# VCOM'S GUIDE TO THE NEW RIVER VALLEY



Edward Via College of Osteopathic Medicine

**VIRGINIA** 

### RESTAURANTS

### IN THE NEW RIVER VALLEY

Cabo Fish Taco
Green's Grill & Sushi Bar
Lefty's Main Street Grille
Avellino's Italian Restaurant & Pizzeria



Gillie's Vegetarian Cuisine
The Cellar
The Maroon Door
622 North
Our Daily Bread



First Watch - Breakfast, Lunch, and Brunch Sandro's Pizzeria

El Rodeo Mexican Restaurant PK's Bar and Grill Macado's



Sakura Steak House

Dude's Drive In: Drive-Up Takeout



Summit Restaurant
Benny Marzano's
Eastern Divide
Rivermill Bar and Grill

The Farmhouse Swinging Bridge The Palisades ...and more!



### **COFFEE SHOPS**

### IN THE NEW RIVER VALLEY

Idego Coffee
Coffeeholics
Bollo's Café & Bakery
Mill Mountain Coffee and Tea



Next Door Bake Shop EspressOasis Bruegger's Bagels Kung Fu Tea Halwa Bakery & Café



Southpaw Café & Community Center



New River Coffee Co
Hello Bagel
Sugar Magnolia
Brew Da Bean
Great Road on Main Coffee
Bear Dance Marked & CBD Cafe
Space Rabbit





Starbucks and more!





# SALONS & BARBERS

IN THE NEW RIVER VALLEY

**Brownstone Barber Shop** The Cut In Style Salon Bliss Hair Salon Studio Blush CharMarie Salon Meredith's Salon **Ultimate Touch Salon** Old Town Barber & Hair Salon The Beauty Lab **Ulta Beauty Inside Out Executive Cut** Hokie Hair The Upper Room **Shear Mellegance** Lia's Hair Styling ...and more!





# EXERCISE & FITNESS

IN THE NEW RIVER VALLEY

**Blacksburg Boxing and Fitness** 



CrossFit 460
Burn Boot Camp
Fit Body Boot Camp
The Weight Club
Carilion Wellness (CRC)
VT McComas Hall
Anytime Fitness



Parkour and Ninja Gym Crimper's Climbing Gym

Beasley Martial Arts and Fitness
Sapphire Ballroom and Dance Center



Team Mannan BJJ ...and more!







### **BANKS**

### IN THE NEW RIVER VALLEY

Freedom First Credit Union

Member One

National Bank

Atlantic Union Bank

Skyline National Bank

First Community Bank

Woodforest National Bank

Carter Bank & Trust

Summit Community Bank

Truist

Virginia Community Capital

First Bank and Trust

American National Bank & Trust Company

Wells Fargo Bank

...and more!







# CAR MAINTENANCE

IN THE NEW RIVER VALLEY

Campus Automotive
Modern Automotive
North Main Auto Repair
Jiffy Lube
New River Auto Care
Collision Plus Inc.
Blacksburg Auto Parts
Maaco Auto Body Shop & Painting
...and more!



# **GROCERIES**

### IN THE NEW RIVER VALLEY

Kroger
Food Lion
Oasis International Market
Earth Fare
Aldi
Wal-Mart
Target
Camarena's Mexican Store
Cottage Farms General Store
The Farmer's Market
...and more!



### VETERINARIANS

#### IN THE NEW RIVER VALLEY

Companion Animal Clinic
Virginia-Maryland College of Veterinary Medicine's
Veterinary Teaching Hospital
All For Paws Animal Clinic
Town & Country Veterinary Clinic
Appalachian Veterinary Services
Mountain View Humane
Cedar Run Veterinary Services- In Home Veterinary Care
Furr, Feather and Scales
Blacksburg Animal Clinic
Main Street Veterinary Clinic
...and more!



# CHILD CARE

#### IN THE NEW RIVER VALLEY

Rainbow Riders Childcare Center
Children's Nest Pre-School
Blacksburg South KinderCare
Pathways Early Learning Center LLC
Valley Interfaith Child Care
The Children's Garden Primary School
Blacksburg United Methodist Preschool
Heart 'n' Hand Early Learning Center
Grace-A-Child USA
Open Arms Child Care Center
Tree of Life Daycare
...and more!



