

# 45

## **WAYS TO GET** **TO KNOW OUR** **'NOKE**

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***There's no excuse to be bored here! Spend the year getting to know the region with our list of fun activities perfect for family and friends alike. No matter your speed, Roanoke has something for everyone.***

*Forty-five years ago,*

the Vietnam War was ending, the Dow Jones hovered around 850 and bell bottoms were big.

It was **1974** and in a little city at the edge of Appalachia (population 96,000), big changes were afoot: the end of official racial segregation, the formal integration of city schools, the beginnings of new ventures such as the city's civic center and a bridge building boom. In this year another new institution was born: a magazine that would hold a mirror up to its hometown, document its progress and setbacks, pen the stories of its citizens, highlight its places to eat and ways to play.

In the four-and-a-half decades since ***The Roanoker*** came to be, the city that gave the magazine its name has changed dramatically. No longer the Magic City, Roanoke is an outdoors town now, filled with trails and parks and river docks. It's a land of health care workers and craft breweries and downtown loft apartments. In honor of all that's notable in what is now more likely to be called the Star City, we at *The Roanoker* have created a list of 45 things — **for our 45**

**years of publication** — every reader should check off. These are the events, the activities, the adventures that make Roanoke the city it is. Give them a go, you'll likely discover something new about the place we all call

*home.*



# IN ROANOKE, WE DO *Outside* SERIOUSLY.

There are more ways to enjoy the outdoors than hours  
in a day (or space on a page).



Hiking on the Appalachian Trail

#1

## TAKE A HIKE.

Hundreds of miles of trails weave through our region, from steep overlooks to meandering creek beds. Hike with a group or choose a less-traveled path. Plan a multi-day backpacking trip on the **Appalachian Trail** or a two-mile loop at Roanoke County's **Happy Hollow Gardens**. Each season has its standouts: In Giles County, Pembroke's **Cascade Falls** can be enchantingly frozen in winter or offer a delightful summer dip; search for wildflowers at Montgomery County's **Bottom Creek Gorge** and take in spectacular rhododendron spreads at Bedford's **Peaks of Otter**. For fall foliage don't miss Floyd's **Rock Castle Gorge** or Catawba's **McAfee Knob**.

#3

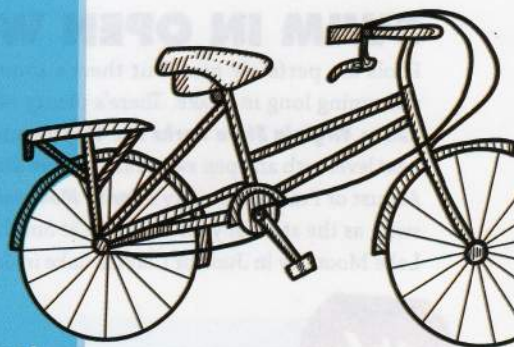
## BIKE A TRAIL.

In 2018, the **International Mountain Bicycling Association** (IMBA) recognized Roanoke as one of only **15 Silver-Level** ride centers in the world and the only one on America's East Coast. What that means to you is: **all the trails at all the levels**. From the fairytale forests and steep switchbacks at **Carvins Cove Natural Reserve**, to the rocky, wooded uphill and bends of **Mill Mountain Park**, to a skills loop plus 10 miles of riding at **Falling Creek Park** in Bedford, there are so many places to take your fat tires.



*Want a buddy?*

Roanoke's IMBA chapter leads weekly group rides.



#4

## BIKE IN TOWN.

If gnarly's not your style, no worries. With Roanoke's **greenway system**, bike-able neighborhoods and **Zagster bike share program**, there are plenty of ways to tool around on skinny tires, too. **Downshift Hand Crafted Bikes & Brews** offers monthly historic bike tours, a Saturday morning inclusive group ride and a bike commuter happy hour at their downtown Roanoke shop. **UnderDog Bikes** and **Roanoke Mountain Adventures** both rent and service bikes from their shops along the greenway.

