

Fall in the Foothills of the Blue Ridge Mountains

Charming Towns and Vibrant Autumn Color

OCTOBER 11-15, 2026

The Blue Ridge Mountains boast one of the longest and most vibrant autumn color seasons in the country! On this journey, explore the rich history of the region at Cumberland Gap National Historical Park, where you can walk the trails once traveled by pioneers, and visit the quaint town of Abingdon, home to the Barter Theatre—America's oldest professional theater. Spend two nights at the Martha Washington Inn and Spa Resort, a 4-Diamond Historic Hotel of America, where timeless elegance meets modern comfort. This is an adventure that captures the history, beauty, and charm of its towns and the mountains.

DAY 1: WELCOME TO BEREA, KY!

Travel to the charming Appalachian town of Berea, the Folk Arts & Craft Capital of Kentucky, and learn about its artisans and the groundbreaking Berea College. Experience a dinner with regional flair and local entertainment surrounded by the hospitality and timeless charm of the historic Boone Tavern Hotel. **D**

DAY 2: CUMBERLAND GAP NATIONAL HISTORIC PARK

Arrive in the Cumberland Gap region, the first gateway to the West, where bison and pioneers once blazed trails across the Appalachian Mountains. While visiting the Cumberland Gap National Historic Park take in the spectacular fall foliage and explore exhibits beneath towering indoor "trees." Continue to the Abraham Lincoln Library and Museum to explore



one of the largest private collections of Abraham Lincoln and Civil War artifacts in the world with more than 35,000 pieces. Outside, stroll through the Pioneer Village and learn how his legacy inspired the founding of Lincoln Memorial University, established at his request to serve the people of Appalachia. Check into the award-winning Martha Washington Inn & Spa built in 1862. **B, D**

DAY 3: ABINGDON, VA

Nestled in the picturesque Blue Ridge Highlands, join our local guide as we explore Abingdon, the first English speaking settlement in the watershed of the Mississippi, where almost the entire downtown is listed on the National Register for Historic Places. Enjoy leisure time for lunch and shopping on Main Street. Take in a show at the historic Barter Theatre. Originally built as a church in 1829, then reopened as a theatre during the Great Depression for patrons to “barter” with food or theater tickets. Return to “the Martha” to enjoy a complimentary glass of port wine to guarantee “sweet dreams!” **B, D**

DAY 4: FRANKLIN, TN

Continue the exploration of the Blue Ridge foothills, adding a little thrill and adventure by arriving at the legendary Bristol Motor Speedway, known as “The Last Great Colosseum.” Take a guided track tour of one of NASCAR’s most famous short tracks, and hear insider stories of racing legends, unforgettable rivalries, and record-breaking moments that have made Bristol a true icon of motorsports. Enjoy another memorable Broadway quality performance this evening at the Studio Tenn in the charming historic area of Franklin, TN. **B, D**

DAY 5: RETURN HOME

En route home, visit the National Quilt Museum in Paducah, Kentucky—recognized by *USA Today* as one of the top quilt displays in the world—concluding the tour with great memories of beautiful foliage, charming towns, and artistic creativity of the foothills! **B** ☀



Spend a night at the Historic Boone Tavern Hotel



Enjoy a visit to the National Quilt Museum in Paducah, KY

TOUR DETAILS

Oct 11-15, 2026

5 Days • 8 Meals

Price Per Person:

DB \$1,539, TP/QD \$1,389, SG \$1,899

Depart/Return:



St. Louis

HIGHLIGHTS

- Experience the artistry of Berea, Kentucky, on a guided tour highlighting the town’s exceptional craftsmanship and deep-rooted Appalachian creativity
- Visit the Cumberland Gap National Historic Park, the first great gateway to the West
- Explore one of the largest private collections of Abraham Lincoln and Civil War artifacts at the Lincoln Museum
- Experience the charm of Abingdon, VA, nestled in the Blue Ridge Highlands, and unwind with a stay at the elegant Martha Washington Inn & Spa
- Enjoy world-class performances at two award winning historic regional theaters
- Get your adrenaline pumping with a behind-the-scenes guided tour of Bristol Motor Speedway

ACCOMMODATIONS

Night 1: Boone Tavern, Berea, KY

Nights 2-3: Martha Washington Inn & Spa Resort, Abingdon, VA

Night 4: Drury Plaza Hotel, Franklin, TN

