



HIGH KNOB REGION ADVENTURE GUIDE

FIND YOUR HIGH KNOB ADVENTURE!

FEATURING

**VISITOR RESOURCE GUIDE • SEASONAL ADVENTURES
WILDLIFE VIEWING LOOPS • AND MORE!**

WELCOME TO THE HIGH KNOB REGION

The High Knob Region is named for High Knob, the highest point in the Cumberland Mountains. The 4,200-foot High Knob summit is part of Stone Mountain which, at 13 miles wide and 26 miles long, connects many of the communities and recreation sites in the High Knob Region. This region includes nine Southwest Virginia communities in Wise, Scott, and Lee counties and the City of Norton.

Home to three state parks, the more than 90,000-acre Clinch Ranger District on the Jefferson National Forest, and other community parks and trails, the region boasts a variety of outdoor adventures.

The High Knob Region is also part of a global epicenter for biological diversity in the Central Appalachians, with a variety of wildlife and plant species calling the region home.

This visitor guide offers information about the region's communities, outdoor recreation sites, attractions, landmarks, signature events, amenities, and more.

Also visit www.explorenortonva.com for more information on the High Knob Region.





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COURTESY SCOTT COUNTY TOURISM



DEVILS BATHTUB (JOSHUA T. MOORE)



FLAG ROCK RECREATION AREA (BRAD DEEL)



HIGH KNOB OBSERVATION TOWER (BRAD DEEL)

FIND YOUR ADVENTURE

This map offers information about some of the region's premier outdoor recreation sites.

The places featured on this map represent only a section of the High Knob Region. See Page 41 for more details about these and other sites.

Please recreate responsibly. See below tips to ensure you have a safe, enjoyable visit.

CHECK ROAD CONDITIONS

Some roads on the Jefferson National Forest are closed during winter months due to inclement weather conditions. Contact the U.S. Forest Service's Clinch Ranger District for updates on seasonal road conditions and closures. See Page 79 for contact information.

PLAN AHEAD

See Page 79 for a list of outfitters and visitor centers to help plan your trip.

PHONE ACCESS

Parts of the High Knob Region have limited cell service. Let someone know your plans before hitting the trail.

RECREATE RESPONSIBLY

Take care of the High Knob Region. Follow Leave No Trace practices when recreating (www.Int.org). Also follow Growing Smart on High Knob on Facebook and Instagram (@growingsmarthk) for more responsible recreation tips and interesting information about the High Knob Region.

Help us protect and preserve High Knob!



HIGH KNOB | REGION

SOUTHWEST VIRGINIA



ATTRACTIONS

TRAILS

- 1 Flag Rock Area Trails
- 2 Legion Park Trail
- 3 Chief Bengé Scout Trail
- 4 Clinch River State Park
- 5 Devil's Fork Trail
- 6 Guest River Gorge Trail
- 7 High Knob Trail
- 8 Little Stony National Recreation Trail & Little Stony Falls
- 9 Powell River Trail
- 10 Stone Mountain Trail

WATER ATTRACTIONS

- 1 Norton Reservoirs
- 2 Bark Camp Lake
- 3 Bear Creek Reservoir
- 4 Big Cherry Reservoir
- 5 Clinch River
- 6 Devil's Bath
- 7 High Knob Lake
- 8 Little Stony Creek Fishing Access
- 9 Powell River

SCENIC OVERLOOKS

- 1 Flag Rock Overlook
- 2 High Knob Observation Tower
- 3 Powell Valley Overlook

RECREATION AREAS

- 1 Flag Rock Recreation Area
- 2 Norton Reservoir Trailhead & Fishing Access
- 3 Bark Camp Recreation Area
- 4 Clinch River State Park
- 5 High Knob Recreation Area
- 6 Natural Tunnel State Park
- 7 Hanging Rock Day Use Area

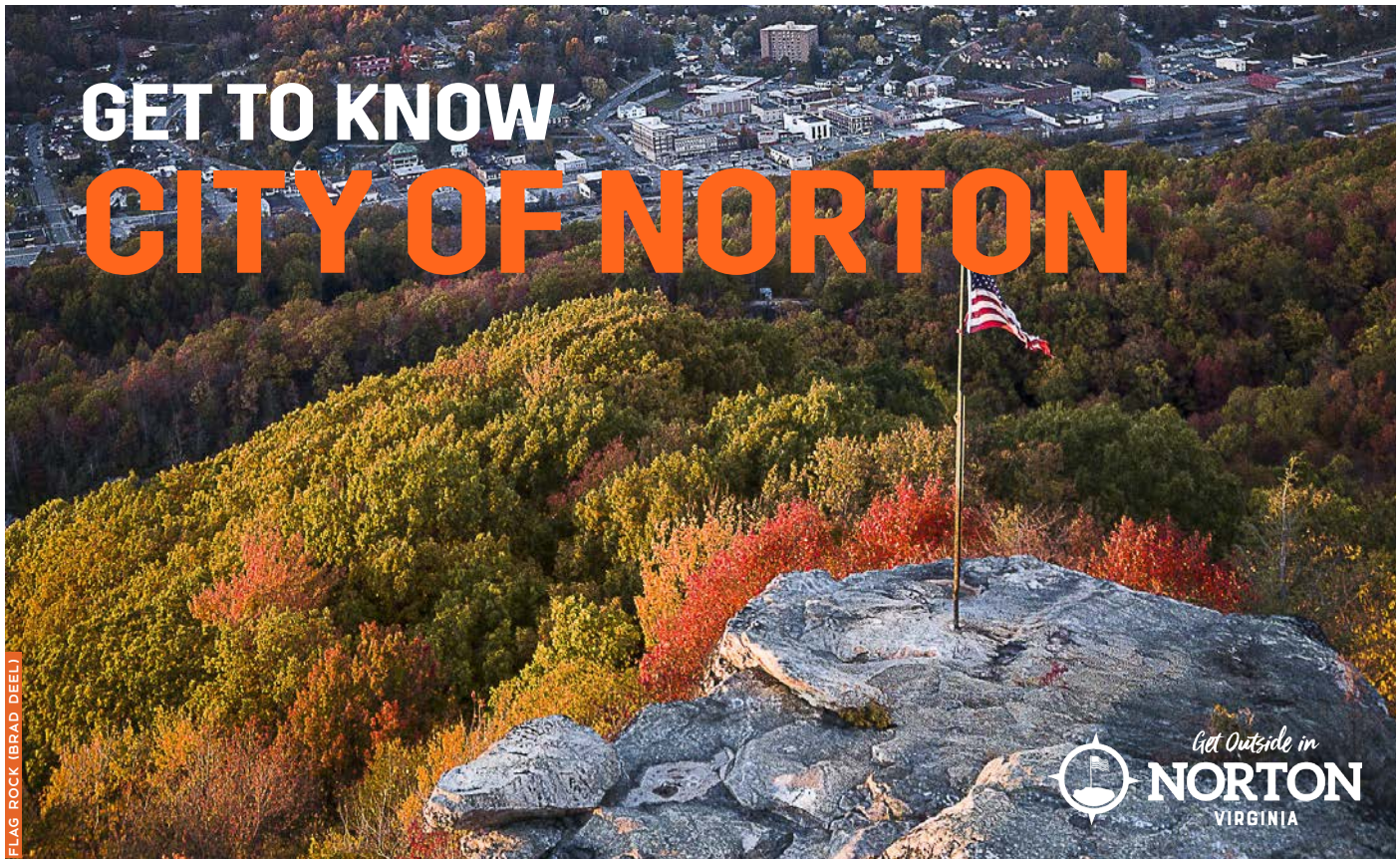
OTHER ATTRACTIONS

- 1 Central Drive-In Movie Theatre
- 2 Country Cabin II
- 3 H.W. Meador Coal Museum
- 4 John Fox Jr. Museum
- 5 June Tolliver House
- 6 Lays Hardware Center for the Arts
- 7 MountainRose Vineyard
- 8 Southwest Virginia Museum
- 9 Trail of the Lonesome Pine Outdoor Drama
- 10 University of Virginia's College at Wise

HIGH KNOB REGION COMMUNITIES







FLAG ROCK (BRAD DEEL)



The City of Norton is the smallest incorporated city in Virginia.

Nestled beneath High Knob - the highest point in the Cumberland Mountains - Norton is centrally located between two main highways - U.S. 23 and U.S. Route 58 Alternate - and near the crossroads of Virginia, Kentucky, and Tennessee.

The city's Flag Rock Recreation Area is three miles above downtown Norton. The thousand-acre park's outdoor recreation includes fishing, hiking, mountain biking, and rock climbing.

Norton's Upper Reservoir is a state-stocked fishery and its Flag Rock Area Trails system is open to mountain biking and foot traffic. At 3,250 feet in elevation, Flag Rock Overlook affords views of downtown Norton and surrounding mountains. The park also connects to the Jefferson National Forest.

Downtown Norton offers a variety of restaurants and shops and is within a few miles of Country Cabin II, a Crooked Road venue, and the Central Drive-In Movie Theatre.

GET TO KNOW LEE COUNTY



Lee County is the western-most county in the Commonwealth of Virginia.

The county was formed in 1792 from Russell County and is named in honor of Henry Light-Horse Harry Lee, an American Revolutionary War officer and the governor of Virginia at the time Lee County was formed. The county borders two states, Tennessee and Kentucky, and has three incorporated towns: Pennington Gap, St. Charles, and Jonesville.

The county is home to several outdoor and cultural attractions, including Cumberland Gap National Historical Park, Wilderness Road State Park, hiking trails leading to the popular Sand Cave and White Rocks landmarks, and the Powell River.

The town of Pennington Gap also has the Lee Theatre, which offers a variety of entertainment, including live music, plays, and more, throughout the year.

GET TO KNOW SCOTT COUNTY

LITTLE STONY FALLS (PHOTO COURTESY WISE COUNTY TOURISM)



Scott County is a natural for music lovers, history buffs, nature enthusiasts and vacationers of all types.

Visitors can learn about the important role the Wilderness Road played in America's westward expansion at the Daniel Boone Wilderness Trail Interpretive Center and explore the area's railroad history at Fannon Railroad Museum and Natural Tunnel State Park.

The famed Carter family, pioneers in bringing national recognition to country music, are also from Scott County. The

Carter Fold, a music venue on the Carters' homeplace in Hiltons, has weekly old-time country and folk music concerts and a museum highlighting the Carter Family.

The Clinch River and Jefferson National Forest also run through Scott County. Highlights include Little Stony Falls and Little Stony National Recreation Trail, Devil's Fork Trail and Devil's Bathtub, and Bark Camp Recreation Area and Lake.



WWW.EXPLORESCOTTCOUNTYVA.ORG



@SCOTTCOTOURISM



@SCOTTCOUNTYTOURISM



@SCOTTCOUNTYVA



@SCOTTCOVA

GET TO KNOW WISE COUNTY

POWELL VALLEY OVERLOOK (KYLE LAFERRIERE)



Wise County offers natural beauty, outdoor recreation opportunities, a vibrant music and artisan scene, and abundant southern hospitality.

The county is home to six towns: Appalachia, Big Stone Gap, Coeburn Pound, St. Paul, and Wise.

The Jefferson National Forest also runs through Wise County. Highlights include the High Knob Observation Tower, High Knob

Recreation Area, Chief Benge Scout Trail, and Guest River Gorge Trail.

The High Knob Region has a rich cultural history, and several museums and music venues in Wise County celebrate this heritage.

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WEEKEND GETAWAYS

HIGH ELEVATION FUN

Explore the City of Norton's Flag Rock Recreation Area.
Visit www.explorenortonva.com for details about the below sites.

Visit Flag Rock Overlook. Enjoy views of Norton and beyond from a rock outcrop that sits at an elevation of 3,250 feet. Snap a photo of the famous Woodbooger statue as you walk the gravel path to the overlook.

Get your heart pumping. Explore the Flag Rock Area Trails system (open to mountain biking and foot travel) and check out climbing routes at the Labyrinth and Sanctuary.

Fish the city's Upper and Lower Reservoirs. The Upper Reservoir is a state-stocked trout fishery that is also open to paddling and electric motor boats.