#2

## RUN FOR A CAUSE.

Thirteen years ago the Rescue Mission of Roanoke planned its first **Thanksgiving 5K**. These days the **Drumstick Dash** raises some \$290,000 and attracts more than 12,000 people. It's not alone in its efforts to combine charity with a workout. Other notable fund-races: The Arthritis Foundation's **Jingle Bell Run**; the Roanoke Valley SPCA **Tail Chaser 5K**; the Marine **Mud Run**, benefitting Toys for Tots and Camp Roanoke.



GoCross Race

#5

## EXPERIENCE CYCLOCROSS.

You might not have heard of **CX biking** (think: obstacle course on two-wheels). But it's all the rage and Roanoke is front and center. **East Coasters Bike Shop** and **Downshift Bikes** each sponsor teams. **Fallon Park** boasts a course. **Roanoke's Parks and Rec** runs a September series for juniors, beginners and advanced racers. But the real deal took place last Labor Day weekend when USA Cycling kicked off its ProCX season with a race at Fallon Park that attracted more than **1,200 professional riders** gunning for a **\$10,000 prize purse**. Watch, ride, you decide.



## SWIM IN OPEN WATER.

Pools are perfectly nice. But there's something elemental about swimming long in a lake. There's plenty of off-shore strokes to be had in **Virginia State Parks** like **Claytor** and **Douthat**. Take it to the next level with an open swim race at **Lake Moomaw** in Bath County in August or Franklin County's **Smith Mountain Lake** in September. Or swim as the start of your triathlon at Smith Mountain Lake in May, Lake Moomaw in June or Claytor Lake in September.

#6



Tubing on Smith Mountain Lake

#8

## EXPLORE A CAVE.

The Roanoke region is full of spectacular caverns and caves — think **Dixie Caverns** in Salem or Rockbridge's **Natural Bridge Caverns**. But beyond the billboards, there's another kind of caving that requires **hiking, climbing and crawling** to explore a world few even know exists. A handful of area groups can lead your next underground adventure: Roanoke Parks and Rec and **Wilderness Adventure at Eagle Landing** in New Castle lead **"wild caving"** tours. **Virginia Tech Venture Out** takes caving trips in the Blacksburg area.

#9

## HIT THE HAY.

Is there anything closer to nature than **sleeping in a tent**? The birds, the breeze, the feel of a fire and smell of blossoms. Today there are even more options for outdoor stays. **Virginia State Campgrounds** are a start.

As are camp sites in the **Jefferson National Forest** and the **Blue Ridge Parkway**.

Even closer by, Roanoke County's **Explore Park** now offers primitive **camping, cabins and yurts** — simple but elegant structures; think: **glamping**. Yurt options abound in Floyd, as well.

#7

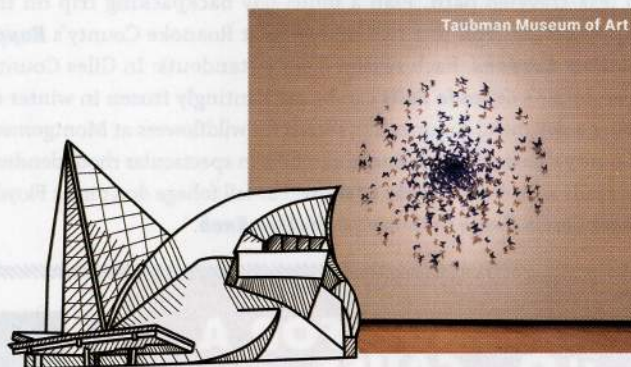
## PICK UP A PADDLE.

You may want to start at Roanoke Mountain Adventure to rent your **stand-up paddleboard (SUP) or kayak**. They also offer SUP classes and tours, as well as kayak shuttles and guided trips. **Back Country Ski & Sports** in Blacksburg and Salem rents

kayaks and canoes. Roanoke's Parks and Rec offers **seasonal SUP classes at Carvins Cove**. Once you're ready to hit the water, the **Roanoke and James rivers**, as well as **Carvins Cove** and area lakes are yours for the floating. New boat landings and blueway maps make navigating a trip on the Roanoke River — anywhere from Montgomery County to Smith Mountain Lake — easier than ever.

