



live passionately.

Virginia  
IS FOR LOVERS

Virginia Travel Stories

## Virginia Travel Stories Media Guide

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Photography by Cameron Davidson@CameronDavidson.com

### *Front Cover:*

Deborah Pratt, international oyster shucking champion from Jamaica, Virginia. Motivation – desire to provide for her family. Passion – prying the bi-valves from their shells faster than the speed of light. Reward – numerous world championships over 22 years. Pratt wows crowds at the Urbanna Oyster Festival every November, where seafood lovers sate their craving for fresh Virginia oysters and Pratt competes to maintain her title as the fastest oyster shucker in the world.

**Live Passionately** is less about a vacation and more about a lifestyle— one centered around an obsession for travel and a dedication to living life to its fullest.

It's a spirit driven by a passion for personal freedom that was infused in Virginia's beginnings and pulses throughout the commonwealth today. This passion for living is the truth of Virginia: its history, its folk arts, its culinary traditions and most importantly, its people.

The people of Virginia tell an amazing story – one of adventure, history, traditions and charm. They embody the best the state has to offer, from the majestic Blue Ridge Mountains to the sandy shores of the Chesapeake Bay. Their backyards encompass 130 wineries, 400 years of history, 3,000 miles of shoreline, 34 state parks and more than 700 museums. Their subtle approach to the finer things in life and innate hospitality make Virginia a travel destination of distinction.

Virginia invites travelers to come and meet these Virginians who share their passion for wine, food, history, music, adventure and life. Come to Virginia and live passionately.



# Culinary Revolution

Chef Alex Montiel  
La Cocina del Sol

Virginia is in the midst of a **culinary revolution** and Chef Alex Montiel and other passionate foodies like him are leading the charge.

Chef Montiel embodies the heart of culinary travel in Virginia - small, locally-owned spots that combine a passion for great food with a love of local ingredients. He uses authentic Mexican and Southwestern traditions at his La Cocina del Sol restaurant in Crozet where the hip eclectic charm and delicious menu of crab cake bruschetta, calamari fritos, red snapper tacos and caramel flan excite guests with an explosion of tastes.

Virginia was recently named one of the top food and wine destinations in the country and it's easy to see why. Each region has its own unique flavor to tempt travelers' taste buds. From traditional southern comfort food to seafood delicacies straight out of the Chesapeake Bay, passionate chefs are infusing dishes with local ingredients and modern flourishes to tempt the palates of hard-core foodies everywhere. Combine all this great flavor with Virginia's award-winning wines for a glimpse of culinary nirvana.

For people whose travel decisions are based solely on their taste buds - now is the time to feed that passion in Virginia.





# Southern Sophistication

Joyce Blair  
from Magnolia House B&B

**W**hen Joyce and Lankford Blair built their dream, no detail was overlooked. The result is the Magnolia House Bed & Breakfast, a beautiful Victorian masterpiece in Hampton boasting period furniture and hospitality to melt your heart.

Joyce's passion for music and prose inspired unique guest rooms— the jazzy Ellington Suite, the quiet Haven and the scrumptious Writer's Retreat. Located just steps from urban downtown Hampton, the Blair's inn captures the essence of Virginia's **southern sophistication**.

Virginia's historic inns, B&Bs and luxury resorts are decadent respites for travelers seeking a more refined travel experience. Scattered throughout Virginia, they showcase a diversity of architecture, heritage and taste. Virginia's upscale accommodations are surrounded by world-renowned historic sites, from Monticello to Jamestown as well as 130 wineries, impeccable small towns and excellent restaurants.

Places such as The Homestead, The Williamsburg Inn, Keswick Hall, The Inn at Little Washington or The Jefferson Hotel can be a crowning touch to a wonderful trip or destinations all in themselves.