Head into downtown Norton for lunch. See High Knob Visitor Resources Page 43 for more information.

(Continued on Page 17)



FLAG ROCK TRAILS (JESSE CHEERS)





WOODBIGGER STATUE, FLAG ROCK (WALLY SMITH)





HIGH KNOB

WEEKEND GETAWAYS

HIGH ELEVATION FUN

Explore High Knob Tower and Jefferson National Forest.

Visit High Knob Observation Tower. Located atop the 4,200-foot High Knob summit, enjoy views of distant peaks as far away as Great Smoky Mountains National Park and West Virginia.

Hike to High Knob Recreation Area. A one-mile trail (also the start of the Chief Bengé Scout Trail) travels from the High Knob Observation Tower parking lot to this U.S. Forest Service site. See Page 65 for more details.

HIGH KNOB SUNSETS

Visit these overlooks for exceptional sunsets. See Page 69 for more information and directions to each site.

POWELL VALLEY OVERLOOK

Located on U.S. 23 North between Big Stone Gap and Norton, enjoy views of the valley between Powell and Little Stone Mountains.

HIGH KNOB OBSERVATION TOWER

Five states are visible on a clear day from the tower, which rests atop the 4,200-foot High Knob summit.

FLAG ROCK OVERLOOK

Resting at 3,250 feet in elevation, the overlook's rocky outcrop offers views of Downtown Norton, the neighboring Town of Wise, and into Kentucky.

OVERNIGHT STAYS

See Page 71 for a list of campgrounds, hotels, and alternative lodging options in the High Knob Region.

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HIGH KNOB

WEEKEND GETAWAYS

LAKES & RIVERS

The High Knob Region has numerous lakes, rivers, and streams to paddle, fish, and hike along. See below highlights and page 67 for more sites.

TAKE A HIKE

A 3.7-mile (round-trip) trail open to hiking and mountain biking circles Bark Camp Lake in Bark Camp Recreation Area. This trail, located in Scott County, is on the Jefferson National Forest and is maintained by the U.S. Forest Service's Clinch Ranger District. <https://www.fs.usda.gov/gwj>

GO FISH

The 45-acre Bark Camp Lake is stocked and maintained by Virginia Department of Wildlife Resources. The lake offers a variety of fish species including largemouth bass, black crappie, several sunfish species, channel catfish, and trout. <https://dwr.virginia.gov/waterbody/bark-camp-lake/>

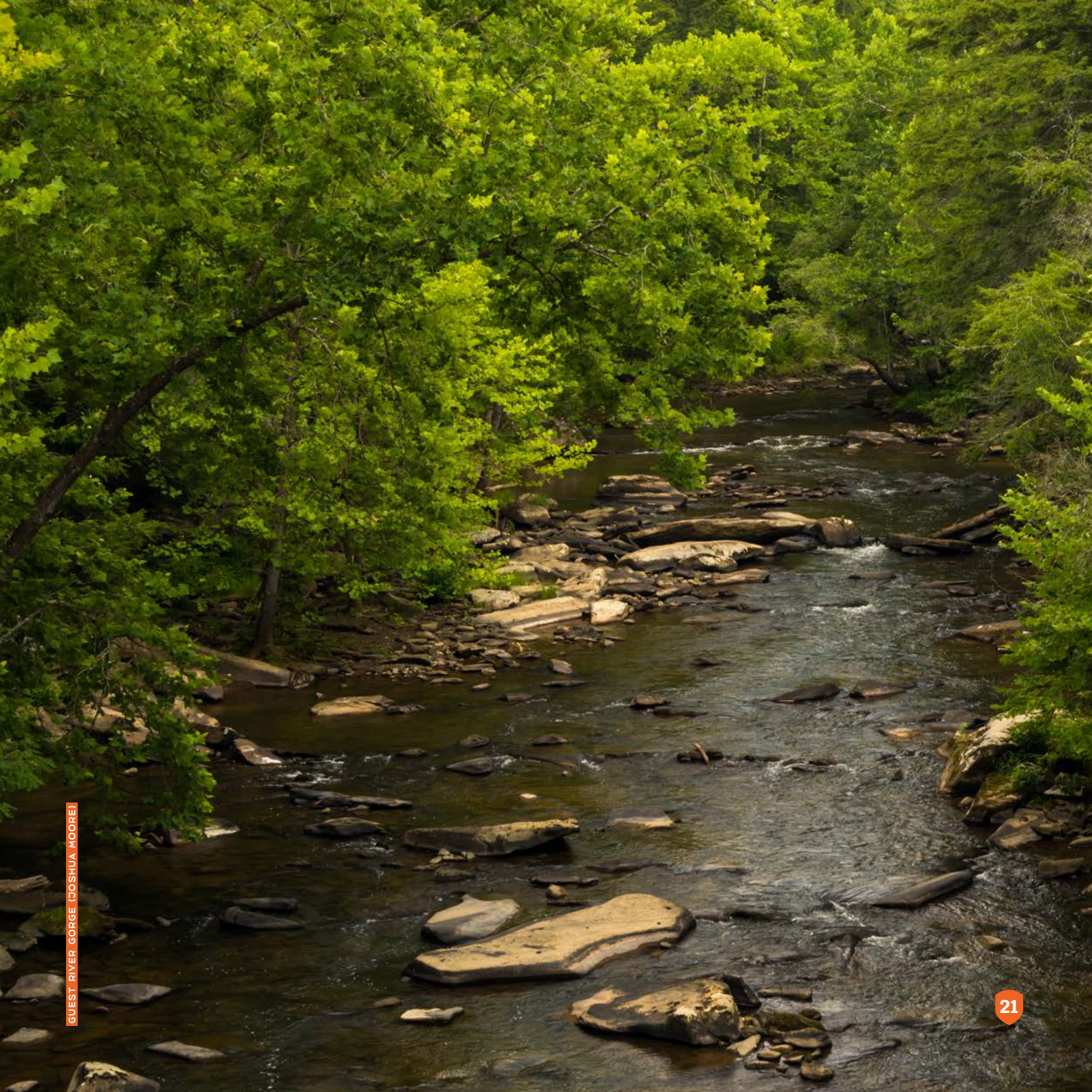
ENJOY A SCENIC DRIVE

Travel the Thomas Jefferson Scenic Byway Loop, a 40+ mile driving route that passes several of the region's recreation sites, scenic vistas, and trails. See www.explorenortonva.com and Pages 5-6 of this guide for the route. Note: Some gravel roads on this route might not be suitable for all vehicles. Some roads might also be impassable or closed during winter months. **Please contact the U.S. Forest Service, (276) 679-8370, for details on Forest Road closures and conditions.**

VISIT THE GUEST RIVER GORGE

Explore the 5.5-mile Guest River Gorge Trail. This crushed gravel path travels along the Guest River to its confluence with the Clinch River. Gentle grades accompany the footpath, which is characterized by giant sandstone cliffs that tower above the trail and bring the sound of the Guest River to a thunderous roar. Open to biking and foot traffic. <https://www.fs.usda.gov/gwj>

(Continued on Page 21)





HIGH KNOB

WEEKEND GETAWAYS

CLINCH RIVER

Float the Clinch River. The Clinch River travels through Virginia from Tazewell County to the Tennessee state line. The river runs through the Town of St. Paul, which has river access and outfitters to aid your explorations.

Check out Clinch Life Outfitters, Clinch River Life, and Clinch River Adventures. All offer rentals and/or guided trips on the Clinch River. See Page 79 for contact information.

Visit Clinch River State Park. The park's St. Paul unit is open and has nine miles of trails.

<https://www.dcr.virginia.gov/state-parks/clinch-river>

Grab a bite to eat in St. Paul. Take your food to A.R. Matthews Memorial Park for a riverside picnic. *See Page 43 for a link to St. Paul restaurants.*



SPRING FLINGS

LET'S GET FESTIVE

The High Knob Region has several spring festivals. See Page 51 for a more comprehensive list.

GATHERING IN THE GAP MUSIC FESTIVAL

Held each May in Big Stone Gap, this festival celebrates the traditions of old-time, bluegrass, blues, and Americana music in the Appalachian region. www.gatheringinthegap.org

DR. RALPH STANLEY HILLS OF HOME FESTIVAL

Held near Coeburn each May, this festival was started by the late Dr. Ralph Stanley and highlights old-time bluegrass music. www.dr.alphstanleyfestival.com

CLINCH RIVER DAYS

This annual festival is held in early June in the town of St. Paul and celebrates mountain heritage and the Clinch River. www.clinchrivervest.com

WILDLIFE VIEWING

The High Knob Region is part of a global epicenter for biological diversity in the Central Appalachians. **Check out the Virginia Department of Wildlife Resource's Virginia Bird & Wildlife Trail loops on Page 39.**

(Continued on Page 25)



GREEN SALAMANDER (WALLY SMITH)







HIGH KNOB SPRING FLINGS

EXPLORE A RAIL-TRAIL

Two former railbeds transformed into trails offer beautiful spring views. The Guest River Gorge Trail in Coeburn is 5.5 miles and travels along the Guest River to its confluence with the Clinch River. The Powell River Trail in Appalachia is a 1.7-mile (one-way) paved trail that travels along the Powell River on the abandoned L&N Railroad line. Finally, while not a rail-trail, the Cranesnest Trail is a 3.5-mile (one-way) gravel path paralleling the Cranesnest River in Dickenson County. See Page 65 for more details.

GO RUN

Three spring races showcase High Knob's natural wonders and communities. In April, the towns of Big Stone Gap and Appalachia host the Union Half Marathon, which travels through both towns, including Big Stone Gap's scenic Greenbelt and Appalachia's Powell River Trail. Also in April, Natural Tunnel State Park, near Duffield, hosts Run The Tunnel, a 3.8-mile road/trail run. In May, Norton hosts the Fit Farmer 12K Trail Run on the Flag Rock Area Trails system. *See Pages 51-56 for more details.*

GO FISH

Love fishing? Check out these state-stocked trout fisheries. *See www.dwr.virginia.gov/fishing for more fishing sites.*

NORTON RESERVOIR

9.8-acres. State-stocked trout water. Stocking occurs annually between Oct. 1 and May 15. A Virginia Department of Wildlife Resources (DWR) trout license is required Oct. 1-June 15.

BIG STONY CREEK

Special regulation trout water. Catch-and-release. Includes portion of Big Stony Creek (Mountain Fork) and its tributaries on the Jefferson National Forest from the High Knob Lake outlet downstream to the confluence of Chimney Rock Fork and Big Stony Creek.

CLEAR CREEK

Stocked with rainbow trout three times a year between Oct. 1-April 30. A DWR trout license is required between Oct. 1-June 15. National Forest Permit is also required.

SUMMER ESCAPES

LET'S GET FESTIVE

The High Knob Region boasts several summer festivals. Norton's Best Friend Festival, held in June, is a weeklong celebration packed with festivities for the whole family. The High Knob Music Festival, a daylong music festival in High Knob Recreation Area, and the Virginia Kentucky District Fair, a more than 100-year old festival in Wise County, are also held in June. Fans of barbecue should check out the annual Chillin' and Grillin' In The Glades barbecue contest in downtown Wise in July. If searching for outdoor adventures, check out the High Knob Outdoor Fest in downtown Norton in August. Closing out the summer are two festivals celebrating two High Knob communities: Appalachia's Coal Railroad Days in August and Coeburn's Guest River Rally over Labor Day weekend. *See Pages 54-55 for more information.*

ENJOY A PICNIC

Beat the heat with a high elevation picnic at Flag Rock Recreation Area or High Knob Recreation Area. Consider turning your picnic into a campout. Both recreation areas have campgrounds. Flag Rock Campground is typically open April-October. The High Knob Recreation Area campground opens in late May and closes in late September.

See page 63 for more info.

(Continued on Page 29)





ANDREW ALLI & JOSH SMALL, HIGH KNOB OUTDOOR FEST (JANA BRICKETT)



HIGH KNOB SUMMER ESCAPES

SHOP FRESH, SHOP LOCAL

The High Knob Region has several farmers markets. See Page 57 for more information on the Norton Friends and Farmers Market, Big Stone Gap Farmers Market, Wise Farmers Market, and Clinch River Farmers Market in St. Paul.

