

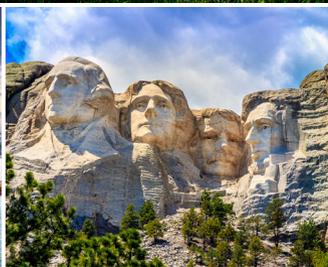
MOON

# USA

## STATE *by* STATE



The Best Places to Go  
and Things to Do



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**MOON**

# USA STATE *by* STATE

The Best Places to Go  
and Things to Do

# TOP 10 *Experiences*

## 1 MARVELING AT ALASKA'S ACTIVE GLACIERS

Whether you're ice-climbing on Matanuska Glacier or watching glacial ice dropping into the sea, these remnants from another time in the Earth's geologic history inspire awe (PAGE XX).

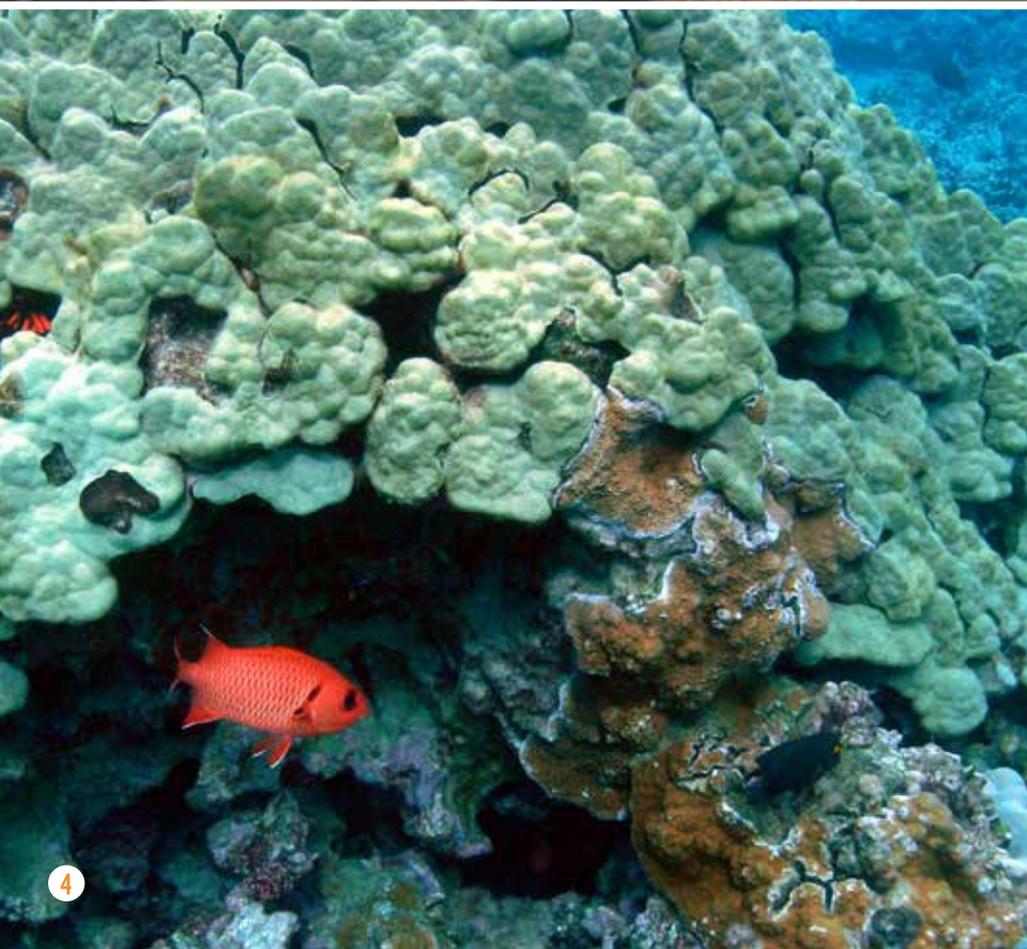
## 2 SOAKING IN THE MUSIC OF NEW ORLEANS' STREETS

By all means, go to legendary venues like Preservation Hall for marquee acts, but music fills the air nearly everywhere in the French Quarter (PAGE XX).





3



4



5

### 3 SAVORING THE INGENUITY OF THE NEW FOOD CREATIONS AT THE IOWA STATE FAIR

State fairs are famous for serving any and all imaginable foods on a stick, but don't miss trying food vendors' latest creative innovations—they may become your next craving (PAGE XX).

### 4 SNORKELING THE WARM, CLEAR WATERS OF MAUI

Colorful fish, the occasional ray, and elusive turtles inhabit the underwater world off Maui's shores (PAGE XX).

### 5 TASTING WHISKEY ALONG KENTUCKY'S BOURBON TRAIL

Rolling landscapes, mashes bubbling in large stills, and a brief history of federal alcohol regulations come along with a sampling of the nation's original spirit (PAGE XX).



6

## 6 WATCHING THE SUNRISE OVER BRYCE CANYON

Seeing the early morning light hitting the orange rock formations in the Bryce Amphitheater is a moment of wonder (PAGE XX).

## 7 EXPERIENCING THE CHICAGO SKYLINE

The indelible buildings of this “city of broad shoulders” can be admired from a Chicago Architecture Center boat tour, the public art-filled playground of Millennium Park, or the Skydeck of the second tallest building in the country (PAGE XX).



7



8

## 8 WALKING THROUGH TIMES SQUARE ON A SUMMER NIGHT

It's hot, perhaps sticky, and crowded, but inching through the multitudes gathered against the backdrop of bright neon advertisements conveys the energy of the United States' largest city, and perhaps the United States itself, like nothing else (PAGE XX).



