

The Best of the United States...



*through the eyes of
ACC's Chapter
Executives*



Oregon
CHAPTER

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Dear ACC Members, Leaders and Friends:

Several months ago, my friend and colleague Bill Monn, Chapter Executive for the Minnesota Chapter, called me with a request. He asked, "Alan, my wife and I are finally considering visiting Oregon, and we'd like to know if you could assist us by putting together a list of best places to visit." I told him absolutely, and promptly put the project on my long 'to-do' list.

One day while thinking about all that is fantastic about Oregon, I thought of something better. What if I could get the other Chapter Executives to create such a list for their States, and I could compile the results into a sharable booklet. With enough concurring that it was a great idea, and that they'd share their best ideas, I moved forward on the project.

Initially, the market for this resulting product is the Board of Governor members with whom we work, followed by their colleagues across the country. We all know that most cardiovascular professionals spend an exorbitant amount of time caring for patients with heart disease, with the time they spend on themselves or with their families coming in a distant 2nd, 3rd or even less on the priority list.

Perhaps these lists will provide you and others with the motivation to take a week or 2 or even longer to visit a new State, see some new sites, and experience what we, ACC's Chapter Executives, believe our States offer for those willing to come visit.

This is just the first edition, and will no doubt be updated at some point. For now, we hope you'll take some time, review the pages – ideally with a friend or family with whom you'll share the experience of visiting, and plan your next trip of a lifetime. If you have the same reaction as I did when assembling these materials, you'll discover that the United States of America is a wonderful country with lots to see.

Enjoy our gift to you,

Alan Morasch, CAE
Chapter Executive – Oregon ACC Chapter
On Behalf of the Entire ACC Chapter Executives' Network

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Alabama Chapter

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The Gulf Coast Beaches - The Gulf Shores beaches, with their pristine white sands and blue waters, are some of the most beautiful beaches in the world. With numerous places to stay, ranging from the more touristy to more secluded, there's something for everyone - plus affordability! This tourist community has bounced back after the 2010 BP oil spill and it has returned to its pre-spill beauty. The town has beautiful beaches with pure powder sand that makes them truly unique. Now that the beaches are back to normal, visitors can enjoy deep sea fishing, sports fishing, boating cruises, water sports, and other activities related to the beaches. The community also has two beautiful golf courses that are in high demand with pro golfers as training pitches. Other attractions in the area include the Alabama Gulf Coast Zoo, the Craft Farms Pelican Place, and a water park called Waterville USA.

www.gulfshores.com

Birmingham Civil Rights Institute - Alabama has a complex history, and this museum is a great way to see firsthand the spectrum of it, instead of reading or watching it in a book or television program. The Birmingham Civil Rights Institute catalogs all these intricate cultures and the way they interacted with each other to gain their independence. The museum catalogs the struggle that started in Birmingham and how the freedom struggle progressed from there. The museum also holds regular exhibitions, traveling exhibits, and musical shows for locals and tourists.

www.bcri.org

Red Mountain Park - The new Red Mountain Park encompasses 1,500 acres of land along the Red Mountain Ridge in central Alabama. The Park is central to Birmingham and its surrounding diverse communities. Current attractions include over 14 miles of trails featuring 2 city overlooks, 3 tree houses, the 6-acre off-leash Remy's Dog Park, and adventures like the Red Ore Zip Tour and Kaul Adventure Tower.

<http://redmountainpark.org>

Vulcan Park and Museum - Vulcan, Birmingham Alabama's colossal statue is the world's largest cast iron statue and considered one of the most memorable works of civic art in the United States. Designed by Italian artist Giuseppe Moretti and cast from local iron in 1904, Vulcan has overlooked Alabama's largest city from atop Red Mountain since the 1930s. Today, thanks to public-private partnerships and a \$15.5 million campaign, this beloved symbol of Birmingham and the nation's iron and steel industry stands preserved and proud as the centerpiece of its rehabilitated and expanded park, now referred to as Vulcan Park and Museum. The views are beautiful of Birmingham, specifically in the evenings.

<http://visitvulcan.com>

Alabama Chapter (*cont.*)

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Desoto Caverns Park - DeSoto Caverns is a series of caves and a tourist attraction located in Childersburg, Talladega County, Alabama. Located in the foothills of the Appalachian Mountains, it is touted as ""Alabama's Big Cave"". In addition to the caves, the park offers various other attractions, including a three-quarter acre maze known as the Lost Trail Maze, panning for gemstones, a climbing wall, and amusement park style rides. While on the caverns tour, visitors can view a sound, light, and water show that changes with the holidays and seasons. Before being commercialized as DeSoto Caverns, the cave was well known locally as Kymulga Cave. There is evidence that the cave was formerly used by Native Americans, and it was mined during the Civil War.

www.desotocavernspark.com

A Crimson Tide Football Game at Bryant-Denny Stadium - From tailgating on the Quad to visiting Bryant Museum, Game Day is a whole day experience before even getting to the Stadium. Once inside the stadium, experience Southern football at its finest - from the Million Dollar Band to the consistently top-ranked Crimson Tide football team. No matter what team is playing, an Alabama football game always lives up to the hype.

<http://www.uagameday.com/>

Birmingham Restaurant Scene owned by Chef Frank Stitt - Frank Stitt III is the owner and executive chef of Highlands Bar and Grill, Bottega Restaurant, and Chez Fon Fon in Birmingham, Alabama. He was inducted into the James Beard Foundation's "Who's Who of Food and Beverage" in 2011. He was also named the "Best Chef in the Southeast" in 2001 foundation, and was a 2008 finalist for the its national "Outstanding Chef" award. He has also been recognized with a Lifetime Achievement Award from the Southern Foodways Alliance for his elevation of Southern cuisine and his early advocacy of locally-grown food.

<http://www.highlandsbarandgrill.com/>

Arkansas Chapter

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Clinton Presidential Center and Park in Little Rock - America's 12th Presidential Library on the banks of the Arkansas river. It contains the largest collection of presidential papers and artifacts in U.S. History and includes an authentic replica of the Oval Office and Cabinet Room.

Crystal Bridges Museum of American Art in Bentonville - Crystal Bridges is the brainchild of Walmart heiress Alice Walton and a premier art institution with a permanent collection of American art masterworks from colonial era to modern day and touring collections from national art institutes.

Eureka Springs - This quaint Ozark mountain town preserves turn of the century architecture and features fine dining, shopping, antiquing, historic hotels and art galleries.

Buffalo National River - The country's first national river flows roughly 150 miles and offers premier whitewater floating in the Arkansas Ozarks. Flanked by soaring limestone bluffs, beautiful vistas, and wilderness area, the river offers fishing, rock climbing and wildlife watching, including the state's elk herd. Numerous outfitters for canoeing, rafting, horseback riding and fishing service the river.

Mount Magazine State Park - Mount Magazine State Park is on the state's tallest mountain. Sweeping vistas of broad river valleys, deep canyons, and distant mountains welcome outdoor enthusiasts. It's also a destination for outdoor sports such as rock climbing, rappelling, hang gliding, mountain biking, and ATV adventure.

Mountain View - Mountain View is located deep in the Ozarks surrounded by mountains and rivers offering outdoor activities including Blanchard Springs Caverns and world class fly fishing. Visit the Ozark Folk Center or enjoy live music on the historic town square. Browse local shops with one of a kind crafts & unique gifts.

Florida Chapter

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Key West - Key West is known for its laid-back style, historical homes, and beautiful waters. Past presidents, Hemingway, and Tennessee Williams have called this island home. Snorkeling is excellent as is the night life. Don't plan on going to beaches to swim though - they are rocky and few.

Walt Disney World - It truly is an experience like no other - at least once in a lifetime go visit the little mouse that spawned a financial empire. Get the mouse ears with your name stitched on them, eat the mickey mouse waffles, laugh like a kid again on the tea cup ride, try space mountain, see fireworks that are worth the stay in the park at night. This is a slice of Americana.

St. Augustine - This is the oldest city in the US founded by Ponce de Leon as we was looking for the fountain of youth. The fort, old city and Spanish architecture are unexpectedly delightful. Discover the history of Florida and enjoy beaches, Gilded Era hotels, and stories of Pirates!

Cape Canaveral - The space program, especially reaching the moon, is an achievement of stunning proportions. Explore exactly how a group of dedicated people worked together to make it happen.

Georgia Chapter

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Georgia Aquarium - Largest Aquarium in the world with many exhibits not found elsewhere.

Savannah - Beautiful city that will give you a flavor of the true South. Stay near River Street, in one of the many bed and breakfasts in the area. Great restaurants with gourmet southern cuisine.

Augusta National, Home of the Masters Golf Tournament - Very difficult to obtain tickets. Try the practice rounds then watch the tournament on TV.

Georgia Mountains - Spectacular in the Spring and Fall. Visit Blue Ridge, Helen (Bavarian Village) and any number of other quaint mountain towns. Fly-fishing, hiking, whitewater sports available.

Amicalola Falls - Beautiful Waterfalls and a "short" walk to Springer Mountain, the beginning of the Appalachian Trail which heads north for 2181 miles.

Carter Center (Atlanta) and Carter home place (Plains) - Take a day for a glimpse into the controversial life of Georgia's only President

Okefenokee Swamp - Rent a canoe or kayak or take one of the guided tours by pontoon boat into the spectacular world of alligators and flora and fauna rarely seen by humans.

World of Coke - Very interesting and entertaining couple of hours into what is more of a museum of the incredible history of Coca-Cola

High Museum - Check the Web site for current exhibits. Also, if you're in town on a Friday night, catch the Jazz Night, then go to one of the unique restaurants in Mid-Town.

College Football Hall of Fame - Don't miss this if you enjoy college football. Creative interactive exhibits and wonderful profiles of your favorite players.

Illinois Chapter

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Garden of the Gods - Shawnee National Forest More than 320 million years ago, the wind and rain patiently started to chisel away at large deposits of sedimentary rock located in what is now known as Shawnee National Forest. Over the years, the elements have sculpted some of the most stunning and extraordinary rock formations known to man. This garden of sandstone sculptures was fittingly named the Garden of the Gods.

www.fs.usda.gov

Matthiessen State Park - Utica Canyons, streams, prairie and forest are all contained within Matthiessen State Park. It is also a paradise for those interested in geology as well as recreation. Visitors can expect to see beautiful rock formations in addition to unusual vegetation and wildlife.

www.dnr.state.il.us

Green Mill - Chicago - Some of the greatest moments in the Chicago jazz scene happened at the Green Mill. Al Capone frequented the place and you can still sit in his booth.