Southern Sophistication getaway ideas at [vatravelstories.com](http://vatravelstories.com)



## New and Refreshing

Mary Watson-Delauder  
Lansdowne Resort

**M**ary Watson-Delauder has tricks to put wine lovers over the edge.

As the sommelier at Lansdowne Resort in Northern Virginia, she uses lavender, lemon grass and rosemary to transform wine tasting into total enlightenment. Her unique approach, lavish herb garden and down-home demeanor make wine tasting exciting and welcoming. Mary's passionate spirit inspired her popular wine and herb pairing classes at Lansdowne, a prime example of what makes wine travel **new and refreshing** in Virginia.

Home to more than 130 wineries, Virginia is becoming the new hotspot for wine travel. Wine enthusiasts and novices enjoy the approachable atmosphere at Virginia's wineries while tasting varietals including Norton, Viognier, Chardonnay, Cabernet Franc, and Petit Verdot. Wine lovers delight in special events, tastings and tours at Virginia's vineyards year-round while soaking in the lavish scenery and breathtaking views. Virginia wineries stretch across the state and are designated with Virginia Wine Tour road signs, making it easy for visitors to fulfill their own viniferous passions.



# Feed Your Life Force

Dave Burden  
Southeast Expeditions

Only a few people know what it means to paddle your glass off. Dave Burden is one of them. He created a kayak trip to a winery that is putting Cape Charles on the map. As owner of Southeast Expeditions, his passion for outdoor adventure and love of the Eastern Shore have inspired some of the most unique kayak tours in the country. Burden gets people to “leave it on the beach” and totally immerse themselves in outdoor adventures that will **feed their life force**.

Virginia will take travelers' obsession for outdoor adventure to new heights – especially along the Appalachian Trail, with more miles in Virginia than any other state. Shoot white water rapids running through downtown Richmond or ride the curl at surf camp in Virginia Beach. Gear up for major bike trails that trace Virginia's railroad heritage in Southwest and Southside Virginia. From the majestic beauty and 500 miles of trails of Shenandoah National Park to 34 award-winning state parks, Virginia beckons adventurers to explore nature's finest and live life to the fullest.





# Passionate Beginnings

Chief Anne Richardson  
Rappahannock Tribe

**C**hief Anne Richardson is a spirit and force unlike any other.


The first female to serve as chief of her tribe since 1705, Richardson succeeds her father, Chief Captain Chawanta Nelson, as leader of the 300-member Rappahannock Tribe. She passionately preserves the culture of her people by educating the public about the struggles her ancestors endured and the contributions the Virginia Indians made to the commonwealth and the entire nation. This living legacy is beautifully told along the new Virginia Indian Heritage Trail.

Chief Richardson is one of the extraordinary people keeping Virginia's **passionate beginnings** alive. Virginia is an American history icon with Virginia Indian history pre-dating 1607 and the first permanent English-speaking settlement at Jamestown to the genesis of *Brown v. Board of Education* at R. R. Moton High School in Farmville. Virginia was home to eight presidents and saw more Civil War battles than any other state. In Virginia, historical legends such as Booker T. Washington, Chief Powhatan, Patrick Henry, George Washington, Thomas Jefferson, Maggie Walker and Daniel Boone come alive in interactive museums and exhibits that showcase how they paved the way for our nation.





More Passionate Beginnings places at [vatravelstories.com](http://vatravelstories.com)



## The Life Idyllic

Captain Clarence  
Tides Inn

The small town of Irvington, Virginia hugs the waters of the Chesapeake Bay and is home to the Tides Inn. It's also where Clarence Smith was born and raised. Fifty-three years ago he started his career in the inn's restaurant and has since become an institution.

Now known fondly by everyone as Captain Clarence, he lives passionately at the helm of the Tides Inn's historic Miss Ann, a pristine 1920's yacht that tools along the beautiful bay waters as Smith shares tales of his hometown and gives visitors a taste of the [Life Idyllic](#).

Virginia is speckled with picturesque small towns that hold firm to an ideal way of life. Places like Staunton, where Shakespearian drama unfolds in an authentic recreation of the Bard Theater. Or South Boston, where a former tobacco warehouse now houses priceless art. Or Smithfield's adorable main street, lined with antiques shops, an old-fashioned candy store and an ice cream parlor. These are the places to stroll down authentic main streets and be embraced as a neighbor, not a visitor.





