and the Mississippi Blues Trail will link you to the fields, shacks and impossibly small studios that remind us where this uniquely American art form came from, while festivals and venues showcase a new generation of American roots musicians.

01

A NOD TO PAST AND PRESENT IN MEMPHIS, TENNESSEE

Step out of the Memphis International Airport into the cradle of many American music genres, from rock 'n' roll to soul to blues. This city is a history lesson set to music, though its biggest claim to fame is as the home of Elvis Presley. First, head to Union Avenue and tour Sun Studios, where Presley recorded his first song, and then move on to Graceland, the compound his eventual stardom built, just 10 minutes away.

Stop at Stax Museum of American Soul Music, formerly Stax Records, where Rufus Thomas, Otis Redding and Isaac Hayes gained fame. Hear their story and just try to not dance your way through the exhibits. On nearby Beale Street, catch a show

at B.B. King's Blues Club, and then follow along the Brass Note Walk of Fame, a path of 150 notes embedded into the sidewalk and inscribed with the names of Memphis' music idols. Listen to Memphis Rock 'n' Soul Museum's epic playlist of music while studying the artifacts. Add an audio walking tour of Beale Street to imagine jazz and jug bands, and walk through the Memphis home of W.C. Handy, the artist who gave blues its modern form. Set your radio dial to the blues, gospel and rockabilly stations on your way to Helena.

113 km

2 hours by car

02

HELENA, ARKANSAS: A SMALL TOWN WITH A BIG BLUES HISTORY

In downtown Helena, orient yourself to historic Cherry Street, the anchor of this charming small town chock-full of music. At the Delta Cultural Center, listening stations let you sample Delta musicians like Sonny Boy Williamson, developing your ear for the region's blues and gospel traditions. For the maximum experience, time your visit with the center's live broadcast of the King Biscuit Time radio show hosted by Blues Hall-of-Famer "Sunshine" Sonny Payne since 1951. You can also sit in on a broadcast of the center's own Delta Sounds radio show, a showcase of blues, gospel, rockabilly and country. When you're in the mood to party, head to the King Biscuit Blues Festival in early October.

The four-day event offers a range of performances; previous artists have included Bobby Rush, Robert Cray and Greg Allman. When you've had your fill, hop on U.S. 49 and take it south to Clarksdale.

48 km 1 hour by car



03

BLUES LEGENDS AND FESTIVALS SURROUND CLARKSDALE, MISSISSIPPI

Clarksdale's storied musical history is alive and well in the sites, trails and other landmarks the city has proudly preserved. To truly explore the Mississippi Blues Trail's Delta region, Clarksdale makes a good base, with nightly live blues and vibrant events, including April's Juke Joint Festival and August's Sunflower River Blues and Gospel Festival. View the remains of Muddy Waters' cabin and John Lee Hooker's guitars at the Delta Blues Museum. A skip away, hit the memorabilia-packed Rock & Blues Museum and Cat Head Delta Blues & Folk Art, a store for the blues-curious and devotees alike.

Take a jaunt to Greenwood and let Delta native Sylvester Hoover show you where Robert Johnson lived, jammed and died on his Delta Blues Legend Tours. An hour's drive to Indianola takes you to the B.B. King Museum and Delta Interpretive Center, which details King's life from sharecropper to icon. To celebrate it all, grab a folding chair and go to Greenville for the Mississippi Delta Blues and Heritage Festival in September or the Mighty Mississippi Music Festival in October. On your way out, pick up a barbecue sandwich and fries from Abe's Bar-B-Q for the drive to Columbus.

267 km 3 hours by car



04

HISTORY AROUND EVERY CORNER IN COLUMBUS, MISSISSIPPI

East of the Mississippi Delta region, Columbus' story lives in its vibrant districts, historic venues, architecture and hometown characters. Blues Trail markers can help guide you through town. Make a stop at the colorful first home of Pulitzer Prize-winning playwright Tennessee Williams on Main Street, then marvel at the sturdy low-country architecture displayed in The Haven, built in 1843 by two free black men and located in the historic district. Tour pillared Whitehall mansion, once a Civil War hospital, for an example of the period's sometimes-expansive home design. If you're around in spring, Columbus' annual Spring Pilgrimage lets you

take house and church tours, carriage rides and attend the Catfish in the Alley festival. This day of live blues music and fried fish is an homage to Columbus' former Catfish Alley, an African-American district where fishermen came in and bluesmen played. Don't leave for Tupelo without having a mint julep; it's Columbus' signature drink and is liberally handed out at the festival.

111 km 1 hour by car



05

WALK IN THE STEPS OF YOUNG ELVIS PRESLEY IN TUPELO, MISSISSIPPI

Tupelo connects you to a young Elvis Presley and to the unstoppable spirit of pioneering blues musicians. Definitely tour the Elvis Presley Birthplace and consider the contrast between this modest two-bedroom house and Graceland's epic proportions. While there, step inside Presley's childhood church, relocated here, where you'll hear a young Elvis singing "Jesus Loves Me." Read what family and friends have said about him on the Story Wall. In June, the Tupelo Elvis Festival presents local, regional and national musicians, including a Sunday gospel concert and an Elvis Tribute Artist Contest. After

taking it all in, grab a dough burger from local favorite Johnnie's Drive-In, where you can sit a while and chat with locals. Stop by the former site of Shake Rag, a stopover for African-American traveling musicians, before you travel on to Muscle Shoals.

145 km 2 hours by car

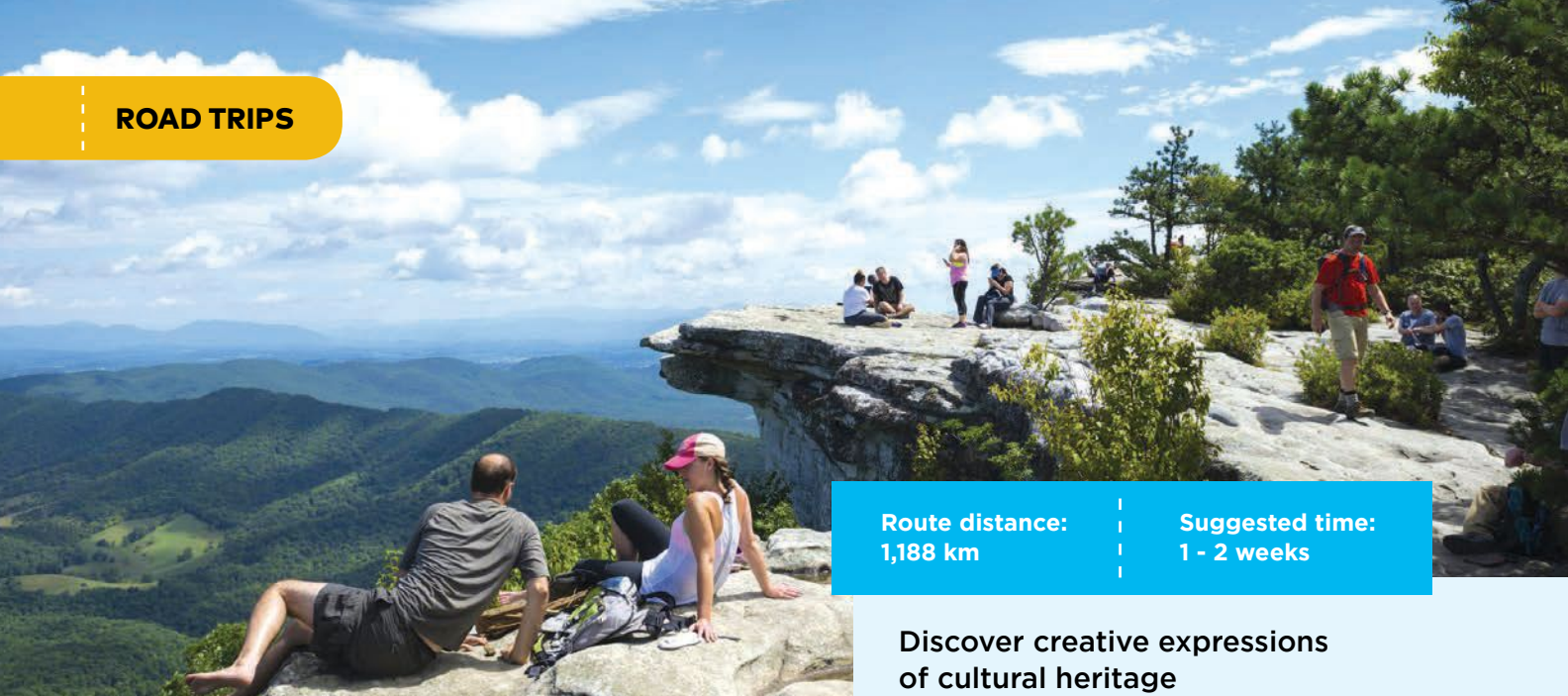


06

SOURCE OF THE SOUND IN FLORENCE AND MUSCLE SHOALS, ALABAMA

Just as Memphis trademarked the Memphis Sound, the Muscle Shoals Sound distinguished this region. In the 1960s, a string of No. 1 hits from local recording studios led to it becoming known as the Hit Recording Capital of the World. The standard stops on a tour here are FAME Studios, one of the biggest producers of the sound and still operating, and the Alabama Music Hall of Fame in Tuscumbia, which showcases the state's biggest figures in the industry through exhibits and a Walk of Fame. Head to Florence to see the cabin where the "father of the blues" was born at the W.C. Handy Birthplace, Museum and

Library. Consider visiting In July for the W.C. Handy Music Festival, when 10 days of live music percolates throughout Florence. If you want to hear live music in one of the South's most unusual locations, head to Tuscumbia's Rattlesnake Saloon. You'll be put into the back of a pickup truck, ride down a dirt road, and discover a fun western saloon and dance hall under a large but shallow cave. There's no better way to end your journey before heading to Birmingham-Shuttlesworth International Airport. ■



Route distance:
1,188 km

Suggested time:
1 - 2 weeks

TOURING THE WORLD OF APPALACHIAN ARTS AND CRAFTS

01

STARTING POINT: CHARLOTTE, NORTH CAROLINA

Start your journey in the city of Charlotte, North Carolina, where you can experience a cosmopolitan core surrounded by rolling, green mountains. Fly into Charlotte International Airport, hop in the car and head west for your first stop in the city – the terracotta-tiled Bechtler Museum of Modern Art. Inside, find mid-20th-century modern standouts, including works from the School of Paris post-World War II. Around the block, stop in the Mint Museum Uptown where you can marvel at collections like Craft + Design, featuring glass, fiber, metal, wood and clay decorative pieces by contemporary international artists. Grab a bite to eat at the museum's local favorite restaurant before heading to the McColl Center for Art + Innovation, located in a historic Neo-Gothic Church. Here, Open Studio Saturdays and regular exhibits introduce visitors to artists-in-residence. Take time to appreciate their unique perspectives before diving deeper into the region's art scene.