Millennium Park - Chicago - Built in celebration of the turn of the century, Millennium Park is on the coastline of Lake Michigan. Its most famous icon is "The Bean", a giant stainless steel sculpture that is also known by its official name, Cloud Gate. The curves in the sculpture, which are responsible for its nickname, twist and bend the famous Chicago skyline from every angle. A garden, a skating rink, and serpentine pedestrian bridge can also be found here.

www.cityofchicago.org

Magnificent Mile - Chicago - The shopping along here is some of the best in the United States. There are also restaurants, hotels, and other entertainment options along the Mag Mile, as it is also known. Famous buildings along the street include the John Hancock Building, the Wrigley Building, Tribune Tower, and Trump Tower.

Abraham Lincoln Presidential Library and Museum - Springfield - The Abraham Lincoln Presidential Library and Museum not only offers learning about Abraham Lincoln but also about the history of the state of Illinois.

Ulysses S. Grant Home State Historic Site - Galena - The Grant Home was presented to Ulysses S. Grant in 1865 upon his return from the Civil War. The house has been fully restored to the 1860's time period and contains many of Grant's personal belongings as well as original furnishings.

Navy Pier - Chicago - Located along Chicago's waterfront, Navy Pier is a destination with all kinds of things to help entertain people of any age. Museums, restaurants, shopping, movies, and theater are some of the options available. Highlights include the new ferris wheel, the Children's Museum, the Chicago Shakespeare theater, and the Crystal Gardens.

Starved Rock State Park - This state park, southwest of Chicago on the Illinois River, is noted for its beautiful canyons and waterfalls. It offers many recreational opportunities including fishing and boating on the river, picnicking, horse-back riding, camping, and winter sports. The name of the park comes from a group of Illni Indians who were left by their enemies to starve to death on one of the rocks.

Art Institute - Chicago - The Art Institute of Chicago is one of the city's foremost cultural institutions and known internationally for its collections. The institute contains everything from ancient sculpture to post-Impressionist paintings, and many other areas of interest.

Indiana Chapter

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Indianapolis Motor Speedway - Home of the Indy 500 and the Brickyard 400. Constructed in 1909, it is the original speedway, the first racing facility so named. It has a permanent seating capacity estimated at 235,000 with infield seating raising capacity to an approximate 400,000. It is the highest-capacity sports venue in the world.

<http://www.indianapolismotorspeedway.com/>

Covered Bridges - There are 98 historic wooden covered bridges in Indiana. Fourteen of these bridges were built before 1870 and represent the most common truss styles (Burr Arch) in Indiana. Parke County bills itself as the covered bridge capital of the world. [1] Combined with six counties that surround it, there are 51 of Indiana's 98 covered bridges in this small area: Parke County (32), Putnam County (9), Fountain County (3), Vermillion County (3), Montgomery County (2), Owen County (1) and Vigo County (1). The majority, 54, are Burr Arch truss designs, while the next most common truss style is a Howe Truss with 23. One each of the older style King Post and Queen Post are located in the western part of the state; Philips Bridge, west of Rockville in Parke County and Irishman Bridge, south of Terre Haute in Vigo County, respectively. [2] Indiana also has examples of the Long Truss and the Smith Type IV Truss. The remaining span of the Bell Ford Bridge, northwest of Seymour in Jackson County.

<http://www.dalejtravis.com/cblast/cbin.htm>

<http://www.midwestliving.com/travel/indiana/scenic-drive-covered-bridge-tour-indiana/>

Amish Acres - Experience the restoration of the Stahly-Nissley-Kuhns farmstead, the only Amish farm listed in The National Register of Historic Places. Widow Barbara Stahly and her five sons migrated from Germany to the southwest corner of Elkhart County, in 1839, making them, according to University of Chicago historian James Landing, likely the first Amish settlers in Indiana.

<http://www.amishacres.com/>

Indiana Dunes - The Indiana Dunes has a 15-mile coastline with sandy beaches, more than 70 miles of hiking trails and more than 350 species of birds

<http://www.indianadunes.com/>

Indianapolis Children's Museum - Largest Children's Museum

<https://www.childrensmuseum.org/>

Indiana University in Bloomington and University of Notre Dame in South Bend

Santa Claus, Indiana - Santa's Candy Castle - World's Oldest Santa Castle - Santa Claus Museum

<http://santaclausind.org/about/>

Indiana Caverns in Corydon - On Saturday, February 11th, 2012, a connection between Blowing Hole and Binkley Caves was discovered. The Binkley Cave System became the 11th longest in the nation and the longest in Indiana. As of July 2014 the cave is over 40 miles long. In 2012, the first paleontologist and found bones identified immediately as belonging to the Pleistocene (Ice Age) period " dating back 12,000 to 50,000 years ago.

<http://www.indianacaverns.com/>

Downtown Indianapolis - Indiana War Memorial, Canal Walk, Indianapolis Museum of Art, State Capitol, Eiteljorg Museum, Fort Wayne Children's Zoo

<http://kidszoo.org/>

Iowa Chapter

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Iowa State Capital - 1007 E Grand Ave, Des Moines, IA 50319 - The Iowa State Capitol, seat of the Iowa general Assembly, is located in Iowa's capital city, Des Moines, and houses the Iowa Senate, Iowa House of Representatives, the Office of the Governor, and the Offices of the Attorney General, Auditor, Treasurer, and Secretary of State. The building also includes a chamber for the Iowa Supreme Court, although court activities usually take place in the neighboring Iowa Supreme Court building. The building was constructed between 1871 and 1886, and is the only five-domed capitol in the country. Located at East 9th Street and Grand Avenue, the Capitol is set atop a hill and offers a panoramic view of the city's downtown and the West Capitol Terrace. Various monuments and memorials are to its sides and front, including the Soldiers' and Sailors' Monument and the Lincoln and Tad statue.

https://en.wikipedia.org/wiki/Iowa_State_Capitol

Amana Colonies - 5622 46th Ave, Amana, IA 52203 - The Amana Colonies is made up of seven villages and are popular among tourists who want to relax away from the hustle and bustle of their daily lives. When you visit the colonies, you will enjoy local art, furniture, and foods. The Amana Colonies are one of the oldest communal societies in the country, dating back to German villages in 1714. The villagers sought freedom and arrived in Iowa in 1855. With such a rich history, it is no surprise that the Amana Colonies are a National Historic Landmark. You can spend anywhere from a day to weeks in the Amana Colonies, letting it work perfectly with any Iowa vacation.

<http://www.amanacolony.com/>

<http://www.midwestliving.com/travel/iowa/amana-colonies/things-to-do-iowas-amana-colonies/>

Pikes Peak State Park - 32264 Pikes Peak Rd, McGregor, IA 52157 - As one of the most commonly photographed places in the state, it is no surprise that Pikes Peak State Park is a top Iowa attraction. During your trip, climb the bluff 500 feet to get breathtaking views of where the Mississippi and Wisconsin Rivers meet. There is a half-mile boardwalk that will take you to the Bridal Veil Falls, well worth several minutes of observation. You can also walk through the park along the 11.5 miles of hiking trails or spend the night camping at the campground.

<http://www.iowadnr.gov/Places-to-Go/State-Parks-Rec-Areas/Iowas-State-Parks/ParkDetails/ParkID/610141>

Visit Okoboji - Okoboji, IA - Okoboji is a larger area of Iowa and filled with too many attractions to count. The biggest attraction in this zone are its glacier-carved lakes that cross the Minnesota border and travel southwest of it, covering around 15,000 acres. Water sports are the main activity in Okoboji and you can do anything from boating to fishing to parasailing to kayaking. There are also multiple golf courses, an amusement park, over 20 miles of trails, picnics, camping, museums, live music, antique shopping, and more. Give yourself at least a few days in Okoboji to experience all it has to offer.

<http://vacationokoboji.com/>

Field of Dreams - 28995 Lansing Rd, Dyersville, IA 52040 - The Field of Dreams is the actual baseball field and farm that appeared in the 1989 movie of the same name. While this particular attraction is particularly popular among those who love the movie, it has been attracting thousands of visitors for over 25 years. The farm dates back to 1906 and when you visit, you will see feed corn planted all around the field. If you take a closer look, you will notice that a nearby family actually plants their corn carefully - they make sure that every row faces the outfield so visitors can get the best view possible.

<http://www.fodmoviesite.com/>

Iowa Chapter (*cont.*)

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Grotto of the Redemption - 300 N Broadway Ave West Bend, IA 50597 - Many people consider the Grotto of Redemption to be the "Eighth Wonder of the World" and in 2001 this "miracle in stone" was added to the National Register of Historic Places. The Grotto is made up of nine different grottos which portray different scenes in Christ's life. It is also the largest of all man-made Grottos in the world and has the most gems and precious stones to be found in one location. Admission is \$8 per adult and \$5 per child and you can also stay at the on-site campground if you prefer to get the most out of your visit to this attraction.

<http://www.westbendgrotto.com/>

The Bridges of Madison County - Winterset, IA - Six of Madison County's original 19 covered bridges remain enough to have inspired a best-selling novel and movie. A covered bridge festival in October features music, a quilt show, local artists, a parade and guided bus tours of the covered bridges. Winterset (population 4,800), the county seat, is about 40 miles southwest of Des Moines.

<http://madisoncounty.sampleorg.com/>

National Mississippi River Museum and Aquarium - History flows through the state's oldest city, Dubuque (population: 57,000), which has reinvented its Mississippi River waterfront as a lively destination. Riverboats and excursion vessels cruise the water, but the cornerstone of the waterfront is the National Mississippi River Museum and Aquarium, where you can experience touch tanks, tour a 1934 steamer and view six big aquariums full of river creatures. Watch for special events (ice sculpture, log rolling) throughout the year. (800) 226-3369

http://www.rivermuseum.com/?gclid=Cj0KEQjwj7q6BRDcxfg4pNTQ2NoBEiQAzUpuW7Z5AwUQWPn9-hoFpwEPTG0e_LWea0_xwpXEYVDrWVEaArmy8P8HAQ

Decorah's Scandinavian Heritage - Decorah, IA - Tucked among the bluffs of northeast Iowa, charming small-town Decorah (population 7,900) shares its Scandinavian heritage everyday in quaint downtown shops and at history-rich spots such as the Vesterheim Norwegian-American Museum. (563) 382-9681; www.vesterheim.org With more than 24,000 artifacts and 16 historical buildings, the Vesterheim is the most comprehensive museum in the United States dedicated to a single immigrant group. Decorah also celebrates its Scandinavian heritage each summer during Nordic Fest, with a parade, music, dancing, tours and more. (800) 382-3378

www.nordicfest.com

http://midwestweekends.com/plan_a_trip/history_heritage/ethnic_towns/decorah_iowa_norwegian_heritage.html

Pella's Dutch history - Pella, Iowa - Founded by refugees from Holland in 1847, the pretty town of Pella (population: 10,200; about 40 miles southeast of Des Moines) proudly displays its tidy Dutch heritage. The town is home to the tallest working windmill in the nation and the annual Tulip Time festival in May, with a variety of Dutch-inspired events. Tour more than 20 historical buildings and a windmill at Pella Historical Village and Vermeer Windmill.