9

## 9 SURVEYING THE BREATHTAKING LANDSCAPE FROM ATOP MOUNT KATAHDIN

The end point of the Appalachian Trail, Mount Katahdin may not be the tallest mountain in the United States, but it's legendary in its own right (PAGE XX).



## 10 LEARNING ABOUT THE FIGHT FOR EQUALITY AND DEMOCRACY AT THE NATIONAL CIVIL RIGHTS MUSEUM AT THE LORRAINE MOTEL

The pursuit of equality for all continues, and you can see—and feel—where we've been and what we've achieved at this unforgettable Memphis museum (PAGE XX).

10

# Best NATURAL WONDERS

## DELICATE ARCH

### Utah

This natural stone arch stands in a magnificent setting atop gracefully curving slickrock (PAGE XX).

## NIAGARA FALLS

### New York

While not the tallest in the United States, the trio of cascades that make up Niagara Falls flow with a dramatic volume (PAGE XX).

## PICTURED ROCKS

### Michigan

Washed in shades of pink, red, and green due to the mineral-rich water that seeps from the rock, these famous bluffs are sculpted into caves, arches, and castle-like turrets (PAGE XX).



▲ DELICATE ARCH, UTAH ▼ NIAGARA FALLS, NEW YORK



PICTURED ROCKS, MICHIGAN

## BIG SUR COAST

### California

With rugged green hills tumbling over craggy cliffs overlooking the crashing waves of the Pacific, the Big Sur coastline is epic (PAGE XX).

## COLUMBIA GLACIER

### Alaska

This massive wall of ice is so large, it blots out the sky (PAGE XX).

## THE EVERGLADES

### Florida

Called a river of grass, the Florida Everglades comprise wetlands, swamps, scrub forests, and rivers (PAGE XX).



COLUMBIA GLACIER, ALASKA





GRAND PRISMATIC SPRING, WYOMING

## GRAND PRISMATIC SPRING

### Wyoming

The largest hot spring in the United States, Grand Prismatic Spring mesmerizes with its vivid blue water surrounded by radiating browns and oranges (PAGE XX).

## CRATER LAKE

### Oregon

This sapphire-blue lake sits in the heart of a sunken volcano (PAGE XX).

## MAMMOTH CAVE

### Kentucky

Mammoth Cave is the longest known cave system in the world (PAGE XX).

## TALLGRASS PRAIRIE

### Kansas

One of the last expanses of tallgrass prairie is preserved in the Kansas Flint Hills (PAGE XX).

## SUPERLATIVE SPOTS

Here are a few of the biggest, tallest, and other superlatives within the United States.

- 1 **BIGGEST CITY:**  
New York, New York
- 2 **TALLEST MOUNTAIN:**  
Denali, Alaska
- 3 **TALLEST BUILDING:**  
One World Trade Center, New York
- 4 **LONGEST RIVER:**  
Missouri River
- 5 **OLDEST CITY:**  
St. Augustine, Florida
- 6 **LOWEST POINT:**  
Badwater Basin, Death Valley, California
- 7 **DEEPEST CANYON:**  
Hells Canyon, Oregon and Idaho



ST. AUGUSTINE, FLORIDA



BADWATER BASIN, DEATH VALLEY, CALIFORNIA

# Best MUSEUMS

## METROPOLITAN MUSEUM OF ART

### New York City

Perhaps the most famous museum in the country, Metropolitan Museum of Art houses one of the world's largest and most diverse collections, encompassing works from the prehistoric era to the 21st century (PAGE XX).

## NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY AND CULTURE

### Washington DC

The best of the Smithsonian Museums, the NMAAHC is an engrossing, comprehensive journey through Black history and culture (PAGE XX).

## ROCK & ROLL HALL OF FAME

### Cleveland

This "school of rock" holds a dizzying array of rock memorabilia for a complete immersion in musical history (PAGE XX).

## NATIONAL BASEBALL HALL OF FAME

### Cooperstown, NY

This museum dedicated to the favorite national pastime is a place of homage for baseball fans everywhere (PAGE XX).

▼ METROPOLITAN MUSEUM OF ART, NEW YORK CITY



NATIONAL WORLD WAR II MUSEUM, NEW ORLEANS

## ART INSTITUTE OF CHICAGO

### Chicago

This stunning selection of famous and familiar works include such icons of U.S. art as American Gothic and Night-hawks (PAGE XX).

## NATIONAL WORLD WAR II MUSEUM

### New Orleans

The only U.S. museum dedicated to World War II details the Allied victory in the conflict through interactive exhibits and a pavilion filled with period aircraft (PAGE XX).

## LACMA

### Los Angeles

Arguably the best museum on the west coast, this complex of buildings houses fine and decorative art and artifacts from around the world (PAGE XX).

## JOHN F. KENNEDY PRESIDENTIAL LIBRARY AND MUSEUM

### Boston

Of all the presidential libraries established since FDR started the practice, the JFK Library best blends visual appeal—in its I. M. Pei-designed space—with interesting exhibits (PAGE XX).

## THE WOLFSONIAN

### Miami

This eclectic museum is a delight for those interested in design and decorative art, especially art deco (PAGE XX).

## HEARD MUSEUM

### Phoenix

The Heard Museum holds a large collection of artistic, ceremonial, and daily-life artifacts from both ancient history and modern Native American communities (PAGE XX).





