

Summer CDH Possible Excursions

Music/Theater/Arts

Barter Theater - <http://www.bartertheatre.com/>

The Birthplace of Country Music - <http://www.birthplaceofcountrymusic.org/>

The Crooked Road – Virginia’s Heritage Music Trail - <https://www.myswva.org/tcr>

Round the Mountain – Southwest Virginia’s Artisan Network - <https://www.myswva.org/rtm>

Sunnyside Early Country Music Trail – www.TNTrailsAndByways.com

Local/Regional Interests

Damascus, VA - www.damascus.org

Johnson County, TN - www.JohnsonCountyTN.org

Boone/Blowing Rock, NC - www.HighCountry365.com

Grayson County, VA - tourism@graysoncountyva.com

Hiking

Laurel Creek Trail (ten minutes away)

<https://www.alltrails.com/trail/us/tennessee/laurel-creek-trail--2>

Appalachian Trail (Damascus, VA)

https://www.appalachiantrail.org/docs/default-document-library/damascus-short-hikes-brochure.pdf?sfvrsn=11b50e00_0

Whitetop Mt. - <https://www.summitpost.org/whitetop-mountain/153534>

Mt. Rogers National Recreation Area (Abingdon, VA) -

<https://www.fs.usda.gov/detail/gwj/specialplaces/?cid=stelprdb5302337>

Grayson Highlands State Park (wild ponies) - http://www.dcr.virginia.gov/state-parks/grayson-highlands#general_information

Mount Rogers - <https://www.fs.usda.gov/detail/gwj/specialplaces/?cid=stelprdb5302337>

Pond Mountain Game Management Lands - <https://blueridgeconservancy.org/pond-mountain-game-lands-1>

The Great Channels (Abingdon, VA) - <https://visitabingdonvirginia.com/landmarks/a-guide-to-the-great-channels-a-one-of-a-kind-maze-of-boulders-and-crevices-in-southwest-virginia>

Swimming

Backbone Rock (good swimming hole) (20 minute drive)
<https://www.fs.usda.gov/recarea/charokee/recarea/?recid=34934>

Laurel Creek Falls - <http://appalachiantreks.blogspot.com/2007/06/laurel-creek-falls.html> (25 minute drive, in NC)

Beartree Lake -
https://www.fs.usda.gov/wps/portal/fsinternet/cs/recarea?ss=110808&navtype=BROWSEBYSUBJECT&cid=FSE_003738&navid=1102400000000000&pnavid=1100000000000000&position=generalinfo&recid=73579&ttype=recarea&pname=Beartree%20Recreation%20Area

Elk River Falls (great swimming hole of ContraBlossom fame) -
<https://www.alltrails.com/trail/us/north-carolina/elk-river-falls-trail>

Blue Hole Falls - <https://www.alltrails.com/trail/us/tennessee/blue-hole-falls>

Biking

The Virginia Creeper Trail
<http://www.trailink.com/trail/virginia-creeper-national-recreation-trail.aspx>

Virginia Creeper Trail (premier rail-to-trail) - www.vacreepertrail.org

Adventure Damascus Bicycles - www.AdventureDamascus.com

Blue Blaze Bicycle & Shuttle Service - www.blueblazebikeandshuttle.com

JC's Outdoors Bike Shop - www.jcsoutdoors.com

Sundog Outfitters - www.SundogOutfitter.com

Horseback Riding

sugargrove_horseman@yahoo.com

Ziplining

Creeper Trail Zipline
www.creeperzipline.com

Hawks Nest Zipline
www.HawksnestZipline.com

Paddling

Watauga Lake (a beautiful TVA lake – 30 minute drive)
<http://www.wataugalaketennessee.com/>

New River - Zalloo's Canoes
www.zaloos.com

Rafting

River & Earth Adventures
www.raftcavehike.com

High Mountain Expeditions
www.HighMountainExpeditions.com