

VIRGINIA

2022/2023 EDITION

GROUP TOUR GUIDE

Inside:

5 Top Art Museums

Agritourism
Blossoms

Cultural Trails

Experiencing
Virginia's Capitols



Welcome to Virginia!

On behalf of the Virginia Tourism Corporation and our statewide tourism partners, we look forward to welcoming your groups to Virginia!

We are excited to show off our new and renovated attractions such as the DEA Museum, Arlington House, Turning Point Suffragist Memorial and Great Bridge Battlefield & Waterways Museum. The Archer, The Landing @ Hampton Marina, Natural Bridge Historic Hotel & Conference Center, The Liberty Trust and Hyatt Place Harrisonburg are just a few of the new or renovated hotels.

Virginia is easily accessible by major highway systems, Amtrak rail service, nine airports and soon - Metrorail service connecting Washington, D.C. and the Northern Virginia stations in between - to Washington Dulles International Airport.

Virginia offers unparalleled history, cultural and performing arts, outdoor adventures and scenic vistas, music and artesian trails, an exciting culinary scene, and craft beverages to customize an unforgettable tour experience! Our commitment to customer service, safe travel, quality tours and partners with years of experience are a few reasons why groups come back year after year.

We look forward to assisting you with tour planning. For personal assistance, contact me at jjohnson@virginia.org or 24/7 visit **Virginia.org/groups** for more information and resources to plan exciting group tour experiences.

Safe travels,

Joni Johnson,
Director of Domestic Sales & Marketing
Virginia Tourism Corporation



Pleasure House Oyster Farm



Photo courtesy of Virginia Tourism Corporation

The Floyd Country Store is home to the Friday Night Jam.



Photo courtesy of Virginia Tourism Corporation

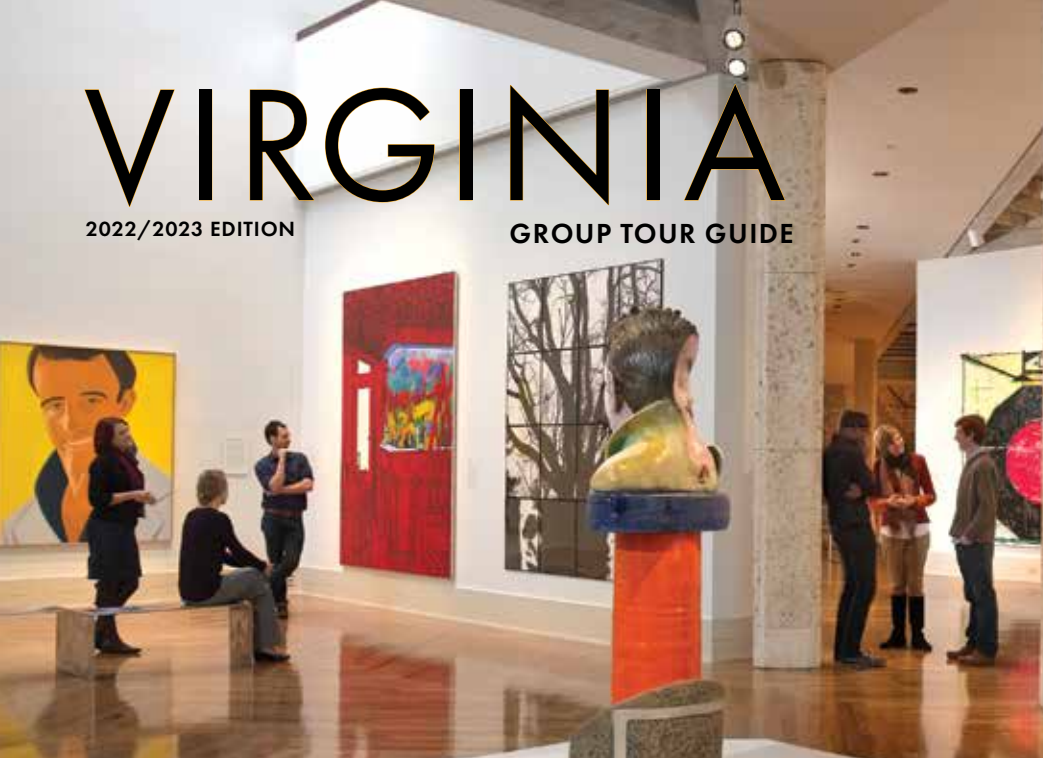
Pippin Hill Farm is Charlottesville's newest and most comprehensive boutique winery & vineyard.

VIRGINIA

2022/2023 EDITION

GROUP TOUR GUIDE

Virginia Museum
of Fine Art



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ON THE COVER: A team of white horses pulls the red carriage (red sociable) past the Capitol.

Photo courtesy of Colonial Williamsburg Foundation

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Point of Honor

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LYNCHBURG, VA

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SCAN FOR INFO

Also known as the Hill City, our view of the Blue Ridge Mountains and the James River makes LYH a unique destination for travelers seeking new adventures while being immersed in a historic downtown setting, and surrounded by natural beauty. Here are just a few of our must-see experiences in LYH, we can't wait to host you!

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Lynchburg, Virginia

The Ultimate LYH Experience

Day 1

Begin your experience as you arrive in Lynchburg with lunch at the **Depot Grille** in **Historic Downtown**. This railroad-themed restaurant overlooking Riverfront Park and the James River is housed in a former freight station and a local favorite. Next, get introduced to and explore the rich history of Lynchburg and Central Virginia at the **Lynchburg Museum at the Old Courthouse**. The museum shares stories about the people and fascinating events that shaped the region through exhibits including antique toys, military items from all wars, furniture & silver made here, and much more. Sit back and relax on the motorcoach as **Lynchburg Historic Tours** guides you through the seven must-see historic districts of Lynchburg. These prosperous neighborhoods sprang up during the 19th century when tobacco tycoons, shoe production, doctors and attorneys made Lynchburg the wealthiest city in the nation for its size. After checking in to your hotel of choice for the next two nights, journey downtown for your **Lynchburg Dining Experience**, a foodie's paradise.

places. Walk through the cemetery that features a Civil War section, significant African-American history, and four small museums equipped with push-button audio. Next, visit **Seaquest**, an interactive petting zoo aquarium where you can experience earth's majestic wonders while interacting with the innumerable species with which we share this planet. Enjoy lunch at **Charley's Restaurant**, which has grown into one of Lynchburg's favorite restaurants with steaks, seafood, salads and more. A short drive from the restaurant, walk the grounds and take in the secluded retreat of **Thomas Jefferson's Poplar Forest**, now a National Historic Landmark.

Head back to your hotel to freshen up for your evening on the town. Offering fine cuisine in an upscale industrial setting, **Shoemakers American Grille** is located in the **Craddock Terry Hotel** and treats guests to big city dining in the heart of downtown Lynchburg. Next, enjoy an evening of entertainment at **The Historic Academy of Music Theatre** before calling it a night.

Day 3

Your final day begins after breakfast with a visit to **Point of Honor**. Discover the charm and surroundings of life in the early 1800's as you explore the house and grounds of the original owner and builder, Dr. George Cabell, whose patients included American patriot Patrick Henry. A tour of this remarkable Federal-style home, with its classic architecture and rich furnishings, echoes true grace and southern hospitality. Visit the **Lynchburg Community Market**, the third-oldest farmer's market in the country or dip in to one of the many local shops that feature local artisans and craftspeople, where you'll find special reminders of your trip to Lynchburg.