# SOUTHEAST

TENNESSEE • XXX

NORTH CAROLINA • XXX

SOUTH CAROLINA • XXX

VIRGINIA • XXX

WEST VIRGINIA • XXX

GEORGIA • XXX

ALABAMA • XXX

MISSISSIPPI • XXX

FLORIDA • XXX

LOUISIANA • XXX

ARKANSAS • XXX

KENTUCKY • XXX

# KENTUCKY

To put Kentucky into words is hard, because Kentucky is more than a collection of places. It's more than thoroughbred horses grazing on rich limestone-fed land in the rolling hills around Lexington. It's more than the bustling downtown streets of Louisville, where new enterprise lives in historic buildings. It's more than weathered tobacco barns, bourbon distilleries, record-length caves, and bluegrass festivals. Kentucky is a feeling, like sunshine in the winter or rain on a warm spring day.

Kentucky is on Shawnee, Cherokee, and Chickasaw land. It is a place of warm hospitality, where people treat neighbors like family, and are never too busy to sit on the porch for a glass of sweet tea and some gossip. But to assume that Kentucky is all country roads and simple pleasures would be wrong. The state has big urban areas, with top-ranked hospitals, innovative art galleries, award-winning restaurants, and first-rate universities. The birthplace of bluegrass music and home to the first integrated college in the south, Kentucky is at once traditional and progressive.

**AREA:** 40,408 sq mi (37th)

**POPULATION:** 4,467,673 (26th)

**ADMITTED INTO THE UNION:**  
June 1, 1792 (15th)

**STATE CAPITAL:** Frankfort

## WHEN TO GO

The most popular time for visiting Kentucky is **May-October**. The **Kentucky Derby** is held on the first Saturday in May. It's a celebratory and fun time to visit, although you'll have to deal with soaring hotel and flight prices as well as crowds in Louisville and surrounding areas. For those who don't mind heat and humidity, **summer** is the peak season for travel. However, many people declare **fall** their favorite season in Kentucky, when temperatures are mild, the trees burst into color, and crowds are down. **Winter** is a quiet time in Kentucky, when some parks and small-town attractions may be closed or have limited hours.

## HIGHLIGHTS

### CHURCHILL DOWNS AND THE KENTUCKY DERBY MUSEUM

If you can't make it to the Derby, experiencing the thrill of the most exciting two minutes in sports on the 360-degree high-definition screen at the **Kentucky Derby Museum** (704 Central Ave., 502/637-7097, [www.derbymuseum.org](http://www.derbymuseum.org)) is the next best thing. Interactive exhibits and authentic artifacts allow you to get a taste of Derby Day, discover what it takes to create a champion thoroughbred, and learn about the pursuit of victory from the perspective of jockey, trainer, and owner. Your

admission ticket also allows you to take a guided walking tour of **Churchill Downs** (700 Central Ave., 502/636-4400, [www.churchilldowns.com](http://www.churchilldowns.com)), the racetrack where the Derby is run every May under the famed twin spires.

