

## Adventure Type: 1 day+

Are you the adventure type? Experience the beauty of The George Washington and Jefferson National Forest with an easy, 2-hour hike to **Roaring Run Falls at Roaring Run Recreational Area** to see spectacular spring greenery, a scenic waterfall and 19<sup>th</sup> century iron furnace, listed on the National Register. Head back to your vehicle and travel to **Blue Ridge Vineyard**, part of **The Wine Trail of Botetourt County** and one of the state's first vineyards, offering hand-crafted, superior quality, small lot, and affordable wines, along with breathtaking views. Enjoy lunch at **Maw and Paw's Diner**, a popular local eatery located in the heart of Eagle Rock. Head east to **Twin River Outfitters** and begin your paddle along **The Upper James River Water Trail** by canoe, kayak or tube. The Jackson and Cowpasture Rivers converge in northern Botetourt to form Virginia's greatest river, the James River. These headwaters provide some of the finest canoeing and freshwater fishing available in Virginia. Several cottages and B&B's surround Buchanan and Eagle Rock, allowing for extended days in Virginia's Blue Ridge.