134 km 2 hours by car

02

ART AND ARTISANS IN WINSTON-SALEM, NORTH CAROLINA

A breezy drive north takes you to Winston-Salem, North Carolina, a scenic city known as a hub for arts and

innovation. In Old Salem, you'll find an authentically restored Moravian settlement town that was founded in 1766. Catch a demonstration of tinsmithing and clay-working at the Single Brothers' House & Garden. When it's time for a midday snack, stop in to the iconic Winkler Bakery for their popular old-world sugar cakes. Just down the road from the bakery is the Museum of Early Southern Decorative Arts, which includes a vast collection of antique furnishings, silver and needlework. Wind the day down with a walk between the West End Historic District and the Downtown Arts District where inspiring restaurants abound. If you time your travel right, you can attend a First Friday Gallery Hop, where galleries and studios stay open late into the evening and live entertainment dots the streets. Wake up refreshed and ready to uncover a different kind of craft in Virginia.

103 km 1 hour by car

03

BLUEGRASS JAMS IN GALAX, VIRGINIA

Continue your journey north into the forested city of Galax, Virginia, a gateway to the Blue Ridge Mountains. The town is also a cultural center for traditional Bluegrass music. Follow along the Blue Ridge Parkway and The Crooked Road (Virginia's Heritage Music Trail) to experience it. Sounds of banjo and fiddle greet you at the Blue Ridge Music Center, which is open May through October with daily performances. While there, stroll through the Roots of

American Music exhibit to discover the history and sounds of mountain music. In downtown Galax, family-run Barr's Fiddle Shop is a real treat – find walls lined with traditional handcrafted instruments. Outside the shop, stroll the downtown area, where historic buildings sit alongside charming boutiques and inspiring restaurants. Stop in for a bite to eat before walking over to the Rex Theater. You'll need to arrive as early as 6:30 on a Friday night to be part of their popular Blue Ridge Backroads live radio broadcast. You'll be humming the lively tunes all the way to your next stop.

146 km 2 hours by car

04

MUSEUM HAVEN IN THE MOUNTAINS OF ROANOKE, VIRGINIA

Surrounded by ethereal views of the Blue Ridge Mountains, the valley city of Roanoke is infused with culture. Roanoke's railway past is celebrated at the O. Winston Link Museum and the Virginia Museum of Transportation, full of fantastic rail cars and antique automobiles. Sample fresh produce and pick up a gift at the City Market. Dating back to 1882, this year-round farmers' market features dozens of local vendors. Center in the Square in downtown Roanoke is a cultural hub. Inside, you'll find the Harrison Museum of African American Culture, the History Museum of Western Virginia, Mill Mountain Theatre and the Science Museum of Western Virginia. Play a few rounds of pinball at the Roanoke Pinball Museum while you're there. Need a breath of fresh air? Hike to McAfee Knob on the storied Appalachian Trail, go for a leisurely drive on the Blue Ridge Parkway

or explore nearly 50 kilometers of bike paths on the Roanoke Valley Greenways. Don't miss the photo op from the Roanoke Star, the world's largest illuminated man-made star boasting views of the city and surrounding areas.

174 km 2 hours by car

05

RECREATION, THEATER AND SHOPPING IN PIPESTEM, WEST VIRGINIA

Your next scenic stop is Pipestem Resort State Park in West Virginia. Arrange a stay at the McKeever Lodge on the edge of the scenic Bluestone River Gorge, or catch a ride on the 1,100-meter aerial tramway to the Mountain Creek Lodge. Leave the car keys at your room and explore the nearby gorge on horseback, foot or mountain bike. All options are easily arranged within the park. Play a round of golf on one of two challenging and beautifully manicured courses overlooking the Bluestone Canyon. In the evening, enjoy a theatrical performance or some live Bluegrass music at the outdoor amphitheater nestled in the gorge. Before you head out of town, check out the Mountain Artisan Shop for souvenir shopping. Find West Virginia handcrafted items, furniture, quilts and other unique gifts. A relaxing stay in Pipestem will have you refreshed and ready to hit the road for your next destination.

53 km 1 hour by car



06

ARTS AND COAL MINING IN BECKLEY, WEST VIRGINIA

Head northwest to Beckley, West Virginia, a cozy Appalachian city with deep roots in coal mining and the arts. Woodworking, quilting, glass blowing and other crafts continue to be an integral part of West Virginia's culture, and artisans often use materials found locally. Just off the West Virginia Turnpike, in Beckley, is the Tamarack. An epicenter for West Virginia art, the Tamarack houses a juried selection of wares and fine art exhibits. Stop by to see one of the five resident artisan

studios. Make time to sample the food court's regional cuisine; especially the West Virginia rainbow trout – a local favorite. Visiting in August? Be sure to check out the annual Appalachian Arts & Crafts Fair. And from April through October, visit the Exhibition Coal Mine for a tour of an underground mine. You'll head out of Beckley on winding roads on your way to Charleston.

98 km 1 hour by car



07

CHARLESTON, WEST VIRGINIA: A CAPITAL FULL OF CULTURE

West Virginia's capital city is as charming as it is cultured. Start at the State Capitol building, fronting the Kanawha River. With its distinctive gold-leaf dome, stately pillars, fountains and statues of Stonewall Jackson and Abraham Lincoln, it's full of photo ops. Take a free tour of the Governor's Mansion (by reservation), visit the West Virginia State Museum for a history lesson and check out the fantastic display of traditional Appalachian quilts at the Culture Center; all are located on the capitol complex grounds and are free of charge. A few kilometers upriver, shop for local produce and gifts and grab a bite to eat at the year-round Capitol Market. Browse the independent galleries and retailers along Capitol, Quarrier and Lee Streets, where the downtown ArtWalk is held on the third Thursdays of the month. Along the way, stop at the Clay Center for the Arts and Sciences, which houses a fine art gallery and an interactive children's museum. Wind down with some fresh air at Haddad Riverfront Park. Along with gorgeous river views, the park hosts a variety of free outdoor concerts and events.

61 km 1 hour by car

08

ARTISAN WINE AND INSPIRING VIEWS IN WYTHEVILLE, VIRGINIA

Hop in the car and head south to Wytheville, a charming town with unbelievably scenic views. A tempting rest stop is the West Wind Farm Vineyard & Winery, a fourth-generation homestead where family members produce small-batch wines amidst beautiful rolling

hills. Enjoy a sample and take in the view. For more mountain vistas, pull over at Big Walker Lookout in Wytheville for a bird's-eye view of the surrounding natural splendor. You'll want to grab a photo atop the observation tower. It's located on the Big Walker Scenic Byway, and picnic areas and hiking trails are in abundance. It's a great spot to stretch your legs and get some fresh air. As you continue on your way, contemplate how these views have inspired artists through the centuries.

204 km 2 hours by car

09

ABINGDON, VIRGINIA: MECCA OF FINE ARTS AND HOMESPUN CRAFTS

Surrounded by the Blue Ridge Mountains, Abingdon, Virginia is the perfect stop to immerse yourself in scenic beauty and rich cultural history. Founded in 1778 as the oldest English-speaking town west of the Blue Ridge Mountains, it is now a flourishing community with brick walkways, preserved architecture and a refined arts scene. Once you arrive in town, head to William King Museum to browse through fine and contemporary regional art exhibits and cultural heritage collections. Plus, admission is free! Heartwood is an obvious next stop. This artisan gateway gives a solid orientation to southwest Virginia's music and art heritage trails. But don't leave without a chat; 'Round the Mountain juried artisans sell their work at Heartwood and often offer demonstrations and lessons. Soak up the creative energy before heading to your final stop.

179 km 2 hours by car

10

EARTHY ARTS IN ASHEVILLE, NORTH CAROLINA

You're back on the city track, but Asheville eases you in with those Blue Ridge panoramas and an earthy vibe; vegan and yoga practitioners will rejoice. Follow the Blue Ridge Parkway to the Folk Art Center, home to the Southern Highland Craft Guild and its craft shop and exhibition galleries. Stroll through the center, which illuminates the guild's traditional-to-contemporary take on Southern Appalachian aesthetic. To the northwest is Grovewood Gallery, where craftspeople apply the aesthetic to garden art and furniture, wrought finely by hand. Finally, visit the Asheville Art Museum, where you can marvel at an outstanding collection showcasing the best of 20th and 21st century American art and contemporary art of North Carolina. With all this museum-hopping, you'll work up quite an appetite. Fortunately, the city of Asheville does not disappoint in its culinary fare. Swing by downtown for an incredible selection of farm-fresh eateries. Grab a flight out of town at the Asheville Regional Airport, which offers daily connections to major U.S. international airports, or drive 2 hours east to fly out of Charlotte International Airport. ■



Music, Flavors & Festivals Shine in Louisiana

Those who visit Louisiana are struck by the beauty, richness and authenticity of life here, as well as by Louisianians' willingness to share their love of this state with others. In a place where no one is a stranger, pull up a seat at the table or put on your dancing shoes and take part in the fun.



