

Dance to the Music

Itinerary

Day 1:

Welcome to Galax, Virginia! Your journey begins at our **Visitors Center**, located in historic downtown. While here, you will find information about the area and get a glimpse into the exciting adventures that await you when you step foot outside the Galax Visitors Center.



While in downtown Galax, be sure to take a trip back in time at one of the many antique stores, dive into a book by a local author at **Chapter's Bookstore** and swing by **Barr's Fiddle Shop**, where you just might catch an impromptu bluegrass jam session in progress.

Chestnut Creek School of the Arts is just a stone's throw away and our next destination. You can view artwork by local artisans and visit the gift shop where arts and crafts, as well as Galax souvenirs and memorabilia, can be purchased. Also, be sure to participate in one of the classes being offered at the time of your visit.

Award-winning Memphis style BBQ is the specialty at **The Galax Smokehouse**, which just happens to be located across from Chestnut Creek School of the Arts. While enjoying your meal there, be sure to browse through the vast collection of old photographs of Galax.



After filling up on delicious BBQ, you can head to one of the many nightly Jam sessions in the area. On Tuesday, you can stay right in Galax and enjoy music at **Stringbean Café** on Main Street. Wednesday night's Jam session takes you to the **1908 Courthouse** in Independence, VA where you can experience a true mountain music jam.

A wide variety of lodging can be found from Galax to Fries and range from Hotels, Bed and Breakfasts', Cabins and Campgrounds.

Day 2:

Start out day 2 with an awesome adventure at **New River Outdoor Adventures** located in Fries, Virginia. Literally steps from the New River and the New River Trail, New River Outdoor Adventures offers canoe, kayak, tube & bike rentals. Grab your swimsuit or lace-up your hiking boots, it's time for an adventure!



After grabbing a bite to eat at one of the dining options available, it's time to listen to some music at the **Thursday Night Fries Jam**. Fries is home to more musicians per capita than any other town and it has only a few hundred residents. You aren't going to want to miss out on this Jam that has been happening since before anyone can remember!

Day 3:



Near Virginia's 2 highest mountains, **Grayson Highlands State Park** offers scenic beauty like no other.

Lace up your boots for the hiking trails that lead to overlooks and waterfalls, or bring your fishing pole to enjoy the nearly 10 miles of wild trout streams that lie within Grayson Highlands State Park. Either way, be sure to make time for the wild ponies that roam free along the grassy balds and spruce forests of Wilburn Ridge.



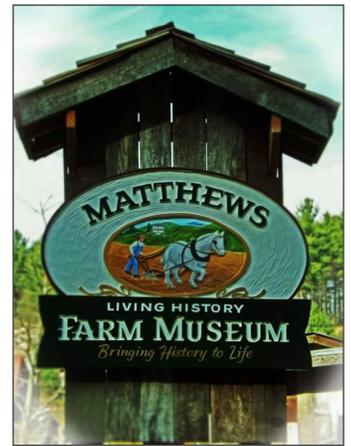
After getting your fill of nature, it's time to freshen up and head back to Galax for a night of fun! Stop by **Creek Bottom Brewery** for one of their signature brick oven pizzas and a local hand-crafted beer.

Now that you are good and full, it's time to head up the road just a piece to **The Historic Rex Theater** where Blue Ridge Backroads Live is broadcast on 98.1 FM (and live streaming over the internet) every Friday night. This show features some of the best Bluegrass and Oldtime Bands that can be found anywhere! Bring your dancing shoes and come on down front to join in on the fun!



Day 4:

Matthew's Living History Farm Museum is a 21 acre working farm, circa 1900 that offers self-guided tours and special events. Come see the story of Appalachia, "the story of rugged beauty, self-reliance, perseverance, and the abundance of nature" at Matthew's Living History Farm Museum.



Also, be sure to visit **Matthew's State Forest** for nature and bike trails while you are in the area.

Mt. Vale Vineyards is the perfect place to relax and forget all worries of a hectic life. This mountainside vineyard



utilizes natural hillside terrain which promotes and nurtures vine growth and grape quality. Spend the afternoon here enjoying lunch on one of the porches or in one of the gazebos overlooking the spectacular winery grounds. You

can also take part in a wine tour and tasting while at Mt. Vale Vineyards.



Finally, end your music-filled adventure at the **Blue Ridge Music Center** located at Milepost 213 on the Blue Ridge Parkway. Visit The Roots of American Music Museum, which is an award-winning, interactive exhibition honoring the living musical history of the Blue Ridge Mountains, and enjoy one of the concerts in the outdoor amphitheater, all while surrounded by the beauty of the outdoors. This place will provide you with a toe-tapping, flatfoot-dancing good time!