

List of afternoon excursions (Monday-Thursday)

BICYCLING

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

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

RAFTING

River & Earth Adventures - www.raftcavehike.com

High Mountain Expeditions - www.HighMountainExpeditions.com

HIKING

Appalachian Trail Mt. Rogers

Whitetop Mt.

Backbone Rock (good swimming hole)

Elk River Falls (great swimming hole of ContraBlossom fame)

Laurel Creek Trail (ten minutes away)

Other interesting places nearby:

Damascus, VA - www.damascus.org

Johnson County, TN - www.JohnsonCountyTN.org

Mt. Rogers National Recreation Area

Grayson Highlands State Park

Abingdon, VA - acvb@abingdon.com

Barter Theatre - www.bartertheatre.com

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

Grayson County, VA - tourism@graysoncountyva.com

The Crooked Road - www.thecrookedroad.org

Sunnyside Early Country Music Trail – www.TNTrailsAndByways.com