## FROM FINE TO FOLK, THE ROANOKE REGION STARS IN the Arts.

Find top-rated work in galleries, museums and theaters.



Taubman Museum of Art

#10

## TAKE A TRIP TO THE TAUBMAN MUSEUM OF ART.

From its **stunning architecture**, to its long **list of classes** and events, from its **permanent pieces** (don't miss the jeweled Judith Leiber clutches) to its **special exhibitions** (on view now: **DRIVE!** Iconic American Cars and Motorcycles), from its **hands-on, kid-centered** Art Venture space to its **sunlit cafe**, the Taubman is a Roanoke treasure.



#11

## MEET AT THE MOSS ART CENTER.

From **student performances** to **Broadway musicals**, from **Opera Roanoke** to **internationally acclaimed performers** (Itzhack Perlman, Berlin Philharmonic Wind Quintet, Zadie Smith), Virginia Tech's five-year-old, award-winning performing space boasts **multiple galleries** and **stages**, including a four-story **experimental Cube**. Home to **VT's Institute for Creativity, Arts, and Technology**, the Moss sees itself as a link between community and creative process.

#13

## CATCH A KANDINSKY TRIO PERFORMANCE.

For 31 years, **Roanoke College's** resident artist piano trio has been teaming up to perform a delightful mix of chamber music classics, lesser-known pieces and **boundary-pushing** world premieres. Last September, they performed a composition by Virginia Tech's **Eric Lyon** for piano trio and computer. The trio (piano, cello and violin) performs **four intimate concerts per year**. Afterward, stay for the reception and chat with the musicians.

## TUNE IN TO THE ROANOKE SYMPHONY ORCHESTRA.

From its free season opener at **Elmwood Park** to its popular **Holiday Pops** program, from **Appalachian mandolin music** to performances in **surprising settings** like **St. Andrew's Catholic Church**, from **Shostakovich** with a visiting Russian-born pianist to pairing with a **Canadian rock ensemble** on Fleetwood Mac, Roanoke's Symphony players stretch their range way beyond classics — to our benefit.

#12



#14

## SEE A SUGARPLUM.

Roanoke hosts two local performances of **The Nutcracker**, a production that has become a holiday staple. It tells the story of a young girl who dreams a fantastical Christmastime adventure. **Southwest Virginia Ballet**, a company of dancers ages 10 to 18, stages three days of shows at the **Berglund Performing Arts Theatre**. **Roanoke Ballet Theatre** puts on two **Jefferson Center** shows featuring a combined cast of professionals at **Roanoke City Ballet** and the school's student dancers.



#15

## HEAR A STORY AT HOOT AND HOLLER.

This mostly month event rotates between **5 Points Music Sanctuary** and **Sweet Donkey Coffee House**. It's what happens when local **storytellers** take the stage and a rocking crowd filled with **food truck fare** and **on-tap brews** shows up to listen.



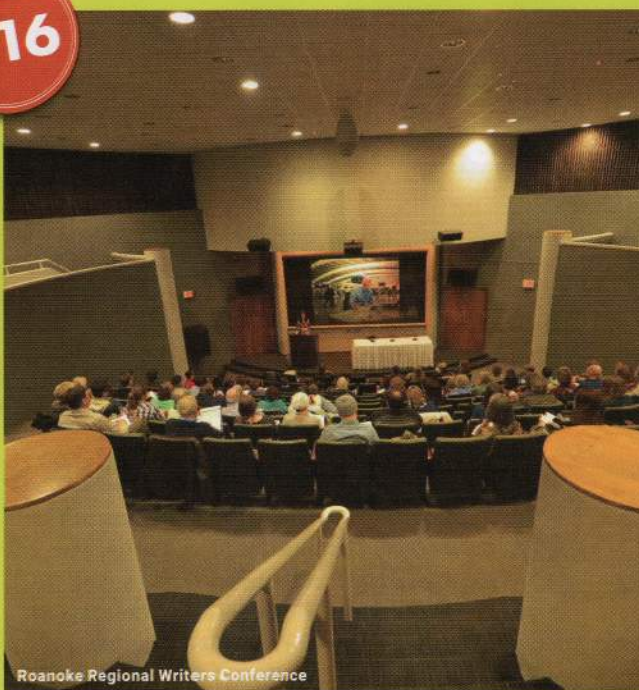
The Southwest Virginia Ballet's *Nutcracker*