### HORSE COUNTRY

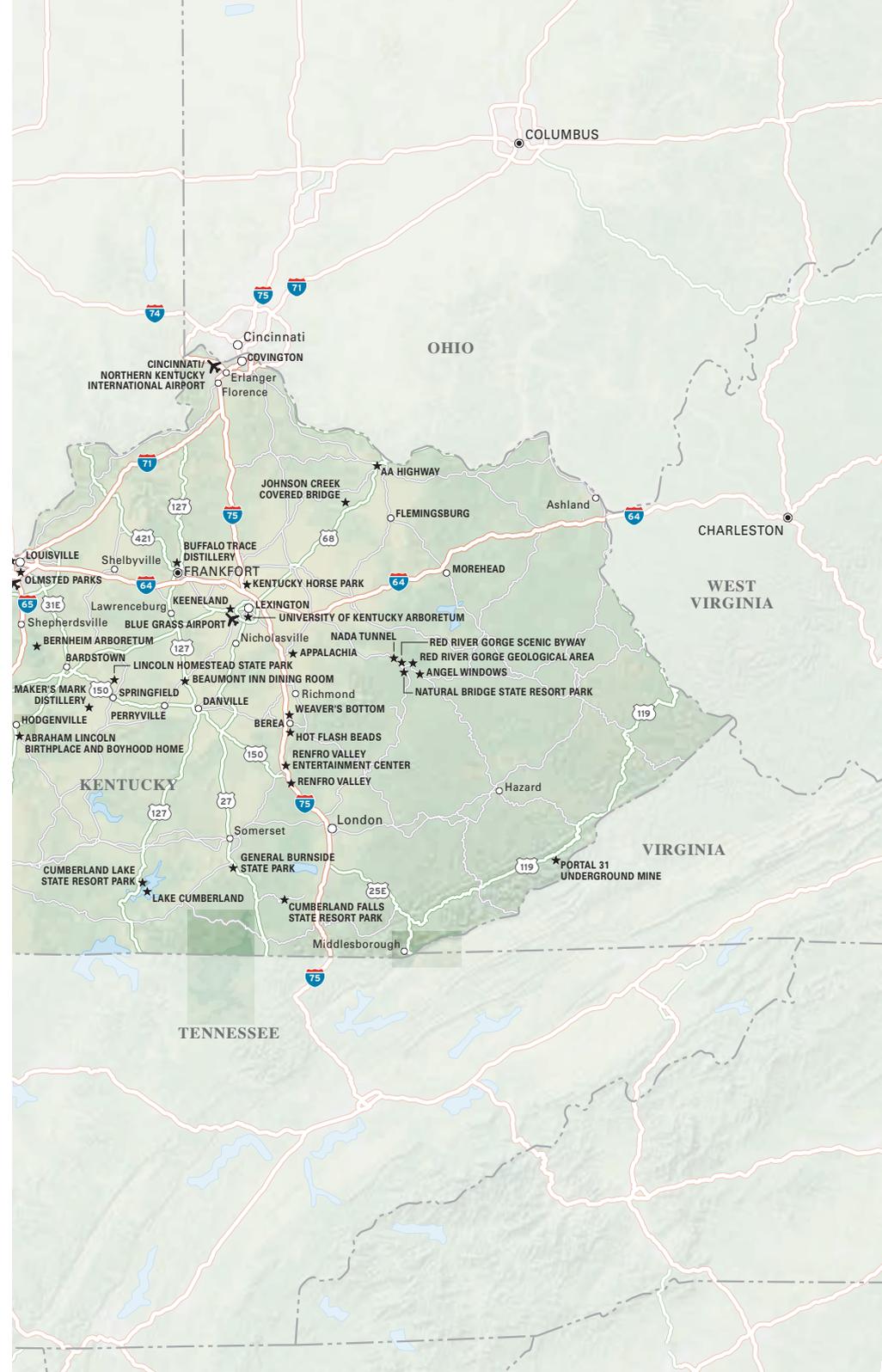
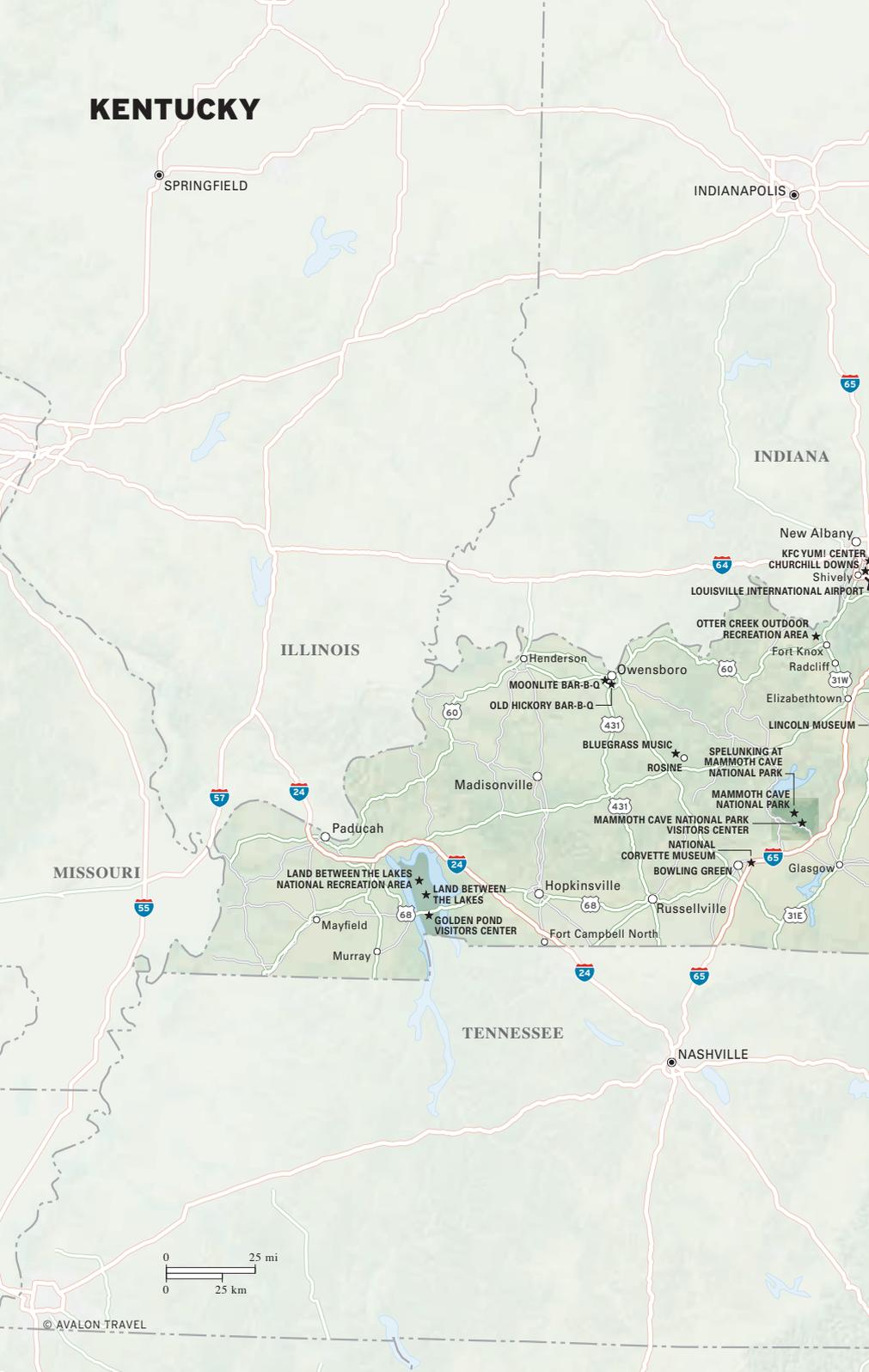
**Keeneland** (4201 Versailles Rd., Lexington, 859/254-3412, [www.keeneland.com](http://www.keeneland.com)) is the state's (and maybe the world's) most beautiful racetrack, with lush, meticulously landscaped grounds and stone buildings. The live racing season is short, restricted to **April** and **October**, making every race day, especially those on weekends, feel like an event. If you find yourself in Lexington outside of racing season, you can make your way to the track to watch morning workouts. It's an intimate look at horse racing, and the park-like grounds look stunning in the early morning light. Most workouts end by 10am.