<http://www.pella.org/>

Kansas Chapter

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Gage Park (Topeka, KS) - Gage Park in Topeka, Kansas is a city park of 160 acres. It was established in 1899 and is one of the largest parks in Topeka. It features the Topeka Zoo, the Kansas Children's Discovery Center, a miniature train of 15 in gauge, an outdoor theatre and the Reinisch Rose Garden. The 70-year-old rose garden is a very popular place for weddings and events, and also a place where serious horticultural work is done.

Iwig Dairy Store Looking for something fun to do with your kids? - Bring them to Iwig Family Dairy for fresh milk, regular events, tours and to pet the cows. Iwig dairy has been in the area for decades. This store is a fantastic reflection of their work! Fresh butter, milk, and ice cream...Monthly they have a different a different flavor of milk in addition to their regular offering. My favorite is the Root Beer milk...It tastes like the melted ice cream from a root beer float. They offer various types of butter as well. Jalapeno makes great grilled cheese sandwiches. The brown sugar butter is perfect for breakfast. Ice cream is usually available with the flavors rotating as well. Their white milk is the freshest, tastiest milk I have ever had. And their chocolate milk is rich and thick!

<http://www.iloveiwig.com/>

Kansas Underground Salt Museum: Strataca (Hutchinson, Kansas) - Strataca, also known as Kansas Underground Salt Museum, is located in Hutchinson, Kansas. It is built within one of the world's largest deposits of rock salt and provides the opportunity to go 650 feet beneath the Earth's surface. It is a unique destination attraction for exploring an environs carved from salt deposits formed 275 million years ago. There are 14 other salt mines in the United States, but none of them are accessible to tourists. When the hoist doors open after the 650-foot ride down to the Kansas Underground Salt Museum, you are literally standing in the middle of what was once an ancient Permian Sea. Everyone is invited to touch a 6,000 pound crystal salt block and experience the new Permian Playground. The eight-foot-long, three-compartment trough has powdery salt fines, road salt and Permian mud traced with red Sylvite to dig in and feel.

<http://underkansas.org/>

Cosmosphere (Hutchinson, Kansas) - Kansas Cosmosphere tells the story of the Space Race, with the largest collection of Russian space artifacts outside of Moscow. It's one of only three museums in the world to display spacecraft flown in all three early-manned American space programs Mercury (Liberty Bell 7), Gemini (Gemini 10) and Apollo (Apollo 13).

<http://cosmo.org/>

Castle Rock & Monument Rocks (Oakley, Kansas) - Anyone who thinks Kansas is flat hasn't been to the rocks. Two sets of striking rock formations can be found south of Oakley (Monument Rocks) and Quinter (Castle Rock). The photo-genic chalk beds are full of fossils and have been named one of the "8 Wonders of Kansas" by the Kansas Sampler Foundation. Don't miss the Keystone Gallery for a memorable look at fossils.

<http://www.kansastravel.org/monumentrocks.htm>

Free State Beer (Lawrence, Kansas) - "Because without beer, things do not seem to go as well." Located in a renovated inter-urban trolley station in historic downtown Lawrence, the Brewery was an early participant in the rejuvenation of the north end of the downtown business district. Led by the renovation and refurbishment of neighboring Liberty Hall and the Eldridge Hotel, the result has been a rebirth of the 600 block of Massachusetts St.

<http://www.freestatebrewing.com/>

Kentucky Chapter

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Mammoth Cave - The world's longest known cave system. Over 400 miles have been explored to date. This should be on your bucket list.

<https://www.nps.gov/macai/index.htm>

Churchill Downs - Home of the Kentucky Derby (the best two minutes in sports!), this is a quintessentially Kentucky site.

<https://www.churchilldowns.com>

Louisville Slugger Museum/Factory - Perfect for the baseball fan, the museum showcased the history of the Louisville slugger. The world's largest bat towers over the building!

<http://www.sluggermuseum.com>

Kentucky Bourbon Trail Tour - Nine historic distilleries for a firsthand look at the art and science of Bourbon crafting. Also a great way to see the beautiful central Kentucky landscape.

<http://kybourbontrail.com>

Big South Fork Scenic Railway - Take a train ride through the scenic mountains of southern Kentucky. Stops at historic sites give insight into the coal mining heritage of the state. The train descends 600 feet into the Big South Fork Gorge.

<http://www.bsfsry.com>

Cumberland Falls State Resort Park - Picturesque Landscape in Southeast Kentucky - the highlight is the spectacular falls. The falls are one of the few places in the western hemisphere where a moon bow (a rainbow in moonlight) can frequently be seen on nights with a full moon.

<http://parks.ky.gov/parks/resortparks/cumberland-falls/>

Kentucky Horse Park - Churchill Downs might be the site of the Kentucky Derby, but this is the best place to see horses up close.

<http://www.kyhorsepark.com>

Shaker Village of Pleasant Hill - A living history museum, Pleasant Hill is America's largest restored Shaker village.

<http://shakervillageky.org>

Louisville Lebowski Fest - An annual festival celebrating the cult film "The Big Lebowski", it includes a film screening, bowling tournament and many fans dressed as their favorite characters. Lebowski Fests have cropped up in cities across the country, but Louisville's was the first.

<https://lebowskifest.com>

Harland Sanders Café and Museum in Corbin - Eat Kentucky Fried Chicken where it all started!

Louisiana Chapter

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New Orleans, Louisiana - New Orleans is steeped in history with its French and Spanish origins. Neighborhoods from the Garden District to the Vieux Carre display different types of architecture. The city also has a reputation for fun and frivolity. New Orleans is home to numerous festivals including the New Orleans Jazz and Heritage Fest to the Creole Tomato Festival. And then, not to be forgotten, there is Mardi Gras which lasts two weeks and culminates on Fat Tuesday. There are also day trips available to plantations, swamp tours and riverboat cruises. New Orleans is music, walking tours, sno balls, streetcars, Creole and Cajun food and so much more.

<http://www.neworleansonline.com/>

Natchitoches, Louisiana - Natchitoches is positioned along the banks of the Cane River. It dates back to 1714 and is the oldest permanent settlement in the Louisiana Purchase. Natchitoches is rich in culture, history, shopping and much more. The National Historic Landmark District is 33 block area that is home to shopping, bed & breakfasts and restaurants. There are also free, guided walking tours available of the Cane River National Heritage Area. In Natchitoches you will find also find plantations and museums. Natchitoches is featured in the movie Steel Magnolias as the home of the main characters. Natchitoches is also famous for its meat pies and the Festival of Lights in December. Two places of personal experience are the Church Street Inn and Maglieaux's on the Cane which is a fabulous restaurant located on the Cane River with an outdoor deck and live music.

<https://www.natchitoches.com/>

Lafayette, Louisiana - Lafayette is located in the heart of Cajun Country. It was founded by the Acadians in the 19th Century. The legacy of Louisiana's French, Spanish and Caribbean ancestors come together in Lafayette. This rich and diverse culture has created a city with more restaurants per capita than any other city in the United States. Cajun/Creole restaurants, street festivals, Zydeco Concerts, historic plantations and food markets are just part of what you can do when visiting Lafayette. It was recently named 'the happiest city in the United States' by a Harvard study. Lafayette and the surrounding area are home to the Acadian Culture Center, Avery Island where Tabasco Sauce is manufactured, the Atchafalaya National Heritage Area and Vermilionville Living History Museum & Folklife Preserve which illustrates the Acadian, Creole & Native American cultures in the region from the time period 1765-1890. Two notable festivals, Festival International de Louisiane and Festivals Acadiens are held yearly.

<http://www.lafayettetravel.com/>

Maryland Chapter

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US Naval Academy - USNA is the cradle of the nation's Navy and also a beautiful place where traditional is around every corner. If you want to feel like a mid, eat a deli-style lunch at Daughren Hall. Don't miss the crypt of John Paul Jones, Father (or pirate) of the Navy.

Solomons Island - See what life on the Chesapeake is really about - eat crabs, smell the briny air.

Smith Island - The island is inhabited by one of the region's oldest English-speaking communities, which is known for its relic accent, preserving speech patterns from the original English colonial settlers. This is a day trip in the middle of the Chesapeake Bay.

Camden Yards - This is where Cal Ripken Jr. made baseball our national game again. An iconic park that sparked the current build of baseball stadiums, it is right down town and as beautiful as the pictures. You can tour the park on non-baseball days.

Assateague State Park This park and its wild ponies are famous in children's literature. It is barrier island on the Atlantic best for camping. But get your reservation in early - it fills up fast.

Michigan Chapter

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Mackinac Island - This summer destination is well known for fudge and the absence of motor vehicles, but I am drawn to its rich history, lovely cottages, and beautiful scenery. My recommendation: push your bike up the hill to the back of Fort Mackinac then sail 2.5 miles downhill to British Landing.

www.mackinacisland.org

Copper Harbor - Town on the northernmost tip of our Upper Peninsula. Picturesque light house and sunsets.

www.michigan.org/city/copper-harbor

Milliken State Park - First urban park in Michigan, this mini-state park has walking and bike paths, a lighthouse, and wetlands. It is on the bank of the Detroit river so you can watch boats and freighters go by. The Renaissance Center, Greek Town, and other "downtown" venues are a short walk or "people-mover" ride.

<http://detroitriverfront.org/riverfront/east-riverfront/milliken-state-park-wetlands>

Saginaw Chippewa Tribal Pow in Mt. Pleasant - Native American drummers and dancers come from all parts of the country for this annual gathering. It is inspiring. The nearby Ziibiwing Center is a tribute to Native American culture.

<http://www.sagchip.org/pow-wow>

Spartan Stadium at Michigan State University - There is no better place to be on a football Saturday than Spartan Stadium. Be sure to arrive early so you can see the Spartan Marching Band march to the stadium!

<https://www.youtube.com/watch?v=GdXaudj8O3c>

Minnesota Chapter

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Lakes of Minneapolis - No state does lakes like Minnesota. Period. There are more than 10,000 of them. Twenty are in the Minneapolis City limits. In fact, Minneapolis translates to "City of Lakes." The three biggies in Minneapolis proper are Lake Calhoun, Lake Harriet, and Lake of the Isles. Variety of activities, people watching.