ENJOY THE SHOW

Searching for a way to enjoy the great outdoors and see a movie or staged drama? Be sure to visit the Central Drive-in Theatre just outside Norton. Or, travel to the town of Big Stone Gap for the Trail of the Lonesome Pine Outdoor Drama, the official outdoor drama in Virginia based on the novel Trail of the Lonesome Pine by John Fox Jr. *See Pages 48 & 54 for more information.*

MAKE A SPLASH

Explore the Clinch and Powell rivers or one of the region's lakes. Need gear or want a guided trip? *Check out the region's outfitters on Page 79.*

FALL FAVES

LET'S GET FESTIVE

The Clinch Coalition holds its annual High Knob Naturalist Rally in late September, offering educational experiences to explore the natural world of High Knob. Norton's Woodbooger Fest, held in October in Flag Rock Recreation Area, celebrates the Woodbooger, a mythical Bigfoot-like creature. Three other October festivals that celebrate the region's cultural offerings include the Wise County Famous Fall Fling in Wise, Blue Highway Fest in Big Stone Gap, and Home Craft Days at Mountain Empire Community College in Big Stone Gap. *See Page 55 for details.*

GO RUN

Five fall running races showcase the High Knob Region's natural wonders and communities. The City of Norton hosts the Mountain Fork Half Marathon in September followed by the High Knob Hellbender 10K in early October. Both races are part of the High Knob Triple Crown running series, which also includes the Fit Farmer 12K Trail Run in May. Also in October is the Cloudsplitter 100, an ultra-distance running race on High Knob. Two shorter road races include the Heart One Cardiac Rehab 5K during the Wise County Famous Fall Fling and the Lincoln Road Turkey Day 5K on Thanksgiving Day in downtown Norton. *See Page 55 for details.*

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WISE FALL FLING (BONNIE AKER)









HIGH KNOB FALL FAVES

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LEAF PEEPING

Drive the Thomas Jefferson Scenic Byway Loop. Stop by Flag Rock Overlook and High Knob Observation Tower for high elevation fall foliage views. Take a hike on the Flag Rock Area Trails system or Chief Bengé Scout Trail for close-ups of the changing leaves. See Pages 5-6 and visit www.explorenortonva.com for route details. *Note: The Thomas Jefferson Scenic Byway Loop includes gravel roads that might not be suitable for some vehicles. Some Forest Service roads are gated or impassable during winter months. Please contact the U.S. Forest Service's Clinch Ranger District, (276) 679-8370, for more details on Forest Road closures and conditions.*

GET LOST

Visit a High Knob Region cornmaze: Thomas' Black Bird Farm, LLC in Norton, Pungo Farms in Nickelsville, and Arrow B Ranch, LLC in Jonesville all have cornmazes. See Page 57 for details.

GO BIKE

Soak up the region's fall color on two wheels. Check out the Flag Rock Area Trails system in Norton for a singletrack adventure. Or, explore a rail-trail at the Guest River Gorge Trail in Coeburn and the Powell River Trail in Appalachia. If seeking higher elevation rides, check out the Mountain Fork and Maple Gap gravel rides (www.highlonesometrails.wordpress.com/category/gravel-rides/).



STATE ROUTE 619, HIGH KNOB

WINTER WONDERS

CATCH A SHOW

Check out a Crooked Road music venue. Country Cabin II in Norton is the descendent of the Country Cabin, a small one-room log and stone structure that was built in 1937-38 with the encouragement of local ballad singer and songwriter Kate O'Neil Peters Sturgill. Built in 2002, Country Cabin II sits across the road from its predecessor and hosts Saturday night concerts in addition to other events. Lays Hardware, located in Coeburn, is a former hardware store that hosts jam sessions every Thursday and bluegrass performances every Friday. Carter Fold, located in Scott County, celebrates the Carter family and has weekly Saturday night concerts. The property also has a museum with information about the Carter family and bluegrass music. *See Page 48 for more details about each venue.*

FIND SOME LOVE

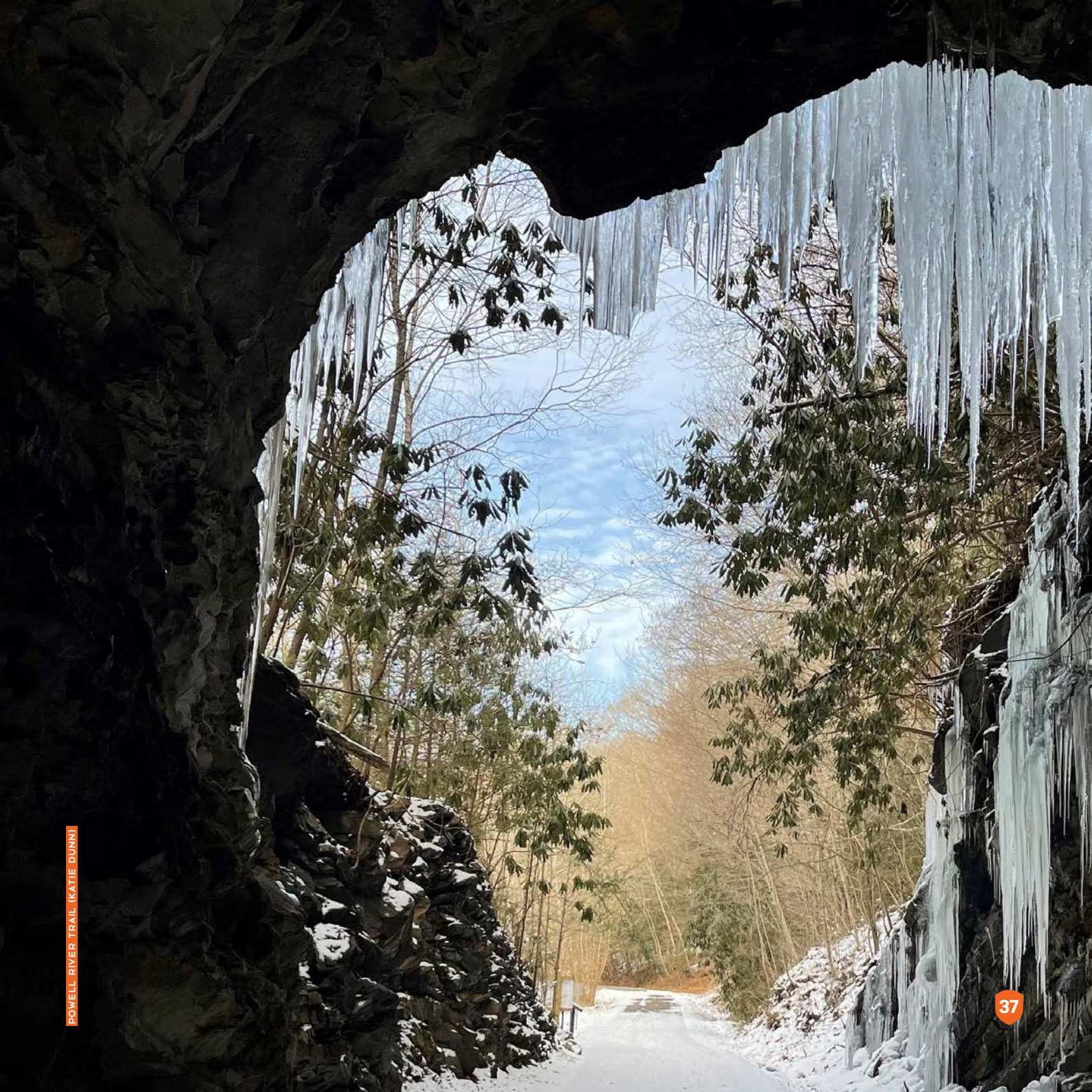
Visit the LOVEworks signs on display in the High Knob Region: Country Cabin II, Thomas' Black Bird Farm, and Kids Central Inc. in Norton, the Town of Coeburn, Town of Appalachia, Town of St. Paul/Western Front Hotel, Scott County, and Dickenson County Visitor Center. *See <https://www.virginia.org/love/> for details.*

TAKE THE PLUNGE

Check out the annual Polar Run and Plunge in Big Stone Gap. The event features a 5K obstacle race and polar plunge at the finish line. *See Page 51 for more information.*









HIGH KNOB WINTER WONDERS

TAKE A HIKE

Higher elevation hikes might not be as accessible during the winter months, but there are several lower elevation winter walks in the High Knob Region. See below suggestions and Page 65 for more information.

LEGION PARK TRAIL

1.4-miles (one-way). Trail climbs 800+ feet from Legion Park into Norton's Flag Rock Recreation Area. Part of the Flag Rock Area Trails system.

POWELL RIVER TRAIL

3.4 miles (round-trip). Paved rail-trail follows the Powell River. Highlights include two former trestles and two tunnels.

GREENBELT TRAIL

2.8 miles. Paved trail follows the Powell River and loops downtown Big Stone Gap.

CAMPUS TRAIL SYSTEM

(University of Virginia's College at Wise)

The college has several short trails on its campus.

GUEST RIVER GORGE TRAIL

5.5 miles (one-way). Rail-trail follows the Guest River through a deep gorge to its confluence with the Clinch River.

SUGAR HILL LOOP TRAIL

3.3-mile loop. Hike is in Clinch River State Park's St. Paul unit. Enjoy spectacular views as you walk through wooded areas, open fields, and along the Clinch River.

NATURAL TUNNEL STATE PARK

The park, located in Scott County, has seven hiking trails highlighting the park's unique features.

LAKE KEOKEE LOOP

3.7-mile loop. This Lee County trail circles the 92-acre Keokee Lake.

BARK CAMP LAKESHORE TRAIL

3.7-mile loop. The trail circles Bark Camp Lake in Bark Camp Recreation Area.

CRANESNEST TRAIL

3.5 miles (one-way). Gravel multi-use trail in Dickenson County.

WILDLIFE VIEWING

The High Knob Region is part of a global epicenter for biological diversity in the Central Appalachians. A variety of plant and wildlife species call the region home, including some found exclusively here. See descriptions of the Virginia Department of Wildlife Resources' Bird and Wildlife Trail loops below. Visit www.dwr.virginia.gov/vbwt for more information.

APPALACHIAN WONDERS

This loop offers ample opportunities to view a variety of bird species, flora, salamanders, insects, and mammals. Sites on the loop include the University of Virginia's College at Wise, Bear Creek (Wise) Reservoir, Guest River Gorge Trail, Little Stony National Recreation Trail, Bark Camp Lake, Glady Fork Wetland, High Knob Recreation Area, and Legion Park.

BIG STONE GAP LOOP

Several sites are within walking distance of downtown. Sites include Fraley Park, Southwest Virginia Museum State Park, Bullitt Park/Greenbelt Trail, Roaring Branch, and Keokee Lake.

DANIEL BOONE LOOP

Sites on this loop comprise the most western section of the Virginia Bird and Wildlife Trail. Some stops on the loop include Natural Tunnel State Park, Daniel Boone Trail, Wilderness Road State Park and Cumberland Gap National Historical Park.

LONESOME PINE LOOP

Many sites on this loop are located on the Pound River or along waterways that join the Pound River. Some stops on the loop include Breaks Interstate Park, John W. Flannagan Reservoir, Birch Knob, Cranesnest Trail, and North Fork of the Pound.

SAINT PAUL LOOP

Several rare and endangered species live along this loop, including the Eastern Hellbender. Some sites include Oxbow Lake Park, Sugar Hill Loop Trail, Wetlands Estonoa, and A.R. Matthews Memorial Park.



TIMBER RATTLESNAKE (WALLY SMITH)



BLACK BEAR (STOCK IMAGE)



PINK LADY'S SLIPPER (WALLY SMITH)



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HIGH KNOB RESTAURANTS

See below websites for community restaurant lists.

CITY OF NORTON

www.explorenortonva.com

WISE COUNTY

www.visitwisecounty.com

Appalachia, Big Stone Gap, Coeburn, Pound, St. Paul, & Wise

SCOTT COUNTY

www.explorescottcountyva.org

Duffield, Dungannon, Gate City, Weber City

LEE COUNTY

www.ilovelee.org

Jonesville and Pennington Gap





HIGH KNOB CULTURE

GALLERIES, MUSEUMS, & MORE

APPALACHIAN AFRICAN-AMERICAN CULTURAL CENTER

The center's mission includes collecting, preserving, and sharing the life stories, history, contributions, culture, and heritage of Black people in far Southwest Virginia and the broader Appalachian region.