Day 2

Day two begins after a nice breakfast at your hotel by visiting the home of the internationally acclaimed poet who was part of the Harlem Renaissance, the **Anne Spencer House & Garden Museum**. Anne Spencer was the only Black woman and the only Virginian included in the Norton Anthology of Modern American and British Poetry. Established in 1806, the restored **Old City Cemetery and Arboretum** is a Virginia Historic Landmark on the National Register of Historic

5 TOP VIRGINIA ART MUSEUMS

These treasure chests captivate
gallery-goers in Richmond, Norfolk,
Roanoke and Williamsburg

By Randy Mink

From exquisite examples of Tiffany glass and American folk art to the paintings of European masters like Rubens, Renoir and Picasso, some of the nation's premier art treasures can be found in Virginia. Treat your group to an uplifting and eye-opening experience at one or more of these five cultural powerhouses:

Virginia Museum of Fine Arts, Richmond. One of the largest comprehensive art museums in the United States, the Virginia Museum of Fine Arts (VMFA) holds a collection that spans 6,000 years, from ancient Egyptian, Greek and Roman pieces to contemporary American works. It is the country's only art museum open 365 days a year with free general admission.

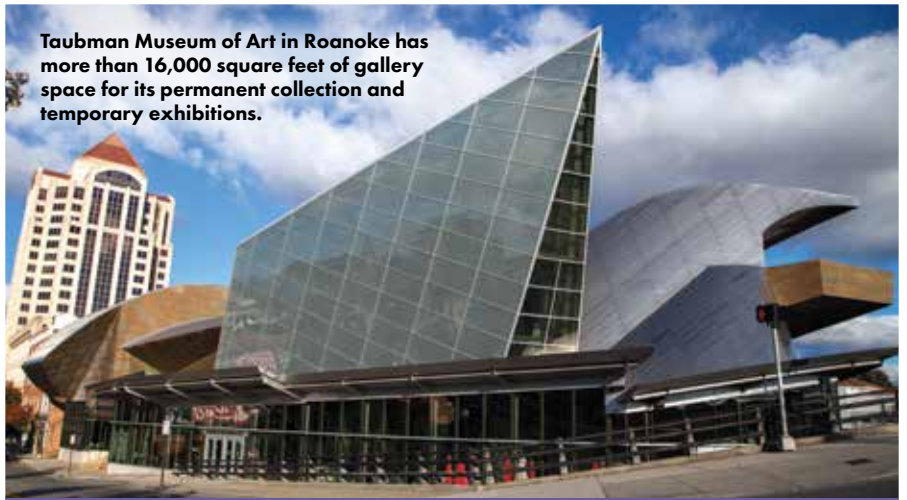
A suite of five galleries showcases the largest public collection of Russian decorative arts outside of Russia and includes an extraordinary group of five Fabergé Imperial Easter eggs created for the last two Russian tsars. Intricately decorated with precious stones and enamel, the jeweled eggs are among the museum's 200 objects attributed to the Fabergé firm. Inspired by the traditional Russian custom of giving decorated

eggs at Easter, Tsar Alexander III commissioned the first Imperial Easter egg in 1885 as a gift for his wife, Empress Maria Feodorovna.

VMFA also boasts one of the finest collections of American art and the largest collection of Art Nouveau outside of Paris. Many are impressed by the life-size marble statue of the

Taubman Museum of Art in Roanoke has more than 16,000 square feet of gallery space for its permanent collection and temporary exhibitions.

Photo courtesy of Virginia Tourism Corporation



Roman emperor Caligula. Other treasures include British sporting art, English silver, French Impressionist and Post-Impressionist paintings (Degas, Cézanne, Renoir), and renowned

collections of South Asian, African and Himalayan art. The museum also features a sculpture garden. Together with the adjacent Virginia Museum of History and Culture, VMFA anchors the

Photo courtesy of Chrysler Museum





Museum District of Richmond.

Abby Aldrich Rockefeller Folk Art Museum and The Dewitt Wallace Decorative Arts Museum, Colonial Williamsburg. A recent 65,000-square-foot expansion has enhanced the visitor experience in a building that houses two world-class museums. Beyond the new entrance and orientation area, a grand concourse provides access to both museums, which now have more space

for displaying their vast collections.

Mrs. Rockefeller, with a keen eye for appreciating the art of the common man, began collecting American folk art in the 1920s and created a collection of some 400 pieces, which were eventually given to Colonial Williamsburg. The collection has since grown to over 4,000 pieces that date from the 18th century to the present day. On display are paintings, pottery, sculptures, musical

instruments, weathervanes and toys.

There are carved wooden figureheads from ships, carousel animals and advertising figurines that stood outside of tobacconist shops. Textile galleries showcase quilts, fashions and costumes.

The Dewitt Wallace Decorative Arts Museum houses a variety of the “finer things,” including the world’s largest collection of furniture from the early South and one of the largest troves of

VIRGINIA ART MUSEUMS

British ceramics outside of England. Guests also see more than 20 tall case clocks, plus exhibits of glassware, silver and jewelry. One of the world's best collections of Revolutionary-era weaponry includes muskets, swords and bayonets used by American, British, French and Hessian troops in the French and Indian and Revolutionary wars. The Making Music in Early America gallery features antique pianos and guitars made in England.

Chrysler Museum, Norfolk. One of America's most distinguished mid-sized art museums, the Chrysler holds more than 30,000 objects encompassing a 5,000-year span. The core of the collection comes from Walter P. Chrysler, Jr., an avid art collector who donated thousands of objects from his private

collection to the museum, which originally was known as the Norfolk Museum of Arts & Sciences. He was the son of the founder of the Chrysler Corporation, his wife Jean a Norfolk native.

The stately Italianate-style building on the Hague Inlet of the Elizabeth River makes a fitting repository for the treasures. Displayed in 50 galleries, diverse holdings include pieces from ancient Egypt, Greece, Rome, Asia and Mesoamerica; canvases from the Italian Renaissance and Baroque periods; decorative arts from the 12th Century to the present; an outstanding Civil War photography collection; and modern and contemporary art.

One of the country's most comprehensive glass collections features more than 10,000 pieces,

including major works by Emile Galle, Rene Lalique and Louis Comfort Tiffany. Lamps and grand windows highlight the Tiffany collection. Artists at the state-of-the-art Perry Glass Studio, adjacent to the Chrysler, offer narrated glassmaking demonstrations.

Paintings by Dutch and Flemish masters include works by Peter Paul Rubens and Anthony van Dyck, while those of 19th century French painters like Edgar Degas, Paul Gauguin and Pierre Auguste Renoir also delight gallery-goers. Among other artists represented at the free-admission museum: Mary Cassatt, Winslow Homer, Henri Matisse, Pablo Picasso, Jackson Pollock, Roy Lichtenstein and Andy Warhol.

Taubman Museum of Art, Roanoke. A soaring 77-foot glass atrium dominates this striking glass-and-steel structure, a cultural gem in the Blue Ridge Mountains of southwestern Virginia. Its collection of 2,200 works ranges from 3,500-year-old Egyptian figurines to paintings and sculptures by contemporary Roanoke artists. General admission is free.