Blue Moon Saloon, Lafayette



Chemin a Haut State Park, Bastrop



French Quarter, New Orleans

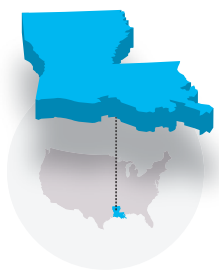


Beignets and café au lait

LOUISIANA
Feed Your Soul.

LouisianaTravel.com

LOUISIANA



LIVE MUSIC

No matter what your rhythm, you'll always have the right moves in Louisiana. Known as the birthplace of jazz, Louisiana has also nurtured Cajun, zydeco, country and blues music. All Louisiana music has a powerful connection to a place and its people.

LIVELY FESTIVALS

Celebration is at the heart of the Louisiana experience. While Mardi Gras may be the state's most famous party, more than 400 festivals each year celebrate everything from jambalaya to jazz. There's always a reason to dance and eat in Louisiana.

OUTDOOR SPLENDOR

From biking to birding, Louisiana is a wonderland for outdoors enthusiasts. Search for alligators on a guided tour of the Atchafalaya Swamp, the largest river swamp in the USA, containing nearly one million acres of bottomland hardwoods, swamps, bayous and backwater lakes.

FABULOUS FOOD

It's no exaggeration to say that the state's signature dishes can compete with any in the world. In fact, people come from all over the globe to sample Louisiana's Cajun and Creole specialties, including gumbo, étouffée and jambalaya. Enjoy these famous dishes and more along Louisiana's eight culinary trails.

NEW ORLEANS

Every day is a celebration in New Orleans, where many cultures meld to create distinct cuisines, music and architecture. Taste Cajun and Creole dishes such as jambalaya and gumbo or try modern fusion restaurants helmed by award-winning chefs. New Orleans is the birthplace of jazz and music of all kinds fills the air – from R&B to soul and funk. Hear a jam session in the clubs on Frenchmen Street and out in the open air. Be sure to explore outside the French Quarter: charming neighborhoods are found throughout the city. Embrace the city's fun-loving spirit by attending one of more than 130 festivals a year.

NewOrleans.com



Jackson Square musicians

NEW ORLEANS NORTHSHORE

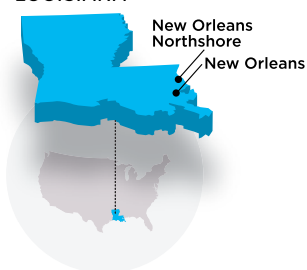
Just 40 minutes from the French Quarter, this is where locals go to relax and play. Explore 32,000 hectares (80,000 acres) of wildlife preserves and two waterfront state parks. Venture into the Honey Island Swamp ecosystem on a tour to meet alligators in their natural habitat or hold a baby gator at Insta-Gator Ranch and Hatchery. Bicycle the 50-km (31-mile) Tammany Trace: Recently inducted into the Rails to Trails Hall of Fame, it connects five Northshore communities. Tour and taste at Abita Brewery. Discover an outstanding culinary scene, influenced by Creole heritage and fresh seafood from the Gulf.

NewOrleansNorthshore.com



Kayaking Bayou Castine with Canoe and Trail Outfitters

LOUISIANA





Downtown Alive!
Free Concert Series

LAFAYETTE

This Southern city was named "Happiest City in America" by the Wall Street Journal and it is the heart of Cajun and French Creole culture in Louisiana. Lafayette's Cajun cuisine has earned it accolades as one of the best food cities in the USA. At the forefront of the food scene is a new generation of chefs crafting dishes that build on a long culinary heritage. No matter what time of year you visit, Lafayette will have something for you to celebrate – experience the city's unique blend of cultures and dance to Cajun and Zydeco music, a soulful mix of French and Afro-Caribbean music traditions.

LafayetteTravel.com/Explore

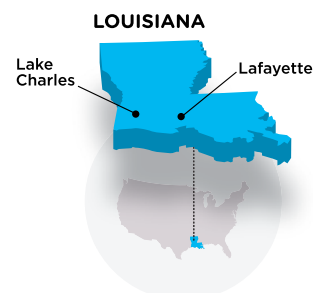


Live music on the
Lake Charles lakefront

LAKE CHARLES

Meet new friends over a delicious meal or at an informal musical gathering in Lake Charles. Head to a world-class resort to enjoy gaming, spas, marinas, championship golf, top-notch entertainment, shopping and dining. Just outside Lake Charles, travel along the Creole Nature Trail All-American Road to see alligators and other marsh wildlife as well as more than 400 bird species. Enjoy year-round family fun including Mardi Gras and other festivals that celebrate local food, music and culture. Lake Charles is just two hours from Houston, Texas, and 3.5 hours from New Orleans, Louisiana.

VisitLakeCharles.org



HOUMA

With more than 6,475 square km (2,500 square miles) of wetlands to explore, you'll be amazed on tours of mysterious swamps, meandering bayous and rich coastal estuaries. Learn from guides about Houma's blend of Cajun, Creole and Native American cultures. Those influences spread to the cuisine; the tastes range from fresh seafood at an upscale restaurant to slow-cooked gumbo at a family-owned diner.

HoumaTravel.com



Cajun Man's Swamp Tours and Adventures

BATON ROUGE

In Louisiana's capital, Baton Rouge (which means "The Red Stick" in French), dive into a melting pot of Cajun, Creole, Vietnamese, Dutch, Spanish, French and Native American cultures through music, food, festivals and history. This city reveres traditions, but shines with progress. Tour both the current and historic state capitols, and explore the unique neighborhoods that gleam with Baton Rouge's character.

VisitBatonRouge.com



Cane Land Distillery

NATCHITOCHES

On the banks of the Cane River, explore the oldest permanent settlement in the Louisiana Purchase. Follow the trails in Kisatchie National Forest and the Cane River National Heritage Area to enjoy nature and find centuries of history and culture. Dine and shop along the brick-lined streets of the National Historic Landmark District. Discover the film sites of the movie "Steel Magnolias," a true story.

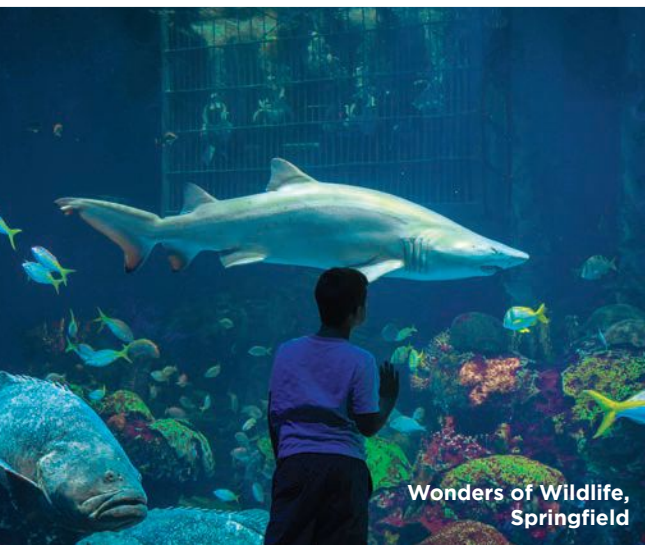
Natchitoches.com



Guided history tour

MATTHEW NOËL

Enjoy live music in Missouri



Meet Missouri

Missouri has it all, from great live music and tasty barbecue to scenic Mississippi River towns.

The Show-Me State knows how to show off. Cruise the more than 450 km (280 miles) of iconic Route 66 roadway that are still intact in Missouri. Marvel at the Wonders of Wildlife National Museum & Aquarium in Springfield, called the “most immersive fish and wildlife attraction in the world” and voted “best aquarium in America” by USA Today. Tap your toes to top-notch live music, including jazz and blues,

showcased in countless venues across the state. Sink your teeth into lip-smacking barbecue from nationally acclaimed restaurants. Sip your way through picturesque wineries, craft breweries and farm-to-glass distilleries. And catch breathtaking views of the mighty Mississippi River in historic towns such as Hannibal (boyhood home of author Mark Twain) that create a postcard-perfect backdrop for your Missouri adventure.

MISSOURI



MISSOURI
enjoy the show



Ozark Folk Center State Park,
Mountain View



Lake Ouachita
Vista Trail



The Natural State

In Arkansas, find stunning mountain lakes and clear, running streams as well as historic sites and museums.

Discover an abundance of natural resources and scenic beauty in Arkansas, including 52 state parks and three national forests. Canoe past towering limestone bluffs on the Buffalo National River and keep your eyes open for its large herd of elk. Visit Hot Springs National Park, famous for its thermal water and Bathhouse Row, a National Historic Landmark District with eight picturesque bathhouses.

At the William J. Clinton Presidential Center and Park, learn about the 42nd president of the United States. The museum contains a large collection of presidential papers and artifacts. At Little Rock Central High School National Historic Site, part of the U.S. Civil Rights Trail, take a guided tour of the place where nine

African-American students made history in 1957 when they integrated the all-white school.