# A Brush with Authenticity

Wayne Henderson  
The Crooked Road

**W**ayne Henderson's passion and skill for building acoustic guitars reached all the way from Virginia's Appalachian Mountains to the eyes and ears of Eric Clapton. Ten years later, between jam sessions, concert dates at Carnegie Hall and delivering mail, Henderson finally finished building Clapton's guitar – and the legend was born.

Henderson, now a master luthier, has given up life as a mailman. He lives passionately while crafting guitars and authentic mountain music along The Crooked Road, Virginia's Heritage Music Trail - one of the places in Virginia where visitors enjoy a **brush with authenticity**.

Travelers who crave something real, meaningful and pure are finding their way to Virginia. The Old Dominion's cultural traditions are as diverse and beautiful as the people who keep them alive – from the “hollers” of Appalachia to the tobacco barns of Southern Virginia to the crab shacks of the Chesapeake Bay. These are the places where visitors can touch, feel, see and be something extraordinary, even if only for a moment.

# Glory Girls

Tamara Fuller  
Berry Hill Estate

**T**amara Fuller understands the beauty of lifelong friendships. She offers Berry Hill Estate in South Boston as an ideal place for women looking to relax and reconnect with their best friends.

Once a tobacco plantation, Berry Hill is now an epic resort and an ideal place for girls to revel in all their glory. Soak in the historic southern ambience while soaking in luxurious spa treatments. Enjoy room service in suites that are perfect for slumber parties. Play a civilized game of croquet while laughing about old memories and making new ones.

**Glory girls** of all ages will love Virginia's unique getaways. Moms and daughters can ride the waves at all-girls surf camp in Virginia Beach. Sisters don feather boas and giant hats for tea time in Culpeper. Friends indulge their artistic passions in classes at the Jacksonville Arts Center in Floyd. Or live out *I Love Lucy* memories with grape stompings at some of Virginia's 130 wineries. Beautiful accommodations, from mountain resorts to seaside cottages, make Virginia a glorious getaway for lifelong friends.



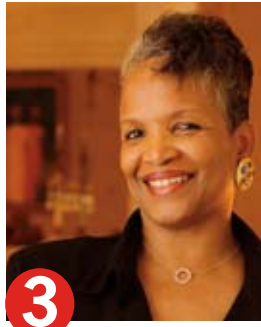




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## Virginia Facts and Stats

Population (2006): 7,642,884 (U.S. Census Bureau)

Size: 39,594.07 square miles

State Capital: Richmond

“Virginia is for Lovers”, first introduced in 1969, is the longest-running and one of the most recognized travel slogans in the world.

Home to more than 130 wineries

Recently rated 8th in the country for wine travel by culinary travelers.

Over 15 million acres of foliage

2,500 miles of scenic drives

More miles of the Appalachian Trail than any other state (535.3 miles)



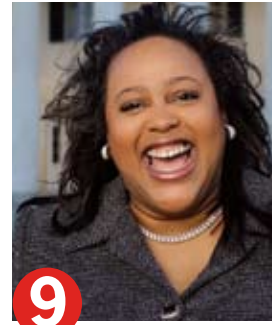
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More major battles of the Civil War were fought on Virginia soil than in any other state.

Virginia Beach is the world's largest pleasure beach, spanning 28 miles.

Virginia had more signers of the Declaration of Independence (eight) than any other state.

The Homestead Resort in Bath County has the nation's oldest first golf tee.

Jamestown, Virginia was the site of the first permanent English-speaking settlement in the New World.

The Chesapeake Bay Bridge Tunnel is the world's largest bridge/tunnel complex, spanning 17.6 miles.

Virginia is known as the Mother of Presidents, with eight being from Virginia – Washington, Jefferson, Madison, Monroe, Harrison, Taylor, Tyler and Wilson.



## Here are *more* Virginia getaways where travelers can live out their passion for wine, heritage, history, food, music and the things that make life fulfilling.