The museum, a focal point in downtown Roanoke, is best known for its permanent collection of American art from the 19th and 20th centuries. These works are shown on a rotating basis in exhibitions in the Fralin Center for American Art, the main gallery level on the second floor. Through September 24, 2023, the exhibition *American Art from 1850-1950 from the Taubman Permanent Collection* will feature paintings by masters like Norman Rockwell, Childe Hassam, Thomas Hart Benton, Thomas Eakins and John Singer Sargent. Recent past exhibitions have spotlighted jewelry worn by Hollywood celebrities in films and on the red carpet, and costumes by Academy Award-winning designer Ruth E. Carter, who has worked on movies like *Black Panther*, *Coming 2 America* and *Selma*. ■



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SCAN FOR INFO

Inspired by the beauty of our ocean views, Virginia Beach is a place where expression thrives. Through vibrant visual arts and lively stages, these adventures take you into the heart of your own creativity.



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Virginia Beach, Virginia

Enjoy all of the Art, History and Culture Virginia Beach Has to Offer

Day 1: Behind the Scenes

Arrive in Virginia Beach and spend the afternoon strolling the boardwalk, enjoying the entertainment provided by the majestic Atlantic Ocean. The 28-foot wide marvel is perfect for a casual stroll, bike ride or a little shopping. Check into any of our group-friendly hotels before heading over to the **Sandler Center for the Performing Arts** for *Backstage Broadway - Behind the Scenes* for a reception and meet the cast. Then try your hand at dinner at **Town Center**. Experience a fresh approach to seafood at **McCormick & Schmick's**, or a micro-brewery tasting at **Gordon Biersch**. Save room for dessert at **Cold Stone Creamery**, or **The Royal Chocolate**.

Day 2: Art on the Atlantic

Enjoy an old-fashioned breakfast at **Doc Taylor's**, inside a 1920s beach cottage, which was once the office of the town doctor. Explore your morning creativity with a visit to the **ViBe Creative District**, a lively hub for the area's creative talent. Visit the **Virginia Museum of Contemporary Art** to experience *The Great Create*. Regularly changing exhibits feature painting, sculpture, photography, glass and other visual media.

Hop on a boat for a dolphin cruise to see bottlenose dolphins in their natural habitat in the Atlantic. Watch the wake as these graceful creatures race to keep pace. After you have earned your sea legs, head out

for dinner at one of many oceanfront restaurants then enjoy a **Little Theatre of Virginia Beach** production. Virginia's oldest continually operating community theater is committed to providing year-round live theater.

Day 3: History takes Flight

Enjoy a fluffy pancake breakfast at **Pocahontas Pancake House & Waffle Shop** before heading to **Edgar Cayce's Association for Research and Enlightenment**. Be sure to sign up for one of the amazing experiences – *Unlocking the Mystery of Your Dreams* or *Cayce Exercises*. Then, stop in for the **Surfman Chronicles** accounts of shipwrecks, mysteries and more at the **Virginia Beach Surf & Rescue Museum**, or visit the **Atlantic Wildfowl Heritage Museum**, an 1895 beach cottage and the oldest remaining structure on the oceanfront.

For a WWII-themed lunch, head over to the **Military Aviation Museum** for *SwingTime in the Skies*. Next visit the **Mermaid Factory** to make a great Virginia Beach gift and then to the **Mermaid Winery** to toast your artistic side.

Day 4: Live Studio Exit

Enjoy breakfast in your hotel and for your morning exercise, take a walk up the **Cape Henry Lighthouse**. On your way home, stop by **Christian Broadcasting Network** and tour their state-of-the-art studio. Join the audience for a live taping of *The 700 Club*.

AGRITOURISM IS BLOSSOMING ON VIRGINIA FARMS AND VINEYARDS

Explore its one-of-a-kind agricultural initiatives

By Heather Dale

Springtime in Virginia evokes the spirit of Mother Nature waking up from her winter slumber. The landscape comes alive in the warm temperatures emanating the sweet scents of flora and fauna. Ranch hands and farmers prepare for another season of rebirth and robust agritourism. With the first songs of the robins and thrushes, roadside produce stands and farmers' markets begin popping up inviting folks to enjoy the literal fruits of their labor. Not only does community-supported agriculture offer everyone the opportunity for fresh food options, but it also provides an

experiential learning opportunity with fun and unusual participatory activities everyone will enjoy.

In the crisp Virginia fall, visit corn mazes, U-Pick pumpkin patches and cider mills where you can try your hand at farming practices. The lovers state has such diverse agriculture, anyone is sure to find an adventure that suits their curiosities from walking alpacas in the Blue Ridge Mountains to plucking oysters from the Lynnhaven River in Virginia Beach. In the beautiful foothills and countryside, and along the coastal waterways, there's an abundance of natural resources to cultivate and study.

The **Lynnhaven River** in Virginia Beach is home to the brag-worthy Lynnhaven oyster, a delicacy that was once revered by European and Russian royalty during the 17th century. Captain Chris Ludford, owner and farmer of **Pleasure House Oysters**, provides a unique coastal experience on his Waterman Tour, one of the many excursions he offers. You'll get to tour his farm and taste the Lynnhaven oyster at its freshest. Get right in the river and explore the farming process and the oysters' cultivation from seedling to the dinner table. Ludford nurtures their development for two years producing a true piquant delicacy.

From regional wine grapes to purple fields of pleasantly scented lavender, **White Oak Lavender Farm** and **The Purple WOLF Vineyard** in Harrisonburg is a must-visit, especially during U-Pick season, the ultimate hands-on endeavor. In mid-June when the landscape is exploding with purple hues and woodsy floral aromas, head out into the fields with your sheers and instructions provided by the friendly farm staff and pick your bounty. Sign up and take a class like lavender wand weaving or fresh lavender wreath making.

If you're fascinated by U-Pick



Photo courtesy of Point of View Alpaca Farm

Marvel at the breathtaking 360-degree panoramic mountain views of the ancient Allegheny and Blue Ridge Mountains at Point of View Alpaca Farm in Mt. Sidney.

operations, **Great Country Farms and Bluemont Vineyards** is another not-to-be-missed venue offering hands-on activities for everyone from wine enthusiasts to casual sippers. Located in the beautiful foothills of the Blue Ridge Mountains in Loudoun County, Great Country Farms and its sister site, Bluemont Vineyards – a familial collaboration – offers an unparalleled example of a working farm. Since the 1970s, the Zurschmeide family has been producing abundant farm-to-table food and wine opportunities for everyone in and around the community.

Hop aboard a Great Country Farms wagon and head out into the orchards to pick fresh seasonal fruits. When you're finished, mosey across the street to Bluemont Vineyards with your riches

and learn the sangria-making process from the masters themselves. Get competitive with your group and team up to make your own sangria and decide who takes the grape.


Truly unwind on a beautiful scenic walk through the **Point of View Alpaca Farm**. Marvel at the breathtaking 360-degree panoramic mountain views of the ancient Allegheny and Blue Ridge Mountains. Owners Teri and Dave Grembi offer a unique twist on a peaceful stroll through nature:

"We are located on a very scenic 25-acre farm in Mt. Sidney, in the heart of the Shenandoah Valley," the Grembis said. "We feature an amazing mile-long alpaca walk that takes our customers through pastures, past lavender fields, through the woods and typically ends on

the bank of a river."

Agritourism is a vital part of American culture. The goal of educating while entertaining and sustaining is the trademark of what agritourism stands for. Unique interactive eco-friendly experiences link agricultural processes to tourism by bringing people to farms, ranches and other agrarian businesses. Visitors have the chance to get their hands dirty, learn something new and help keep farms running by supporting their efforts. The end result is the idea that fresh food can reach everyone's kitchen table regardless of income, all while sustaining one of the most vital operations in the country.