Explore the mountain town of Eureka Springs, known for its Victorian architecture, galleries, spas, boutiques, opera and the seven-story Christ of the Ozarks. Take the family to Crater of Diamonds State Park, the only spot in the world where you can dig for diamonds and keep what you find. In Bentonville, visit the Crystal Bridges Museum of American Art.

Explore the state's musical heritage and learn about the life and legacy of the "Man in Black" with a road trip to the Historic Dyess Colony and the Johnny Cash Boyhood Home, less than an hour from Memphis, Tennessee.





BENTONVILLE

In Bentonville, discover a “New American Town” set in the foothills of the Ozark Mountains. This culturally rich place provides a stunning natural backdrop for Crystal Bridges Museum of American Art. Tour the Moshe Safdie-designed museum and peruse a collection of more than 500 pieces of American art spanning five centuries, from Norman Rockwell to Andy Warhol.

Outdoor enthusiasts will thrill at the area’s 225 km (140 miles) of mountain biking trails, from cross-country to downhill. Whether you spend the day speeding down trails or observing world-renowned art, you’re sure to work up an appetite. Grab a pint at a local brewery and dine at a locally owned, farm-to-table restaurant.

visitbentonville.com

Clinton Presidential Center



LITTLE ROCK

Discover Little Rock’s food scene, with farm-to-table fare, culinary accolades, award-winning chefs and local craft breweries. History is big in this Arkansas capital city as well – Little Rock has one of the top 10 sites on the U.S. Civil Rights Tour (Little Rock Central High School National Historic Site). Follow the Arkansas Civil Rights Heritage Trail and learn about the Freedom Riders.

Visitors will find Little Rock a good base for outdoor adventures. Head out paddling, biking (mountain and road), hiking, camping, rock climbing, hunting, fishing – it’s all right outside your door. Whether you’re looking for music, art, theater or food, Little Rock is a cultured, cool, eclectic place with welcoming locals.

LittleRock.com



Treasure MISSISSIPPI'S MUSIC

Explore the deep roots of modern music in Mississippi, where the USA's soundtrack was composed.

Mississippi is revered as the "Birthplace of America's Music," thanks to its important contributions to blues, jazz, rock, country and gospel. Set off on a musical adventure and trace the state's rich legacy.

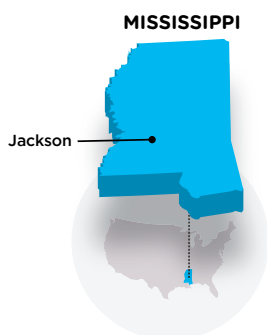
Visit Meridian's Mississippi Arts + Entertainment Experience with exhibits dedicated to the state's musicians, actors, writers and other creative artists. Stop in at Indianola's B.B. King Museum and Delta Interpretive Center to delve into the life and music of the renowned musician and learn about the Mississippi Delta's cultural heritage.

Follow the Mississippi Blues Trail to discover the most notable historical sites related to the birth, growth and influence of the blues – the root of all popular modern music.

Explore the King of Rock 'n' Roll's beginnings at Tupelo's Elvis Presley Center, which includes the humble two-room house where Elvis was born, Elvis Presley Park, and the Elvis Presley Museum and Memorial Chapel.

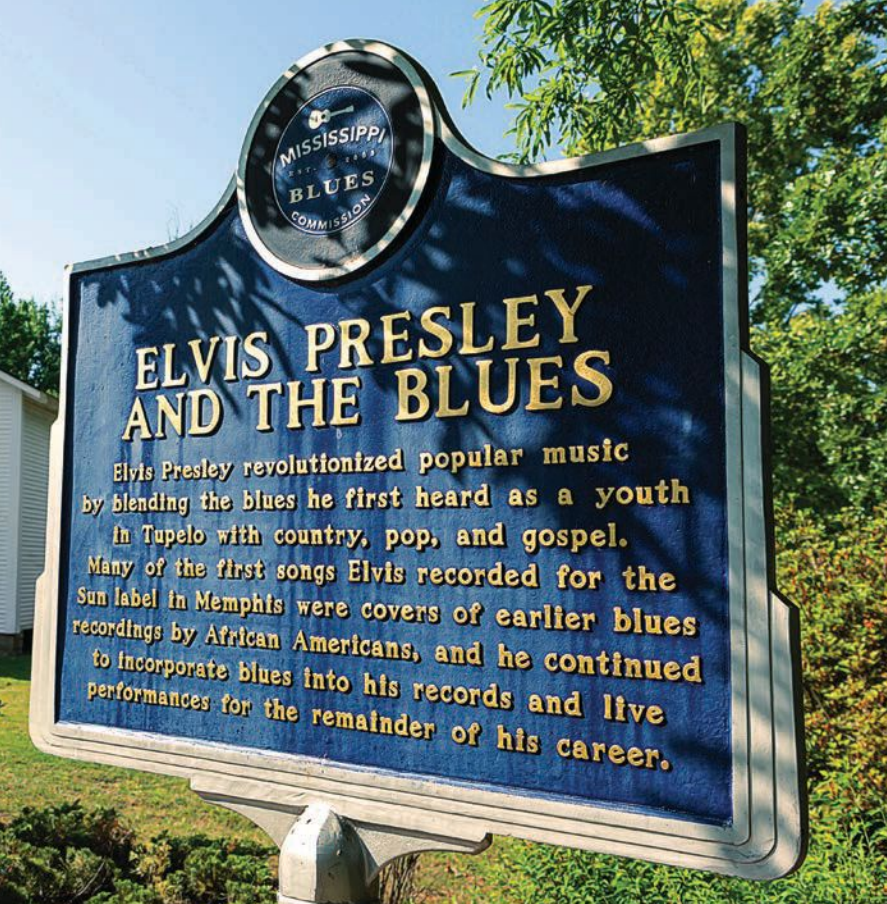
At Ground Zero Blues Club, a restaurant and nightclub in Clarksdale, see live performances by some of today's best Delta blues musicians Wednesday through Sunday nights.

VISIT
MISSISSIPPI



TATE K. NATIONS





GRAMMY Museum Mississippi, Cleveland

JACKSON, the “CITY WITH SOUL”

From its pivotal role in the civil rights movement to its live music and Southern fare, Jackson is sure to stir your soul.

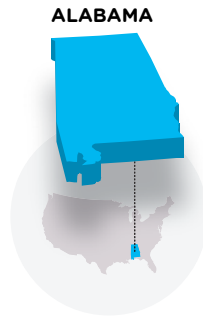
Its reputation for warm, welcoming locals and a history of perseverance earned Jackson the nickname City With Soul. Explore this Southern town and hear fascinating stories.

Jackson has been at the forefront of history-making events in the USA since the Civil War. The city is proudest, though, of its critical role in the movement that changed the world, which is documented in the Mississippi Civil Rights Museum featured on the U.S. Civil Rights Trail.

Jackson is home to more historical markers celebrating blues heritage than anywhere else in the state. Discover them on the Mississippi Blues Trail, then plan a night out to hear live blues and soul music in one of Jackson's many music clubs.

The dining scene is unexpected, offering everything from homemade mom-and-pop Southern food to innovative modern dishes cooked up by James Beard Award-winning chefs. Try them all for a taste of Jackson.

VisitJackson.com



Heart & Soul of the South

ALABAMA

"Sweet Home Alabama" is more than a song. It's a place where the skies really are so blue – a land of history, culture, music and adventure. Here, gospel is sung in churches and folks dance to blues, country and jazz in bars. Locally owned restaurants dish up meals of mouth-watering barbecue and fresh seafood from Alabama's fishing villages. Each meal is a celebration. Alabama's top attractions include the U.S. Space & Rocket Center, the Barber Vintage Motorsports Museum, sites along the U.S. Civil Rights Trail and the legendary studios of Muscle Shoals, where famous

musicians have recorded since 1959. Visitors can enjoy world-class golf on the Robert Trent Jones Golf Trail. Surrounded by great cities – New Orleans, Memphis, Nashville and Atlanta among them – Alabama is the heart and soul of any Southern USA trip.

Sweet Home
Alabama

ALABAMA TOURISM DEPARTMENT (ART MERIPOL / TAD DENSON - MYSHOTZ.COM / MEG MCKINNEY)



GULF SHORES/ ORANGE BEACH

Enjoy 50 km (32 miles) of white-sand beaches, along with nightlife and fresh seafood, all less than 3.5 hours from New Orleans.



MONTGOMERY

Voted one of the best historic cities in America, Montgomery is home to Martin Luther King Jr.'s church and home as well as dozens of museums, 2.5 hours from Atlanta..



MUSCLE SHOALS/FLORENCE

Visit the studios where Aretha Franklin, Otis Redding and The Rolling Stones made their records, three hours from Memphis and Nashville.



HUNTSVILLE

Huntsville is home to the U.S. Space & Rocket Center and Space Camp (astronaut "training" for children). Two hours from Nashville and Atlanta.



MOBILE

Mobile was the first U.S. city to host Mardi Gras. Top attractions include nature tours and the WWII battleship the USS Alabama. Less than 2.5 hours from New Orleans.



BIRMINGHAM

Enjoy great dining and shopping. Visit the 16th Street Baptist Church and the Barber Vintage Motorsports Museum, just 2.5 hours from Atlanta.

Steel City Jazz Festival, Birmingham

Epic Southern Road Trip

Centrally located in the South, Alabama is close to many of the region's iconic cities. Begin your travels in Nashville, Tennessee, then immerse yourself in Alabama and wind up in New Orleans, Louisiana.

