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Southeastern GIOUDDJOUD WINTER 2011 magazine

Learning about Southern cuisine, food prep's scene

foodie fests Got an appetite?

Check out these food festivals in the South

PERIODICAL



Blue Ridge excitement, repose

Roanoke Valley offers natural beauty, urban activity

Experience the natural beauty and vibrant urban activity that surrounds visiting groups in the Blue Ridge Mountains region.

Day One

Begin at the Roanoke Valley Information Center for an introduction to Roanoke Valley and a step-on guided tour, which points out local historic landmarks and points of interest.

One of the most striking landmarks is the Roanoke Star & Overlook on Mill Mountain. A trip up the mountain provides an opportunity to see the world's largest freestanding, man-made star and look out over the surrounding Roanoke Valley.

Following your mountain adventure, make your way to downtown Roanoke to visit the Historic Roanoke City Farmers' Market, the oldest continuously operating, open-air market in the state. The farmers' market and downtown shopping provide the perfect place to find homegrown or homemade items.

For lunch, try the iconic Roanoke Weiner Stand, Corned Beef & Company or Thelma's Chicken and Waffles.

After lunch, stroll along the Railwalk, which runs parallel to the railroad tracks and tells the story of the Roanoke Valley's rich railroad history. Follow the Railwalk to the Virginia Museum of Transportation, which features an extensive collection of steam, diesel and electric locomotives, including the Norfolk & Western Class J 611 and Class A 1218

Finish your day at the O. Winston Link Museum for dinner and a movie. Enjoy an exclusive tour including a catered dinner in the historic Norfolk & Western Railway Passenger Station and watch a documentary on the photographer. What a Picture I Got tells of Link's drive and desire to photograph the end of the steam era.

Stay overnight in Roanoke Valley-



Fresh fruit and flowers abound in Roanoke Valley's Market Square.

area accommodations.

Day Two

Depart Roanoke for a 40-minute drive east to the National D-Day Memorial in Bedford.

The memorial pays tribute to the Allied forces who served the United States in the World War II invasion of Normandy, France, on June 6, 1944, seeking to force Germany out of Western Europe.

Next, have lunch and experience the beauty of Smith Mountain Lake with a cruise aboard the *Virginia Dare*, a 19th-century replica side-wheeler. Enjoy gourmet food while observing wildlife and stunning landscapes of Virginia's largest man-made lake.

Then, visit Booker T. Washington National Monument, which marks the birthplace and shares the story of Washington on the former Burroughs Plantation in Hardy. One of the most influential voices in United States history, Washington was an educator, author, orator and political leader who died in November 1915 at the age of 59.

Next, it's time to stop at the Homestead Creamery, a local dairy and ice cream shop. The Wirtz creamery features a variety of flavors of homemade ice cream and baked goods. Enjoy a scoop ... or two.

Finish the day with a trip to the 20-story-high The Natural Bridge and see the illumination show, Drama of Creation. The combination of lights, music and natural beauty will amaze. Stay overnight in Roanoke Valley.

Day Three

Spend the day on the Blue Ridge Parkway.

Enjoy the scenery any season and stop at one of the many overlooks to take in the stunning views of the Blue Ridge Mountains. Also, stop at Mabry Mill, the parkway's most photographed spot.

Become a vintage connoisseur at Chateau Morrisette Winery while enjoying a wine tasting and lunch. The winery pairs its beautiful mountain setting with its selection of wines and creative, locally-grown dishes.

Explore more of Blue Ridge Parkway, or journey homeward.•

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