Cross something off your bucket list and visit Virginia's plethora of agritourism attractions. ■



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Welcome to Charlottesville and Albemarle County!



This area is home to award-winning wineries, a thriving food scene made up of independent restaurants, historic sites and other attractions that draw groups year-round. Many lodging properties are within walking distance of restaurants, entertainment venues and shopping, but you can also retreat to the countryside for quick access to outdoor activities and beautiful scenery.



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If you have questions or need more information, please email our Sales Manager, Teresa Lamb, at sales@visitcharlottesville.org or (434) 972-4138. She will be happy to assist you!



SCAN FOR INFO

Immerse yourself in Charlottesville-Albemarle County history, including homes of three founding fathers and a colonial era tavern, a wide variety of cuisine and top wineries. Add stops at amazing museums, cultural centers and art exhibitions for a memorable visit.

Charlottesville
ALBEMARLE COUNTY, VIRGINIA

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Charlottesville & Albemarle County, Virginia

Experience History, Food & Wine in Charlottesville & Albemarle County

Day 1

Charlottesville and Albemarle County are home to world-renowned historic sites, including the homes of three of the country's founding fathers. Visit **Monticello**, **Thomas Jefferson's home**, and the University of Virginia, both of which are a single **UNESCO World Heritage site**. Jefferson was the third president of the United States, author of the Declaration of Independence and the founder of the University of Virginia. Hundreds of thousands of visitors tour Monticello each year and learn about Jefferson's legacy and complicated history.

Michie Tavern is a great spot to enjoy lunch and a tour on your way to or from Thomas Jefferson's Monticello. Located just half a mile from Monticello, this historic tavern dates to 1784, giving visitors a glimpse into the past and the chance to enjoy an 18th Century, Southern dining experience. Michie Tavern's popular lunch buffet features southern fried chicken, hickory-smoked pork barbecue, mashed potatoes, black-eyed peas, buttermilk biscuits, cornbread and more. Lunch is served daily from 11:30 a.m. to 3:00 p.m. If you save room for dessert, don't miss out on the delicious peach cobbler.

Not far from Monticello and Michie Tavern is **James Monroe's Highland**, the home of another U.S. President and Founding Father. Highland was purchased by Monroe in 1793 and home to the Monroe family for nearly 25 years. This historical site was acquired by the College of William and Mary (Monroe's alma mater) in 1974 and today they host events, offer daily tours, and have a great museum shop.

Enjoy dinner at the **Dairy Market**, a new group food destination located in the historic Monticello Dairy Building. Located in Downtown Charlottesville, not far from the University of Virginia, the space is home to a dozen food stalls of varying cuisines, a brewery, restaurant, bar, and several retail shops.

Day 2

Your group will start the day with a walking tour of the historic Grounds of the **University of Virginia**. See and learn more about the Lawn, the Rotunda and **UVA's Memorial to Enslaved Laborers**. This memorial honors the 4,000 to 5,000 enslaved people who lived and worked at UVA between 1817 and 1865.

The Jefferson School African American Heritage Center is an important place where your group can explore a permanent art exhibit, a rotating contemporary art gallery, and a robust calendar of events. These exhibitions and events highlight Charlottesville and Albemarle County's African American history and culture of the African diaspora.

The nearby **Downtown Mall** is a historic, pedestrian mall that is a great spot to enjoy lunch, shop and stroll. Many restaurants offer outdoor dining and groups will be able to choose from a variety of cuisines and price points.

A visit to the Charlottesville area isn't complete without a stop at one of the **40+ wineries on the Monticello Wine Trail**. Experts at one of our regional wine tour companies will plan a customized route suited to your group's interests and safely transport you from winery to winery.

EXPLORE SOUTHWEST VIRGINIA'S EXCITING CULTURAL TRAILS

Groups can visit this hidden gem in the Appalachian Mountains

By Isabella Wilkes

Southwestern Virginia is truly a hidden gem of the East Coast. Nestled away in the awe-inspiring Appalachian Mountains, this separation from the rest of the Commonwealth has allowed a unique culture to flourish. A region once heavily reliant on coal and tobacco economies, its residents have turned to what they call a “creative economy” as a way to sustain local artisans and re-energize these historic communities through cultural tourism.

There is no better way for your group to explore the offerings of this region than a cultural trail, and this region has two you don't want to miss. ‘Round the Mountain and The Crooked Road trails are invaluable guides to help your group navigate and explore the music, art and culture of Southwest Virginia.

‘ROUND THE MOUNTAIN: SOUTHWEST VIRGINIA'S ARTISAN NETWORK

‘Round the Mountain Trail is a nonprofit artisan advocacy organization established in 2006 to promote the development of communities through arts and culture. This trail seeks to connect tourists with the hundreds of artisans in the state.

Southwest Virginia's Cultural Center

& Marketplace in Abingdon, should be your first stop on the cultural trail. This expansive new facility includes a marketplace of local artisans, a visitor's center uncovering the hidden treasures of the region, a cafe serving local wines and beers and live music several nights a week. Your group will want to stop by the beautiful visitor's center that features a hand-carved wooden map of the region's 19 counties and four cities.

The Marketplace hosts more than 180 local artisans and has more than 5,000 pieces for sale. Most of what is sold at the Marketplace is made with traditional styling passed down through families for generations. Ann Childress makes hand-built pottery inspired by the region's natural beauty. There are multiple woodcarvers, like **Maurice VanHook** and **Kevin Forrester**, from whom you can purchase hand-carved figurines. Countless other artisans featured here spend thousands of man hours on their meticulously crafted paintings, quilts, glasswork and more.

The Appalachian region is deeply influenced by its agriculture and the Southwest abounds with family-owned farms. The **Abingdon farmer's market** is the main gathering place for the community and features more than 100

vendors selling high-quality, locally sourced produce. **David and Debbie McLeish Farm** features another surprising staple in the Southwest region: alpaca breeding. You can visit these unlikely furry friends, along with dwarf goats and miniature babydoll sheep.

‘Round the Mountain Trail also features multiple galleries. In Tazewell, you'll find the bright and airy **Lost Pearl Art Gallery**, which houses fine art, collectables and hand-crafted items to fit any budget. The **Arts Depot** in Abingdon has three galleries, seven resident artists and an event center.

THE CROOKED ROAD: VIRGINIA'S HERITAGE MUSIC TRAIL

The Crooked Road is a 330-mile driving trail through Southwest Virginia that connects major music venues, historic landmarks and museums that celebrate the region's traditional music. More than 300 years of culture mixing in this region has created the unique stylings of old-time string bands, ballads, bluegrass, gospel and more.

This tour has a multitude of venues and festivals where your group can enjoy music performances any time of the year.

If your group is up for a bit of line

dancing to local bands, **Carter Family Fold** in Hiltons is a must-visit. **The Birthplace of Country Music** is where the local radio station, **WBCM Radio Bristol**, broadcasts live every day.

Here, you can also listen to the 1927 Bristol Sessions recordings, songs recorded by local artists like Jimmie Rodgers and the Carter Family that have shaped commercial country music today.

If you find yourself on the Crooked Road Trail in August, you won't want to miss the **Old Fiddlers Convention at Felts Park**, the world's oldest and largest gathering of fiddlers that features performances all throughout the second week of the month.