The Mall of America - is an international siren for shop-a-holics. It boasts more than 500 stores, 50 restaurants and attracts more than 40 million visitors annually making it the largest, most shopped location in the world. Indoor amusement park; aquarium; more than 12,000 free parking spots. Shopping unlimited - a lot of people like that.

Major League Sports -Minnesota Twins baseball, Minnesota Vikings football, Minnesota Timberwolves basketball, Minnesota Wild hockey, Minnesota Lynx women's basketball. If you like major league sports, there are lots of choices.

Museums & Arts - The Minneapolis Institute of Art (MIA) is one of the best and boasts Mummys to Monet. Many of the very large and exclusive showings that travel the globe come through the MIA (Rembrandt, Van Gogh). Also worth checking out if you are in town is the Minneapolis Sculpture Garden on the western edge of downtown Minneapolis. Unique exhibits.

St. Paul - Minneapolis' sister city on the east side of the Mississippi River. St. Paul, the Capitol City, is older and once was the larger of the Twin Cities. It was home to James J. Hill the railroad magnate. Tours are available at the James J. Hill Mansion for a glimpse of the gilded age. A step back in time.

Minnehaha Falls - ranks as the top tourist attraction in the state. It has its own park on the east side of Minneapolis. Power of Nature.

Mill City Museum - Charles Pillsbury was the Henry Ford of the flour business and General Mills was the General Motors. In the late 1800s more flour was being produced in Minneapolis than anywhere else on the planet. Many walking paths get you up close and personal. Unique and indigenous to Minneapolis.

Lutsen Resort on The North Shore - Lake Superior is the largest of the Great Lakes and largest fresh water lake in the world by surface area. There are many resorts along the North Shore. Lutsen Resort is the big player in this area and offers wonderful accommodations year-round. Variety of activities in a very picturesque part of the country.

The Brainerd Lakes area - Located in the central part of the state, the Brainerd Lakes area is a favorite of those looking for great family resorts on a lake in either a large complex or a private cabin by the lake. A couple of recommendations are Grandview Lodge and Cragun's. Water sports in the summer; snow/ice sports in the winter.

Rochester-Mayo Clinic - U.S. 61 snakes along the Mississippi River from the Twin Cities all the way to New Orleans. It forms the border between Minnesota and Wisconsin. About an hour south of the Twin Cities is the world famous Mayo Clinic in Rochester Minnesota -an unexpected sophisticated and high-tech area in the midst of farm country. Drive along the river bluffs, quaint city of Rochester and the international medical institution of the Mayo Clinic.

Mississippi Chapter

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Vicksburg National Military Park - If you enjoy history, then you will want to visit the Vicksburg National Military Park. Guided tours are available and you will learn about Vicksburg's critical role in the Civil War and why it is called the key to the South.

http://www.visitvicksburg.com/explore/civil_war.aspx

Natchez, Mississippi - Natchez is a quaint Southern town seated on the banks of the Mississippi River. There are year round events to attend that celebrate the rich culture of Natchez. In the fall you will want to make sure to attend the Great Mississippi River Balloon Race in October or the Angels on the Bluff Cemetery Tour in November. Other annual events include the Spring and Fall Pilgrimage, Food and Wine Festival, and the Natchez Literary and Cinema Celebration. The Natchez Trace Parkway at Natchez is an area virtually littered with hiking trails, both marked and unmarked. If you are feeling a little adventurous and want to get a sense of what it was like for pioneers to experience difficult terrain and thick wooded areas, put on your hiking boots or a sturdy pair of sneakers and navigate your way along the Old Trace. The Trace is also a designated biking trail. It extends 444 miles from Natchez to Nashville. Cycling along The Natchez Trace is a great way to take beauty of this majestic trail

<http://visitnatchez.org/>

Oxford - Nestled in the Hills of North Mississippi, Oxford is the home of the University of Mississippi, also known as Ole Miss. Nobel Prize winning author William Faulkner made his home here and found inspiration in the people and places of Oxford and Lafayette County. Oxford has been featured in publications such as Conde Nast Traveler, Southern Living and Garden and Gun. Many writers have followed in Faulkner's footsteps, making Oxford their home over the years adding to the literary reputation Oxford has become renowned for including: Larry Brown, Willie Morris and John Grisham to name a few. Touted as the "Cultural Mecca of the South", creativity abounds in Oxford as musicians, artists and writers alike find inspiration in Oxford's rich history, small town charm and creative community. Over the years Oxford has also been known for offering exceptional culinary experiences. From down home cooking to upscale culinary creations, Oxford is a food lovers delight.

<http://visitoxfordms.com/>

Delta Blues Museum - The City of Clarksdale, located at the intersection of Highways 61 and 49 (the crossroads), and the surrounding Delta region are known as the land where the blues began. Since its creation, the Delta Blues Museum has preserved, interpreted, and encouraged a deep interest in the story of the blues.

<http://www.deltabluesmuseum.org/>

Tupelo "Elvis Presley Birthplace" - No trip to Mississippi is complete without a stop at the Birthplace of Elvis. Come see where the "King" was born and how it all began.

<http://www.elvispresleybirthplace.com/>

Tupelo Automobile Museum - Featuring 120,000 square feet of automobile displays and open viewing restoration bays. Over 100 antique, classic and collectible automobiles, chronologically displayed, illustrate the progress of over 100 years of automobile design and engineering. Your self-guided tour begins with an 1886 Benz, representing the birth of the automobile, and culminates with a never-driven 1994 Dodge Viper. The collection, valued at over \$6 million, includes a rare Tucker, a Lincoln previously owned by Elvis Presley, other movie and celebrity vehicles, Hispano Suizas, a Duesenberg, and many more rare brands and American favorites.

<http://www.tupeloautomuseum.com/index.php>

New Jersey Chapter

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Jersey Shore Beaches - New Jersey's crown jewel remains its 130 miles of coastline, spanning from Sandy Hook to Cape May. Our unmatched beaches boast beautiful barrier islands, majestic lighthouses, fishing villages and scenic views. New Jersey's white-sand beaches draw thousands of visitors each year to enjoy the surf, sand, sun, and fun. Down the Shore, there's something for everyone. The coastline invites everyone to swim, boogie board, sail, surf, scuba dive, fish or sun bathe. Many towns like Wildwood, Ocean City, Point Pleasant and Seaside feature bustling boardwalks with rides, amusements and nonstop excitement that are part of New Jersey's "Unique Boardwalk Culture. For a quieter beach experience visit Spring Lake or Ocean Grove. In addition to the beach and boardwalks, visitors will find historic lighthouses, preserved natural area including Island Beach State Park, inlets, bays, great food and plenty of shopping. A visit to the Jersey Shore is a visitor's guarantee of a spectacular surf-side trip.

<http://www.visitnj.org/trip-idea/fabulous-beaches>

Atlantic City - Atlantic City is the gambling capital of the East Coast. Walk on the AC Boardwalk which was the first boardwalk in the US. Gamble, dine or see a show in one of the fine casinos along the boardwalk and on the Marina. Some famous attractions include Boardwalk Hall, House of Blues, Ripleys Believe It or Not Museum the iconic Steel Pier and the outlet shopping. My favorite hotel is the Tropicana Casino and Resort - The Quarter at Tropicana is an Old Havana-themed enclosed shopping mall located at the Tropicana Casino Resort Atlantic City in Atlantic City, New Jersey. It contains over 40 stores, nine restaurants, eleven nightclubs, and a spa.

<http://www.visitnj.org/city/atlantic-city>

Cape May - Cape May is a magnificent and vibrant city at the southern tip of Cape May Peninsula in Cape May County, New Jersey, where the Delaware Bay meets the Atlantic Ocean. It is one of the country's oldest vacation resort destinations. Take a step back in time without losing any time. When you stay at a Bed & Breakfast in Cape May, you enjoy the luxury of being surrounded by period antiques in the Victorian or Edwardian style and the hospitality and camaraderie of breakfast and, in many cases, tea, often served in the British style. Happily, you need not sacrifice the amenities of the modern age just because you've taken a short holiday from it. In addition to refreshing B&Bs, the Cape May County Park and Zoo provides free year-round admission to a collection of more than 550 animals representing 250 species in 85 acres of exhibits.

<http://www.capemay.com/capemaybedandbreakfasts.html#ixzz4AEiA6gpD>

<https://www.cmczoo.com/>

Liberty State Park and Liberty Science Center - Situated less than 2,000 feet from the Statue of Liberty, Liberty State Park in Jersey City is a great place for picnicking, playing games and exploring Ellis Island. Before it was a park, this area was home of the Central Railroad of New Jersey Terminal (CRRNJ). In the 19th and early 20th century, Ellis Island immigrants would use the CRRNJ to travel to their new homes in America. After being abandoned for some time, the park was fortunately restored. In 1976 it was gifted as the nation's bicentennial gift from New Jersey. Visitors now enjoy the park's 300 acres of open space, Liberty Science Center, and ferry service to Ellis Island and the Statue of Liberty. Liberty Science Center is a learning center and interactive science museum. The mission of the center is to get learners of all ages to appreciate science and technology. Exhibits include a 35-foot 'Infinity Climber', 'Eat and Be Eaten' and 'Our Hudson Home.' There is truly something for everyone to enjoy and learn.

<http://www.libertystatepark.org/>

<http://lsc.org/>

New Jersey Chapter (*cont.*)

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Princeton - Princeton is often known for its abundance of higher education, however, there is so much more it has to offer. While Princeton University serves as the focal point of this New Jersey town, there are other aspects such as the town's historical significance that make it such an interesting place to visit. The first meeting of the Continental Congress was held in Princeton and the country's first official notice of independence was announced there, making it the very first capital the United States ever had! The town is also equidistant from two major cities, New York and Philadelphia. There is a wide variety of museums, gourmet restaurants, shopping, sports and fine arts events that appeal to many different tastes! Local accommodations include anything from luxury hotels to cozy Bed & Breakfasts. With so many great things to do and see, you are sure to have a wonderful time during your Princeton visit!

<http://www.visitprinceton.org>

Hoboken - It's no wonder it was ranked the #1 most exciting small city in America. Between the plethora of restaurants, bars and shops in this waterfront city (with unforgettable views of the Manhattan skyline), Hoboken has something to offer everyone. Besides boasting numerous awards, Hoboken, NJ is also known for being the birthplace of Frank Sinatra and America's favorite pastime- baseball. Today, TLC's hit show "Cake Boss" takes place in the city, as well as numerous festivals and events throughout the year. Whether you're looking to kayak on the Hudson River, have a fun night out, or enjoy a killer view of the NYC skyline, there is not a dull moment in this city.