## ENGAGE A WRITER AT HOLLINS.

Nationally known **poets, short story writers, playwrights and novelists** visit the **Hollins University** campus throughout the school year. These open-to-the-public events often feature **readings, Q&As and book signings**. In addition, every January, area writers gather to learn and network at the **Roanoke Regional Writers Conference**. In March, the **Lex Allen Literary Festival** invites guest writers for a day of readings, panels and receptions. In November, Hollins faculty writers stage the **Writers' Harvest Reading** to benefit Feeding America Southwest Virginia.

#16



Roanoke Regional Writers Conference

#17

## MAKE IT A NIGHT AT MILL MOUNTAIN THEATRE.

Every seat in their two Center in the Square houses is a great one. The range of their productions is wide — from **Broadway showstoppers** to **family-focused theater**, from **themed music shows** to **festivals of new works**. Mill Mountain collaborates with **Hollins University and the Hollins Theatre Institute** to bring students' work to the stage. Mill Mountain also teaches **theater classes** to mostly middle and high schoolers.

## PICK UP SOME LOCAL POTTERY.

#18

The tradition of potters in these parts is long and deep. They work in **borrowed studios** and **lean-tos**, in **repurposed garages** and **old barns**. In Floyd, a group of

nationally acclaimed potters, known as **16 Hands**, is mentoring a new generation of clay artists calling themselves **Terra Floyd**. In Roanoke, the **Blue Ridge Potters Guild** counts **125 potters** in its ranks.

*Find their work in area galleries*

*on Open Studios tours and in dedicated pottery shows in the spring and fall.*

#20

## LAUGH OUT LOUD.

There's more than one way to catch a comic in Roanoke. Check out touring acts booked by **Star City Comedy** and performed at **Corned Beef & Co.**; local comedy performances at **Shishka Mediterranean Grill and Hookah Bar**; and monthly events at a variety of venues put on by local professional improv troupe, **Big Lick Conspiracy**.

## SLEEPY SOUTHERN CITY NO MORE. ROANOKE Nightlife is HAPPENING.

Where to go as the day draws to a close? The possibilities are proliferating.

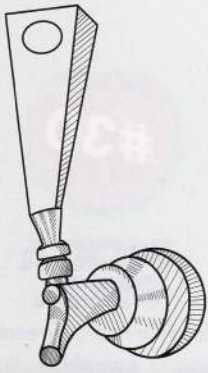
#19

## TURN UP THE MUSIC.

The venues might be teeny, quirky, repurposed but they are getting the job done. Catch

Americana at **The Spot on Kirk** and everything from world music to local bands to open mic nights at **5 Points Music Sanctuary**. **The Bazaar** of Roanoke stages pop-ups shows at **Billy's Barn** and **Parkway Brewing Company**. **The Jefferson Center** features classical, jazz and touring acts. Rocky Mount's **Harvester Performance Center** books an eclectic mix of shows you feel like you can't miss. Find pop and country headliners at the **Berglund Center**.





#21

## DRINK A BEER (OR GLASS OF WINE OR SPIRIT).

Our region's **craft beer scene** keeps on soaring; now add moonshine distilleries, meaderies and wine tasting rooms to your list. Newly opened: **Three Notch'd Brewing Co.**, **A Few Old Goats Brewing**, **Halcyon Days Cidery Co.** and the tasting room at **Franklin County Distilleries**. Favorite watering holes: **Parkway Brewing Company**, **Big Lick Brewing Company**, **Deschutes Brewery's Roanoke Tasting Room** and **Chateau Morrisette** winery. Or sign on for a beer or spirits tour with **Tour Roanoke** and hit several spots in one night. Check out **Virginia's Blue Ridge Cheers Trail** for maps to and descriptions of 30 producers, plus deals and swag.