There are multiple locations to interact more deeply with the musical



Photo courtesy of Morgan Harris/Virginia Tourism Corporation

Great music plays a huge part in Southwest Virginia's cultural trails.

traditions of the area. At **Ralph Stanley Museum** in Clintwood, your group can experience American mountain music with a gorgeous view of the Appalachian Mountains with plenty of public parks to explore afterwards. The **Blue Ridge Institute and Museum at Ferrum College** also has worked to document and preserve the folk heritage of the

Southwest region. Along the trail, there are 26 Wayside Exhibits.

After falling in love with the music culture of Southwest Virginia, your group might want to stop by **County Sales** in downtown Floyd, which carries the world's largest selection of bluegrass, old time and early country music recordings. ■



U.S. CIVIL RIGHTS TRAIL

Designated as a site on the historic U.S. Civil Rights Trail, learn about our Civil Rights Movement story in Danville, Virginia. Start your journey at the Danville Museum of Fine Arts & History.



Student Protest in Danville VA | 1960



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GO BACK TO SCHOOL AND ENJOY SOME ART

Virginia's college campuses are home to a variety of spectacular exhibitions

By Hailey Johnson

If you are still hungering for more culture after visiting such esteemed destinations as the Virginia Museum of Fine Arts and the Chrysler Museum of Art, Virginia has you covered.

There is a caveat though: They require going back to school (sort of).

From the museum at Hampton University to the Fralin at the University of Virginia, these art museums are all located on college campuses with each boasting collections as impressive as big-name museums.

MAIER MUSEUM (RANDOLPH COLLEGE) • LYNCHBURG

There is an intriguing backstory about the opening of the Maier Museum at Randolph College in Lynchburg. Nearly 50 years ago, right around when the Cold War began, then-President Harry Truman, fearing a nuclear bomb war was imminent, ordered all government agencies to prepare for conflict.

One of these included the National Gallery of Art. In better times, its location was convenient, being located right at the National Mall. After careful consideration of where the country's

art could move, should it have to, a decision was made in the winter of 1951: Randolph College. This would be the site of a confidential storage facility known as Project Y for the National Gallery of Art. To hide its construction, and later, completion, the hillsides that the campus was located on, which was covered in varying-sized trees, aided in its protection.

While the NGA's artwork eventually stayed in D.C., the facility began using the front rooms of the art gallery to display exhibitions and collections during the 1960s and 1970s. Today, the Maier Museum of Art houses an outstanding collection of American art, chiefly paintings, works on paper and photographs dating from the 19th, 20th and 21st centuries. Open to visitors year-round, the museum serves both the academic community and the general public and offers changing exhibitions and educational programs.

HAMPTON UNIVERSITY MUSEUM • HAMPTON

A visit to the Museum at Hampton University can be sparked by two



reasons: It's the oldest African-American museum in the nation and the oldest museum in Virginia.

Founded in 1868, the museum features galleries dedicated to African-American, African, Native American, Asian and Pacific art and artifacts. The museum contains more than 9,000 objects representing cultures and people from around the world. Within its fine arts collection is the largest existing collection of works in any museum by the artists John Biggers, Elizabeth Catlett, Jacob Lawrence and Samella Lewis.

FRALIN MUSEUM OF ART (UNIVERSITY OF VIRGINIA) • CHARLOTTESVILLE

Up until last fall, the Fralin Museum at the University of Virginia had been



Museum at Hampton University

closed for 17 months as it was under heavy renovation.

Today though, the fabled Fralin is back and visitors can enjoy the museum's permanent collection of nearly 14,000 works including African art, American Indian art, European and American painting, photography and works on paper.

With a brand-new roof, an environmental systems overhaul and six new exhibitions, visitors can once again walk around the museum with the sounds of their shoes hitting the re-finished terra cotta floors – realizing its closure was well worth the wait.

RADFORD UNIVERSITY • RADFORD

Since opening, the two art museums at Radford University have

been committed to “enhancing the understanding” of art as an enduring human endeavor. To do this, both house an intriguing combination of past, current and even future artists, amounting to over 1,200 works. Inside the Art Museum at Covington Center, selected works by celebrated sculptor Dorothy Gillespie (which the museum touts as the largest collection of the artist in the nation) can be savored.

At the Museum on Tyler, occasional guest artist exhibitions take place along with more student work. Even when not in the museums, art surrounds the campus as mosaics, sculptures and shaped marble pieces can be found among the grounds – signs the Museums' mission statements go long beyond their doors.

MADISON ART COLLECTION AND LISANBY MUSEUM (JAMES MADISON UNIVERSITY) • HARRISONBURG

Containing art and cultural objects from the Neolithic through the 20th century, the Madison Art Collection is located in the Festival Conference and Student Center at James Madison University.

Although the Lisanby Museum is temporarily closed until the fall, its current online art season makes up for the wait. In the current exhibit, “Out of the Darkness,” the museum features the works of Ben Shahn and Marc Chagall – artists known for tying their Jewish heritage into their art. ■

EXPERIENCE VIRGINIA'S THREE CAPITOLS

The story of Virginia's first legislative assembly begins in Jamestown, continues to Williamsburg and onto Richmond

By Dave Bodle

Even after enduring their ocean journey, Virginia's original settlers still felt a need to have some form of government. John Smith, who was the group's leader, headed the early Virginia Council. Eleven years later, the Virginia Company of London pushed through a series of reforms that became the "Great Charter." These instructions were sent to George Yardley, who would become governor in 1619.

Yardley was charged with selecting two males from each of the 11 settlements that had spawned as more men, women and families arrived in Virginia. They were to attend an assembly for the purpose of passing laws and bettering the colony. The 11 that became known as burgesses joined the governor and a council appointed by the Virginia Company. The governor had veto power and could dissolve the assembly at any time. (The ability to dissolve the General Assembly becomes significant 100 years later.) The meeting of the first assembly took place from July 30 through August 4, 1619. The meeting

took place in Jamestown Church, the colony's largest building at the time.