Around Lexington is where you'll find endless rolling hills of bluegrass, immense fields marked by wooden fences, and foals dancing in the morning sunlight. A combined working horse farm, equine competition facility, and horse-based theme park of sorts, the **Kentucky Horse Park** (4089 Iron Works Pkwy., Lexington, 859/259-4257, [www.kyhorsepark.com](http://www.kyhorsepark.com)) is the best place to get up close and personal with horses. A visit to the park is easily an all-day affair: start with a horse-drawn trolley tour, then catch the Hall of Champions presentation, which introduces renowned horses to visitors.



CHURCHILL DOWNS

# KENTUCKY



1

## HAVING A MINT JULEP AT THE KENTUCKY DERBY

[www.kdf.org](http://www.kdf.org)

The Kentucky Derby might be known as the most exciting two minutes in sports, but to Louisville, the Derby lasts far longer than two minutes. In fact, thanks to the **Kentucky Derby Festival**, Derby excitement lasts for a complete two weeks, with events like **Thunder Over Louisville**, the largest annual fireworks display in the world; the **Great Steamboat Race**; and the **Pegasus Parade** leading up to the big race on the first Saturday in May. By Friday, locals, who often spend Derby Day itself at parties rather than at the track, flock to Churchill Downs for the running of the **Kentucky Oaks**, a premier race for fillies established alongside the Derby in 1875.

The denouement, of course, is the **Kentucky Derby**, run every year since 1875 at Churchill Downs, making it the longest-running sporting event in the United States. Though the actual **Run for the Roses** is the 10th race of the day, with the traditional singing of “My Old Kentucky Home” and the call to the post taking place around 6pm. In the grandstands, women wear extravagant hats, men wear seersucker suits, and everyone enjoys at least one mint julep. When it’s time to watch the best three-year-old thoroughbreds in the nation race, all eyes turn to the track.

Tickets for the Kentucky Oaks and Kentucky Derby are available at the gate. Reserved seats are much, much harder to come by. Tickets for the Derby and Oaks are sold together in a package. You can submit a ticket request to Churchill Downs via their website ([www.churchilldowns.com](http://www.churchilldowns.com)), which will enter you into a lottery for tickets. Additionally, a few thousand tickets are released for public sale, again via the website, in December or January. Aside from the Oaks and Derby, most events are free to spectators with a Derby pin. Pins can be purchased at the entrance to all events, as well as at local grocery stores, drugstores, and other retailers.



MINT JULEP

2

## SPELUNKING AT MAMMOTH CAVE NATIONAL PARK

1 Mammoth Cave Pkwy., Mammoth Cave, 270/758-2180, [www.nps.gov/mac](http://www.nps.gov/mac)

Kentucky’s one national park is home to the most extensive cave system in the world. With nearly 400 miles of mapped passageways and perhaps hundreds of miles of undiscovered routes, Mammoth Cave is so big that no known cave in the world is even half as long as Mammoth. Evidence indicates that humans explored Mammoth Cave 4,000 years ago, although it wasn’t until 1798 that the cave was “rediscovered.” Established as a national park in 1941, Mammoth Cave was a tourist attraction as early as 1816, making it the second-oldest tourist site in the United States behind Niagara Falls.

To explore the cave, sign up for one of the many **tours** offered each day. Tours range in distance from 0.25 mile to 5.5 miles and in time from 1.25 hours to 6.5 hours; introductory and general tours give an overview of the cave, its history, and its formation. Tours can be reserved by phone (877/444-6777) or online ([www.recreation.gov](http://www.recreation.gov)), and reservations are highly recommended in the summer.



MAMMOTH CAVE

recreation.gov), and reservations are highly recommended in the summer.

Above ground, more than 60 miles of trails are open to hikers, mountain bikers, and horseback riders. Trail maps are available at the **visitors center**.

3

## TASTING THE KENTUCKY SPIRIT ALONG THE BOURBON TRAIL

[Contact info here](#)

In 1999, the Kentucky Distillers Association decided to turn one of the state’s most distinct industries into what is now one of its biggest tourist attractions, creating an official Bourbon Trail (<https://kybourbontrail.com>). **Bardstown**, the towns of **Loretto**, **Lebanon**, and **Lawrenceburg**, and state capital **Frankfort** make up the heart of bourbon country, a region of small towns and rolling countryside. Bourbon fanatics will want to go beyond the official trail to visit other major distilleries as well as craft distilleries, but below are a few highlights. All distillery tours end with a bourbon tasting.



KENTUCKY SPIRIT

- The **Willett Distilling Company** (1869 Loretto Rd., Bardstown, 502/348-0899, [www.kentuckybourbonwhiskey.com](http://www.kentuckybourbonwhiskey.com)), with wood ceilings and rough-hewn stone walls, is among the most handsome around and offers a nice range of bourbons to taste.

- Set on a village-like campus, **Maker’s Mark Distillery** (3350 Burks Spring Rd., Loretto, 270/865-2099, [www.makersmark.com](http://www.makersmark.com)) wins the award for most picturesque distillery.

- Authorized to produce “medicinal” liquor during Prohibition, **Buffalo Trace Distillery** (1001 Wilkinson Blvd., Frankfort, 502/696-5926, [www.buffalotrace.com](http://www.buffalotrace.com)) owns the title of the oldest continually operating distillery in America. October.

## Biggest CITIES

**LOUISVILLE:** Pronounced “LUH-vul” if you want to sound like a local, the biggest city in Kentucky is a fascinating mix of Southern hospitality, Midwestern modesty, and Northern sensibility. In addition to hosting the Kentucky Derby, Louisville is the birthplace of Muhammad Ali and the Louisville Slugger baseball bat.

**LEXINGTON:** Kentucky’s second most populated city is a Southern-style metropolis, surrounded by the horse farms that make Lexington the center of the equine universe.