Richmond is a capital place to taste Virginia's **Culinary Revolution**. The city's historic neighborhoods are alive with flavors – from the southern soul food at *Croaker's Spot* in Jackson Ward to the eclectic menu at *3 Monkeys* in The Fan to the legendary pizza at *Bottoms Up* in Shockoe Bottom. Mix in more than 50 annual food festivals and Virginia's capital city is a hotspot for passionate foodies.

Travelers with a passion for pampering will love the **Southern Sophistication** of Middleburg, known as the capital of Northern Virginia horse country. Middleburg's small-town charm boasts upscale boutiques, historic architecture and luxury accommodations like *The Red Fox Inn*. Stop off at the *Market Salamander* for gourmet picnic items before heading out to visit local wineries or take in a polo match. Overnight at *Goodstone Inn & Estate* with stables renovated into suites and tea time every afternoon.

Wine and bluegrass – two of Virginia's greatest exports, combine for a **New and Refreshing** wine getaway in Southwest Virginia. Soak in the mountain music of *The Crooked Road: Virginia's Heritage Music Trail* while tasting at *Chateau Morrisette*, *Abingdon Vineyards*, *Villa Appalachia* and other nearby wineries. Stay at the historic *Martha Washington Inn* in Abingdon, the brand-new *Hotel Floyd*, or the suite at the *Ralph Stanley Museum* in Clintwood, one of the only museums in the country where fans can spend the night.

Daredevils can **Feed Your Life Force** at the "Grand Canyon of the South" - Breaks Interstate Park. Spanning the Virginia/Kentucky border in Buchanan County, Breaks is one of two interstate parks in the nation. The Class IV-VI rapids on the Russell Fork River make for some of the best whitewater rafting on the East Coast. The 4,500-acre park features a 12-acre lake, hiking trails, horseback riding, mountain biking, fishing, camping, cabins and tons of outdoor adventure.

Virginia's **Passionate Beginnings** are entrenched in the Civil War. More battles were fought on Virginia soil than any other state. As the 150th anniversary of the "War Between the States" approaches, *Virginia Civil War Trails* connects history buffs with nearly 400 legendary sites and museums across Virginia, such as Appomattox Courthouse, Manassas National Battlefield Park and Fort Monroe in Hampton, the largest stone fort ever built in the United States.

Fulfill the quest for a **Brush with Authenticity** on the Life as a Waterman tour in Tangier, a barrier island off Virginia's Eastern Shore. Take the Tangier Island ferry from Onancock to experience this unique way of life side by side with men whose families have been crabbing since the 1600's. Spend the day working every aspect of catching blue crabs before heading back to the island to satisfy passions for seafood at *Hilda Crockett's B&B*.



Embrace the **Life Idyllic** in historic downtown Staunton. This jewel in the Shenandoah Valley has passionately preserved its small town character with award-winning renovations, featuring antique shops and craft and specialty stores in a Victorian setting. It's a small town big on taste, with local hotspots like the *Staunton Grocery*, *L'Italia* and *The Dining Room* winning rave reviews. Take in a play at the world's only re-creation of Shakespeare's indoor theatre, the *Blackfriars Playhouse*, right next door to the magnificent *Stonewall Jackson Hotel*.

**Glory Girls** can indulge their every whim on a girlfriends' getaway in Williamsburg. It's a shopper's paradise, with upscale boutiques in Colonial Williamsburg and more than 150 designer outlets at *Prime Outlets of Williamsburg*. Not to mention a *Yankee Candle* flag ship store! Then refresh and relax with healing methods influenced by Native Americans, English settlers and African women at the brand-new *Spa of Colonial Williamsburg*. Finish the journey with a glass of Governor's White at the lovely *Williamsburg Winery* before laughing the night away in a suite at *Kingsmill Resort*.

#### Media Information:

Visit [www.vatravelstories.com](http://www.vatravelstories.com), the official Live Passionately media center, for more story ideas and profiles on these and other passionate Virginians, complete with video, audio, text and images available for download.

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