### HIKES

### IN THE NEW RIVER VALLEY

The Meadows at Nellies Cave Park

Bald Knob

Cascades Falls

McAfee Knob

Tinker Cliffs

Dragon's Tooth

Coal Mining Heritage Park and Loop Trail

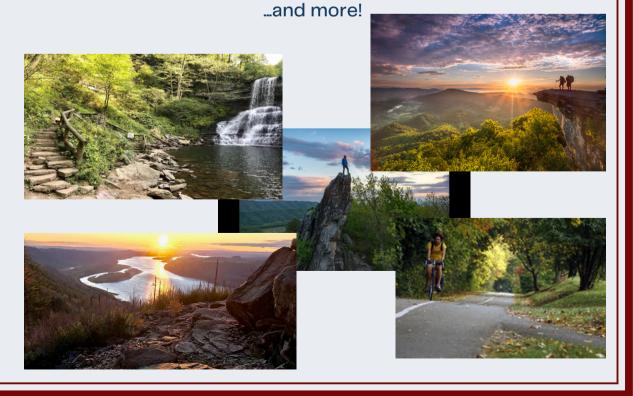
Deerfield Trail

Huckleberry Trail

Ellet Valley Recreational Area Trailhead

New River Trail State Park

Pandapas Pond and Trails



# **SPIRITUALITY**

#### IN THE NEW RIVER VALLEY

New Life Christian Fellowship The River Church Blacksburg United Methodist Church Blacksburg United Methodist Church-Edges Blacksburg Presbyterian Church **Christ Episcopal Church Blacksburg Baptist Church** Hope Chapel Blacksburg Northside Presbyterian Church Blue Ridge Church St. Mary's Catholic Church Northstar Church Hope Valley Church **Belmont Christian Church** Al-Ihsan Masjid Islamic Society Blacksburg Jewish Community Beth Israel Synagogue Hope of Israel Congregation St. Philip's Anglican Church Holy Spirit Roman Catholic Church Iglesia La Roca BIC Church Iglesia Cristiana Nueva Vida Roanoke Mosaic Church ...and more!

# THINGS TO DO

#### IN THE NEW RIVER VALLEY

Blacksburg Farmer's Market
Standup Comedy at the Milk Parlor
Blue Ridge Story Space
VA Tech Sports
Lyric Theatre

Trivia Night at Eastern Divide Brewing

Shenandoah Bike Trail

Blue Ridge Axe Throwing & Arcade

It's Game Time at the Superbowl

Puzzlr- Puzzle and Escape Rooms

B&B Theatres/B-Roll Bowling

Thunder Valley (go karts, laser tag, batting cages, mini golf, arcade)

Cox's Driving Range (putt putt, batting cages)

Game Sauce

Roanoke Starcade

Firehouse Skate N' Play

**Uptown Pinball** 

Wine and Design

Candle Making Classes at The Chandlerie
Cooking Classes at Gourmet Pantry
Steppin' Out Weekend in Downtown Blacksburg (early

Aug)

Floyd Country Store (Friday Evenings)







# THINGS TO DO

#### IN THE NEW RIVER VALLEY

Mountain Lake (where Dirty Dancing was filmed) **New River Junction** Hahn Horticulture Garden William Preston's Smithfield museum with tours New River's Edge Inc **Natural Bridge Dixie Caverns** Blacksburg Brew Do (weekend event in the Fall) Sinkland Farms Joe's Trees **Pumpkin Patches Haunted Houses** Fork & Cork (weekend event in the Spring) Beliveau Farm Alexander Black House & Cultural Center **Nellies Cave Park** Mill Creek Trout Farm

Swinging Bridge
Visit Floyd (music, shops, market, FloydFest, etc)
...and more!



# **TRANSPORTATION**

### IN THE NEW RIVER VALLEY

Blacksburg Transit
Blacksburg Charter Bus Company
Text-a-cab
A&M Transportation
Sllim Transport
Blacksburg Taxi
Uber
Lyft
Scooters on VT campus
The Bike Barn
...and more!