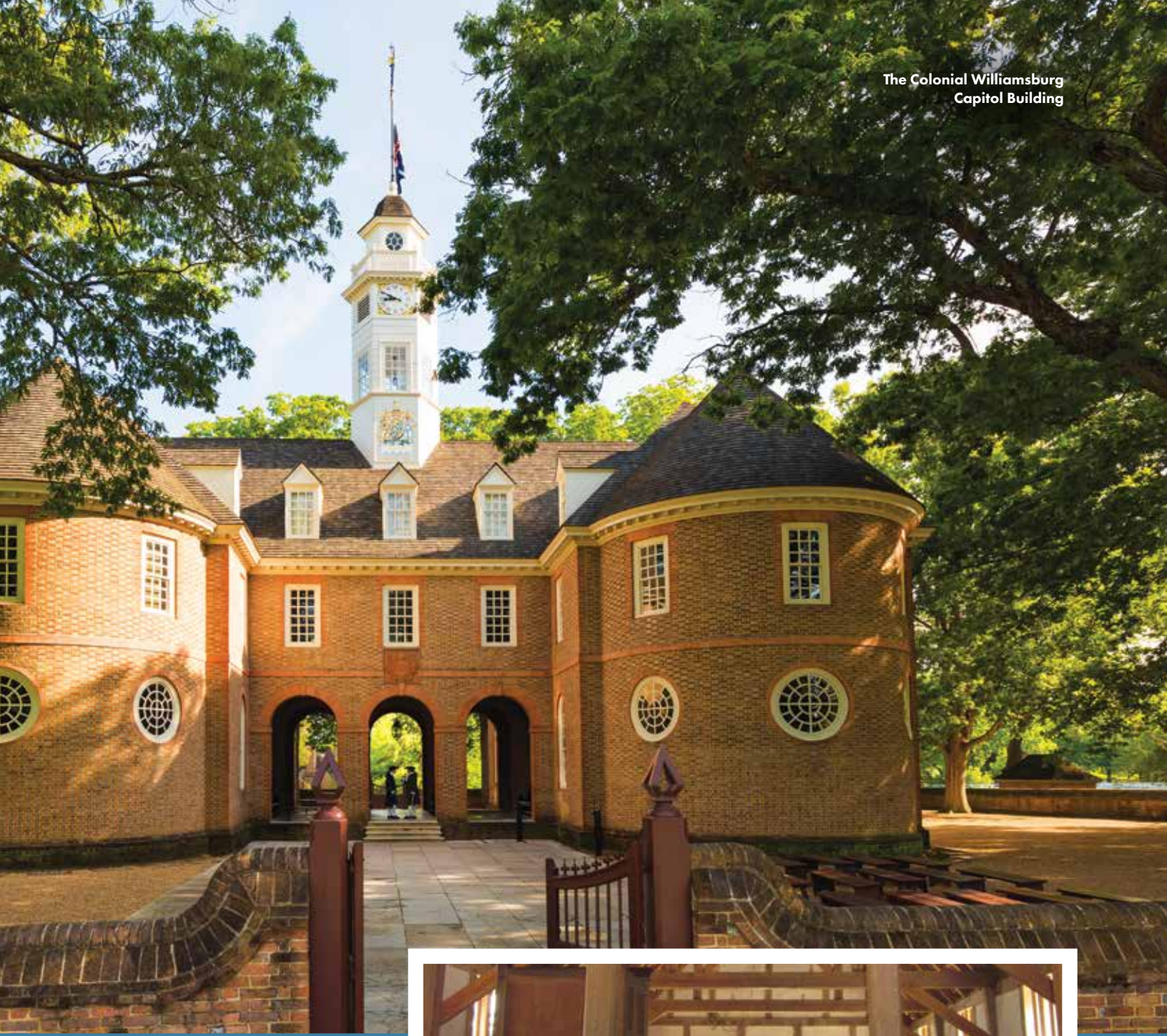
Several committees were formed and charged with reviewing the Great Charter and new laws that addressed concerns brought to the assembly by the burgesses. Any law passed by the assembly was subject to approval by the Virginia Company in England. The House of Burgesses only met a few times after 1619 and the assembly wasn't recognized by the English crown until 1627. The Virginia Company continued appointing governors and issuing instructions, but a people's representative form of government had begun. During the 1640s, the assembly evolved into a two-house form of government that continues in today's Virginia General Assembly. Other English colonies adopted the Virginia model and eventually the democratic government of the United States of America did the same.

As the English settlements moved west and north, new Indian tribes were encountered. Often, English colonists were not welcome and hostilities followed. Sir William Berkeley, Virginia

governor, did little to protect the frontier. In 1676, Nathaniel Bacon formed an unofficial militia. They mistakenly killed some friendly Indians, which sparked retaliation and Governor Berkeley's anger. Bacon's rebellion was underway. The two armies met in Jamestown and rather than giving up, Bacon burned the city including the church and the statehouse. Hostilities, fire, brackish drinking water and a second statehouse

Photo courtesy of Colonial Williamsburg Foundation





fire in 1693 convinced the General Assembly a move was necessary.

To learn more about Jamestown cultures from three continents, their struggles, tragedies and the shaping of a new nation, begin planning your visit at jyfmuseums.org.

After considerable lobbying beginning as early as 1693 by students at William & Mary College, the General Assembly agreed. In 1699, Virginia's government



The first legislative assembly in 1619 was held in Jamestown Settlement's fort church.

Photo courtesy of Jamestown/Yorktown Foundation

EXPERIENCING VIRGINIA'S CAPITOLS

Photo courtesy of Steven Morris/Virginia Tourism Corporation



The Capitol was designed by Thomas Jefferson and first occupied in 1788 by Virginia's General Assembly, America's oldest English-speaking legislature. During the Civil War, the Confederate Congress also met here. Free one-hour guided tours are offered daily, including some holidays. Visitors also may tour on their own. Impressive interior designs and colors from 1910 have been replicated in the Rotunda, House and Senate chambers.

followed the colonial settlement inland trend and relocated to Middle Plantation, home of the college. The new capital city was designed a mile away and named Williamsburg. Although the Governor's Palace took 16 years to build, it was designed and built to face the Wren Building on the college's campus where the General Assembly met.

Construction of the Williamsburg Capitol building in Williamsburg began in 1701 and was completed in 1705, although the legislation moved in during 1704. The Colonial Capitol was a two-story H-shaped brick structure and functioned as two buildings. Each wing hosted one of the two houses of the Virginia legislature, the Council and the House of Burgesses. Due to the history of fires in the previous capitols, Harry Cary, the contractor, did not place fireplaces in the new capitol building. However, chimneys were added for fireplaces in 1723 to keep the capitol dry. Given the history of capitol fires you probably expect another disaster. Almost 25 years later on January 30, 1747, the building burned.

It was considered by many legislators that now was the time to move the Capitol to a location that was better for trade and had access to navigation. Governor William

Gooch preferred the Capitol be rebuilt. By a 40-38 vote, the burgesses agreed. Imagine the voices that were heard in that new Capitol building.

The walls of the new Capitol heard fiery speeches and major decisions. There were Patrick Henry's powerful speech against the Stamp Act and discussion on George Mason's Virginia Declaration of Rights. It was men like George Washington, George Wythe, Thomas Jefferson and others whose voices played a part in revolution. Following the Boston Tea Party, Governor Dunwoody dissolved the legislature as punishment.

The Virginia voices would not be quieted and they began meeting in Raleigh Tavern. After a series of Virginia Conventions on May 15, 1776, the 5th Virginia Convention declared freedom from England. The building was last used as the Capitol on December 24, 1779 when the General assembly voted to move the Capitol to Richmond in 1780.

Colonial Williamsburg tells a compelling story of Virginia life and the Virginian Nation Builders who occupied early Williamsburg. Begin planning your tour by visiting online at colonialwilliamsburg.com.

It was in 1785 that Jefferson, then the Ambassador to France, was asked to help design the new Capitol building. He called for a classical Roman temple style. Governor Patrick Henry laid the cornerstone that same year. The Capitol was completed in 1798. Its design and construction have influenced others.

One very inspiring accent within the building is the statue of George Washington, the only one he ever posed for. It's his actual height of 6-foot-2 and he's presented as a statesman, soldier and farmer with implements that show each. Washington was 53 years old when he posed, after the American Revolution, but before his presidency. The statue was installed in 1796. Throughout the guided tour historical statuary and paintings, newly restored legislative chambers and rare exhibit objects are showcased.

Our nation's oldest legislative assembly served as the Confederate Congress from 1861-1865 and had its first multi-racial session in 1867-68. This marvelous structure is filled with history and a must see. Begin planning online at virginiacapitol.gov.

