

- Abingdon, Va.
- Asheville, N.C.
- Blacksburg, Va., Radford, Va
- Blowing Rock, N.C., Boone, N.C.
- Brevard, N.C.

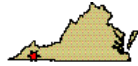
Top 23 Towns

- Cashier, N.C.
- Highlands, N.C.
- Chattanooga, Tenn.
- Charlottesville, Va.
- Dalton, Ga.
- Greenville, Tenn.
- Greenville, S.C.

- Hendersonville/Flatrock, N.C.
- Jonesborough, Tenn.
- Knoxville, Tenn
- Lewisburg, W.Va.
- Lexington, Va.
- Mount Airy, N.C.

- Roanoke, Va.
- Smith Mountain Lake, Va.
- Staunton, Va.
- Warm Springs/Hot Springs, Va.
- Waynesville, N.C., Maggie Valley, N.C.

Abingdon, Va.



Population: 7,780

Continuing Education:

- University of Va. School of Continuing and Professional Studies
- King College in Bristol
- Emory and Henry College in Meadowview

Renowned Dining:

- Martha Washington Inn
- Caroline's

Health Care:

- Johnston Memorial Hospital in town,
- Bristol Regional Medical Center (10-15 min. away)
- Smith County Medical Center

Community Based-Recognition:

One of eight great mountain towns by *Where to Retire* magazine 2003, Virginia Highlands Festival is one of country's top tourist events by "America's Most Charming Towns and Villages"

Proximity: 52 mi.-Johnson City, Tenn.

Recreational Activities for All Ages:

Virginia Creeper Trail, Appalachian Trail, Mount Rogers National Recreation Area, 7 adult rec. programs, 4 adult sports programs, Coomes Recreation Center

Festivals:

- Virginia Highlands Festival (July 30-Aug. 14)
- Plumb Alley Day (May 26)

Up-to-Date:

- Abingdon Virginian*
- Washington County News*

Transportation: Tri-Cities Regional Airport-12 miles

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Asheville, N.C.



Population: 68,889; metro 283,640

Continuing Education:

- UNC-Asheville
- Western Carolina University
- Mars Hill College
- Warren Wilson College
- Montreat College

Renowned Dining:

- The Market Place
- Savoy Cucina Italiana

Health Care:

- Health Center Nutrition Division
- 5 hospitals

Community Based-Recognition:

Business Week 2004 "long-time favorite of retirees," "1,000 Places to See Before You Die"

Proximity: 60 mi.-Greenville, S.C.

Recreational Activities for All Ages:

11 community centers, 48 parks and playgrounds, 2 swimming pools, 23 tennis courts, 14 public golf courses, adult athletics programs

Festivals:

- Bele Chere (summer)
- Shindig on the Green (July-Sept.)

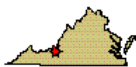
Up-to-Date:

- Asheville Citizen-Times*
- Mountain Xpress*

Transportation: Asheville Regional Airport, Asheville Transit Authority (bus)

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Blacksburg, Va. Radford, Va.



Population: 39,573, 15,859

Continuing Education:

- Virginia Tech
- Radford University
- New River Community College

Renowned Dining:

- Nerv
- The Summit (Christiansburg)

Health Care:

- Columbia Montgomery Regional Hospital
- Carilion New River Valley Medical Center in Radford

Community Based-Recognition:

National Civic League's All-American City award, *Reader's Digest* "most wired city in America"

Proximity: 40 mi.-Roanoke, Va.

Recreational Activities for All Ages:

Jefferson National Forest has 11 wilderness areas for outdoor recreation; New River, hiking trails; 2 public and 2 private golf courses; 2 recreation/community centers

Festivals:

- Steppin' Out (August)
- International Street Fair (April)

Up-to-Date:

- The News Messenger*
- Blacksburg Sentinel*

Transportation: Blacksburg Transit bus system; Roanoke Regional Airport; Virginia Tech Airport (public-use facility for small aircraft)

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