HEAVENLY MUSIC

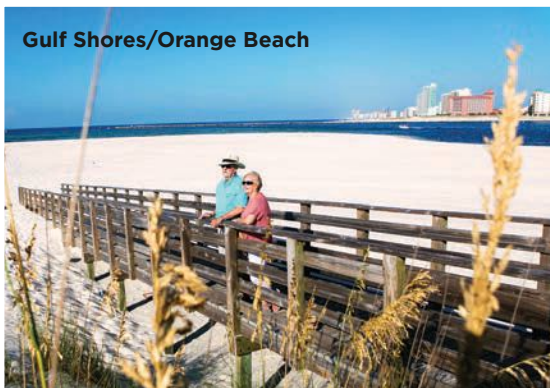
Start your road trip in Nashville, Tennessee, nicknamed Music City. There you can tour Music Row and the Country Music Hall of Fame and Museum. A quick two-hour drive south will land you in Huntsville, Alabama, the rocket city, home of space adventure at the U.S. Space & Rocket Center and Space Camp. Just a few miles down the road is Muscle Shoals/Florence, the "Hit Recording Capital of the World." Must-sees include FAME and Muscle Shoals Recording Studios. Keith Richards of The Rolling Stones called the area "Rock n Roll Heaven."

CAPTIVATING HISTORY

History is at the heart of Alabama. In both Birmingham and Montgomery, visit famous civil rights sites where Dr. Martin Luther King Jr. preached and marched. Beyond their rich history, those cities also offer the world's largest motorcycle collection (at the Barber Vintage Motorsports Museum), the last of the true backyard juke joints (Gip's Place) and country music legend Hank Williams' museum and gravesite.

GORGEOUS GULF

On Alabama's Gulf Coast, relax on the soft white-sand beaches and swim in the warm Gulf of Mexico waters in the resort towns of Gulf Shores/Orange Beach. Nearby is the historic port city of Mobile, the birthplace of Mardi Gras and a great place to find fresh seafood. From there, you're just a 2.5-hour drive to New Orleans, Louisiana.



Dining delights in the Peach State

Packed with fabulous culinary destinations, Georgia should always be on food-lovers' minds.

With its rich culinary history, craft breweries and agricultural heritage, Georgia is a paradise for gourmet enthusiasts. Tour a craft brewery or distillery to learn how your favorite brew is created. Follow one of five Georgia Grown Trails to find U-pick farms, dairies, wineries and specialty markets stocked with locally grown products. Visit the Georgian Room, Sea Island's Forbes Travel Guide Five-Star restaurant; Mashama Bailey's The Grey in Savannah, named to TIME's 2018 list of the World's 100 Greatest Places; or dozens more award-winning restaurants helmed by critically acclaimed chefs. Sample more traditional fare at mom and pop diners in every town across the state, serving up popular family recipes and providing gathering spots for the local communities.

GEORGIA



The Collins Quarter, Savannah



Mercier Orchards, Blue Ridge



Rome City Brewing Company, Rome



Driftwood Beach



Avenue of the Oaks



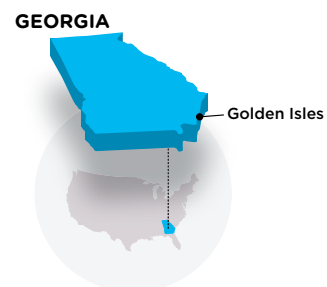
St. Simons Lighthouse Museum

Island Serenity

Georgia's Golden Isles boasts award-winning beaches and true Southern hospitality.

A stunning coastal destination encompassing St. Simons Island, Little St. Simons Island, Sea Island, Jekyll Island and the mainland city of Brunswick, the Golden Isles are set on the Georgia coast between Savannah, Georgia, and Jacksonville, Florida. Here, you can bask in the sunshine, swim and fish or simply relax on pristine, golden-sand beaches. Kayak or paddleboard through salt marshes and sparkling

rivers that are home to otters, herons, dolphins and other wildlife. Play golf on spectacular seaside courses or explore historic attractions and museums. Savor fresh, local seafood and traditional Lowcountry cooking served with genuine hospitality. Enjoy gracious lodging at a historic inn, beach condo or wooded campsite. With a semi-tropical climate year-round, the Golden Isles offers a perfect escape any time of year.





Lake Clara Meer, Piedmont Park

ATLANTA

Atlanta mixes Southern charm with big-city sophistication. With renowned dining, shopping and arts scenes, Atlanta is the perfect first stop in the USA. Start at Centennial Olympic Park and explore attractions around the park. Swim with whale sharks at the Georgia Aquarium, taste more than 100 Coca-Cola drinks at the World of Coca-Cola and see the news unfold at the CNN Center. Along famous Peachtree Street, explore unique neighborhoods and discover more fun.

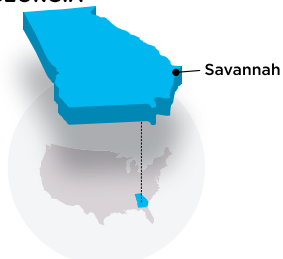
Atlanta.net



Wormsloe State Historic Site



GEORGIA



SAVANNAH

Savannah strikes the perfect balance between urban hip and sweet Southern charm, with a reputation as one of the USA's friendliest and most beautiful cities. Known for its coastal cuisine, Savannah's culinary options run the gamut from Lowcountry traditional to some of the finest nouveau American dishes available. Don't miss St. Patrick's Day in the spring, festival season in the fall, and plenty of beautiful and romantic days in between.

VisitSavannah.com



Bodie Lighthouse, Nags Head



Grandfather Mountain State Park, near Linville



Birdsong Brewing Company, Charlotte

Stunning Scenery

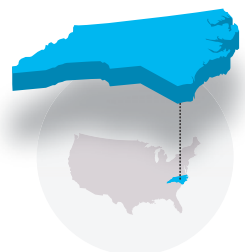
In North Carolina, explore vast sandy beaches, rugged mountains and amazing landscapes in between.

North Carolina is justly famous for its beautiful scenery, boasting landscapes as diverse as the verdant Great Smoky Mountains and the state's pristine national seashores. Along the coast, see stunning sunrises, explore barrier islands and climb to the top of the tallest lighthouse in the USA at Cape Hatteras. Inland, take a memorable road trip along the Blue Ridge Parkway (especially lovely in autumn)

and visit iconic landmarks such as historic Biltmore in Asheville along the way.

If adventure is your style, you'll find it in all forms, including whitewater rafting, kiteboarding, hiking and hang gliding. Outdoor enthusiasts will discover challenging biking trails with breathtaking views and famous golf courses such as Pinehurst. Craft beer lovers can enjoy tours and tastings at more than 275 craft breweries.

NORTH CAROLINA



NCSM
NORTH CAROLINA

City Sizzle & Southern Culture

Discover Charlotte's cosmopolitan vibe and the city's gracious hospitality.

In this vibrant North Carolina hub, visitors will find a glittering skyline and more than enough adventures to fill a holiday. Check out top spots such as the U.S. National Whitewater Center, the NASCAR Hall of Fame, the award-winning Carowinds theme park and Discovery Place science museum. Travellers will find that Charlotte offers a stellar craft beer scene, charming cafés and fine restaurants. Taste Southern comfort foods such as fried green tomatoes,

chicken and dumplings and buttermilk biscuits, as well as international specialities ranging from Greek to Vietnamese foods. Enjoy vibrant cultural events and museums as well as a professional sports scene that includes football, basketball and lacrosse. Wander among the charming restored bungalows in Dilworth, discover bustling nightlife in Uptown and meet the locals at quaint neighbourhood bars in Plaza-Midwood.



**Charlotte's
got a lot.**



'Firebird' sculpture, Uptown



U.S. National
Whitewater Center



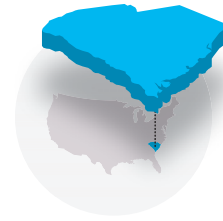
Carolina barbecue

Warm Escape

Find fabulous golf, rich history and spectacular beaches in South Carolina.

Take time to explore South Carolina's diverse landscapes, from its vast Atlantic coastline to lush parks, lakes and the scenic Blue Ridge Mountains in the western part of the state. Head to beautiful, golden beaches, where you can stroll on boardwalks, kayak among sea islands and bask in warm sunshine all year long. Choose from 360-plus golf courses set on mountainsides, scenic valleys and ocean shores, offering stunning views of forests, waterfalls and sand dunes. Learn about South Carolina's rich history, including Fort Sumter National Monument in Charleston, antebellum plantations such as Magnolia and Boone Hall, and the Gullah culture of the Lowcountry. Take a break from seeing the sights to dine on fresh seafood prepared in innovative ways at award-winning restaurants in Hilton Head Island, Charleston and Myrtle Beach. Follow the South Carolina Barbecue Trail to more than 200 restaurants, where you'll sample outstanding slow-cooked barbecue slathered with your choice of four tasty sauces.