230 N. Leona St., Pennington Gap, VA 24277
www.aaaculturalcenter.org

APPALACHIA CULTURAL ARTS CENTER

Venue offers a variety of events, including open mic nights, plays, music, arts and crafts, and more.

320 W. Main Street, Appalachia
(276) 565-1049 / [f @appalachiaculturalartscenter](https://www.facebook.com/appalachiaculturalartscenter)

CHARLES W. HARRIS GALLERY

The gallery, in partnership with Pro-Art Association and the Virginia Museum of Fine Arts, shows local, regional, national and international artists' work.

Wise County Public Library
124 Library Road SW, Wise
(276) 328-1251 / www.charlesharrisgallery.org

DANIEL BOONE WILDERNESS TRAIL INTERPRETIVE CENTER

Satellite location of Natural Tunnel State Park. Provides information about the important role of the Wilderness Road in America's westward expansion.

371 Technology Trail Lane, Duffield
(276) 431-0104
www.dcr.virginia.gov/state-parks/daniel-boone-center

HENRY MEADOR JR. COAL MUSEUM

Highlights the coal industry and region's coal heritage.
570 Shawnee Ave. E, Big Stone Gap
(276) 523-9209 / www.bigstonegap.com

(Continued on Page 47)







SOUTHWEST VIRGINIA MUSEUM (KED MEADE)

GALLERIES, MUSEUMS, & MORE

JOHN FOX JR. MUSEUM

This Virginia Historic Landmark is a museum and memorial to the Fox family. Built in 1888, it was the home of John Fox Jr., author of *The Trail of the Lonesome Pine*.

117 Shawnee Ave. E, Big Stone Gap
(276) 870-2604 / www.bigstonegap.com

JUNE TOLLIVER HOUSE

The house, which is on the Virginia and National Historic Landmark Registers, features antiques, paintings donated by local artists, and an historic photo archive.

522 Clinton Ave. E, Big Stone Gap
(276) 523-4707 / www.junetolliverhouse.com

LONESOME PINE SCHOOL AND HERITAGE CENTER

Highlights the history of Wise County and other local schools.
511 Clinton Ave., Big Stone Gap
(276) 523-1111 / www.lpshc.org

RALPH STANLEY MUSEUM

The Ralph Stanley Museum and Traditional Mountain Music Center highlights the life and music of Dr. Ralph Stanley and the history of traditional mountain music.

249 Main Street, Clintwood
(276) 926-8550 / www.ralphstanleymuseum.com

SOUTHWEST VIRGINIA MUSEUM

A National Historic Landmark, the museum is an 1890s Victorian mansion that has more than 60,000 pieces and exhibits that highlight the exploration and development of Southwest Virginia from the pioneer era of the 1700s to the mining "boom and bust" era of the late 1800s.

10 West First St., Big Stone Gap / (276) 523-1322
dcr.virginia.gov/state-parks/southwest-virginia-museum

MUSIC VENUES & THEATRES

See www.thecrookedroadva.com for more music venues.

CARTER FAMILY FOLD

This Crooked Road venue has weekly concerts on Saturday nights and celebrates the Carter family.

3449 A.P. Carter Hwy., Hiltons
(276) 594-0676 / www.carterfamilyfold.org

CENTRAL DRIVE-IN

This drive-in movie theatre, located between the City of Norton and the town of Appalachia, has been in operation since 1952.

5113 Kent Junction Rd., Norton / (276) 219-5758
www.nortoncinema.com/central-drive-in-norton/

COUNTRY CABIN II

This Crooked Road music venue has Saturday night concerts featuring bluegrass, country, and old-time music.

6034 Kent Junction Rd., Norton
(276) 679-3541

LAYS HARDWARE CENTER FOR THE ARTS

This Crooked Road venue has weekly jam sessions Thursday nights and bluegrass concerts Friday nights.

409 Front St. E, Coeburn
(276) 807-7039 / [@LaysHardwareCenterForTheArts](https://www.facebook.com/LaysHardwareCenterForTheArts)

LEE THEATRE

This 500-seat historic theatre offers a variety of entertainment, including movies, plays, and live music.

41676 W. Morgan Ave., Pennington Gap
(276) 546-4000 / www.leetheatre.org

LYRIC THEATRE

Historic theatre has a variety of entertainment and live shows.
16620 Broad St., St. Paul

(276) 455-1667
<https://sites.google.com/view/thelyricstpaul/>

PARK AVENUE THEATRE

Vintage theatre in downtown Norton shows classic movies and hosts other entertainment.

722 Park Ave. NW, Norton
(276) 328-4917 / www.parkavenuetheater.com

(Continued on Page 49)



OTHER LANDMARKS

CREATION KINGDOM ZOO

Located in Scott County, the zoo has more than 200 animals from around the world.

1692 Snowflake Road, Gate City

(276) 479-1910 / www.creationkingdomzoo.com

THOMAS JEFFERSON SCENIC BYWAY LOOP

This 40+ mile driving route travels by several of the High Knob Region's recreation sites, attractions, and scenic views.

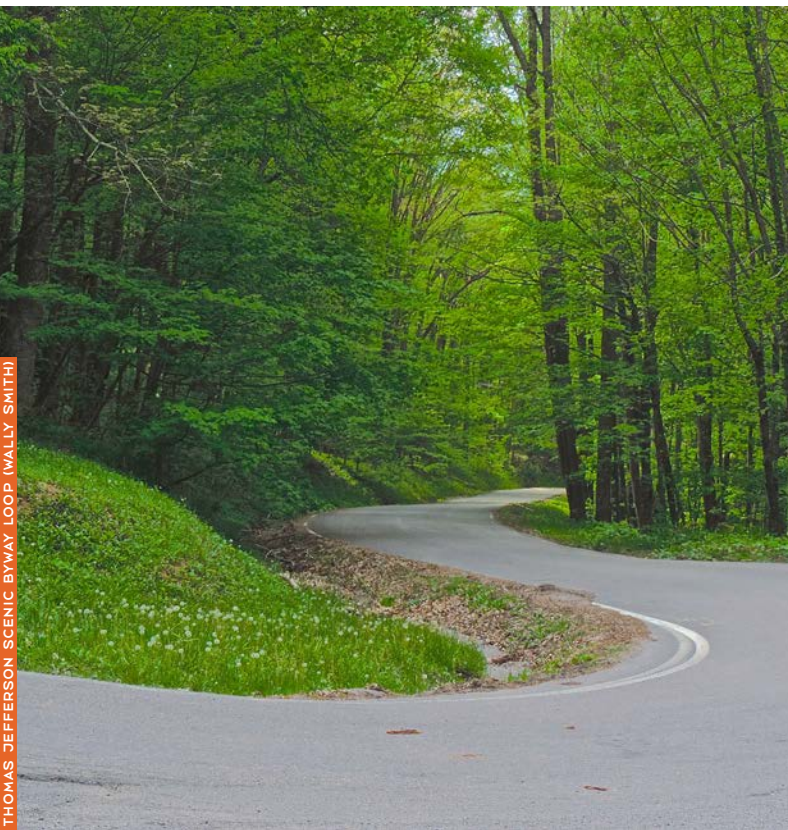
www.explorenortonva.com

TRAIL OF THE LONESOME PINE OUTDOOR DRAMA

This play, based on the novel by John Fox Jr., is the Official Outdoor Drama of Virginia and one of the longest running outdoor dramas in the country.

518 Clinton Ave. E, Big Stone Gap

www.trailofthelonesomepine.com



THOMAS JEFFERSON SCENIC BYWAY LOOP (WALLY SMITH)





FESTIVALS & EVENTS

This is not a comprehensive list of High Knob Region events. Please see county and city websites (pages 9-12) and the Heart of Appalachia Tourism Authority website (www.heartofappalachia.com) for more festivals and events.

FEBRUARY

POLAR RUN & PLUNGE

This 5K run travels the Big Stone Gap Greenbelt and ends with an icy water plunge.
www.bigstonegap.com

APRIL

RUN THE TUNNEL

This 3.8-mile road/trail race is held in Natural Tunnel State Park.
www.runtricity.org

UNION HALF MARATHON

This 13.1-mile road race travels through the towns of Big Stone Gap and Appalachia.
www.bigstonegap.com

MAY

DR. RALPH STANLEY HILLS OF HOME FESTIVAL

Started by the late Dr. Ralph Stanley. Celebrates old-time bluegrass music. Festival is held in McClure.
www.dralphstanleyfestival.com

FIT FARMER 12K TRAIL RUN

7.5-mile trail race held on the City of Norton's Flag Rock Area Trails. Part of the High Knob Triple Crown running series.
www.fitfarmertrailrun.wordpress.com

(Continued on Page 53)







WISE COUNTY FAMOUS FALL FLING (BONNIE AKER)

MAY

GATHERING IN THE GAP MUSIC FESTIVAL

Celebrates traditions of old-time, bluegrass, blues, and Americana music in Southwest Virginia. Held in Big Stone Gap.
www.gatheringinthegap.org

PINE MOUNTAIN NATURALIST RALLY

The Virginia Master Naturalists' High Knob Chapter hosts this celebration of Pine Mountain.
<https://vmnhighknob.wixsite.com/vmnhighknob>

JUNE

BEST FRIEND FESTIVAL

Weeklong summer festival held in downtown Norton.
f @bestfriendfestival

CLINCH RIVER DAYS

This St. Paul festival celebrates mountain heritage and the Clinch River.
www.clinchrivervest.com

HIGH KNOB MUSIC FESTIVAL

Daylong music festival at High Knob Recreation Area.
f @highknobmusicfestival

VIRGINIA KENTUCKY DISTRICT FAIR

More than 100-year-old festival held in Wise County.
www.vakyfair.com

JULY

CHILLIN' & GRILLIN' IN THE GLADES

State championship barbecue contest and music festival in downtown Wise.
www.chillinandgrillinintheglades.com

TRAIL OF THE LONESOME PINE OUTDOOR DRAMA

Official outdoor drama of Virginia. Shows held in July and August. Theatre in downtown Big Stone Gap.
www.trailofthelonesomepine.com

AUGUST

COAL RAILROAD DAYS

Festival celebrates the town of Appalachia's heritage.
f @coalrailroaddays

HIGH KNOB OUTDOOR FEST

Celebrates the High Knob Region's non-motorized outdoor recreation opportunities. Event features outdoor trips and a downtown festival in Norton with live music and more.
www.highknoboutdoorfest.com

GUEST RIVER RALLY BICYCLE RIDE

40-mile road ride through the Town of Coeburn/Wise County.
www.bikereg.com

SEPTEMBER

BENGE'S REVENGE BIKE RACE

Road race (25- and 75-mile routes) through the City of Norton and Wise and Lee counties.
www.bengesrevenge.com

TOUR DE CRACKERS NECK

Bike race (26- and 36-mile routes) in Big Stone Gap.
www.bigstonegap.com

(Continued on Page 55)



SEPTEMBER CONT.

THE GRIZZLY

Three-mile obstacle race in Big Stone Gap.
www.bigstonegap.com

GUEST RIVER RALLY

Downtown Coeburn festival with food, music, and more.
f @guestriverrally

HIGH KNOB NATURALIST RALLY

Guided naturalist hikes and presentations at High Knob Recreation Area. Hosted by The Clinch Coalition.
www.clinchcoalition.org

MOUNTAIN FORK HALF MARATHON

13.6-mile gravel road running race through the Jefferson National Forest. Part of High Knob Triple Crown.
<https://www.mountainforkhalf.wix.com/mtnforkhalf>

OCTOBER

BLUE HIGHWAY FEST

Music festival celebrating the rich heritage of bluegrass and roots music, food and culture.
www.bluehighwayfest.com

CLOUDSPLITTER 100

Ultramarathon travels trails in the City of Norton and on High Knob. Distances: 25-, 50-, 100-kilometers and 100 miles.
www.cloudsplitter100.com

HIGH KNOB HELLBENDER 10K

Running race climbs more than 2,000 feet from downtown Norton to High Knob summit. Part of High Knob Triple Crown.
www.highknobhellbender.wordpress.com

HOME CRAFT DAYS

Weekend festival in Big Stone Gap. Celebrates Appalachian heritage with live music, craft vendors, and demonstrations.
www.homecraftdays.org

OCTOBER CONT.