#22

## TAKE THE PARTY DOWNTOWN.

There's a growing scene in the heart of Roanoke. The **first Friday** of every month art galleries stay open late and feature new works during **Art by Night**. On last Thursdays from April to October, Roanoke's **Center in the Square** stages a **Rooftop Riot** at their top-of-the-city event space. Summers are special with Downtown Roanoke Inc.'s series of trending music acts in **Elmwood Park** and a more low-key **Party in Elmwood** every Thursday from mid-May to the end of September.



Scott and Cassie Pierce, Owners of Buffalo Mountain Kombucha in Floyd

#23

## EXPERIENCE FLOYD.

This little crossroads offers an incredible music scene, some fine eating and a deep breath of mountain air. First stop: The **Floyd Country Store**. On Fridays, bluegrass musicians gather for **Friday Night Jamboree**; the first Saturday of the month watch an old timey variety show, **The Floyd Radio Show**. Music fills Saturday and Sunday afternoons, as well. Don't miss dinner. Top picks: **Dogtown Roadhouse**, **Bootleg BBQ**. Before you leave, grab a cuppa Joe from **Red Rooster Coffee Roaster**, window shop for locally made, nationally renowned art at the **Troika Contemporary Craft Gallery**, sip local kombucha from one of the two makers in town: **Buffalo Mountain Kombucha** and **Tha Best Kombucha**.

#24

## DANCE THE NIGHT AWAY.

Offering classes, workshops, mixers and parties, **Salsa Noke** has turned Latin dance into a Roanoke must-do. Stop by **Just Dance** studios on Tuesdays for your choice of three levels of instruction and **Leonore Restaurant** on Thursdays to put those dance moves to use. Bigger events are regularly staged throughout the community.



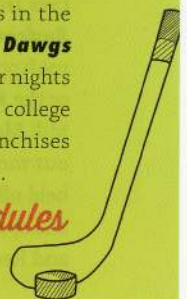
Salsa Noke

#25

## CHEER FOR YOUR TEAM.

The **Salem Red Sox** baseball team serves up fireworks in the summer. The **Rail Yard Dawgs** hockey players keep winter nights exciting. In a town where college teams rule, these two franchises shake up the sports scene.

→ Find game schedules at [SalemSox.com](http://SalemSox.com) and [RailYardDawgs.com](http://RailYardDawgs.com)







#26

## FIND A FLICK.

The Roanoke region boasts several outstanding movie-going experiences. **The Grandin Theatre** is a 1930s-era movie house showing independent and first-run films and free classics and special events. In Blacksburg, **the Lyric** fills a similar role as well as staging local theater productions. At **Frank Theatres** in Blacksburg, find flicks, bowling and food, as well as the region's only IMAX theater. **Starlite Drive-In Theater** in Christiansburg turns on their projector Thursdays through Sundays in the summer. Roanoke and Salem also offer **outdoor movie series** through their parks and recreation departments every May through August.

#27

## WATCH THE SUNSET AND SEARCH FOR STARS.

Perches across the city make for great ways to take in a stellar sunset. Try catching some rays from the parking lot at **St. Andrew's Catholic Church**, the rooftop at **Center in the Square** or the **Roanoke Star overlook** on Mill Mountain. After dark, check out monthly star gazing events held off the **Blue Ridge Parkway** and sponsored by Roanoke's Parks and Recreation Department.

# BRING THE KIDS, AND THE GRANDPARENTS. HECK, EVEN THE TEENAGERS MIGHT Have Fun.

A quarter of Roanoke's population is under 20. Maybe that's why so much to do is so family-friendly.