<http://www.hobokennj.org/visit/>

Meadowlands Racing and Entertainment - The Meadowlands racetrack is located within the Meadowlands Sports Complex in East Rutherford, NJ. It hosts various thoroughbred and harness racing and is often known as "The Big M" racing fans. Prior to the 1990's, Meadowlands was the home to popular thoroughbred races such as Pegasus Stakes and Meadowlands cup. Meadowlands is currently home to the very famous first leg of the Triple Trotting Crown, a major American harness race, known as the Hambletonian Stakes. This race takes place on the first Saturday every August and is known to be one of the busiest days at the track! Can't make it to Hambletonian? No worries! Just catch any other races held between May and December each year. There are various dining options at the track, including private areas for large groups such as the Backyard, or the Food Court, which offers classic concession stand food. There is also a large betting culture at the track that allows for some extra fun and added suspense during the races.

<http://playmeadowlands.com>

Mountain Creek Ski Resort, Water Park and Bike Park - Mountain Creek is located in Northern New Jersey in the town of Vernon. Mountain Creek is an all season, year round resort for kids of all ages. In their winter months (December-March), Mountain Creek has a total of 46 trails and 8 lifts throughout the mountain. Skiers and snowboarders from beginners to experts have the chance to have a great time in New Jersey's number one ski resort. Mountain Creek offers a north side of the mountain, which allows families to enjoy their time with one another in a calm resort setting. They also offer a south side of the mountain, which allows expert snow lovers to enjoy their terrain park. In the spring and summer, Mountain Creek is the proud home of over 40 miles of downhill bike riding trails. Bikers from first time beginners to World Cup racers are welcome to experience the 47 downhill and free ride trails. Action Park, Mountain Creek's water park, also offers a variety of water rides for the whole family to enjoy.

<http://www.mountaincreek.com>

New Jersey Chapter (*cont.*)

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Appalachian Trail - The estimated 2,280 miles of the Appalachian Trail is stretched from Georgia all the way up to Maine. New Jersey is home to 72 miles of the beautiful and scenic trail crossing into Warren County, Sussex County and Passaic County. One of my favorite trails to hike in Sussex County is the Stairway to Heaven up to the Pinwheel Vista in Vernon, NJ. This trail is a difficult hike, but the view on top is quite the reward after an hour uphill trek. The Stairway to Heaven has many steep rocks and terrain to climb in the wooded area of the trail. At the top of the mountain called the Pinwheel Vista, you can enjoy a pleasant and windy open view area. Take a step back after your long hike and soak in the beautiful views of farmland and mountains. Make sure to bring a small picnic to enjoy before you make your way back down the mountain.

<http://www.njhiking.com/best-hikes-in-nj-stairway-to-heaven-appalachian-trail/>

Grounds for Sculpture - Located in Hamilton, Grounds for Sculpture offers a unique, cultural experience for visitors. This 42-acre sculpture park is filled with various sculptures of all shapes and sizes from numerous artists. Grounds for Sculpture features a museum, an expansive outdoor area and periodic exhibitions. It is easy to spend the day walking around the grounds while enjoying the contemporary art.

<http://www.groundsforsculpture.org/index.cfm>

North Carolina Chapter

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Cape Hatteras National Seashore - Start your NC trip with a visit to Cape Hatteras National Seashore. Enjoy fishing, the ocean, charm and a laid back attitude. Climb the Cape Hatteras lighthouse. The islands that make up the seashore have been home to Native Americans, farmers, watermen, slaves, lighthouse keepers, surfmen, and many others who continue to shape the heritage of the area. The people have witnessed events that include hurricanes, the death of Blackbeard the pirate, Civil War battles, the construction of its now famous lighthouses, the birth of the USCG in the lifesaving stations, hundreds of shipwrecks. Take a side trip on the NC Ferry over to Ocracoke for a day. Climb the Bodie Island lighthouse. Drive to Kill Devils Hills and climb Jockey's Ridge and visit the Wright Brothers Memorial.

<https://www.nps.gov/caha/index.htm>

<http://hatterasguide.com/>

Raleigh - visit the state's Capitol city - Museums, a new Natural Science museum, bike through the NC Art Museum open space, shopping, a hipster vibe, tons of local breweries, lakes, parks, golf, visit a local farm, downtown concert venues, professional hockey team - Carolina Hurricanes

<http://www.visitraleigh.com/>

Asheville - Mountains, fresh air, hiking, mountain biking, breath-taking views, history. Drive the Blue Ridge Parkway - Winding through the highest elevations of the Southern Appalachians is a 469-mile, windows-down adventure on wheels. One of American's scenic drives. Visit Biltmore Estate home and winery - created by George Vanderbilt in 1895 as a retreat reminiscent of the grand castles and estates of France and Britain. Visit Mt. Mitchell and Grandfather Mtn - both over 6000ft and two of the highest peaks in the eastern US. Downtown - spend a day downtown visiting unique local shops, dining and enjoying architecture. Breweries - Boasting more breweries per capita than any U.S. city, roughly 100 local beers can be enjoyed in Asheville, served on draft and in bottles. Waterfalls - enjoy over 60 waterfalls in the Asheville area

<http://www.exploreasheville.com/>

<https://www.asheville.com/>

<http://www.romanticasheville.com/>

Wilmington - Enjoy the water in Wilmington, N.C. and beach towns, Carolina Beach, Kure Beach, and Wrightsville Beach. As NC's most accessible coastal destination, the area's location, natural beauty, culture and history make it the ideal place to visit. Airlie Gardens - encompasses 67 acres of beautiful Gilded Age gardens and lakes. Admire the azaleas, camellias, the 467-year old Airlie Oak, experience nature's most delicate and ephemeral creatures in the butterfly house. Riverwalk - Line with an assortment of markets and some of the best boutiques and art galleries around, the Riverwalk is home to cafes with outdoor dining, riverboat cruises and boat tours. Battleship NC - walk the decks of the NORTH CAROLINA. Beaches - take a beach day and enjoy Wrightsville, Kure and Carolina Beaches. Hollywood East - Film and television enthusiasts have the opportunity to get a glimpse of "Wilmywood" with a Hollywood Location Walk tour of movie and television locations.

<http://www.wilmingtonandbeaches.com/>

<http://www.airliegarden.org#sthash.qDj0XX60.dpuf>

Cherokee - Nestled in the lush landscapes of Western North Carolina, Cherokee invites you to smell the wood smoke and open your ears. Outdoors - Kayak, raft or tube down the serene waters of the Oconaluftee River. Birds - This area is host to over 200 species of birds and six state-recognized birding trails, making it one of the best bird watching sites in the Southeast. Great Smokey Mtns - Take advantage of the hiking, swimming, biking, and kayaking opportunities in the park. Watch 'Unto These Hills' - A spectacular reimagining of the Cherokee story, "Unto These Hills" is an outdoor drama that stirs the soul nightly. With sensational artistry this critically acclaimed production portrays the gripping legacy

North Carolina Chapter (*cont.*)

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Cherokee - (*cont.*) of the Cherokee people through the zenith of their power, through the heartbreak of the Trail of Tears, and finally culminating in the present day where the Cherokee people continue to rewrite their place in the world. Art - shop and enjoy Weaponry, pipes, and pottery

<http://visitcherokeenc.com/#points-of-interest>

<http://www.cherokeesmokies.com/>

Charlotte - For action-packed fun, there's NASCAR, thrill rides and whitewater adventures. For more relaxing diversions, there's art, culture, gardens, parks and more. NASCAR - Almost 90% of racing teams are based out of the Charlotte region. Three big races take place at Charlotte Motor Speedway: the NASCAR Sprint Cup Series All-Star Race, Coca-Cola 600 and Bank of America 500. Speed-seeking race fans can sign up for the NASCAR Racing Experience, where you can go 160 mph in racecars that have been driven by NASCAR greats like Dale Jr. and Jeff Gordon. where you can reach 45 mph. The NASCAR Hall of Fame is a hit. US National Whitewater Center - Experience rafting, the center also offers kayaking, canoeing, stand-up paddle boarding, climbing, mountain biking and a zip line and rigorous adventure course. Museums - The Mint Museum Uptown, Mint Museum Randolph and Bechtler Museum of Modern Art and The Levine Museum of the new South are great options.

<http://www.charlottesgotalot.com/>

<http://usnwc.org/>

Edenton - Edenton is home to three National Historic Landmarks, one of which is the state's oldest courthouse, built in 1767 and still in use. Recently recognized by Forbes.com as one of America's Prettiest Towns, Edenton continues to show her age with pride. The state's first colonial capital, it was established in the late 17th century and incorporated in 1722. Once its second largest port, Edenton provided slaves with a means of escape via the Maritime Underground Railroad before Emancipation. Historic sites - visit Civil War trail sites, the Maritime Underground Railroad, birding trails, historic millponds, spooky ghost tours and canoe trails. Recreation - boating, fishing, and camping are especially popular on the Albemarle Sound and local rivers. Architecture - Outstanding historic 18th century architecture includes some of the state's oldest homes and churches; the 1767 courthouse, considered the most intact in America.

<http://www.visitedenton.com/>

<http://www.nchistoricsites.org/iredell/>

<http://www.edenton.com/>

Beaufort - A historic small coastal town on the Inner Banks, Beaufort was a popular destination for both Edward Teach, (more commonly known as Blackbeard the Pirate), and his former lieutenant, Stede Bonnett, a gentleman by birth but eventually a successful pirate in his own right. Both notable pirates were frequent visitors to the Core Sound, located on the outskirts of Beaufort, and also of the town itself. A first-time visitor to Beaufort will find plenty of ways to stay entertained, beginning with the incredible dining options located throughout the town. Several restaurants are historic sites in their own right, dating back over a century, while a half-dozen downtown eateries feature unparalleled outdoor seating overlooking the always busy waterfront docks. All of these restaurants feature fresh seafood in abundance, including oysters, blue crabs, NC shrimps and scallops, and plenty of seasonal fish, and are a perfect destination for any seafood lover.

<http://www.beaufort-nc.com/>

<http://www.visitbeaufortnc.com/>

Ohio Chapter

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National Museum of the U.S. Air Force

<http://www.nationalmuseum.af.mil/Visit/HoursandAdmission.aspx>

Rock and Roll Hall of Fame & Museum

<http://www.rockhall.com/>

Marblehead Lighthouse State Park - Marblehead Lighthouse is one of Lake Erie's best known and most-photographed landmarks. Marblehead Lighthouse rests on the Marblehead Peninsula, a rocky headland of Columbus Limestone that juts into Lake Erie.