LEE COUNTY TOBACCO FESTIVAL

Held in Pennington Gap, the festival began in 1949 to celebrate the harvest of the area's tobacco crop. It is the longest running tobacco festival in Virginia and is Lee County's oldest parade.
www.leecountytobaccofestival.org

RED FOX STORYTELLING FESTIVAL

Festival includes professional storytelling, music, a street dance, and trail race on Pine Mountain.
www.appalshop.org

WISE COUNTY FAMOUS FALL FLING

Fall festival held in downtown Wise. Celebrates mountain life with music, arts, and crafts.
www.wisefallfling.com

WOODBARGER FEST

Fall festival celebrates the Woodbooger and is held in the City of Norton's Flag Rock Recreation Area.
www.woodboogerfest.com

NOVEMBER

LINCOLN ROAD TURKEY DAY 5K

Annual Thanksgiving Day 5K in downtown Norton.
f @LRTurkeyDay5K

OWBOW ULTRA

Ultramarathon in Clinch River State Park in St. Paul. Runners travel a 5-mile course for 6-, 12-, or 24 hours.
f @OxbowUltra2.0/





FARMERSMARKETS

FARMERS MARKETS

Shop fresh and shop local at these High Knob Region farmers markets.

NORTON FRIENDS & FARMERS MARKET

Held Tuesdays, June-September, from 4-6 p.m. at the Norton Expo Center, 115 8th St. SW, Norton. Fresh produce, baked goods, dairy products, and crafts.
www.nortonva.gov/farmersmarket

BIG STONE GAP FARMERS MARKET

Held Thursdays, May-October, from 4-7 p.m. at the Big Stone Gap Visitor Center, 306 Wood Ave. E.
www.bigstonegap.com

CLINCH RIVER FARMERS MARKET

Held Saturdays, May-October, in St. Paul from 8 a.m.-noon. During the summer months, the market is also held from 2-5 p.m. on Wednesdays. A winter market is also held one Saturday per month.
www.stpaulva.org

WISE FARMERS MARKET

Held Thursdays, June-September, from 5-7 p.m. at the Town of Wise's Big Glades Community Square, 309 E. Main Street.
www.townofwise.net

FARMS VISITS

Visit these High Knob Region farms for fresh produce and more agricultural adventures.

THOMAS' BLACK BIRD FARM

Local produce, LOVEworks sign and fall corn maze.
7614 Wells Road, Norton
(276) 219-8062 / [f @Thomas' Black Bird Farm, LLC](https://www.facebook.com/ThomasBlackBirdFarm)

MANN FARMS

Local produce sales. Open daily from 7 a.m.-7 p.m, May-October.
(276) 995-1000
11005 Veteran's Memorial Parkway, Ft. Blackmore
www.explorescottcountyva.org

PUNGO FARMS

Farm experiences for all ages. Sept. 1-Oct. 31.
209 Pungo Dr., Nickelsville
(276) 479-3809 / www.pungofarms.com

VALLEY CREEK FARMS

Specializes in honey bees, non-GMO produce, grains, chickens, and eggs.
1146 Valley Creek Rd., Nickelsville
(276) 479-3511 / www.explorescottcountva.org

ZIEGENWALD DAIRY

Farm offers camembert, chevre, colby, feta, and mozzarella style goat cheeses.
1738 Possum Creek Rd., Yuma / (276) 386-2419

ARROW B RANCH, LLC

Corn maze and pumpkin patch. Open September & October.
2585 Flanary Bridge Rd., Jonesville
[f @myarrowb](https://www.facebook.com/myarrowb)





NORTON FARMERS MARKET (WILL BOUTON)

OUTDOOR ACTIVITIES

The High Knob Region has an abundance of recreation activities. See below for a few popular activities. See Pages 63-70 for more details.

PADDLING & FISHING

The High Knob Region has seven lakes and two rivers to paddle and fish. Several of the region's lakes are state-stocked fisheries and several streams are special regulation catch-and-release waters.



NORTON RESERVOIR (JASON WAMSLEY)

HIKING & TRAIL RUNNING

The High Knob Region has more than 100 miles of non-motorized recreational trails that highlight the region's scenic vistas, waterways, and diverse ecosystems. Check out the High Lonesome Trails: Hiking Virginia's High Knob Region hiking guide for more information. Also visit www.highlonesometrails.wordpress.com.



HIGH KNOB (KATIE DUNN)

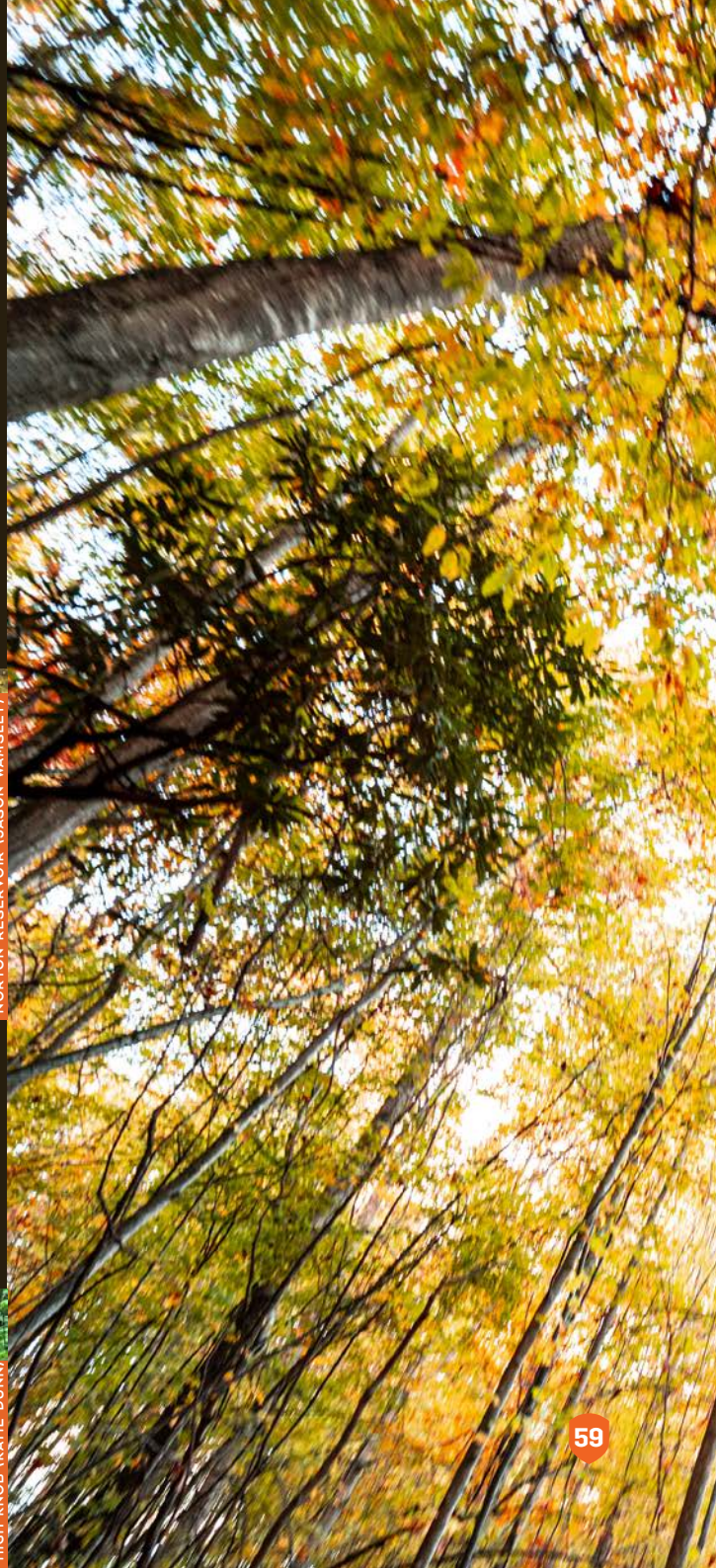




PHOTO BY JESSE CHEERS

HORSEBACK RIDING

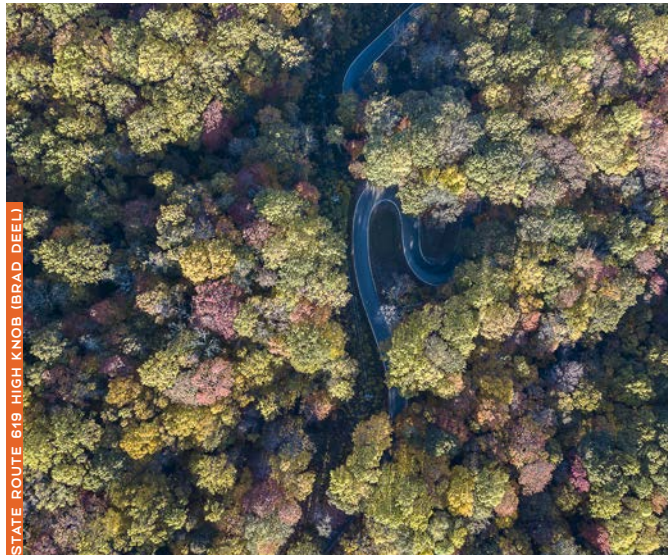
Several area trails are open to horseback riding and numerous gravel roads offer additional routes. See the Scott County Regional Horse Association (www.schorse.org) and U.S. Forest Service's website (<https://www.fs.usda.gov/gwj>) for more details on trails open to horseback riding.



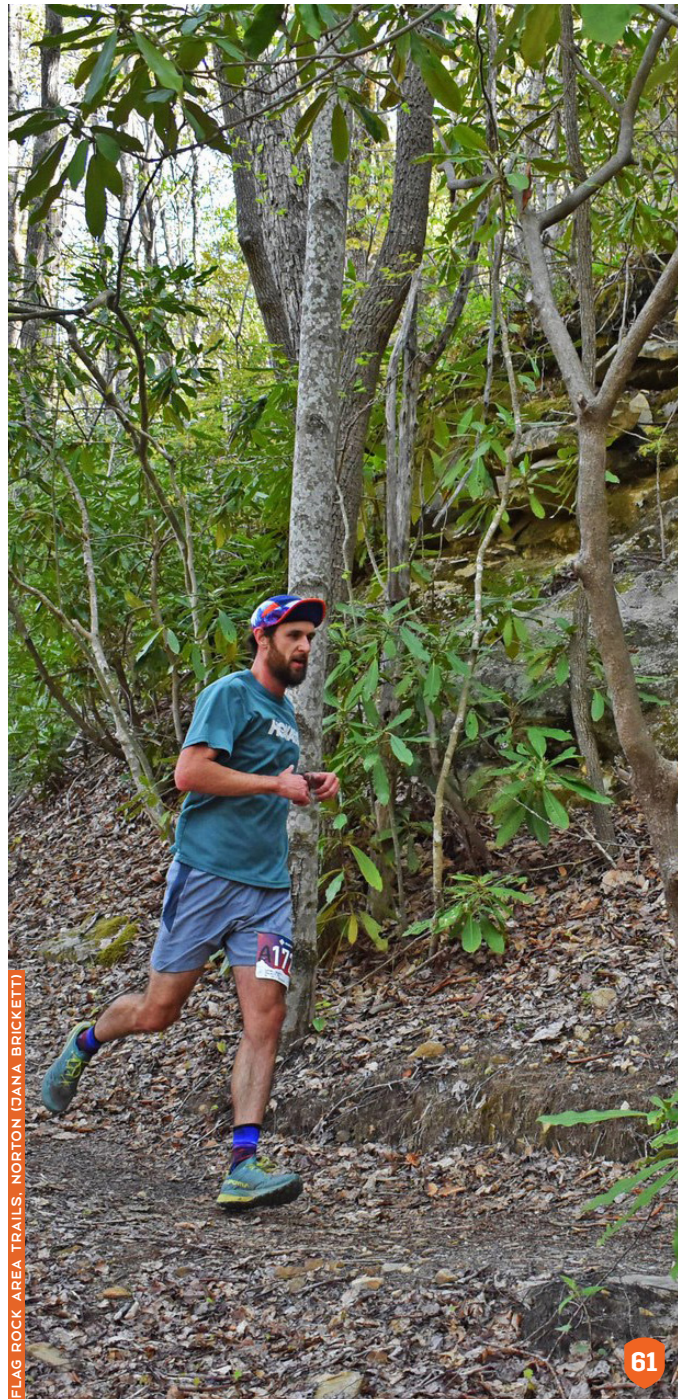
HORSEBACK RIDERS, SCOTT COUNTY (PAM COX)

MOTORIZED TOURING

Explore the region's back roads on your motorcycle. Several established routes exist in the region. Check out www.appalachianbackroads.com for routes and more information. The region is also home to a couple ATV trail systems operated by the Southwest Regional Recreation Authority. See www.spearheadtrails.com for more information.