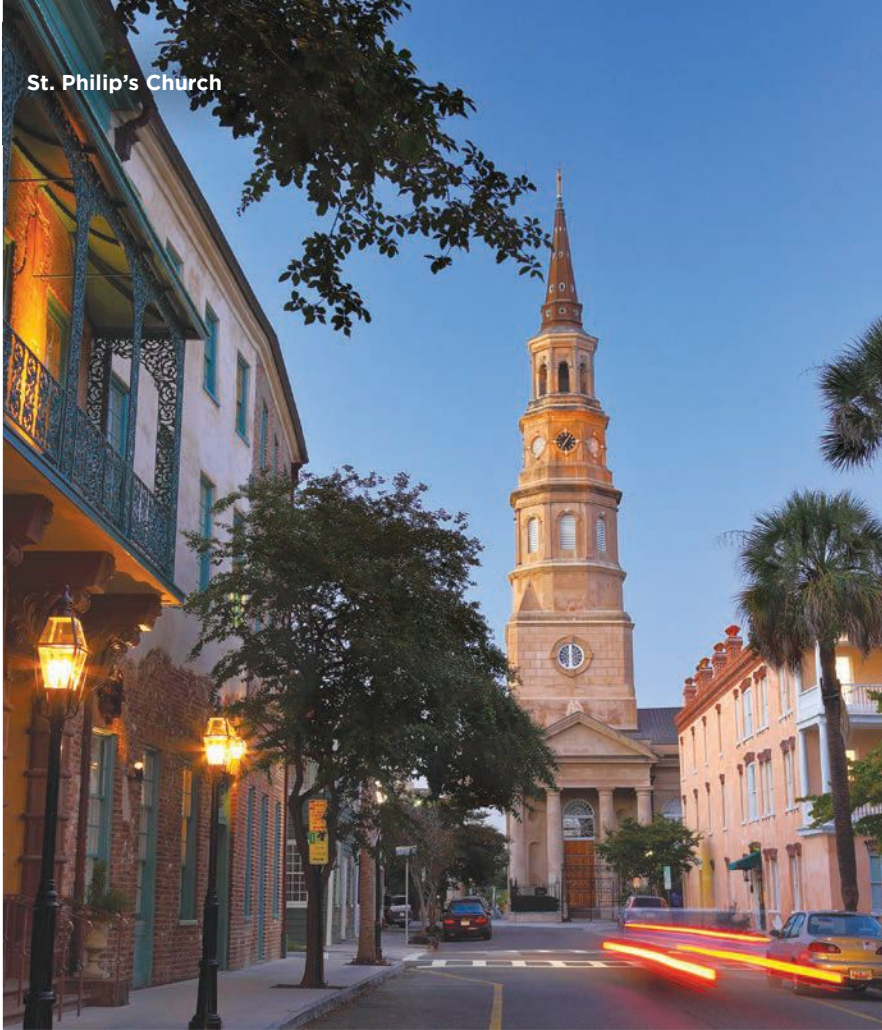
SOUTH CAROLINA



South Carolina
Just right. 



St. Philip's Church



CHARLESTON

From high above, Charleston resembles a beautiful tapestry woven with shades of indigo sea, marshgrass and oyster shell. Etched with barrier islands and bodies of water, the landscape is poetic. With its perfect combination of beautiful beaches, world-class cuisine, antebellum architecture and endless activities, it's no wonder the area is consistently named a top U.S. destination. Here, daily life is accompanied by the gentle harmony of church bells, rustling palmetto fronts and lyrical sea accents, and a connection to the past permeates the community. Discover the people, places and traditions of Charleston.

ExploreCharleston.com

Hilton Head Island

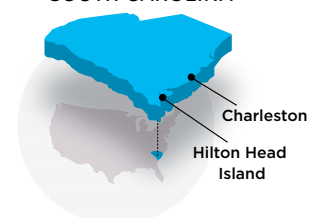


HILTON HEAD ISLAND

Island dreaming? Named No. 1 on Travel + Leisure magazine's "Best Islands in the Continental U.S." list and No. 1 on Condé Nast Traveler's list of "Top Islands in the U.S.," Hilton Head Island is famous for pristine beaches, breathtaking coastal scenery and 24 world-class golf courses. Explore the South Carolina Lowcountry with its treasured Gullah history and vibrant arts and cultural scene. Embark on a culinary tour at more than 250 restaurants and enjoy children's museums and pirate tours. Indulge in shopping at hundreds of shops and several well-known outlets. Vacation dreams come true on Hilton Head Island.

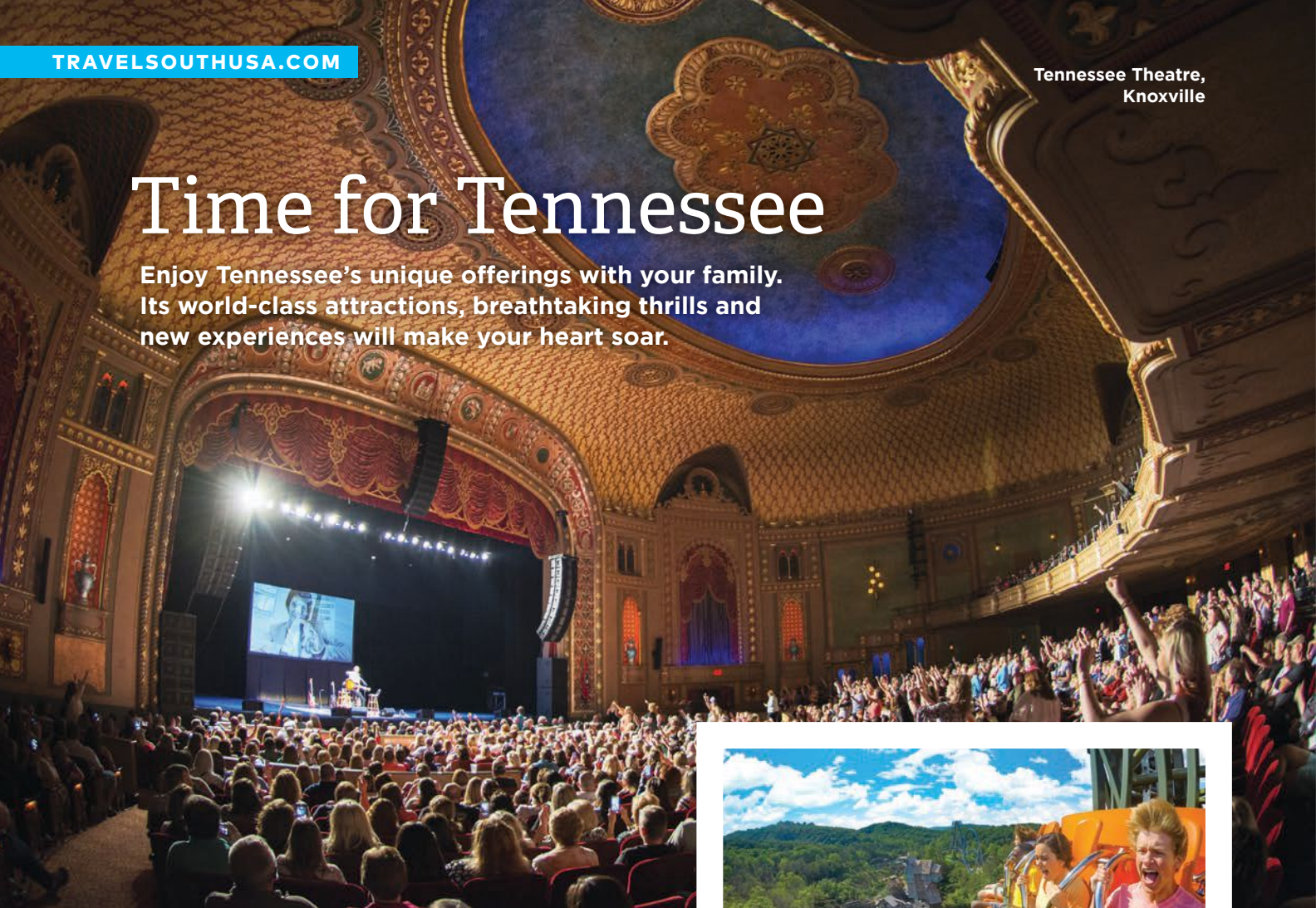
hiltonheadisland.org

SOUTH CAROLINA



Time for Tennessee

Enjoy Tennessee's unique offerings with your family. Its world-class attractions, breathtaking thrills and new experiences will make your heart soar.



INSPIRATIONAL MUSIC

Oh, the music! Visit Nashville, Memphis and other cities to find the foot-tapping, soul-saving kind – with blues, rock, country and everything in between. Explore Tennessee Music Pathways to learn about musical genres connected to the state and experience “The Soundtrack of America. Made in Tennessee.”

CULINARY CREATIVITY

Discover award-winning culinary expertise in Tennessee's big cities and small towns alike. You'll be delighted with the blend of fine restaurants and family-owned spots along with fabulous annual food festivals throughout the state.

RICH HISTORY AND ENTERTAINING ATTRACTIONS

Don't just learn about history, experience it. Explore battlefields and relics from the Civil War, as well as the landmark moments of the civil rights movement. Walk in the footsteps of music legends at the Grand Ole Opry and stand in places echoing with the musical hits of yesterday, such as Stax Museum of American Soul Music. Visit world-class family attractions, including Dollywood, the Tennessee Aquarium and Casey Jones Village.

NATURE AT ITS BEST

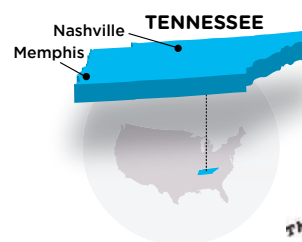
Raft a rushing river in springtime on the Ocoee, Pigeon or Nantahala rivers or enjoy a gentle summertime float trip. See the most visited national park in the USA – Great Smoky Mountains National Park – and enjoy its scenic mountains and wildlife watching.