Mill Mountain Star Trail

#28

## TAKE IT TO THE TOP.

**Mill Mountain Park** is a playground for kids in the biggest possible sense. First, there's a **giant star** that has its own cam and lights up at dusk. Then, there's an **overlook** where you can search for your own house, school, favorite landmark. There are **trails for running**, **shelters to picnic** in. Don't miss the **Discovery Center's** living beehive and excellent programming. There's a **wildflower walk** complete with fish ponds. All of which culminates in a **zoo** small enough to visit completely without any little legs getting tired, and includes a **miniature train to ride** and a reptile house with enough variety to amuse even the most curious amphibophile.

#30

## PICK A PECK.

Of **blueberries**. Or **peaches** or **apples** or **pumpkins**. Around Roanoke, there's a farm for every fruit, and letting kids loose to help gather dinner is about as fun as chores come. **Bee Berry Farm** in Newport offers a shady place to picnic once the blueberries have been plucked. **Johnson's Orchards** outside Bedford provides farm animals to pet post-apple picking. **Gross's Orchard** near Peaks of Otter staffs an onsite blacksmith every Saturday and hosts events from craft festivals to 5Ks through the fall. **Layman Family Farms** in Blue Ridge and **Sinkland Farms** in Christiansburg both serve up corn mazes, games, music and food along with their pumpkins.



Blueberry picking

#29

## PLAY BALL.

A trip to the **Salem Red Sox** is about so much more than baseball. There's **hot dogs** and **ice cream** and **bounce houses** and **face paint**, plus the **free stuff** and **karaoke** and **sumo wrestling** between innings. **Mascot Mugsy** will surely



Salem Red Sox

make an appearance. As might storm troopers or princesses — depending on the **night's theme**. There's the excitement of the game, of course: the race to catch a foul ball in the stands, a hitter who slides into home, a pitcher throwing smokin' fast. Sometimes kids can run the bases once the players are done with them. The best days end with **fireworks**.



#31

## DISCOVER A KID-FOCUSED FESTIVAL.

From Roanoke County's **Touch a Truck** (more than 200 vehicles from police cars to cement mixers pull into Green Hill Park to be manhandled by minis) to downtown Roanoke's **Generic Magic Festival** (businesses re-create Quidditch and Hogwarts and all things Harry Potter) to Salem's **Gingerbread Festival** (community members craft unique gingerbread houses displayed at the library), there's a tyke-sized event nearly every weekend.



Touch a Truck

#32

## SEE A SHOW.

Beyond public library events and middle school theater, several Roanoke groups focus on performing for kids. **Roanoke Children's Theatre**

corners the market with four kid-centric shows a year. They also teach theater in classes, camps and workshops and audition students to perform in their productions. **Mill Mountain Theatre** offers a handful of children's productions, as well as a few elementary-aged classes and more for middle and high schoolers. **Radford University** includes one or two children's shows in their season each year.

#33

## TAKE A DIP.

The most exciting place to get wet in the region is Roanoke County's **Splash Valley**, a water park with two 34-foot-high slides, a current river and a **sprayground**, open during the summer. A smaller, indoor water park is open year 'round. **YMCA's** in Roanoke and Salem offer **swim lessons** and **pool use**. Roanoke opens **two public pools** each summer.