STATE ROUTE 649 HIGH KNOB (BRAD DEEL)



FLAG ROCK AREA TRAILS, NORTON (JANA BRICKETT)

CYCLING

Whether seeking road, gravel, or trail, the region offers challenging rides paired with gorgeous scenery. Check out the Flag Rock Area Trails system (www.explorenortonva.com) for a singletrack adventure. The region's gravel roads network also offer challenging rides. Visit High Lonesome Trails (www.highlonesometrails.wordpress.com/category/gravel-rides/) for a few options. Also check out Scott County's website (www.explorescottcountyva.org) for a few road cycling options. See Pages 51-56 for regional cycling events.



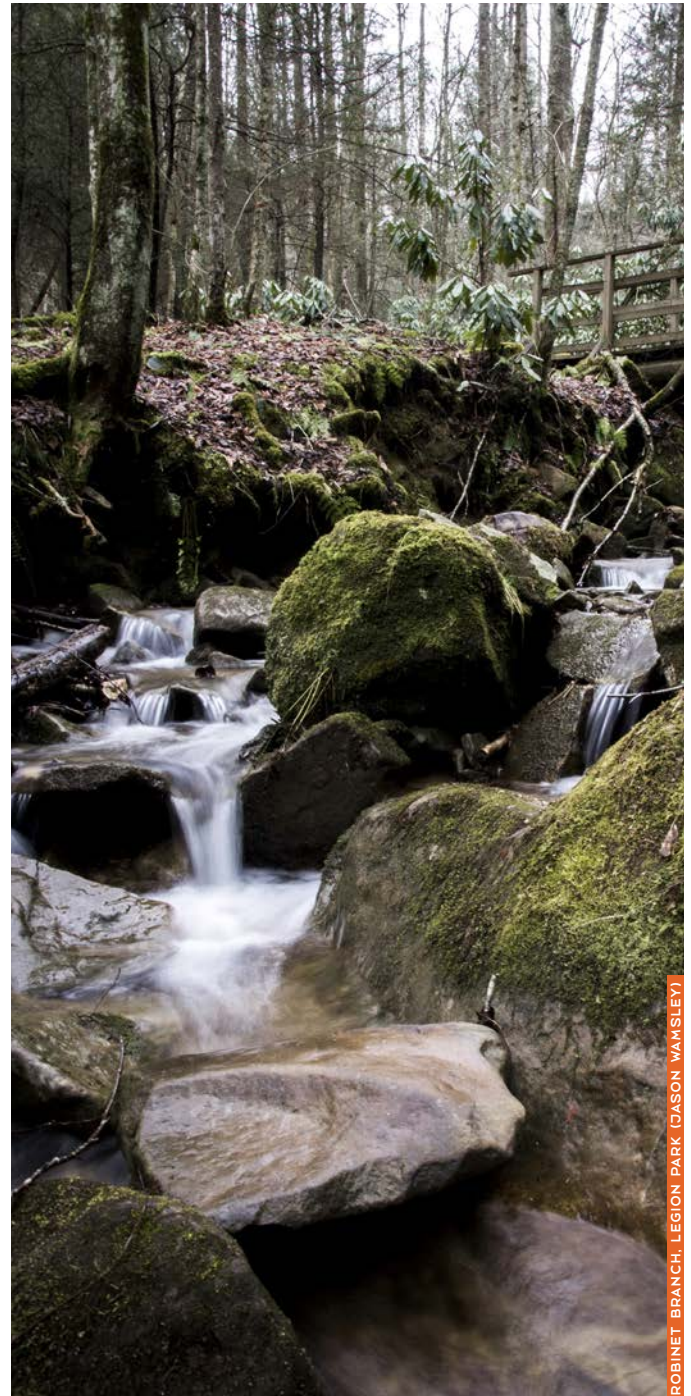
CYCLISTS IN SCOTT COUNTY (PAM COX)

ROCK CLIMBING & BOULDERING

Climbing and bouldering routes are available at several sites across the region, including Flag Rock Recreation, Breaks Interstate Park, and the Guest River Gorge. Check out the Central Appalachia Climbers Coalition's website, www.climbcentralappalachia.com, for details.



CLIMBER AT THE LABYRINTH (JESSE CHEERS)



ROBINET BRANCH, LEGION PARK (JASON WANSLEY)

RECREATION SITES

HIGH KNOB REGION PARKS

BARK CAMP RECREATION AREA

U.S. Forest Service site. Campground, 45-acre lake (state-stocked trout fishery), hiking trails and picnic areas. \$3 day use fee.
<https://www.fs.usda.gov/gwj> (Clinch Ranger District)

BREAKS INTERSTATE PARK

Located on the Virginia/Kentucky border. Scenic vistas, hiking trails, picnic areas, camping, cabins, lodge/restaurant, fishing, rock climbing, and more.
www.breakspark.com

CAVE SPRINGS RECREATION AREA

U.S. Forest Service site. Campground and hiking. \$3 day use fee. Please check U.S. Forest Service website for status of this site.
<https://www.fs.usda.gov/gwj> (Clinch Ranger District)

CLINCH RIVER STATE PARK

The state park is still under development, but the Sugar Hill unit is open and offers hiking, biking, and fishing opportunities.
www.dcr.virginia.gov/state-parks/clinch-river

CUMBERLAND GAP NATIONAL HISTORICAL PARK

Highlights Cumberland Gap, the first great gateway to the West. Hiking trails, guided cave tours, historic Hensley Settlement tours, scenic vistas, camping.
<https://www.nps.gov/cuga/index.htm>

FLAG ROCK RECREATION AREA

City of Norton park. Scenic overlooks, hiking and mountain biking trails, a campground, picnic shelters, and state-stocked trout fishery.
www.explorenortonva.com

(Continued on Page 65)





HIGH KNOB REGION PARKS

HIGH KNOB RECREATION AREA

U.S. Forest Service site. 4-acre lake, campground, hiking trails, picnic area. \$5 day use fee.

<https://www.fs.usda.gov/gwj> (Clinch Ranger District)

NATURAL TUNNEL STATE PARK

Park features include a campground, lodge, yurts, picnic areas, chairlift to the tunnel floor, cave and tunnel tours, canoe trips on the Clinch River, hiking trails, and more. \$5 entrance fee.

www.dcr.virginia.gov/state-parks/natural-tunnel

HIGH KNOB TRAILS

The High Knob Region has more than 100 miles of non-motorized recreational trails.

CHIEF BENGE SCOUT TRAIL

15.6 miles. Travels from High Knob Observation Tower in Wise County to Little Stony National Recreation Trail in Scott County.

<https://www.fs.usda.gov/gwj> (Clinch Ranger District)

CRANESNEST TRAIL

3.5 miles (one-way). Gravel trail in Dickenson County that follows the Cranesnest River.

<https://highlonesometrails.wordpress.com>

DEVIL'S FORK TRAIL

6.9 miles. This popular hiking trail, located in Scott County, is a strenuous loop that includes the Devil's Bathtub landmark. Trail has technical terrain and multiple stream crossings.

<https://www.fs.usda.gov/gwj> (Clinch Ranger District)

FLAG ROCK AREA TRAILS

10+ miles. Trail system in Norton's Flag Rock Recreation Area for mountain biking and foot traffic.

www.explorenortonva.com

GUEST RIVER GORGE TRAIL

5.5 miles. Gravel rail-trail follows the Guest River.

<https://www.fs.usda.gov/gwj> (Clinch Ranger District)

HIGH KNOB TRAIL

33 miles. Trail travels through Wise and Scott counties and is a combination of roads and trails.

<https://www.fs.usda.gov/gwj> (Clinch Ranger District)

HIGH KNOB TRAILS CONT.

LAUREL FORK TRAIL

1.4 miles (one-way). Hike travels along the shores of the North Fork of the Pound Reservoir.

<https://www.fs.usda.gov> (Clinch Ranger District)

LITTLE STONY NATIONAL RECREATION TRAIL

3 miles (one-way). This hike, located in Scott County, follows Little Stony Creek and passes several waterfalls, including Little Stony Falls.

<https://www.fs.usda.gov/gwj> (Clinch Ranger District)

PINE MOUNTAIN STATE SCENIC TRAIL

This trail, a linear state park, is still under development and will eventually span 120 miles from Breaks Interstate Park to Cumberland Gap National Historical Park.

www.pinemountainstatescenictrail.com

POWELL RIVER TRAIL

3.4 miles (round-trip). This paved rail-trail follows the Powell River and travels the abandoned L&N Railroad line.

www.visitwisecounty.com/list/powell-river-trail/

RED FOX TRAIL

1.15 miles (one-way). This trail, located on Pine Mountain, travels the historic Fincastle Road.

<https://www.fs.usda.gov/gwj> (Clinch Ranger District)

STONE MOUNTAIN TRAIL

14.3-miles. Trail can be accessed just outside downtown Big Stone Gap or at Cave Springs Recreation Area in Lee County. Parts of trail pass through the Stone Mountain Wilderness.

<https://www.fs.usda.gov/gwj> (Clinch Ranger District)





HIGH KNOB REGION WATERS

The High Knob Region has numerous rivers, streams, and lakes for paddling and fishing. See highlighted sites below. Visit the Virginia Department of Wildlife Resources' (DWR) website (www.dwr.virginia.gov/fishing/) for more information. Some sites require state and federal fishing permits.