Extend your visit for more Virginia and United States history and fun

HAMPTON

Make time for the **Fort Monroe Visitor and Education Center**. The fort served as a refuge for contraband during the Civil War. Add the **Casemate Museum** to your itinerary. It's at the fort and continues the fascinating story of this attraction. Standing near the entrance to Hampton University, the Emancipation Oak was the site of the first Southern reading of president Lincoln's Emancipation Proclamation in 1863. Bring history forward at the **Virginia Air & Space Science Center** and **3D IMAX Theater**. The new Space

Explorer Gallery joins amazing exhibits, films and aircraft and is a must see. Allow time for a ride on the vintage carousel just outside the Center's front door. [VisitHampton.com](https://www.visithampton.com)

NEWPORT NEWS

There's much to explore in Newport News, and **The Mariners' Museum and Park** is a good place to begin. A 3D movie in the Explorers Theater followed by the USS Monitor Center, home of the Civil War ironclad's gun turret and more, gets you going. Allow time for the miniature ships displays and the International Small Craft Center and more. **Virginia Living Museum** is home to a great animal attraction. Discover wonders from the Chesapeake Bay and a cypress swamp to a limestone cave

and the Appalachian Mountains. Explore the wonders of space in the Abbitt Planetarium. [Newport-news.org](https://www.newport-news.org)

WILLIAMSBURG

Jamestown Settlement and Colonial Williamsburg played a significant part in our history, but there's one place where our freedom was cemented. The **American Revolution Museum at Yorktown** blends vibrant exhibits, films and outdoor living history to tell the story of the original colonies and the Constitution. There's still plenty to do in Williamsburg from a wealth of attractions and shopping to outdoor activities and restaurants. Remember to find time for the wonderful art museums within Colonial Williamsburg. [Visitwilliamsburg.com](https://www.visitwilliamsburg.com)

RICHMOND

The Virginia Capitol is certainly an awesome reason to visit Richmond. There are plenty of additional options that will fit any itinerary. **American Civil War Museum** explores the war from all its complex perspectives – Union and Confederate, enslaved and free African-Americans, soldiers and civilians. The ACWM's new theater and film will open May 2022. There's much to see in the gardens and the architectural splendor of **Lewis Ginter Botanical Garden**, **Agecroft Hall**, **The Valentine** and **Maymont Mansion and Estate**. **Black History Museum and Cultural Center of Virginia** is a wonderful stop. You can learn more about the **Virginia Museum of Fine Art** in this guide. Start planning at [Visitrichmondva.com](https://www.visitrichmondva.com) ■

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WELLNESS AND ENLIGHTENMENT IN VIRGINIA BEACH

Edgar Cayce's A.R.E. helps people transform their lives through profound personal change of mind, body and spirit

By Dave Bodle

For more than 90 years, Edgar Cayce's A.R.E. has been helping people transform their lives through profound personal change of mind, body and spirit. Cayce was known as the "father of holistic medicine" and the most documented psychic of the 20th century.

Born 1877 on a farm in Hopkinsville, Kentucky, Cayce's psychic abilities appeared in his childhood with an uncanny ability to memorize pages of books by sleeping on them. Later in life, Cayce had the ability to place himself in a state of relaxation and meditation with his mind in contact with all time and space. In this state of a super-conscious mind, he was able to answer broad and specific questions. The responses to these questions became known as "readings."

You're likely surprised that Cayce was a regular with his church attendance and a Sunday school teacher. In his youth, he vowed to read the Bible every year of his life. He passed in 1945 having accomplished that promise made to himself. Once asked how to become a psychic, Cayce advised to become more spiritual.

Cayce's first readings began in Dayton, Ohio during the late 1920s. By 1931, he

had told himself to move to the sea. He chose Virginia Beach and founded A.R.E. The greater part of the early readings dealt with holistic health and the treatment of illness. One hundred years later, individuals continue to receive relief from ailments through the information provided in those readings. A favorite is his reading that a virus cannot live in an alkaline environment. Orange juice is the key to an effective alkaline acidic balance.

While in his self-induced sleep, Cayce did not seem to focus only on the body and physical pains. In their entirety, the readings show 10,000 wide-ranging topics with vast subject matter. When narrowed down, the readings seem to fall into five categories, 1. Health Related Information, 2. Philosophy and Reincarnation, 3. Dreams and Dream Interpretation, 4. ESP and Psychic Phenomena, 5. Spiritual Growth, Meditation and Prayer.

Edgar Cayce's A.R.E. is a nonprofit supported through its membership. In an excerpt from a 1938 Edgar Cayce letter, "The A.R.E. is not a creed, cult or doctrine. It is merely a name used to designate a group of people joined together with a certain common attitude



toward the field of religion, philosophy, science and life. Its central drive is the attempt to apply all knowledge to the problem of better living."

VISITING THE A.R.E. HEADQUARTERS CAMPUS IN VIRGINIA BEACH

Every year, the A.R.E. Headquarters campus attracts more than 100,000 individuals from around the world, including vacationers and group tours. Built in 1975, the Visitor Center houses the library, meditation room, bookstore and gift shop. The A.R.E. Health Center & Spa is located in Cayce's historic hospital building, along with Cayce/Miller Café featuring Graze Kitchen and Catering.

The library is the jewel of Edgar Cayce's legacy and stands as a memorial to his life and work. More than 14,000 readings are on display. The famous



Meditation room

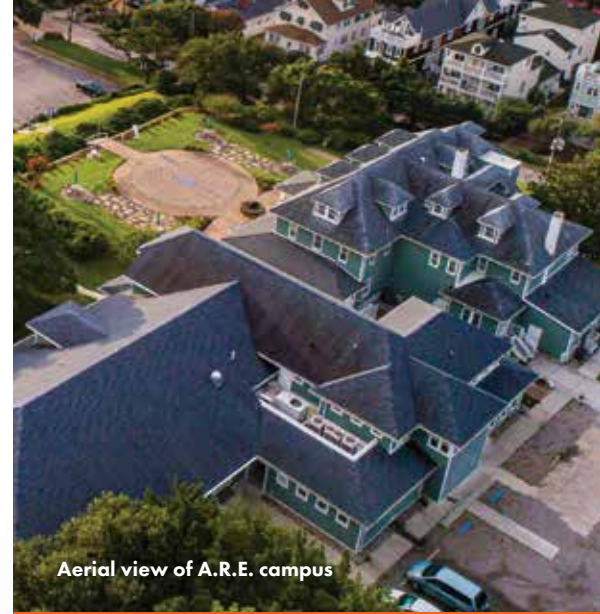
couch where Cayce self-induced his sleep is on display along with the desk his secretary, Gladys Davis, used to transcribe the readings. The original reading was given to the person requesting the reading, while a carbon copy was preserved.

The library also contains 80,000 volumes specializing in the fields of metaphysics, parapsychology, comparative religious studies, holistic health, ancient civilizations and foreign language editions of Edgar Cayce books. Many of the books in the collection are difficult to find elsewhere.

On the third floor of the Visitor Center is the Meditation Room, accessible by elevator and overlooking the Atlantic Ocean. Meditation was an important part of the Cayce concept. The diverse artwork embraces all of the world's religions. The stained-glass

windows were donated by Fredrica Fields. She was given a reading as a wedding gift, but did not open it for 45 years. Impressed by the reading that she would become involved in stained prisms and glass, she chose to make the donation. By this point in her life she was a famous and accomplished stained-glass artist. The Meditation Room is available for use at any time the building is open. Visitors are welcome to join a weekday noon-time meditation.

The A.R.E. Bookstore & Gift Shop provides a variety of books and products for those interested in Edgar Cayce's readings. Among the offerings are Cayce healthcare products, unique jewelry, gemstones, candles and incense and much more. The Harris Prayer and Meditation Garden located on the side of the Visitor Center features a wooden stairway leading to



Aerial view of A.R.E. campus



Library

a peaceful garden with stone walkways, a waterfall and relaxing benches.