<http://parks.ohiodnr.gov/marbleheadlighthouse>

Great American Ballpark, Cincinnati - Home field of Major League Baseball's Cincinnati Reds. It opened in 2003, replacing Cinergy Field (formerly Riverfront Stadium), their home field from 1970 to 2002. The park's name comes from the Great American Insurance Group.

<http://cincinnati.reds.mlb.com/cin/ballpark/>

Columbus Zoo and The Wilds - In addition to the Zoo, The Wilds is a private, non-profit safari park and conservation center that combines cutting-edge conservation science and education programs with hands-on experiences and one-of-a-kind adventures that include ziplining, horseback riding, fishing and more. Located in Cumberland, Ohio, the Wilds is home to rare and endangered species from the globe living in natural, open-range habitats.

www.columbuszoo.org

<https://thewilds.columbuszoo.org/>

The Pine Club - a Steak House in Dayton - The restaurant opened in 1947 and remains virtually unchanged. They do not take reservations. You give the hostess your name and then wait three-deep at the bar -- and then you are magically found among the crowds and led to your table. The Pine Club was featured in the New York Times Style Magazine along with restaurants in London, New York and Paris. The magazine described The Pine Club in this way: This is the kind of classic supper club that used to dot the Midwest: thick napery, thicker steaks, cold drinks and potatoes offered at least four ways. The menu is virtually unchanged from the day it opened.

<http://www.thepineclub.com/>

West Side Market, Cleveland - Since opening to shoppers on November 2, 1912, the West Side Market- Cleveland's oldest continuously operating municipally owned market, has anchored the historic Ohio City neighborhood. Built to replace the Pearl Street Market, located on the opposite corner since 1840, it was one of three public markets in Cleveland that included the Broadway Market and the Central Market. All three served Cleveland's growing immigrant population in the early 20th century. Only the West Side Market remains.

<http://westsidemarket.org/>

Cedar Point - Roller Coaster Capital with 18 roller coasters.

<https://www.cedarpoint.com/>

Ohio Chapter (*cont.*)

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Kelleys Island, Glacial Grooves - See the world's largest Glacial Grooves on Kelleys Island, near the State Park and Campground. Take a ferry from the mainland in Ohio and drive, bike or hike to the Glacial Grooves. The attraction is free and only takes about 15 minutes to see. But overall, it's pretty impressive.

<https://www.ohiohistory.org/visit/museum-and-site-locator/glacial-grooves>

World's Oldest Traffic Light - 34 Long St., Ashville, OH - Directions: Ohio's Small Town Museum. US 23 to South Bloomfield. Turn east onto Ashville St./Hwy 316 for a couple of miles into Ashville, where the road becomes Main St. At the intersection of Long St., Hwy 316 turns north (left); follow it. The Museum is on the right. Normally the world's oldest traffic light is housed in the town museum, but every July 4 it is brought outside and hung over the entrance to the town's Independence Day spectacular in Community Park at the corner of Harrison and Walnut. It looks like an aluminum football with wings, a la Buckminster Fuller, and it uses an eye-numbing hypnoswirl process to change colors from red to green.

Oregon Chapter

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Your Local Library or Internet – Since Oregon became a State, the pronunciation of the word ‘Oregon’ has been abused. Think of how you pronounce the words – Boston (Bos-tun) or Hamilton (Hamil-tun). In Oregon, we say it (OR-e-gun) – NOT Or-y-gone! Do everyone in Oregon a favor and show us that you know how to pronounce our State’s name correctly. While you are practicing, here’s another Oregon word to work on. If you enjoy fine wine, practice up on how to pronounce ‘Willamette’ – one of the finest wine regions in the world. Willamette is a major river in Oregon that runs right through much of this fine wine region. When ordering a bottle of wine from the Willamette Valley region, say it right – “Will-AM-It (*emphasis on the lam sound in the middle*)” – not Will-a-mette. Sounds simple, and it really is. You’ll enhance your visit to our beautiful State by getting these 2 important words correctly logged in your worldly vocabulary.

Multnomah Falls and the Columbia Gorge - The Columbia River Gorge National Scenic Area encompasses 292,500 acres, running from the mouth of the Sandy River to the mouth of the Deschutes River and spanning southern Washington and northern Oregon. The Gorge is unique in its natural and cultural history, as well as its designation as a National Scenic Area. No one should visit Oregon without taking the short drive up I-84 to Multnomah Falls. Year round, this 611 foot high falls awes visitors and locals alike.

http://www.oregon.com/attractions/multnomah_falls

<http://www.fs.usda.gov/crgnsa>

Mt Hood and the Timberline Lodge – On every clear day, and we have plenty of them in Oregon, majestic Mt. Hood is visible from most places in Portland. While beautiful to look at, many visitors take the 60 minute drive up to the mountain to ski, hike, pick berries, etc. Timberline Lodge, an Oregon monument, is spectacular, and not to be missed.

https://en.wikipedia.org/wiki/Mount_Hood

<http://www.timberlinelodge.com/>

The Oregon Coast – North Part – Oregon’s coastline is 363 miles long. When driving down the coastal highway Hwy 101, most of the distance includes views of the Pacific Ocean. Don’t hesitate to pull off the road on one of the many viewpoints. If you are planning to drive the entire coastline, allow 3 – 7 days. Otherwise, split your visits into 2 different trips to see 2 totally different coastlines. Starting in Astoria, an old fishing town at the mouth of the Columbia River, drive south with stops in Seaside and Cannon Beach – historic towns with Lewis and Clark ties. Continue south – with a ‘must’ stop at the Tillamook Creamery. Oregonians and visitors stop at the Creamery for an ice cream cone and cheese curds (you have to try them)! Your northern coast adventure typically ends in Newport.

<http://visittheoregoncoast.com/region/north-coast/>

<http://traveloregon.com/cities-regions/oregon-coast/>

The Oregon Coast – South Part – The southern Oregon Coast typically begins in Newport and continues south to Brookings. Along the way you’ll see portions of the coastline that really don’t resemble what you saw up north. On your way South, be certain to pull off the highway in Coos Bay and drive out to Shore Acres, one of the most beautiful gardens in the country. This State Park is an unknown attraction to most Oregonians. When you see it, you won’t believe that few Oregonians even know where it is or how beautiful it is!

<http://www.southernoregon.org/southern-oregon-coast>

<http://shoreacres.net/>

Oregon Chapter (*cont.*)

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Bandon Dunes Golf Resort – Truly one of the greatest success stories in the world of golf courses. The vision of the Bandon Dunes owner and founder Mike Keiser cannot be emphasized enough. Mike saw coastal land in the middle of nowhere, and envisioned a golfing mecca. Throughout the year, the North Bend Airport, a very small community airport about 35 minute drive from the North, is packed with private jets from all over the world. Golfers from around the world recognize the glory of the Bandon Dunes, and make the trek to be able to claim that they've played Bandon Dunes....not just one course, but every course!

<http://bandondunesgolf.com/>

Portland's Dining – While we have the museums and mansions that can be found in many large cities, what really sets Portland apart is its variety in high-quality dining options.

<http://www.oregonlive.com/portland-best-restaurants/#/0>

Crater Lake – “Wow” or “Awesome” are almost your guaranteed first words when visiting Crater Lake. While it is difficult to imagine that a large lake can rest atop a very tall mountain, when viewing the Lake firsthand, and reading the story of how it came to be, you can begin to comprehend the power of the earth beneath us. While you can visit Crater Lake all but the winter months, the best time to visit is during the Summer, as that's the only time that the Crater Lake Rim Drive (33 miles in length) is open and accessible. When visiting Crater Lake, take some time and drive north about 30 minutes and check out Diamond Lake.

<https://www.nps.gov/crla/index.htm>

<http://www.craterlakelodges.com/>

<http://www.diamondlake.net/home.aspx>

Central Oregon's High Desert Region – While visiting Central Oregon's High Desert Region is only a 2 ½ - 3 hour drive from Portland, it's a different world on the other side of the Cascade Mountains. There's an abundance of great golf courses, fine resorts, hiking trails, views of several majestic mountains, fishing, lava flows, etc. Bend, Oregon is the major city in this region. Start there and discover this fine region.

<http://traveloregon.com/trip-ideas/grants-getaways/high-desert-discoveries/>

Pennsylvania Chapter

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Pittsburgh - Pittsburgh has the kind of vibrant arts and culinary scene that appeals to all kinds of travelers. Monongahela Incline, Mount Washington, Carnegie Museum of Natural History, Andy Warhol Museum, Nearby Fallingwater, designed by Frank Lloyd Wright.

www.visitpittsburgh.com

Gettysburg National Military Park in Gettysburg - The Battle of Gettysburg took place in 1863 during the Civil War. The almost 4000-acre park includes the Gettysburg National Cemetery. The Park Service is attempting to restore the landscape of the battlefield as it was during the Battle of Gettysburg. Artifacts and more are available for viewing at the Gettysburg Museum and Visitor Center. Escorted tours of the Battlefield are recommended on a bus, or in your car with a guide. There are many events at the park and the museum. Visitors who wish to stay for a while may check in to one of the area bed and breakfasts, hotels, inns, campgrounds or cabins.

<https://www.nps.gov/gett/index.htm>

Philadelphia - The Keystone State's largest city, displays its rich history in Independence Hall, where the Declaration of Independence and Constitution were signed, and the Liberty Bell, an enduring symbol of American freedom. Independence National Park and the Liberty Bell Center, Philadelphia Museum of Art, The Franklin Institute, Mutter Museum and Reading Terminal Market

www.visitphilly.com

Hershey - The Sweetest Place on Earth - Hershey has something for everyone. Start at The Hershey Story museum in downtown Hershey to learn about Milton S. Hershey and the town he built on chocolate. Hotel Hershey, Hershey Gardens, Hersheypark, Chocolate World, The Hershey Story Museum, Milton Hershey School

http://www.hersheypa.com/about_hershey/our_proud_history/about_milton_hershey.php

Flight 93 National Memorial - 6424 Lincoln Highway, Stoystown, PA 15563 - September 11, 2001 began as an ordinary day. But in less than two hours' time, this ordinary day was transformed as 19 terrorists boarded and hijacked four airplanes to attack America. Nearly 3,000 people were killed when the planes were flown into the World Trade Center in New York City, the Pentagon near Washington, DC and when United Airlines Flight 93 crashed in Pennsylvania's countryside. Flight 93 National Memorial is a place to learn about the forty passengers and crew of Flight 93 whose actions thwarted the hijackers' plan to fly this plane to a target in Washington, DC. Walk beside their final resting place and honor their extraordinary courage in fighting back against the terrorists. Outdoor exhibits, a cell phone tour, and Park Rangers provide more information to visitors. A Visitor Center and Learning Center at Flight 93 National Memorial are now open.