BARK CAMP LAKE

45-acre lake, Scott County. State stocked trout fishery. Managed by Virginia Department of Wildlife Resources. Located in Bark Camp Recreation Area (managed by U.S. Forest Service). The recreation area has a campground and hiking trails. \$3 day use fee. Fish species: Largemouth bass, bluegill/sunfish, catfish, and crappie. www.dwr.virginia.gov/fishing/

BEAR CREEK (WISE) RESERVOIR

26.3-acre lake, Town of Wise, this state stocked trout fishery is open to fishing and nonmotorized boating. Fish species include rainbow trout, largemouth bass, and bluegill/sunfish. www.townofwise.net

BIG CHERRY RESERVOIR

250-acre lake, Big Stone Gap. Paddling, fishing, and hiking. Fish species: Bass, trout, and muskie. www.bigstonegap.com

BIG STONEY CREEK (MOUNTAIN FORK)

Special regulation trout water. Catch and release. Includes portion of Big Stoney Creek (Mountain Fork) and its tributaries in the Jefferson National Forest from the outlet of High Knob Lake downstream to the confluence of Chimney Rock Fork and Big Stoney Creek. www.dwr.virginia.gov/fishing/

CLEAR CREEK

Stocked with rainbow trout three times a year between Oct. 1 and April 30. www.dwr.virginia.gov/fishing/

CLINCH RIVER

The Clinch River travels some 135 miles through Virginia from Tazewell County to the Tennessee state line. There are multiple river access points for boating and fishing. www.dwr.virginia.gov/fishing/

FLANNAGAN RESERVOIR

1,143-acre impoundment, Dickenson County. Variety of sportfish species. www.dwr.virginia.gov/fishing/

HIGH KNOB LAKE

4-acre lake, High Knob Recreation Area. Operated by U.S. Forest Service. Open to fishing and paddling. Fish species: Brook trout, largemouth bass, and bluegill/sunfish. <https://www.fs.usda.gov/gwj> (Clinch Ranger District)

KEOKEE LAKE

92-acre lake, Lee County. State stocked fishery managed by Virginia Department of Wildlife Resources. Day use area managed by U.S. Forest Service. Fishing, picnicking, and hiking. Fish species: Largemouth bass, bluegill, redear sunfish, and channel catfish. www.dwr.virginia.gov/fishing/

LITTLE STONY CREEK

Special regulation trout water. Catch and release. Includes a portion of Little Stony Creek and its tributaries in the Jefferson National Forest from the Falls of Little Stony downstream to a sign posted at Hanging Rock Day Use Area. www.dwr.virginia.gov/fishing/

NORTH FORK POUND RESERVOIR

154-acre lake open to fishing and boating. Several recreation areas offer access to the lake and various amenities. Fish species: Largemouth, smallmouth, and spotted bass, black and white crappie, channel and flathead catfish, and carp. www.dwr.virginia.gov/fishing/

NORTON RESERVOIRS

The City of Norton has two reservoirs in Flag Rock Recreation Area. The 9.8-acre Upper Reservoir is a state stocked trout fishery. Other fish species present include largemouth bass, catfish, and bluegill/sunfish. Kayaks/canoes and electric motor boats are allowed on the Upper Reservoir. <http://www.nortonva.gov/gofish>

POUND RIVER

This special regulation trout fishery offers opportunities to catch brown trout. www.dwr.virginia.gov/fishing/

POWELL RIVER

Numerous fishing opportunities available along the river's approximate 80-mile journey through Wise and Lee counties. www.dwr.virginia.gov/fishing/



HIGH KNOB REGION VISTAS

FLAG ROCK OVERLOOK

A short gravel path from a parking area in Flag Rock Recreation Area leads to a rock outcrop that offers views of Flag Rock, downtown Norton, and surrounding mountains.

<https://southwestvirginiacsi.wixsite.com/flagrock>

HIGH KNOB TOWER

Stands atop the 4,200-foot High Knob summit. Five states are visible from the tower platform, including Kentucky, Tennessee, Virginia, North Carolina, and West Virginia. A 0.25-mile paved path leads to the tower platform and is wheelchair accessible.

<https://southwestvirginiacsi.wixsite.com/highknob>

POWELL VALLEY OVERLOOK

This roadside overlook has views of the valley between Powell and Little Stone Mountains. The paved path to the overlook is handicap accessible. www.visitwisecounty.com

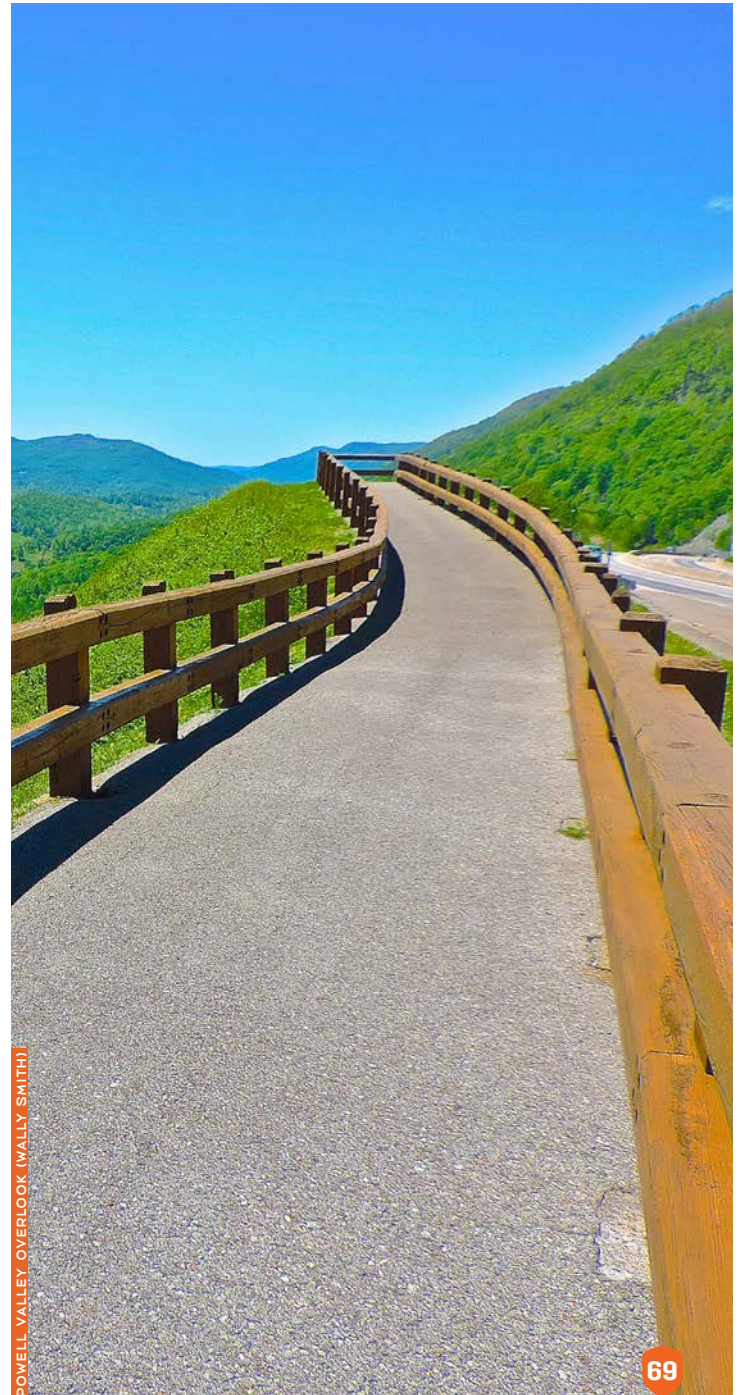
BIRCH KNOB OBSERVATION SITE

Enjoy views from Virginia into Kentucky, West Virginia, North Carolina and Tennessee from the tower platform. There is also access to the Pine Mountain Trail available. The site is normally open late March to late December.

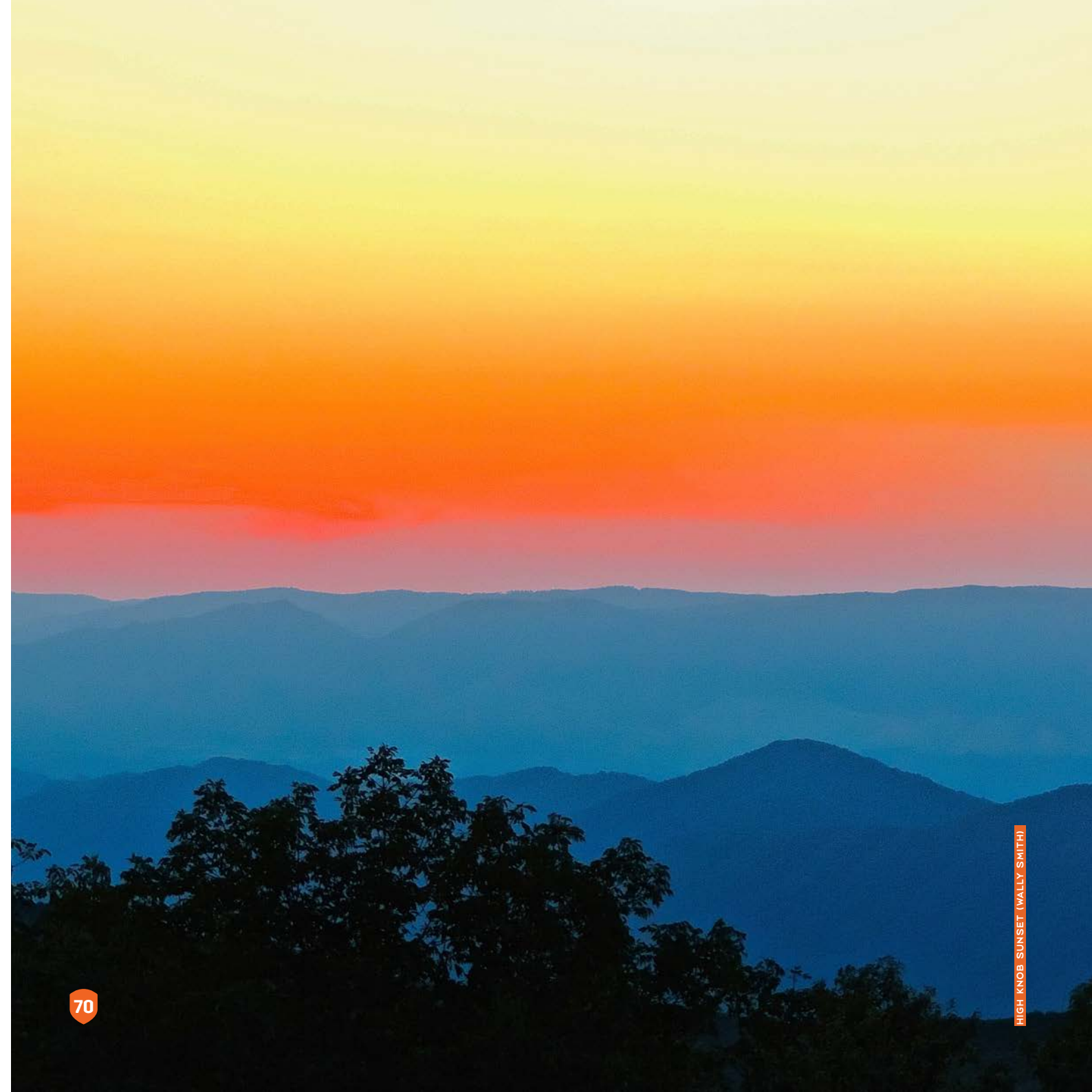
<https://www.fs.usda.gov/gwj> (Clinch Ranger District)



FLAG ROCK OVERLOOK (KATIE DUNN)



POWELL VALLEY OVERLOOK (WALLY SMITH)



HIGH KNOB LODGING

CAMPGROUNDS

BARK CAMP RECREATION AREA

U.S. Forest Service campground. 23 sites. (Scott County)
<https://www.fs.usda.gov/gwj> (Clinch Ranger District)

CAVE SPRINGS CAMPGROUND

U.S. Forest Service campground. 37 sites. Check with U.S. Forest Service for status of this site. (Lee County)
<https://www.fs.usda.gov/gwj> (Clinch Ranger District)

HIGH KNOB RECREATION AREA

U.S. Forest Service campground. 13 sites. (Wise County)
<https://www.fs.usda.gov/gwj> (Clinch Ranger District)

FLAG ROCK CAMPGROUND

City of Norton campground. 18 sites. (City of Norton)
www.explorenortonva.com

NATURAL TUNNEL STATE PARK

Cabins, yurts, lodge, two campgrounds. (Scott County)
www.dcr.virginia.gov/state-parks/natural-tunnel

CLINCH RIVER FAMILY CAMPGROUND

Private campground, Duffield. (Scott County)
www.campclinch.com

CLINCH RIVER LIFE

Private campground, Duffield. (Scott County)
www.clinchriverlife.com

DEVIL'S FORK CAMPGROUND

Private campground, Dungannon. (Scott County)
www.devilsforkcampground.com

JESSIE LEA CAMPGROUND/RV PARK

Private campground, Big Stone Gap. (Wise County)
www.jessielearv.com

Continued on Page 73





CAMPGROUNDS CONT.