The A.R.E. Health Center & Spa has a fascinating history. Opening in 1929, the historic landmark originally named "The Cayce Hospital for Research and Enlightenment" was Cayce's dream to help others with the holistic health information from his readings. Suffering through the Great Depression the hospital was eventually lost. The building was repurchased by A.R.E. and opened in 1967 and renovated in 2014.

Today, the A.R.E. Health Center & Spa continues to focus on holistic healing through massage therapy,

ONLY IN VIRGINIA BEACH

bodywork, hydrotherapies, acupuncture and chiropractic care. All are found in the Edgar Cayce readings supporting the body's innate healing abilities. Spa Packages and Rates can be found online atedgarcayce.org/are-health-center-spa/spa. Or call to book an appointment at 757-457-7202.

A.R.E.'s Cayce/Miller Café features Graze Kitchen & Catering under the proprietorship of Chef Shelley Kilby, winner of *Food & Wine Magazine's*, "Best New Chefs in America" 2003. Seasonal menus prepared with fresh, locally sourced ingredients are Chef Kilby's passion. The Café is located on the main

floor of the Cayce Hospital Building sharing space with the lobby of the A.R.E. Health Center & Spa.

Groups are welcome on the campus. Regular and pre-arranged tours of the Visitor Center and films are available at no cost. Telephone 800-333-4499 or begin planning online at edgarcayce.org. ■

THIRD VIRGINIA LOCATION DESIGNATED AS A CIVIL RIGHTS SITE

Danville Museum of Fine Arts & History has received designation

By Dave Bodle

The sites are places where activists challenged segregation and inequality in the 1950s and 1960s to advance social justice. Danville is one of three locations in Virginia. The other sites are in Richmond and Farmville. The U.S. Civil Rights Trail encompasses more than 120 sites, primarily in the South.

"Danville played a critical role in the civil rights movement, so we are extremely proud to be added to the U.S. Civil Rights Trail," said Elsabe Dixon, the museum's executive director. "Inclusion and diversity are cornerstones of the Danville museum's experience. We invite everyone to visit the museum and discover the many remarkable stories."

In August 2019, the museum installed the first long-term civil rights timeline available to the public. The Movement:

Danville's Civil Rights is an exhibition that details the events that took place in Danville during the 1960s, the work done by the Southern Christian Leadership Conference in 1958 to establish support for Martin Luther King's visits to Danville. It also outlines the role of Sutherlin Mansion and then the Danville Public Library, a "whites only" library in 1960.

The museum also features the Camilia Williams exhibition, which highlights the relationship this New York City Opera diva had with her hometown, Danville.

Mayor Alonzo Jones in a letter of support for the application, stated, "Danville has made great strides and I am excited about our future, but we must not forget that our city's heritage is also rich with struggle – a struggle that I believe is significant to the civil rights movement."

U.S. Civil Rights Trail sites must: Be associated with events that made a significant contribution to the civil rights movement during its height; 1950s and 1960s. Or, has been associated with the life of a person(s) who was significant in the civil rights movement. Or, embody the distinctive characteristics of a tourism site, including but not limited to being open to the public, or public view as a tourist attraction, providing guided or self-guided experiential activities, or displaying a series of commemorative markers that communicate context for the history of the civil rights movement. The museum applied summer of 2021 for inclusion as a site on the trail.

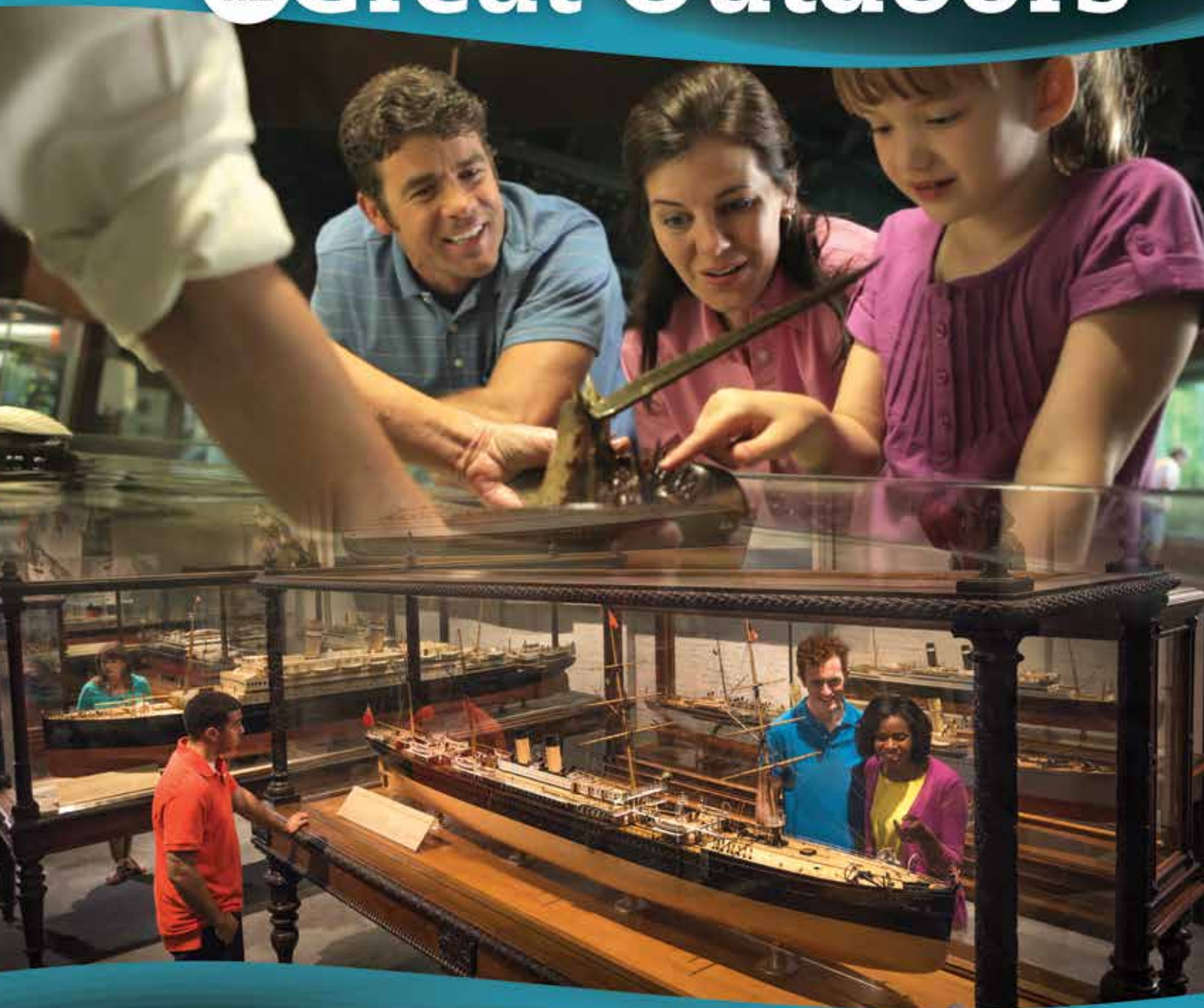
For more information about the museum and its exhibits, visit online at DanvilleMuseum.org.

Photo courtesy of Danville Museum of Fine Arts & History



Danville Museum of Fine Arts & History offers three fine art galleries, historic period art, Civil War exhibits, as well as the Sutherlin Mansion.

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