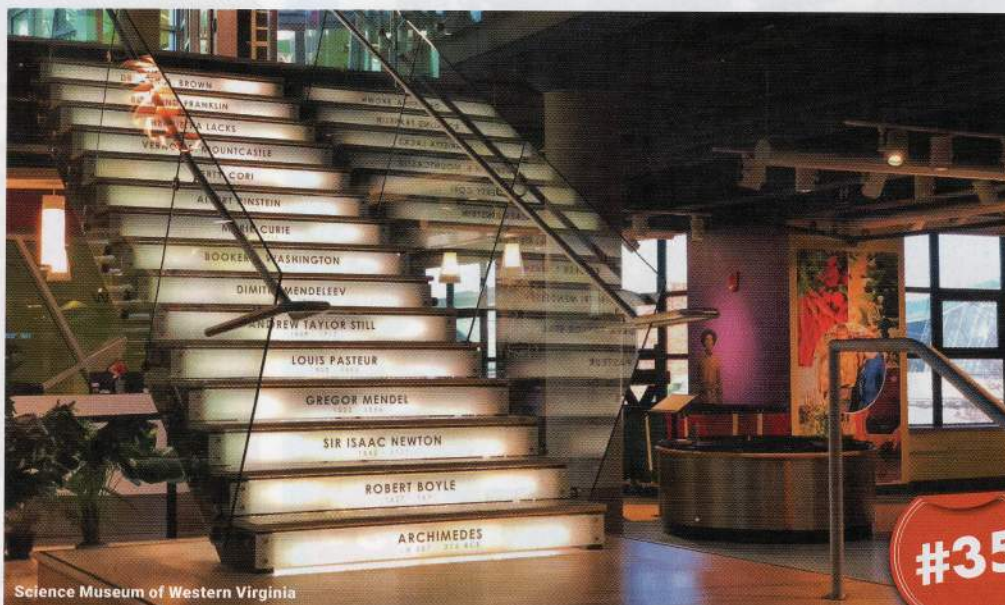
*Always free*

*is creeking and splashing in the Roanoke River.*

#34

## FIND THE FAIR.

The Roanoke region doesn't host a state or even county fair, but the **Salem Fair** rolls into town every July, bringing enough sensory overload for the most curious child. For the more cautious, there are **craft and food displays** inside the civic center. There's also a **petting zoo**, **magic show** and **pig races**. The midway is where the action's at: **rides from Ferris wheels** and **tilt-a-whirls** to **bumper boats** and **super slides** will be where most while away their day.



Science Museum of Western Virginia

#35

## VISIT A MUSEUM.

**Downtown Roanoke** is your one-stop shop for science, history and hands-on learning. **Hop aboard a train** with wheels taller than you or ooh and ahh over how much cars have changed since the Model T at the **Virginia Museum of Transportation**. View famous photographs documenting the end of steam engines at the **O. Winston Link Museum**.

Slingshot and score on one of dozens of pinball machines at the **Roanoke Pinball Museum**. Maze making, game coding, creature watching and anatomy exploration await at the **Science Museum of Western Virginia**. At **Kids Square**, the under-10 set rides scooters, works in a bank, takes the stage by storm and digs in a simulated sand pit. To stop in at each museum for one reduced price, try a **Star City Pass**.



#36

## PLAY IN THE PARK.

With more than **80 properties** in Roanoke's city and county systems, there's a perfect park for every outing. A few standouts: **Countryside Park** (newcomer offering fun surprises like musical features and an electronic light-up game; connects to the Lick Run Greenway), **Fishburn Park** (large

meandering property with playgrounds, creek access, disc golf course and beginner mountain bike trails; connects to Murray Run Greenway), **Green Hill Park** (find ball fields, walking trails, fishing and river swimming, plus events like the Blue Ridge Kite Festival; connects to Roanoke River Greenway) and **South County Library Trail System** (boardwalk over wetlands offers a new view; connects to top-notch playgrounds at Starkey Park and Penn Forest Elementary School).

## PLANS FOR A WINNING NEW YEAR? INCLUDE THESE Events ON YOUR LIST.

Our area offers oodles of can't-miss festivals and outings.



Local Colors Festival

#38

## CELEBRATE DIVERSITY.

The year was **1991**. The city of Roanoke sponsored a festival to recognize its **international population**; four countries were represented. Fast forward to today. More than **100 countries** will be featured in the now-annual **Local**

**Colors** event, with upwards of **20,000** expected in attendance this May. Look for a kick-off parade at 11 a.m., then performances, vendors, ethnic food and children's activities — all free — at **Elmwood Park** until 5 p.m.