SQUATCHY ADVENTURES

Private campground, Duffield.
www.squatchyadventures.com

WILDERNESS ROAD CAMPGROUND

Cumberland Gap National Historical Park. 154 sites.
<https://www.nps.gov/cuga>

LEEMAN FIELD RV PARK & CAMPGROUND

Located in Pennington Gap. 21 sites.
www.facebook.com/WelcometoPenningtonGapVA/

HOTELS

BEST WESTERN

124 Woodland Dr. SW, Wise / (276) 328-3500

COUNTRY INN MOTEL & RV PARK

627 Gilley Ave., Big Stone Gap
(276) 523-0374 / www.bigstonegap.com

DAYS INN

375 Wharton Lane, Norton / (276) 679-5340

ECONO LODGE INN & SUITES

551 Highway 58 E, Norton / (276) 679-7000

INN AT WISE

110 East Main St., Wise
(276) 321-7600 / www.innatwise.com

QUALITY INN & SUITES

4609 Aerial Way, Big Stone Gap / (276) 523-5911

SUPER 8 MOTEL

425 Wharton Lane NE, Norton / (276) 207-8833

WESTERN FRONT HOTEL

3025 Fourth Ave., St. Paul
(276) 738-3040 / www.westernfronthotel.com

ALTERNATIVE LODGING

AIRBNB

Several High Knob Region rental properties are on Airbnb
(www.airbnb.com).

APPALACHIAN MOUNTAIN CABINS

126 Appalachian Dr., Duffield
(276) 940-1155 / www.amcabins.com

BOONE'S POINTE CABINS

(423) 360-2947 OR (276) 494-1077
www.explorescottcountyva.org

CLINCH RIVER ECOLOGICAL EDUCATION CENTER

Dedicated overnight or day use facility for groups or students
visiting Southwest Virginia to study or provide service.
16620 E. Riverside Dr., St. Paul / (276) 762-5058
www.oxbowcenter.com

ESTILLVILLE BED & BREAKFAST

128 Park St., Gate City
(423) 480-2303 / www.gatecityinn.com

MOTHER'S PLACE & WOLFE-GILBERT HOUSE

(276) 220-4169 / www.vacationlee.com

MOUNTAIN VIEW LODGE

16602 Wise St., St. Paul
(276) 395-0546 / www.mountainviewlodgestpaul.com

NATURAL TUNNEL STATE PARK

Cabins, yurts, and a lodge
www.dcr.virginia.gov/state-parks/natural-tunnel

NOTTINGHAM PLACE IN WISE

Town of Wise
nottinghamplacewise@gmail.com
f @placestostayinwisevirginia

PAPAW'S CABIN

4171 Duff Patt Hwy., Duffield
(276) 431-1842 OR (276) 393-6129
www.explorescottcountyva.org

(Continued on Page 75)



SUGAR MAPLE INN

112 Dougherty St., Nickelsville, VA

www.thesugarmapleinn.net

SOUTHWEST VIRGINIA MUSEUM COTTAGE

10 W 1st St., Big Stone Gap

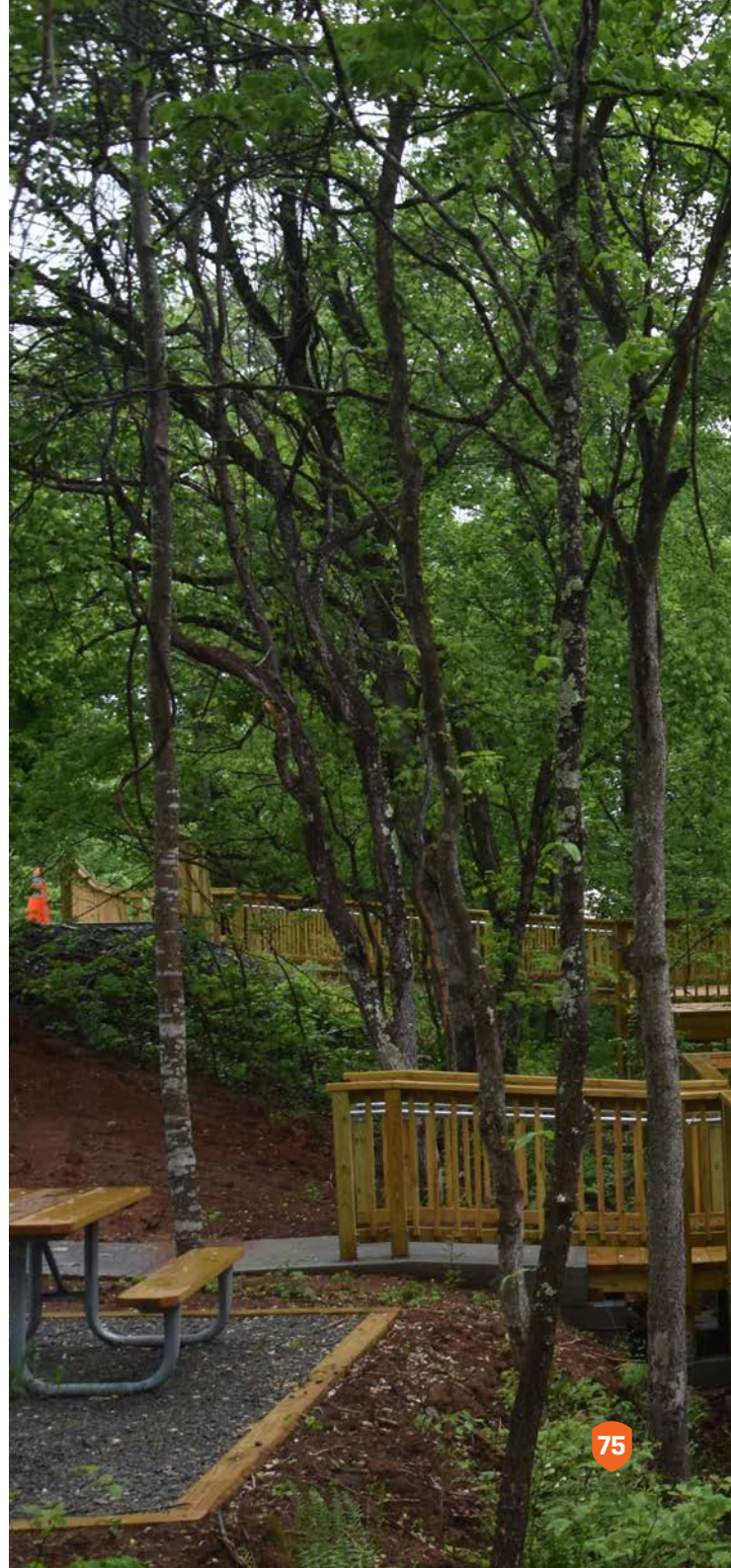
(276) 523-1322

dcr.virginia.gov/state-parks/southwest-virginia-museum

VRBO

Check VRBO for more High Knob Region rental properties.

www.vrbo.com





NATURAL TUNNEL STATE PARK YURTS (COURTESY PAM COX)

VISITOR RESOURCES

HIGH KNOB REGION CONTACTS

BIG STONE GAP VISITOR CENTER

306 Wood Ave. E, Big Stone Gap / (276) 523-2303
www.bigstonegap.com

CITY OF NORTON

618 Virginia Ave. NW, Norton / (276) 679-1160
www.explorenortonva.com

CLINCH RIVER STATE PARK

(276) 762-5076
<https://www.dcr.virginia.gov/state-parks/clinch-river>

THE CROOKED ROAD

One Heartwood Circle, Abingdon / (276) 492-2400, ext. 2409
<https://thecrookedroadva.com>

DICKENSON COUNTY TOURISM

(276) 926-6074 / <https://dickensonva.org/103/Tourism>

FRIENDS OF SOUTHWEST VIRGINIA

<https://friendsofswva.org>

HEART OF APPALACHIA TOURISM AUTHORITY

3028 4th Ave. Market Square, St. Paul / (276) 762-0011
www.heartofappalachia.com

HIGH KNOB DESTINATION CENTER

Opening Spring 2024
1147 Laurel Ave. SW, Norton
katied@nortonva.org or (276) 679-1160

LEE COUNTY TOURISM

33640 Main Street, Jonesville / (276) 346-7766
<http://www.ilovelee.org>

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HIGH KNOB CONTACTS CONT.

NATURAL TUNNEL STATE PARK

1420 Natural Tunnel Parkway, Duffield / (276) 940-2674
<https://www.dcr.virginia.gov/state-parks/natural-tunnel>

OSBOW CENTER (UVA-WISE)

16602 E. Riverside Dr., St. Paul / (276) 762-5058
www.osbowcenter.com

SCOTT COUNTY REGIONAL HORSE ASSOCIATION

(276) 467-1632 / www.schorse.org

SCOTT COUNTY TOURISM

190 Beech Street, Suite 201, Gate City / (276) 386-6521
<https://www.explorescottcountyva.org>

SOUTHWEST REGIONAL RECREATION AUTHORITY

11325 Norton-Coeburn Rd., Coeburn / (276) 807-7581
www.spearheadtrails.com

SOUTHWEST VIRGINIA MUSEUM

10 West First Street, Big Stone Gap / (276) 523-1322
dcr.virginia.gov/state-parks/southwest-virginia-museum

U.S. FOREST SERVICE

1700 Park Ave. SW, Norton / (276) 679-8370
<https://www.fs.usda.gov/gwj> (Clinch Ranger District)

WISE COUNTY CHAMBER OF COMMERCE

765 Park Ave. SW, Norton
(276) 679-0961 / www.wisecountychamber.org

WISE COUNTY TOURISM

206 E. Main Street, Wise / (276) 328-2321
<https://visitwisecounty.com>

OUTFITTERS & GEAR RENTALS

CLINCH LIFE OUTFITTERS

Products, services, and support for fishing, kayaking, hiking, biking, camping, hunting and ATVing.
3022 5th Ave., St. Paul / (276) 608-6907
www.clinchlifeoutfitters.com

CLINCH RIVER ADVENTURES

Kayaking, tubing, and shuttle trips on the Clinch River.
16642 E. Riverside Dr., St. Paul / (276) 275-4154
www.clinchriveradventures.com

CLINCH RIVER LIFE

Tubing and shuttle services on the Clinch River.
15264 U.S. 23-N, Duffield / (276) 690-9199
www.clinchriverlife.com

STONE MOUNTAIN ADVENTURES

Gear rentals. Guided hiking, mountain biking, water sport services.
1253 12th St. SE, Norton
(276) 207-7024 / www.stonemountainadventures.com

GET INVOLVED

Help expand outdoor recreation opportunities in the High Knob Region. Check out these volunteer groups.


CENTRAL APPALACHIA CLIMBERS COALITION

Develops, maintains, and promotes rock climbing in central Appalachia. www.climbcentralappalachia.com

THE CLINCH COALITION

This nonprofit focuses on protecting and preserving the forest, wildlife, and watersheds of the Jefferson National Forest and surrounding communities. www.clinchcoalition.org

CLINCH RIVER VALLEY INITIATIVE

This collaborative effort focuses on expanding recreation, educational, and environmental opportunities along the Clinch River.  @clinchrivervalleyinitiative

FLAG ROCK AREA TRAILS VOLUNTEER CREW

Assist with building and maintaining trails on the City of Norton's Flag Rock Area Trails system.
www.explorenortonva.com

FOREST RECREATION OUTDOOR GROUP

Collective of governmental and community groups working to assist the U.S. Forest Service's Clinch Ranger District in building a sustainable recreation program. (276) 679-8370

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HIGH KNOB ENHANCEMENT CORPORATION


Nonprofit focuses on promoting and enhancing High Knob and its communities to create an outdoor recreation tourism destination. katied@nortonva.org / (276) 679-1160

KEEP WISE COUNTY BEAUTIFUL

Affiliate of Keep America Beautiful. Promotes litter prevention, recycling, and beautification. <https://keepwisecountybeautiful.org/>

LITTLE STONY TROUT UNLIMITED CHAPTER

Chapter of Trout Unlimited. Focused on education and enriching the life of young future anglers.

 @little.s.creek

PRO-ART ASSOCIATION

Promotes the arts and accessibility to cultural experiences in Southwest Virginia. Offers a variety of music, theater, and visual arts programs. www.proartva.org

VIRGINIA MASTER NATURALISTS' HIGH KNOB CHAPTER

Chapter of Virginia Master Naturalists, a volunteer network of individuals working with other groups on locally relevant natural resources education and outreach projects.

<https://vmnhighknob.wixsite.com/vmnhighknob>







WANDERLOVE
FIND WHAT YOU LOVE IN NORTON

HIGH KNOB 
Virginia's Backyard

 *Get Outside in*
NORTON
VIRGINIA