Dollywood, Pigeon Forge



Hattie B's, Nashville



THE SOUNDTRACK OF AMERICA
MADE IN
TENNESSEE
★★★

TENNESSEE DEPARTMENT OF TOURISM DEVELOPMENT; DOLLYWOOD;
ANDREA BEHREND'S PHOTOGRAPHY

Great Smoky Mountains National Park



SEVIERVILLE

Enjoy outdoor adventures such as hiking, ziplining, cavern exploration and whitewater rafting in and around Great Smoky Mountains National Park – the USA's most popular park. Relax in a luxurious mountain cabin with a hot tub, fireplace and spectacular views, or stay in a family-friendly waterpark resort. Explore Dolly Parton's hometown and shop at two outlet malls, fun flea markets and antiques malls. Enjoy delicious, down-home cooking and international cuisine, follow the Rocky Top Wine Trail to five wineries offering more than 70 varieties and taste moonshine on a distillery tour.

SeviervilleUSA.com

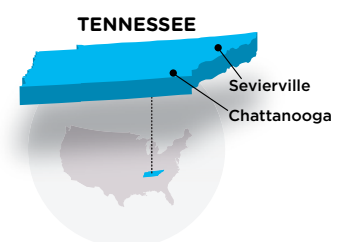
Moon River Music Festival



CHATTANOOGA

Chattanooga is enjoying a musical renaissance. Visitors and locals can linger over dinner and see a music performance or comedy show in the new Station Street Entertainment District, near the Chattanooga Choo Choo Complex. Festival fans have even more dates to choose from: Grab tickets to the new Moon River Musical Festival or the 3 Sisters Bluegrass Festival, or make plans for the Nightfall concert series, Riverfront Nights or the multi-day, multi-genre Riverbend Festival. Three new sites on the Tennessee Music Pathways project honor Chattanooga native Bessie Smith, the "Empress of the Blues."

ChattanoogaFun.com





The Bluegrass State KENTUCKY

Feel the rush of “Derby day,” see lush, rolling hills and horse farms, hear the twang of lively bluegrass tunes and follow bourbon trails.

BOURBON

Sometimes earthy with hints of toasted rye bread, sometimes smooth with notes of caramel and nutmeg, bourbon whiskey, the USA's only native spirit, is as varied as the land. Kentucky is the birthplace of bourbon and about 95 percent of the world's supply is made here. Take part in tastings, tours and special events year-round. Savor the flavors at major distilleries and small batch craft distilleries alike and learn the history of this American spirit.

HORSES

Nestled throughout Kentucky's vibrant green hills are working horse farms. Tour several to get a behind-the-scenes look at raising, training and caring for all types of breeds, from Thoroughbreds to American Saddlebreds. Unwind with a scenic drive through horse country and see horses frolic and train. In the spring, Louisville gears up for “the greatest two minutes in sports,” the Kentucky Derby. Outside of horse country, enjoy hiking, fishing and more.

CULINARY DELIGHTS

Perhaps the state's best kept secret is its culinary scene. Each region has a specialty and dishes draw on the bounty of the land. Sample staples such as sweet country ham, hearty fried chicken and rich stew (called burgoo). A new wave of innovative chefs are taking up the mantle, paying homage to the classics and adding modern twists. Explore culture and history through food. Gather around the table and enjoy a warm welcome from locals.



Kentucky Horse Park, Lexington



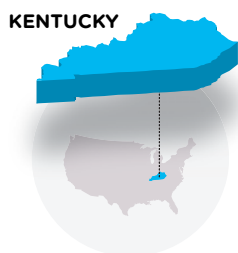
Woodford Reserve, Versailles



The Blue Raven, Pikeville



Bluegrass music



MUSIC

Bluegrass was born in Kentucky and music is a way of life here. In fact, musicians of all genres play and thrive. Hear live music in an intimate venue, head to a packed concert or simply follow the sounds of a good tune. Embrace music culture and history at the Country Music Highway Museum. Any time of year, music festivals and nightlife provide even more ways to feel the beat. Modern or old school, there's a sound for everyone.



"Horse Capital of the World"

NORTHERN KENTUCKY

Sample bourbon, a true U.S. beverage, along Northern Kentucky's B-Line, home to three craft distilleries, five bourbon-focused bars and four restaurants. Take to the water on BB Riverboats for a scenic Ohio River cruise. Families will enjoy the history and life-like animals of Ark Encounter and the Creation Museum; the immersive Newport Aquarium for sharks, penguins, turtles and more; and the high-thrills racing events of Kentucky Speedway. Stroll the historic district of Mainstrasse Village in Covington to see the shops and restaurants of a restored 19th-century German village.

meetNKY.com

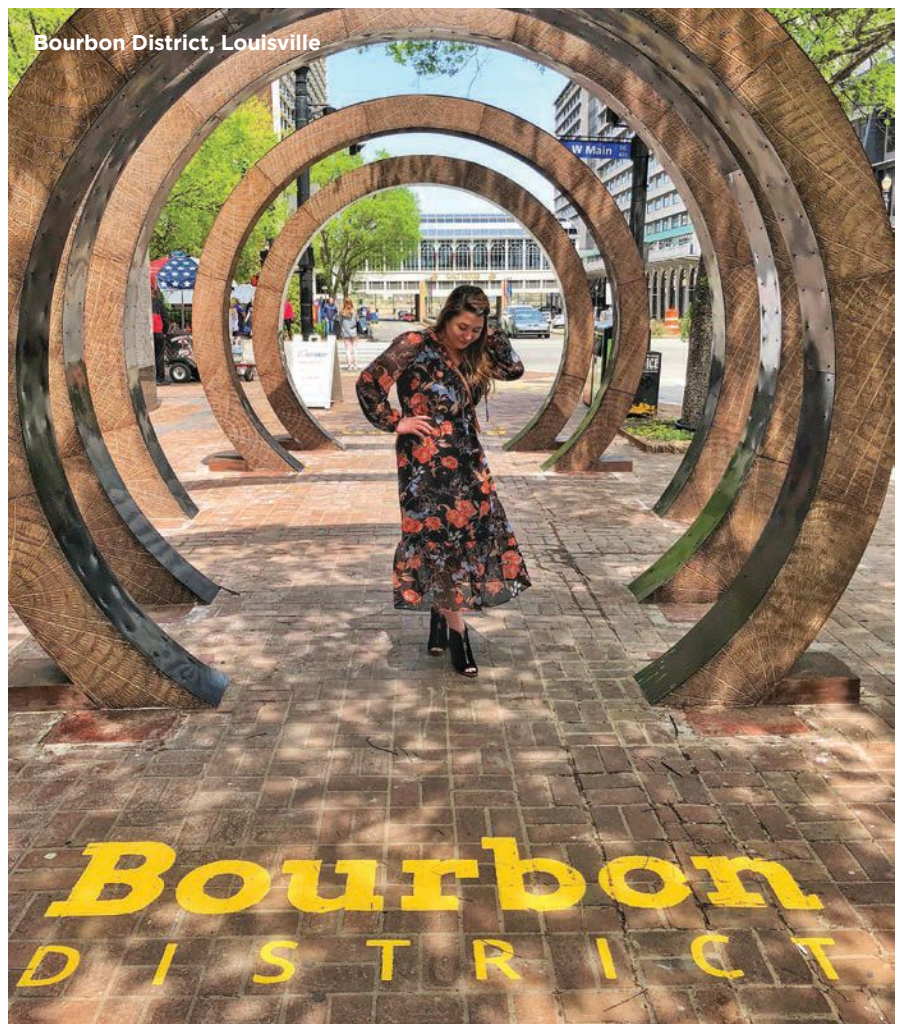


BB Riverboat, Ohio River

LOUISVILLE

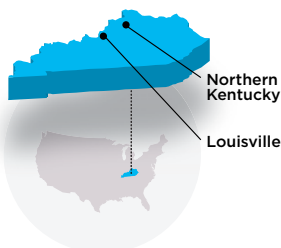
Visitors flock to Louisville for its Kentucky Derby horse race, but the city's equine culture flourishes all year long (don't miss the Kentucky Derby Museum). Sip and savor the urban bourbon experience, with multiple distilleries and cocktail bars. Take a Mint Julep Tour to indulge in Southern cuisine from the city's best restaurants. Learn about the life of boxer Muhammad Ali, who was born and raised in Louisville. Explore the downtown Muhammad Ali Center or take a self-guided tour to significant places in Ali's life, such as his boyhood home, the site of his first fight, his high school and burial place.

gotolouisville.com



Bourbon District, Louisville

KENTUCKY





Bourbon Rackhouse, Bardstown

BARDSTOWN

Tour distilleries and sample the creations of bourbon-makers in Bardstown, the Bourbon Capital of the World®. Learn about the history and production of bourbon at Heaven Hill Bourbon Heritage Center before visiting distilleries such as Willett, Lux Row and Bardstown Bourbon Company for tastings and tours.

VisitBardstown.com



The National Quilt Museum, Paducah

PADUCAH

Creativity is celebrated in Paducah, home to art exhibitions and workshops. This UNESCO Creative City boasts the National Quilt Museum, as well as inventive chefs and beverage-makers. See the city's cultural history in the River Discovery Center and Robert Dafford's "Wall to Wall" Murals along the river.

Paducah.travel



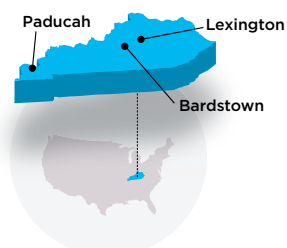
Calumet Farm, Lexington

LEXINGTON

Become captivated by the charms of Lexington, known for its quaint and quirky downtown, 450 Thoroughbred horse farms set amidst rolling hills, and the time-honored tradition of distilling bourbon. Tour the distilleries, see the horses at elegant farms, then shop, play and stay downtown. Sip a glass of bourbon while eating an inspired farm-to-table meal at one of more than 120 of the city's independent restaurants. View street art, order a pint at a microbrewery and listen to live music in a city bar. Wherever you go, you'll experience a warm Southern welcome in the heart of Kentucky's Bluegrass Region.