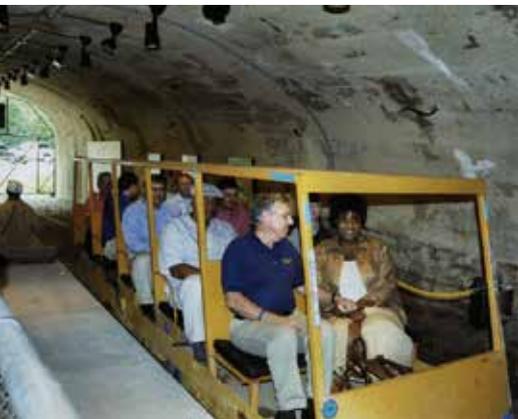
**BOWLING GREEN:** A college town that has grown to be the third-most populated city in the state, the city takes great pride in being the only place in the world where Corvettes are made.

Tours of the region are available with **Blue Grass Tours** ([www.bluegrasstours.com](http://www.bluegrasstours.com)), **Horse Farm Tours Inc.** (859/268-2906, [www.horsefarmtours.com](http://www.horsefarmtours.com)), **Thoroughbred Heritage Horse Farm Tours** (800/979-3370, [www.seethechampions.com](http://www.seethechampions.com)), or **Unique Horse Farm Tours** (800/259-4225, [www.kyhorsepark.com](http://www.kyhorsepark.com)).

### PORTAL 31 UNDERGROUND MINE

KY 160, Lynch, 606/848-1530, <http://kycoalmuseum-portal31.southeast.kctcs.edu>, 9:30am-3pm Tues.-Sat., \$15 adults, \$12 seniors, \$9 high school and college students, \$6 youth 3-12

If you visit Appalachia, you will, at least once, end up behind a coal truck on a road that doesn’t have a place to pass.



PORTAL 31

This is coal country, where generations of men have spent their lives toiling in mines. Between 1917 and 1963, more than 120 million tons of bituminous coal were mined from Portal 31, an underground drift mine owned by U.S. Steel. In October 2009, **Portal 31** reopened for tours, offering visitors a fascinating look at life inside a coal mine. Participants on the 35-minute tour board a mine car for a jostling ride into the mine and through its history. Through animatronic displays featuring miners at work, you’ll hear about the people who came to Lynch to work in the mines (33 different nationalities!), the process of mining and the safety measures taken, the unionization of the mine, the importance of the mines during World War I and II, and the evolution of the technology used in mining. The mine is rather dark and may be a bit scary for young children, but it’s a must for all others.

### BOWLING GREEN CORVETTE ASSEMBLY PLANT

600 Corvette Dr., Bowling Green, 270/745-8019, [www.bowlinggreenassemblyplant.com](http://www.bowlinggreenassemblyplant.com)

The Bowling Green Corvette Assembly Plant is the one and only place in the world where Corvettes, America’s sports car, are produced. The factory tour, which lasts a minimum of one hour and can last as long as two, allows participants to watch multiple steps of production, from the kitting out of the interiors to the final testing process as the cars are driven off the line.

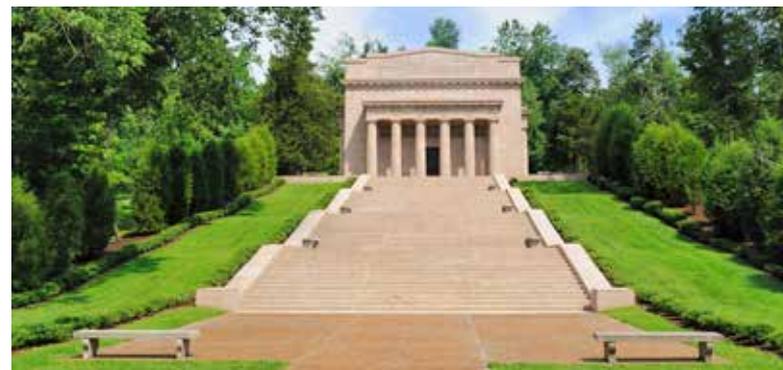
Nearby, the **National Corvette Museum** (350 Corvette Dr., Bowling Green, 270/781-7973, [www.corvettemuseum.com](http://www.corvettemuseum.com)) is the only museum in the world dedicated solely to one specific model of car. Well-designed exhibits place the car into context in American history, discuss its role in performance sports, and celebrate the Corvette lifestyle.

## BEST SCENIC DRIVES

Take a drive through the landscape of the Bluegrass State, and enjoy the mountains and the hollows, the rolling hills and the open meadows, the lakes and the forests. Beyond scenery, you’ll also get a taste of Kentucky’s interesting history.

### LINCOLN HERITAGE SCENIC HIGHWAY

Abraham Lincoln was born in a tiny cabin in the knobs of Central Kentucky. This driving tour, which takes you on U.S. 31E and U.S. 150, begins in **Hodgenville**, where you can visit the **Abraham Lincoln Birthplace and Boyhood Home** ([www.nps.gov/abli](http://www.nps.gov/abli)) and the **Lincoln Museum** ([www.lincolnmuseum-ky.org](http://www.lincolnmuseum-ky.org)). You’ll then pass through **Bardstown**, the center of Kentucky’s Bourbon Trail. The highway continues to **Springfield**, home of **Lincoln Homestead State Park**; **Perryville**, site of Kentucky’s biggest Civil War battle; and **Danville**, where Kentucky statehood was negotiated.



LINCOLN HOMESTEAD STATE PARK

## RED RIVER GORGE SCENIC BYWAY

For downright beauty, nothing beats the Red River Gorge Scenic Byway (KY 77). This 46-mile drive through Appalachia, while short, can easily fill an entire day. You’ll pass through the very cool **Nada Tunnel** as you enter **Red River Gorge Geological Area**, and then you’ll spend most of your day pulled over at hiking trailheads and viewpoints. Make sure your hiking shoes are in the trunk, because you’ll want to visit **Sky Bridge** and **Angel Windows**, which are accessible by a short walk. You may also want to paddle Red River or take the sky lift at **Natural Bridge State Resort Park**.

