

## From the Heart Melodies – Crooked Road Program

*4 Days - 3 Nights: Abingdon, Galax, & Bristol. From the Heart Melodies. Enjoy a magical weekend of music, food, and crafts rooted deep in America's history.*

### Thursday Night—Pickin' Porch

Arrive to our hotel where we'll be staying the next three nights. This evening we'll visit Heartwood, tucked into Virginia's ancient mountains and home to music, crafts, and food of the Crooked Road. Delight in the epicurean experience of a Farm to Table Dinner, paired with Virginia wines indigenous to the region. Local musicians will entertain us with a Pickin' Porch assortment of authentic, distinctive music from the area. While at Heartwood, there will be time to visit the shops where you'll be able to purchase local renditions of Gospel and Blue Grass CDs and DVDs. You might want to include an exceptional homemade musical instrument in your purchase. Crafts include jewelry, glass, and pottery. Many of the artisans featured at Heartwood are members of "Round the Mountain" and are masters of their media.

### Friday

After breakfast this morning we'll venture to Galax, Virginia where a local guide will take us on a walking tour of this enchanted mountain town. Along the way we'll visit the Chestnut Creek School of The Arts where we'll learn how to Clog, do some Flat-Footing, and Line Dance with Mountain Flair!

Lunch today is scrumptious Barbecue at the Galax Smokehouse. They serve Texas size portions of Memphis style BBQ in the heart of this lovely town.

Continue with a visit to Barr's Fiddle Shop and see handmade and vintage banjos, fiddles, autoharps, and more! Learn where the term Hillbillies came from. Next we head to Old Crank's Motor Car Museum and Ice Cream Shop.

A short distance down the Crooked Road traveling along the magnificent Blue Ridge Parkway, we'll stop at the Blue Ridge Music Center. Enjoy the music of local performers and tour the world class exhibition that tells the story of how, in earlier days of our Nation, the mixing of European and African musical cultures and ideas in the Appalachian Mountains and Valley of Virginia created new sounds that have profoundly influenced the development of American Popular Music.

This evening it's down home country cookin' as we enjoy dinner at the County Line Café.

After dinner it's Blue Ridge Backroads live from the Rex Theatre! Bluegrass and old time bands bring the music of the mountains to us! Late this evening we'll return to the hotel for the night.

### Saturday

With breakfast in our bellies, we're off to meet our local guide for a tour of Abingdon, Virginia. Today we'll see White's Mill, visit The Country Store, and enjoy a RC Cola & moon pie or Coca Cola & peanuts!

Drive brick lined sidewalks past buildings dating back to the 1700s. Visit the Holston Mountain Arts & Crafts Co-Op where among all of the other delightful things to see and do we'll also enjoy a Baby Cakes Cupcake!

Sample a tasting at the Abingdon Olive Oil Company Gallery offering over thirty-two varieties.

Lunch is included at the elegant and world renowned Martha Washington Inn. After lunch we'll have free time to shop, explore, and browse in downtown Abingdon. Later we'll return to the hotel to rest and freshen up before departing for Bristol, "Birthplace of Country Music".

Arriving at Bristol we'll start with a driving tour of the town before enjoy an early dinner at one of the local favorites while being entertained by a local musician.

After dinner it's a Carter Family Experience at the Carter Family Fold! Take your seats; it's show time! Every Saturday evening in rural Virginia it's time for toe-tapping old time country and folk music with a big touch of friendly country hospitality.

Sunday

This morning enjoy a Gospel Brunch at the Heartwood. Later we'll depart for home with the memories of mountain music in our hearts.

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