#37

## SLIP ON YOUR SKATES.

Once upon a time, there was nowhere to ice skate in Roanoke; now there are **three rinks**. From November through January, the **Berglund Center** freezes its arena for minor league hockey team **Rail Yard Dawgs**; on Sundays and Wednesdays it's the public's turn. From Thanksgiving through January, skate outside at **Roanoke's Elmwood Park rink**. New in 2018, **Lancerlot Sports Complex** in Vinton offers year-round skating to the public. Rental skates are available at each location.

#39

## EXPERIENCE MUSICAL MAGIC.

**Five days. Eight stages.** All the **yoga, vegan bowls** and **shower lines** you can stand. There will be stunning nighttime spectacles and arguably the **best bands** ever brought together in one place. After 17 years, **FloydFest** has become an institution that attracts headliners like Jason Isbell, Brandi Carlile and Old Crow Medicine Show, as well as giving voice to openers on the **On the Rise** stage. Around these parts, there's nothing like it.

## TAILGATE THE DAY AWAY.

On just about every Southwest Virginian's bucket list is a football game in **Lane Stadium**. Parking lots at **Virginia Tech** open at 7 a.m. no matter the kickoff hour. Bring your crockpot, your cooler, your pop-up tent and hang out with thousands of Hokie fans. There's a **"Hokie Talk"** at 9:30 at the Alumni Center and the marching band stops by to serenade diehards. All this before team even sets foot on turf.

#40

Virginia Tech Football





#41

## HUM A TUNE.

Every September for the last 29 years the **Harrison Museum of African-American Culture** has put gospel, jazz, soul and R&B center stage during their **Henry Street Heritage Festival**. Some 3,000 people head to Roanoke's **Elmwood Park** to partake in kids' activities as well as eat and shop from vendors. A dessert competition with cash prizes is an early afternoon highlight. But it's the chance to hear top musicians that rallies the community to this event.



## GET YOUR GLASS.

For 30 years, wine connoisseurs have been gathering at **Smith Mountain Lake** to sip samples and nosh delicacies, to peruse art and nod to local bands, to see and be seen. In a typical year, upwards of 10,000 people, 30 wineries and 85 food and craft vendors descend on **Crazy Horse Campground** in **Moneta** for two days of wining and dining.

#42



Smith Mountain Lake Wine Festival

#45

## WALK IN A WINTER WONDERLAND.

On three December Friday nights, downtown Roanoke roasts chestnuts, pops kettle corn and rides horse-drawn carriages while characters from *A Christmas Carol* engage **Dickens of a Christmas** festival-goers. Across the railroad tracks, **Hotel Roanoke** decks its halls with dozens of trees decorated by area nonprofits and businesses. The public is invited to vote for their favorites; all money raised benefits **United Way of Roanoke Valley**.

#43

## EMBRACE A BYGONE ERA.

Staged by **Ferrum College's Blue Ridge Institute and Museum**, the **Blue Ridge Folklife Festival** is a giant reverie to the region's heritage and traditions.

You'll find **apple rider** and corn shuck dolls and moonshine and hunting dogs, work mules and **antique tractors** and hard tack candy and Ruritan club-made barbecue. **Three stages** feature gospel, string bands, bluegrass and blues. Demonstrations continue all day — everything from **dulcimer** making to ox drives to **hay baling**.



Blue Ridge Folklife Festival

#44

## TRY OUTSIDE.

For two-and-a-half days every October, Roanoke trains its focus on **River's Edge Sports Complex**, where all things outdoors are on display. **The GO Outside Festival** brings climbing walls and ropes courses, the newest trends in trail running shoes and road bikes. There's an **ENO hammock tent** and a **food truck court**, **camping on the baseball diamond** and **bands until midnight**. Plus, lumberjacks and dog tricks and a pool for sampling stand up paddleboards.



Did we mention?

It's all free!

*Didn't know our little city had so much going on?*

Really, we're just scratching the surface. Don't forget the region's delicious dining scene, fantastic farmers markets, world-class marathon and plein air yoga classes. If the Star City can celebrate The Roanoker's 45th anniversary so stunningly, just imagine how styling she'll be at 50... ☆