## COVERED BRIDGES

Adding to the Kentucky’s idyllic scenery of fields and barns are 13 covered bridges, eight of which are concentrated in Northern Kentucky, particularly around Fleming County, northwest of Lexington. The majority of these bridges have long since been closed to traffic, but a few let you cross either by car or foot, and all pose prettily for photos, transporting those who stop and take notice back to a different era. Eight of the region’s bridges can be seen in a looping day’s drive, in the following order. This entire loop totals 217 miles, and it will take 5-5.5 hours to drive the whole circuit, not counting time spent at each bridge. It’s certainly a full day’s trip, but it’s a very scenic route and a lovely way to explore the rural areas of this region. Start in Covington, and

# Best ROAD TRIP

**DAY 1** Start out in **Louisville**, where you can take a tour of **Churchill Downs** and visit some of the distilleries on the **Urban Bourbon Trail**.

**DAY 2** Head about 45 minutes south on I-65 and KY-245 towards **Bardstown**, where you can base yourself in the heart of the official **Bourbon Trail**. You'll have your pick of distilleries to visit.

**DAY 3** Make your way east to **Lexington**, an hour east on scenic KY-9002. You're in prime **Horse Country** now; catch the races at **Keeneland** if you're lucky enough to be visiting during the spring or fall meets, and pay a visit to some of the area's famous equine residents at the **Kentucky Horse Park** or **Old Friends Equine Center**.

**DAY 4** You'll find yourself heading into picturesque **Appalachia** on your 45-minute drive to **Berea** on I-75 South. Spend the day visiting the town's many **folk art galleries**, and catch a bluegrass show at **Renfro Valley** in the evening.

**DAY 5** From Berea, it's over an hour's drive south through forested mountains to **Cumberland Falls State Resort Park**. If the timing isn't right to see the famous "**moonbow**," there are plenty of **trails** around the falls to keep you occupied. Make the two-and-a-half hour drive west to **Bowling Green**, where you'll stay the night.

**DAY 6** In Bowling Green, start the morning with a tour of the **National Corvette Museum**. Head about 35-minutes north on I-65 to **Mammoth Cave National Park**, where you can spend the afternoon on the cave tour of your choice. You can camp or stay in the hotel here for the night, or head another 1.5 hours north on I-65 back to **Louisville**, completing your tour of Kentucky's highlights.



LOUISVILLE



KENTUCKY HORSE PARK



CUMBERLAND FARMS STATE RESORT PARK

drive east on AA Highway (KY 9) to reach the first bridge.

**Walcott Covered Bridge:** N 38° 43.992 W 084° 05.868

**Dover Covered Bridge:** N 38° 45.018 W 083° 52.719

**Valley Pike Covered Bridge:** N 38° 40.470 W 083° 52.320

**Cabin Creek Covered Bridge:** N 38° 36.574 W 083° 37.277

**Goddard White Covered Bridge:** N 38° 21.738 W 083° 36.930

**Ringo's Mill Covered Bridge:** N 38° 16.110 W 083° 36.624

**Grange City Covered Bridge:** N 38° 15.294 W 083° 39.192

**Johnson Creek Covered Bridge:** N 38° 28.950 W 083° 58.722

## BEST PARKS AND RECREATION AREAS

### NATURAL BRIDGE STATE RESORT PARK

2135 Natural Bridge Rd., Slade, 606/663-2214, <http://parks.ky.gov>

More than 20 miles of trails wind through the forested acres of **Natural Bridge State Resort Park** in eastern Kentucky. The 0.75-mile Original Trail climbs to the top of Natural Bridge, a



NATURAL BRIDGE STATE HISTORIC PARK

65-foot-high natural sandstone arch that spans 78 feet. The arch can also be reached by a sky lift. Multiple other trails, many of them short and family-friendly, lead to other natural formations, such as Balanced Rock, Battleship Rock, Henson's Arch, and Whittleton Arch.

### CUMBERLAND FALLS STATE RESORT PARK

7351 KY 90, Corbin, 606/528-4121, <http://parks.ky.gov>

Ever seen a moonbow? If not, then you need to get yourself to **Cumberland Falls State Resort Park** in southern Kentucky during a full moon. On clear full-moon nights and the two nights before and after, the light from the moon creates a rainbow over Cumberland Falls, a 125-foot waterfall that drops 60 feet. If you can't make it for the moonbow, the waterfall is beautiful year-round, arched over by rainbows in the mist on sunny days, framed by colorful trees in the fall, and magical in the snow and ice of winter. Hiking at the park is particularly excellent, with more than 17 miles of trails tracing through the surrounding forests and down to the falls.

### LAKE CUMBERLAND

Lake Cumberland is houseboat heaven. At 101 miles long, Lake Cumberland is a long, narrow lake with many creeks and coves shooting off in all directions. These coves invite houseboats to tie up and establish camp. People throw out rafts and go for a float or a swim, and then return to the houseboat to take a ride down the slide or jump in the hot tub.

Two state parks and multiple private resorts and marinas line the shores of Lake Cumberland, offering options for renting boats and providing places to sleep on land. The lake has two main activity areas. The **Jamestown** area, which is on the northwest section of the lake, is home to **Cumberland Lake State Resort Park** (5465 State Park Rd., Jamestown, 270/343-3111, <http://parks.ky.gov>) and many of the most popular marinas. The **Burnside** area, at the far eastern end of the lake and close to the city of Somerset, is where you'll find the



LAKE CUMBERLAND

quieter **General Burnside State Park** (8801 S. U.S. 27, Burnside, 606/561-4104, <http://parks.ky.gov>) and a handful of other marinas.