VisitLEX.com

KENTUCKY



ALMOST HEAVEN

West Virginia is an outdoor-lover's paradise

Caving time to explore the beauty of nature? West Virginia has an outdoor activity to fit most every interest and fitness level.

The Mountain State (the only state that sits completely within the Appalachian Mountain region) contains six national parks, Monongahela National Forest, some 45 state parks and forests, and the New River – one of the oldest rivers on the continent. West Virginia is a perfect base for enjoying all forms of outdoor recreation, including hiking, biking, horseback riding, fishing, boating, tubing, skiing, rafting, rock climbing and all-terrain vehicle excursions.

Whether you prefer a relaxing float down the New River or a heart-pumping, adrenaline-packed tour during what's known as "Gauley Season," West Virginia's whitewater

rafting is hard to beat. More than 32,000 km (20,000 miles) of streams and 100 pristine fishing lakes make it a prime destination for fly fishing, too. Keep an eye out for the official state fish: the brook trout.

Don't forget to take lots of photos. You'll want to capture the splendor of waterfalls, maple trees and mountains.

After all that adventuring, you're sure to work up an appetite, so make time to indulge in the state's rich, indulgent dishes made with local, seasonal ingredients.

West Virginia offers accommodations for every budget, including a wide range of high-end accommodations, from Adventures on the Gorge to The Greenbrier to the quaint Bavarian Inn. It's no wonder the state is affectionately known as "Almost Heaven."

Canaan Valley





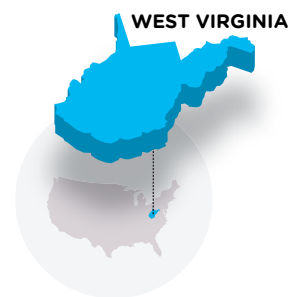
New River Gorge



The Greenbrier



WEST VIRGINIA



Accommodations to Suit All Styles

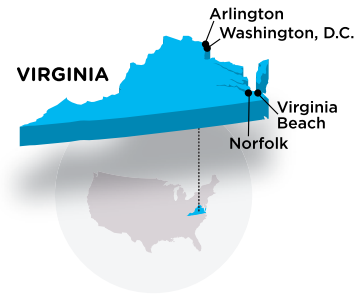
RELAXING RESORTS: Guests have escaped to the Greenbrier since 1858. Oglebay Resort offers a grand lodge as well as cottages ranging from rustic to deluxe.

AFFORDABLE FAMILY STAYS: Take the family camping, go whitewater rafting at ACE Adventure Resort or stay at a lodge or cabin in a state park such as Blackwater Falls State Park.

QUAINT B&BS: Stay at Cafe Cimino Country Inn in Sutton, named one of the best inns of the South in 2016, or settle in at the charming Guesthouse Lost River for a wonderful weekend.

Culture and Coastal Beauty

In Virginia, explore scenic coastal cities, get out on the water, and visit impressive places that helped form U.S. history.



VIRGINIA BEACH

Watch the sun rise over the Atlantic and set over the Chesapeake Bay. Bike the famous 5-km (3-mile) Beach & Boardwalk, or hike trails through forests and marshlands. Kayak with dolphins, or take a boat tour to an oyster farm to taste prized Lynnhaven oysters. Enjoy the fresh catch of the day, including striped bass and flounder. Just a 4-hour drive from Washington, D.C., Virginia Beach is truly a classic American beach holiday.

visitvirginiabeach.com

NORFOLK

Enjoy sightseeing cruises aboard *American Rover*, *Victory Rover* and the *Spirit of Norfolk*. Norfolk is home to the world's largest Navy base. See aircraft carriers, destroyers and amphibious assault ships, and learn about the history of Naval Station Norfolk.

visitnorfolk.com

ARLINGTON

Across the Potomac River from Washington, D.C., treasures here include Arlington National Cemetery and the National 9/11 Pentagon Memorial. With 45 hotels near 11 Metrorail stations, explore parks, shops and lively neighborhoods.

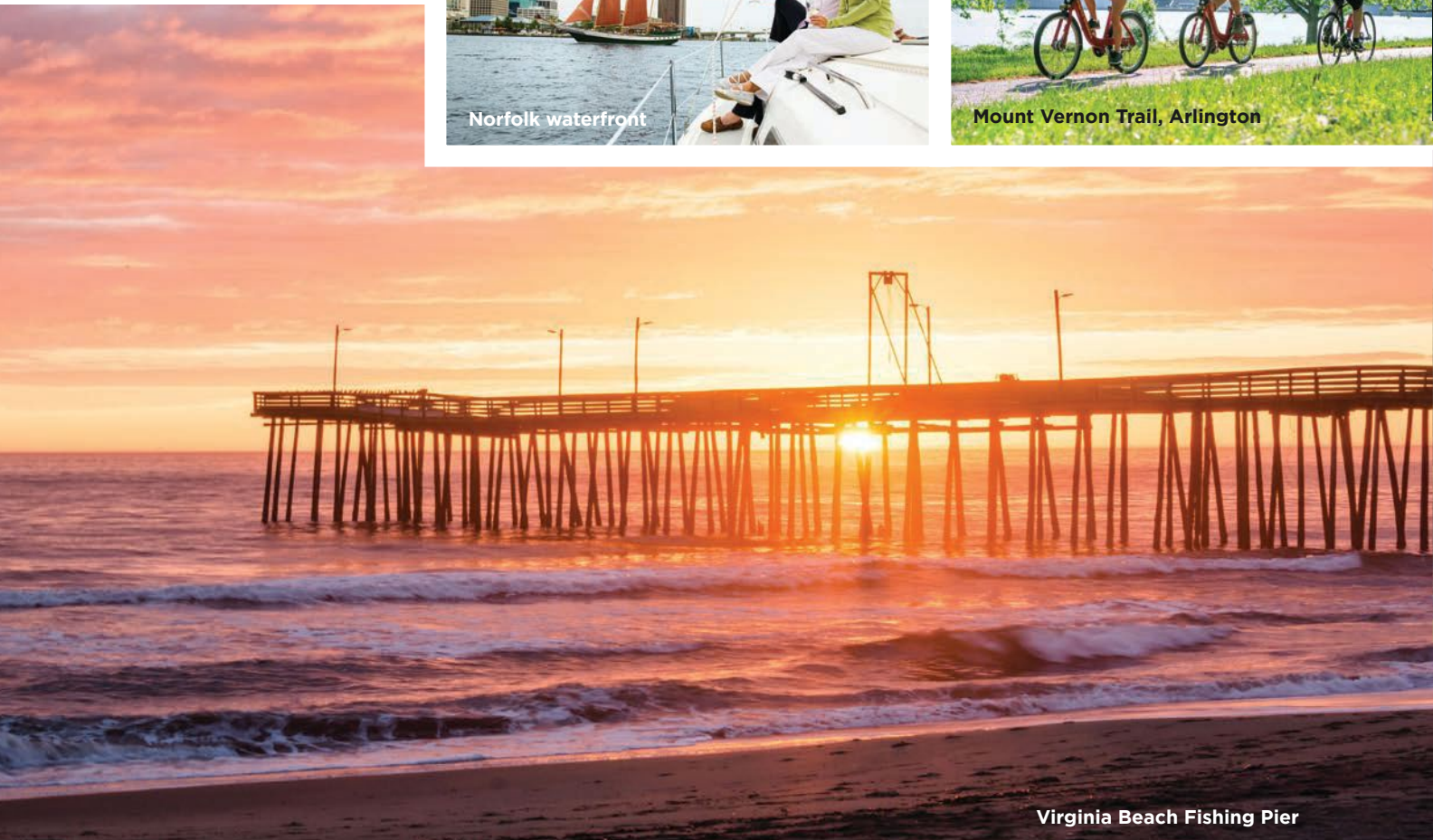
stayarlington.com



Norfolk waterfront



Mount Vernon Trail, Arlington



Virginia Beach Fishing Pier



New Orleans



Bluebird Cafe, Nashville



Atlanta Jazz Festival

RHYTHMS OF THE SOUTH

If you've never been to the American South, you're in for a real treat. A mix of friendly people, legendary hospitality, gorgeous scenery, delectable Southern cuisine and rich music and history can be found in three of the USA's finest cities. Atlanta, Georgia, Nashville, Tennessee, and New Orleans, Louisiana, each offer unique experiences, yet each has music interwoven into its soul. Visit any of them or, better yet, explore all three. You'll get the best introduction to the South.

ATLANTA, GEORGIA

Home of the Georgia Aquarium, the world's most famous soft drink, Coca-Cola, and warm hospitality, Atlanta is a combination of big-city attractions and charming neighborhoods, each with its own personality. From the symphony orchestra to indie bands and hip-hop, Atlanta overflows with music. Also explore Centennial Olympic Park, civil rights sites and CNN Center.

Atlanta.net

NASHVILLE, TENNESSEE

In Nashville, a world-famous music scene meets fashion, food, culture and the arts. Music must-sees include the Grand Ole Opry, Country Music Hall of Fame and Museum and historic Ryman Auditorium. Nashville's culinary scene is earning accolades for its creative treatment of everything from Southern fare to haute cuisine. Enjoy festivals and events year-round.

visitmusiccity.com

NEW ORLEANS, LOUISIANA

In this mesmerizing city, diverse cultures collide in a brilliant explosion of flavors, emotions and sounds. Cajun, Creole, French, Spanish and African influences add richness to New Orleans' food, music and culture. At Mardi Gras and other festivals, in world-famous jazz and blues clubs and small music clubs, experience the city's musical heartbeat.

NewOrleans.com