<http://www.visitpa.com/pa-museums/flight-93-national-memorial#sthash.tPYcTNzc.dpuf>

Pine Creek Gorge Wellsboro - The Pine Creek Gorge, almost 50 miles long and over 1,000 feet deep, is known as the Grand Canyon of Pennsylvania. It offers spectacular views, abundant wildlife and beautiful foliage that promise a brilliant fall display of deep reds, yellows and purples in early October. Be sure to make a stop in the quaint town of Wellsboro where you'll see gas-lit streets and Victorian mansions that date back to the early 1800s. The drive along the west rim of the gorge provides beautiful scenery and an impressive density of northern PA birds and other wildlife. Migratory and breeding birds that can be seen include woodpeckers, mourning and black-and-white warblers, wild turkey, and wood and hermit thrushes.

<http://www.visitpa.com/pa-bird-wildlife-watching/pine-creek-gorge#sthash.8QpXLUQL.dpuf>

South Carolina Chapter

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Charleston - Everyone should visit this iconic historic Southern town on the Ashley and Cooper Rivers. Voted America's Best City 5 times in a row, the city has history, charm, warm weather and culinary adventures. Take a carriage tour around the historic district and learn about the history of the area. Take a ferry to Fort Sumter and stand exactly where the Civil War began. Visit local beaches including: Folly Beach, Isle of Palms and Sullivan's Island's. Culinary tours - Go behind the scenes with some of Charleston's best chefs on a culinary tour. Learn the history of the Lowcountry cuisine. Plantation tours - The plantations offer group tours with some of the best tour guides in town. If you would rather learn about history on your own time, you can also wander winding staircases, walk through gorgeous gardens and take a stroll under the breathtaking oak trees on your own time. French Market - be sure to stop by the historic market and view crafts and vendors

<http://www.charlestoncvb.com/>

www.charleston.com/

www.10best.com/destinations/south-carolina/charleston/

Hilton Head - Hilton Head Island may only be 12 miles by 5 miles wide, but you'll find everything you need here for the ultimate Island retreat. Enjoy days basking in the sun, sand and surf of some of the best beaches in the country. Get into the swing of things at your choice of 24 world-class golf courses and 350 tennis courts, embark on a culinary journey at one of over 250 restaurants, or simply walk your way to a new outdoor adventure. From biking and hiking to fishing and kayaking, or shopping and guided tours to historical and cultural pursuits: A new adventure awaits you around every corner. And with over 350 tennis courts and 24 championship golf courses, there are always lots of fun and games waiting here for you, too. 'Life's a beautiful day at the beach and a whole lot more' on Hilton Head Island. Kayak the tidal waters of the coast, go fishing in the Atlantic, or sail through our waterways on a Hilton Head boat tour and get up close and personal with a bottle-nosed dolphin.

<http://www.hiltonheadisland.org/>

www.hiltonhead.com

<http://www.hiltonheadisland.com/>

Kiawah Island - Just 21 miles from the pulsing energy of downtown Charleston, Kiawah Island is an oasis of untouched natural beauty and renowned hospitality for those seeking a retreat into adventure - and luxury. Kiawah's five championship courses make it South Carolina's crown jewel of golf, and the magnificent Kiawah Island Golf Resort resort exemplifies Southern comfort in all of its splendor. In addition to its 10 miles of beaches, enjoy Kiawah Island's perfectly preserved maritime forests, sand dunes, and marshes where turtles, whitetail deer, and seabirds abound. Kiawah Island boasts 30 miles of bike paths. Beachwalker Park is consistently named a Top 10 Beach on the annual beach rankings of Dr. Beach. Where to stay - Guests of the luxurious Sanctuary Hotel enjoy the genteel Southern charm of a resort designed to resemble a sprawling seaside mansion.

<https://www.kiawahresort.com/>

www.charlestoncvb.com/beaches/kiawah-island/

<http://www.travelchannel.com/interests/beaches/articles/your-guide-to-kiawah-island-south-carolina>

South Carolina Chapter (cont.)

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Greenville - Nestled into the foothills of the Blue Ridge Mountains, Greenville, South Carolina has combined traditional southern charm, stunning natural beauty and an unexpected contemporary cool to create one of America's hottest emerging destinations and fastest growing cities. From a revitalized downtown ranked among ""America's Ten Best"" by Forbes Magazine to downtown Greenville's one-of-a-kind Liberty Bridge, quaint shops, boutiques, and fabulous restaurants to a world-class collection of museums, galleries, and theaters to some of the most beautiful lakes, rivers and mountains in the world. Outdoor activities - The temperate climate beckons to enthusiasts from all walks of life to enjoy nature year-round. Whether you're a walker, runner, climber, cyclist, angler, birdwatcher, camper, boater, swimmer, rafter. From museums housing classical giants like Botticelli and Andrew Wyeth to quirky local art galleries and a bustling indie craft movement, a host of inspiration awaits.

<http://www.visitgreenvillesc.com/>

Beaufort - Tucked into narrow interlocking streets and adorned by natural foliage and centuries-old, moss-draped live oak trees, this area is one of the focal points of the city's historic district, and is best viewed with a professional guide, either walking, by horse-drawn carriage, or touring van. Additionally, fine homes from the Civil War era can be found in the eastern portion of town, many with unrivaled water views. Step-on guided island coach tours, boat tours, and kayak tours showcase the history, heritage and natural beauty of the coastal Lowcountry. Sport fishing, bike tours, horseback riding and adventure tours are also popular year-round. Stay in an historic, cozy downtown bed and breakfast; Enjoy all the fresh local seafood; Shop and stroll along historic Bay Street; Climb The Lighthouse at Hunting Island; Visit The Old Fort Ruins on St. Helena Island; Kayak through the rivers and marshes; Take a river tour on Prince of Tides

<http://www.beaufortsc.org/>

www.beaufort.com

www.beaufort-sc.com

<http://mainstreetbeaufort.com/>

Texas Chapter

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Palo Duro Canyon in the Amarillo area - It is considered one of the two "grand canyons" of Texas, with Big Bend being another more famous area of Texas.

<http://tpwd.texas.gov/state-parks/palo-duro-canyon>

Rockport, Texas - Rockport is a great fishing location, small town feel on the coast, tons of artists and galleries and shopping there.

<http://cityofrockport.com/>

Canton, Texas - Canton is known for its "First Monday Trade Days" which has been around for 150 years. Tons of great artists, and other appealing vendors meet there. The locals are so friendly and inviting, you'll definitely want to check out this smaller town.

<http://www.firstmondaycanton.com/>

The Marfa Lights - Accounts of strange and unexplained phenomena just outside of Marfa began during the 19th century and continue to this day. Ranchers, Apaches, high school sweethearts and famous meteorologists alike have reported seeing seemingly sourceless lights dance on the horizon southeast of town, an area that is nearly uninhabited and extremely difficult to traverse. The mystery lights are sometimes red, sometimes blue, sometimes white, and usually appear randomly throughout the night, no matter the season or the weather.

<http://www.visitmarfa.com/lights.php#.V2Q5Zeb2aUk>

Fort Davis Observatory/McDonald Observatory - The McDonald Observatory is equipped with a wide range of instrumentation for imaging and spectroscopy in the optical and infrared spectra, and operates the first lunar laser ranging station. It works closely with the astronomy department of the University of Texas at Austin while maintaining administrative autonomy. The high and dry peaks of the Davis Mountains make for some of the darkest and clearest night skies in the region and provide excellent conditions for astronomical research.

<https://mcdonaldobservatory.org/>

Gruene, Texas - Gruene is where one of the oldest dancehalls in Texas is found, and also home to great antique and other shopping as well as restaurants, all situated on the Guadalupe River.

<http://www.gruenetexas.com/>

Kerrville or Fredericksburg - Fredericksburg is home to a state park called Enchanted Rock - a massive pink granite dome of rock - as well as lots of bed and breakfast and shopping, wineries and eateries.

Kerrville is just down the road a bit from Fredericksburg and is situated on the Guadalupe River and hosts beautiful scenery for miles in any direction.

<http://www.fredericksburgtexas-online.com/>

<http://www.fredericksburg-texas.com/>

<http://tpwd.texas.gov/state-parks/enchanted-rock>

<http://www.kerroilletexas.com/>

Texas Chapter *(cont.)*

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Round Top - Round Top is known for being one of the best antique shows in the nation. You are sure to find some of the most unique and vintage pieces around. The Original Round Top Antiques Fair invites you to join us in celebrating our 49th year in Round Top, a history earned through our consistent reputation for unsurpassed quality and unusual, one-of-a-kind antiques. We offer three shows each year: the world renowned Spring and Fall Antiques Fairs, in all four of our venues, and the newer Winter Antiques Show, in the Big Red Barn. When you step through the door in the Big Red Barn, the Big Red Barn Tent, the Continental Tent, or Carmine Dance Hall, you will experience one of the Best Antique Shows in the nation.

<http://www.roundtoptexasantiques.com/>

Kemah - For beach fun, there is Galveston - one of the ports where our ancestors arrived in America as well as really unique and fun shopping on the Strand and fun amusement-park type atmosphere at the Pleasure Pier - and there is Port Aransas - another island south of Galveston that has a more small-town feel to it. But the most recent beach fun is found in Kemah. The Kemah boardwalk is worth exploring with lots of dining and shopping for everyone.

<http://www.kemahboardwalk.com/>

<http://www.galveston.com/>

<http://portaransas.org/>

Tyler - Tyler has the nickname ""Rose Capital of the World"". It gained this name due to the large quantity of rose bushes processed through the area, along with hosting America's largest rose garden.

<http://www.visittyler.com/>

Virginia Chapter

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Battle of the Wilderness/Battle of Spotsylvania Court House - This Civil War battle that lasted over 12 days highlights the spirit of the Confederacy - their drive to continue the fight and their leaders cunning ways to live to fight another day. Be sure to time your visit so you have a national park guided tour.

Monticello, Charlottesville - Thomas Jefferson's house does more to give visitors a sense of who our third President was than the reading of any book on the subject. You see his inventions, walking in the actual rooms he used. Be sure to leave time to walk through the gardens and take in the views. And added bonus - while in Charlottesville see the University of Virginia that he also designed.