## LAND BETWEEN THE LAKES NATIONAL RECREATION AREA

[www.lbl.org](http://www.lbl.org)

The thousands of acres of land at this national recreation area in western Kentucky welcome hiking, biking, camping, and other outdoor pursuits. Boat ramps are located up and down Land Between the Lakes, providing access to both Kentucky Lake and Lake Barkley. You must bring your own boat, as there are no marinas or rental facilities for motorboats in the area. The **Golden Pond Visitors Center** (100 Van Morgan Dr., Golden Pond, 270/924-2000) can provide permits for backcountry camping and arm you with maps, as can welcome stations are located at both the north and south. There are no gas stations in the recreational area, so you should fill your tank before entering.

## SOUVENIRS AND COLLECTIBLES

- **Bourbon** is perhaps the most iconic taste of Kentucky you can bring home with you.
- Grab a fanciful **derby hat** at the gift shops at Keeneland or Churchill Downs.
- The authentic **folk art** made in the studios of Berea is another one-of-a-kind Kentucky keepsake.

## FESTIVALS AND EVENTS

The Kentucky Derby Festival is Kentucky's most famous event, but there plenty of other festivals to spark a visit. For six days in mid-September, Bardstown, the Bourbon Capital of the World hosts the **Kentucky Bourbon Festival** (800/638-4877, [www.kybourbonfestival.com](http://www.kybourbonfestival.com), mid-September), an absolute must for lovers of America's native spirit. Highlights of the festival include the Great Kentucky Bourbon Tasting and Gala and the Kentucky Bourbon All-Star Sampler. Each of these events allows participants to meet with master distillers and taste the best bourbons being made.

Kentucky has more than its share of bluegrass festivals. There's the **Festival of the Bluegrass** ([www.festivalofthebluegrass.com](http://www.festivalofthebluegrass.com), Lexington, early Jun.), the **River of Music Party** (<http://rompfest.com>, Owensboro, late Jun.), the **Mandolin Farm Bluegrass Festival** (<https://www.mandolinfarmbluegrass.com>, Flemingsburg, early Sep.), the **Poppy Mountain Bluegrass Festival** ([www.poppymountainbluegrass.com](http://www.poppymountainbluegrass.com), Morehead, mid-Sep.), and the **Jerusalem**

**Ridge Festival** ([www.jerusalemridgefestival.org](http://www.jerusalemridgefestival.org), Rosine, early Oct.).

College basketball's March Madness can be bigger than Christmas here, where the passion ignited by Kentucky's two teams is palpable. Lexington's **University of Kentucky Wildcats** men's basketball team ([www.ukathletics.com](http://www.ukathletics.com)), which has won multiple national titles, play inside **Rupp Arena** (430 W. Vine St., Lexington, [www.rupparena.com](http://www.rupparena.com)). In mid-October, Midnight Madness, the first day that the NCAA allows formal basketball practice to be held, marks the beginning of what UK fans consider to be the best time of the year.

The **University of Louisville Cardinals** (502/852-5732, [www.uofl.com](http://www.uofl.com)) are Louisville's men's basketball team, playing their home games at the 22,000-seat **KFC Yum! Center** (S. 2nd St. and W. Main St.). The basketball rivalry with the cross-state Kentucky Wildcats is rabid.

## BEST FOOD

### FRIED CHICKEN AND SOUTHERN HOME COOKING

Southern home cooking is probably the most popular style of food in the state. KFC doesn't have a stranglehold on fried chicken around here. It's found on many menus, along with country ham, fried catfish, pork chops, fried green tomatoes, okra, soup beans, and cornbread. Try it at these favorites:

**Kurtz Restaurant:** 418 E. Stephen Foster Ave., 502/348-8964, Bardstown, <http://www.kurtzrestaurant.com>

**Beaumont Inn Dining Room:** 638 Beaumont Inn Dr., Harrodsburg, 859/734-3381, [www.beaumontinn.com](http://www.beaumontinn.com)

### BARBECUE

**Barbecue** is another Kentucky specialty, with Owensboro and Western Kentucky being the focal point and mutton being the meat of choice. Burgoo, a barbecue-style stew of meats and vegetables, is a uniquely Kentucky contribution to barbecue.

## FALL FOLIAGE

Fall in Kentucky is a sensory experience, marked by crisp and cool mornings, pumpkin-flavored everything, the smell of bonfires, and, perhaps above all else, the colors of the changing leaves. Together, these beautiful trees—the bright reds and oranges of sugar maples; the plum purple of ash; the yellow of poplars, birches, and willows; and the dark red of dogwoods, redwoods, and sassafras—paint the landscape. Although one's mind naturally goes to the mountains when it's leaf-peeping time, every region of the state has wonderful sites for taking in the colors of fall.

Within Louisville, head to the **Olmsted Parks**. If you're willing to go a bit further afield, hike through the colorful forests of **Otter Creek Outdoor Recreation Area**.

**Bernheim Arboretum** ([www.bernheim.org](http://www.bernheim.org)), in Clermont along the Bourbon Trail, is a prime choice for fall beauty, especially if you venture out onto the Canopy Tree Walk.

For an in-city escape in Lexington, take a stroll through the **University of Kentucky Arboretum**, where color abounds.

The shoreline view from a houseboat on **Lake Cumberland** is also mighty nice.

**Land Between the Lakes** is a kaleidoscope of color in fall.



BERNHEIM ARBORETUM