Battle of Manassas (Yankees call this the Battle of Bull Run) - The first battle of the Civil War was do close to Washington, DC that fashionable people of the time rode out for a picnic lunch to see the Confederacy defeated. They did not count on Stonewall Jackson and others. Get a guided tour - it is worth the wait.

Gravelly Point Park, north of National Airport, Arlington - Bring a picnic lunch or morning coffee, or evening libation to this grassy area north of the airport where you will be close enough to (almost) touch planes. Great views of DC and free parking. Kids can run around, all can enjoy the view. Closes at dusk and the bugs become fierce.

Mount Vernon - This is more than George Washington's house - it is a serious museum dedicated to exploring who our first President was and how his influence is still felt in our country. It is worth spending at least a 1/2 of day. If you are staying in Arlington, VA you can bike here.

Washington Chapter

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Mt. Rainier National Park - One of the tallest and most iconic mountains in the USA!

http://visitrainier.com/?utm_source=bing&utm_medium=cpc&utm_campaign=secondary_national_park

Lake Quinault in Olympic National Forest - The Olympic Rainforest in Washington gets an average of more than 150 inches and is GOREGOUS with moss and lichen. Whether driving, a little walk, or a hiking trip you won't forget your visit to Quinault! Visit THE world's largest Cedar tree estimated at more than 1000 years old!

<https://www.flickr.com/photos/wwworks/2626561293/>

<http://www.wta.org/go-hiking/hikes/quinault-rainforest-nature-loop>

<http://www.quinaulttrainforest.com/Lake-Quinault/Rain-Forest-Loop-Drive.html>

The San Juan Islands - Step back in time and visit these volcanic islands with a quiet vibe. If you SCUBA, be sure to take an unforgettable drift dive.

<http://www.visitsanjuans.com/>

Walla Walla Wine Country - One of the finest wine country regions in the world. Previously very well known for growing wheat and of course, "Walla Walla Onions!"

<http://www.wallawallawine.com/>

Cape Disappointment - on the SW Washington Coast overlooking the confluence of the Columbia River and the Pacific Ocean - a view of the ocean as you've never seen before!

<http://www.parks.state.wa.us/486/Cape-Disappointment>

West Virginia Chapter

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The Greenbrier Resort - Known as America's resort, The Greenbrier is a little bit of luxury in the heart of Appalachia. It's worth a visit, especially to see the famous secret congressional bunker.

<http://www.greenbrier.com/>

The New River Gorge Bridge - The New River Gorge Bridge is one of the most photographed places in West Virginia. The bridge was chosen to represent the state on the commemorative quarter released by the U.S. Mint in 2006. In 2013, the National Park Service listed the New River Gorge Bridge in the National Register of Historic Places as a significant historic resource.

<https://www.nps.gov/neri/planyourvisit/nrgbridge.htm>

Trans-Allegheny Lunatic Asylum located in Weston, WV - Also known as Weston State Hospital, it operated from 1864 until 1994 and now is considered a very haunted place -- so much so that ghost tours are available of the facility year round.

<http://trans-alleghenylunaticasylum.com/>

Palace of Gold in Moundsville - Named one of the 8 religious wonders in the United States by CNN, Prabhupada's Palace of Gold was intended to be the residence of A. C. Bhaktivedanta Swami Prabhupada, the founder of International Society for Krishna Consciousness, but he died before he could move in. When the palace opened in 1979, Life magazine called it, "a place where tourists can come and be amazed.

<http://www.palaceofgold.com/index.html>

Seneca Rocks - The only "true peak" (a peak inaccessible except by technical rock climbing techniques) on the East Coast.

<http://www.fs.usda.gov/recarea/mnf/recarea/?recid=7050>

Blackwater Falls State Park - Named for its tannic acid-darkened water, Blackwater Falls in Davis is among the most photographed places in West Virginia and a spectacular sight.

<http://www.blackwaterfalls.com/>

Lost World Caverns - Lost World Caverns was discovered in 1942 and descends 120 feet below the Earth's surface into a vast wonderland of stalactites and stalagmites.

<http://www.lostworldcaverns.com/>

Helvetia - Helvetia, West Virginia is a small Swiss village in a high mountain valley. The original Swiss and German settlers arrived in 1869 and their descendants remain. Due to the isolation of the area, the traditions of dance, music, food, and holidays have survived through the generations.

<http://www.helvetiawv.com/>

West Virginia State Capitol, Charleston - The 293-foot golden dome at the state capital is five feet higher than the US Capitol's dome. Designed by Cass Gilbert, who also designed the world's first skyscraper, the building reflects Greek and Roman architectural influences. During the building process, which lasted from 1924 to 1932, more than 700 train carloads of limestone and 4,500 tons of steel were used.

<http://www.legis.state.wv.us/educational/citizens/guide.cfm>

Cass Scenic Railroad - This historic train, now a scenic railroad is a great way to get a good look at beautiful Pocahontas County.

<http://www.cassrailroad.com/>

Wisconsin Chapter

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Mars Cheese Castle - A classic Wisconsin tourist attraction; a cheese store housed in a giant castle shaped building

Lambeau Field - Home of the Green Bay Packers! No trip to Wisconsin is complete without visiting Lambeau Field. Being from Illinois and a huge Green Bay fan it is quite the place.

House on the Rock - Another truly bizarre tourist attraction, full of interesting collections and some of the strangest architecture, was featured in "American Gods" by Neil Gaiman

Milwaukee Art Museum - A world class art museum housed in the stunning Calatrava designed building. Highlights include the Bries Soleil (the wings that open and close), the modern art collection (the Georgia O'Keefe collection and lesser known German Expressionist Gabrielle Munter are especially well represented.

The American Club - This five star resort is home to the Kohler Waters Spa and Whistling Straights golf course.

Summerfest - the world's largest music festival, held on Milwaukee's lakefront each July. Many meetings are held in Wisconsin around this festival.

Scuppernong Springs Trail - A very beautiful trail in the state, located in Kettle Moraine. Features marsh land, ruins from an abandoned mining plant and hidden springs.

Devil's Lake - For avid campers this is a great park with stunning views, great trails and a very nice campground.

Governor Dodge - Beautiful park in central Wisconsin with great hiking and beautiful waterfalls.

American Players Theatre - Outdoor theatre company specializing in Shakespeare. There is nothing like seeing Shakespeare performed under the stars!

Best Places of All – The Bonus Pages

A Summary of the Chapter Executives' Best Places in the Country to Visit

Washington D.C. - Washington D.C. offers everything. It is rich in history and offers all the sights and sounds that a city should embody. Museums, walking tours, historic monuments and great restaurants, etc. Day trips to Colonial Williamsburg are also fun and educational.

<https://washington.org/>

All the War Memorials in Washington DC.

Great Smokey Mountains - Tennessee

The Tenement Museum in New York City - A really fascinating look at American History given by the most knowledgeable tour guides I have ever encountered.

<https://www.tenement.org>

Southern Utah! I just returned from a 9 day camping trip across the state visiting all the national parks. Utah has the most spectacular scenery and remoteness I've seen in America.

www.visitutah.com

Independence Hall in Philadelphia - To be able to stand in the same room that the Declaration of Independence and the Constitution were debated and voted upon is quite something. These two documents have revolutionized the world and allow us freedom and liberty beyond anything any people has ever known. To be able to be in the place it all started is nothing short of inspiring.

Jackson Hole, Wyoming

Washington, D.C. - Monuments by Moonlight Tour - There's nothing more beautiful than seeing our nation's capitol at night, specifically the monuments. Monuments in Moonlight is such an investment to make whenever in DC!

<http://www.viator.com/Washington-DC-tours/Night-Tours/d657-g12-c96>

Statue of Liberty - Humble reminder of our heritage. Many World War II soldiers saw this as their first welcome home to the states.

Walt Disney World - It is the happiest place on earth!!

Molokini Crater Maui, Hawaii - Hawaii's only island marine sanctuary. World class snorkeling and diving. A coral reef with amazing fish and sea turtles. Suited for any skill level. Simply beautiful and so much fun!

www.aloha-hawaii.com

Pacific Whale Foundation in Maui - Sign up for a whale-watching tour or snorkeling trip into the incredible waters the island has to offer. If the marine biologist accompanying the trip is a beautiful blond with a southern accent, tip generously.

Downtown Nashville, TN - It's a mini Vegas without the casinos!

Chebeague Island, Maine – Americana at its best! A coastal island outside of Portland. Accessible by 2 ferry systems. No one locks their doors, everyone waves. A great place to visit and stay for a few days. Great lobster too!

https://en.wikipedia.org/wiki/Chebeague_Island,_Maine

Best Places of All – The Bonus Pages (*cont.*)

A Summary of the Chapter Executives' Best Places in the Country to Visit

Sedona, Arizona - Sedona is an Arizona town outside Flagstaff that is known for its red rock buttes, steep canyons, and pine forests. While this is a desert town, there are countless outdoor activities, spas, and art festivals. Bring all your kids and try out hot air ballooning, just bring the guys and go on a rugged Jeep tour, or escape for the day at the Sedona New Day Spa. Make sure to check the calendar of events before you plan your trip, there are always exciting events to attend such as the Sedona International Film Festival or the Sedona Bike and Brew Festival that you do not want to miss! Not only is Sedona packed with fun activities, but it also offers unforgettable dining experiences. Casa Sedona is known for its unmatched breakfast menu, and the Elote Cafe is a relaxed atmosphere to grab a bite to eat. There are options for everything and everyone in Sedona, and you can customize your trip to your taste!

<http://visitsedona.com/>

Grand Canyon - Grand Canyon, AZ 86023 - Nothing prepares you for your first view of the Grand Canyon. You will be blown away by its massive size and unique beauty. With so many ways to experience the Grand Canyon (i.e., take a river trip, a mule trip, whitewater raft trip, walk or hike to name a few), it will overwhelm your sense through its immense size. The canyon is 277 river miles (445km long), up to 18 miles (29km wide), and a mile (1.6km) deep.

<https://www.nps.gov/grca/index.htm>

Sedona, Arizona - Amazing scenery and hiking. One of the few places in the US where you can still see all the night stars. Sedona is a geological wonderland surrounded by 1.8 million acres of national forest land.

www.visitsedona.com

Mauna Loa - Watch the Big Island grow right in front of your eyes. Amazing

The Grand Canyon Skywalk - The Grand Canyon Skywalk is a glass, horseshoe-shaped bridge enables visitors to walk beyond the canyon walls at Grand Canyon West, suspending them 4,000 feet above the riverbed and providing an unparalleled view of this natural wonder.

<http://www.grandcanyonwest.com/skywalk.html>