

Comprehensive list of activities in the Salem/Roanoke Area

The list below includes a variety of activities and adventures within the Salem/Roanoke Valley area that can be fun for families and individuals during Family Weekend 2022

<https://vacationidea.com/virginia/best-things-to-do-in-salem-va.html>

<https://www.visitroanokeva.com/region/cities-and-counties/salem/events/>

Entertainment & Social

Salem Red Sox

Info: The Salem Red Sox is a Minor League Baseball team in Salem, Virginia. It is a member of the Carolina Class A-Advanced League and the Boston Red Sox farm team. From 1995 through 2008 the team was known as the Salem Avalanche. From 2003 to 2008 the team was affiliated with the Houston Astros and from 1995 to 2002 with the Colorado Rockies . Before 1995, Salem Red Sox played under a number of different names and affiliations. They play home games at Haley Toyota Field at Salem Memorial Ballpark. The stadium, a 6,300 seat facility, was opened in 1995. In 2006 it hosted` the Carolina/California League All Star Game.

Location: Salem VA

Address: Haley Toyota Field at Salem Memorial Ballpark, 1008 Texas St, Salem, VA 24153

Website: <https://www.milb.com/salem>

Salem Civic Center

Info: Built in 1967, the Salem Civic Center is a multi-purpose arena in Salem, Virginia with the capacity of 6,820 seats. It is part of the James E. Taliaferro Sports and Entertainment Complex together with the Salem Football Stadium and the Salem Memorial Baseball Stadium. The Salem Civic Center was originally named the Salem-Roanoke Valley Civic Center, but changed the name in 1980s when the county withdrew its financial support. In the 1970s, the center was home to the Salem Rebels hockey team. It also hosts the NCAA Division III men's college basketball championship, as well as boxing, rodeos, professional wrestling, high school basketball games and more. It also provides space for concerts, circuses, trade shows and conventions.

Location: Salem VA

Address: 1001 Roanoke Blvd, Salem, VA 24153, Phone: 540-375-3004

Website: <https://www.salemciviccenter.com/>

Launching Pad Trampoline Park & Family Center

Info: Jump into an incredible day of fun at the Launching Pad Trampoline Park and Family Center, the one and only trampoline park in all of Roanoke Valley. When Launching Pad says that they've got enough attractions to keep your family busy for the entire day, they mean it. The park has more than 10 activities to try out in addition to its thousands of square feet of trampolines. Get competitive at the Dodgeball Court, get some major air while testing your aim at the Dunk Lanes, or test your power and balance at the Jousting Pit or Rope Ladder. Launching Pad also has a Flight Training Wall for climbing enthusiasts, a Launch Tower for adrenaline junkies, and bumper cars for those who just want to have a bumping good time. Don't miss out on the Real American Ninja Warrior Course either, which is a true test of strength

Location: Salem VA

Address: *1001 Roanoke Blvd, Salem, VA 24153, Phone: 540-375-3004*

Website: <https://www.salemciviccenter.com/>

Activities

Salem Museum

Info: Salem Museum is located in the historic William-Brown House of Longwood Park, Salem, Virginia. The Museum was established in order to "preserve the past and inform the future." It is managed by the Salem Historical Society. It offers a range of exhibits, programs and special events. William-Brown House was built in 1845 by a merchant and hotelier William C. Williams to serve as a store and residence. The brick structure, built at the eastern end of downtown Salem, Va. was unique for its time. The house stayed in the family for more than a century. It became a Roanoke College fraternity house for a while, then served as an office, and later apartments. It is the first Salem house listed on the national Register of Historic Places. The Salem Historic Society saved it from being demolished, relocated it to a new lot and opened it as a museum.

Location: Salem VA

Address: *801 E Main St, Salem, VA 24153, Phone: 540-389-6760*

Website: <https://salemuseum.org>

Dixie Caverns

Info: The western region of Virginia is home to a number of beautiful caverns, many of which are sadly closed to the public. But where other caverns may fail, the Dixie Cavern delivers as it's been welcoming guests to explore its awe-inspiring interiors since 1923. Much like snowflakes are unique and display individual beauty, so do each of the Dixie Caverns. See for yourself just how incredible and beautiful the natural world can be, with magnificent formations to behold within the cavern's walls. While exploring the Dixie Caverns on your own is more than welcome, the best way to get the most of your trip is through their guided tours which can be booked ahead of time and last an average of fifty minutes. Meanwhile, the caverns are also home to a 44-dealer antique mall, and a full hook-up campground for those who want to spend the night at Dixie

Location: Salem VA

Address: 5753 West Main Street, Salem, Virginia 24153, Phone: 540-380-2085

Website: <https://www.dixiecaverns.com/>

Taubman Museum of Art

Info: The Taubman Museum of Art, formerly the Art Museum of Western Virginia, is an art museum in downtown Roanoke, Virginia, United States. It was designed by architect Randall Stout

Location: Roanoke VA

Address: 110 Salem Ave SE, Roanoke, VA 24011

Website: <https://www.taubmanmuseum.org/>

Virginia Museum of Transport

Info: The Virginia Museum of Transportation is a museum devoted to the topic of transportation located in Downtown Roanoke, Virginia, US

Location: Roanoke VA

Address: 303 Norfolk Ave SW, Roanoke, VA 24016

Website: <http://vmt.org/>

Mill Mountain Zoo

Info: Mill Mountain Zoo is located within Mill Mountain Park, a beautiful 568-acre regional park which is maintained by Roanoke Parks and Recreation. Located at the top of Mill Mountain just off the scenic Blue Ridge Parkway, the zoo overlooks the city of Roanoke and the surrounding mountain vistas. The zoo was founded in 1952 and is a 501(c)(3) non-profit operated by the Blue Ridge Zoological Society.

Location: Roanoke VA

Address: Mill Mountain Spur Roanoke, VA 24014 (540) 343-3241

Website: <http://www.mmzoo.org/>

Food and Dining

Parkway Brewing Company

Info: Parkway Brewing Company was established in 2012 in Salem, Virginia, with the goal of producing the finest beers possible. It produces 17000 bottles per year and operates a 30bbl 4 vessel brewhouse and a 3.5bbl pilot brewhouse. With those two systems, Parkway produces 22 kinds of beer per year, for the general market distribution and multiple pilot batches that are available only in the on-site tasting room. Their tasting room, attached to the brewery production facility, is a local gathering place where folks come to meet friends, taste fresh beer, listen to some good local music or participate in the trivia night.

Location: Salem VA

Address: 739 Kessler Mill Rd, Salem, VA 24153, Phone: 540-404-9810

Website: <https://parkwaybrewing.com/>

Mac & Bob's

Info: Located just across the street from Roanoke College in Salem, Virginia, Mac and Bob's Restaurant is a popular local eatery famous for a wide range of American favorites including wings, steaks, salads, burgers, seafood, sandwiches, and pasta. The star of the menu is their huge, juicy, great-tasting calzones. There are more than 40 craft beers on tap and many local Virginia beers. The atmosphere is lively, spacious and relaxed, with exposed brick walls, space for 330 guests and a cozy patio. The students of Roanoke College have made Mac and Bob's their favorite hangout. It is the common venue for high school and college reunions, sporting events, victory celebrations, family gatherings, and everyday get togethers.

Location: Salem VA

Address: *316 E Main St, Salem, VA 24153, Phone: 540-389-5999*

Website: <https://www.macandbobs.com/>

Jersey Lily's Roadhouse

Info: Located in Ridgewood Farms Shopping Center, Jersey Lily's Roadhouse is the classic American roadhouse from days past. Cozy and romantic, with funky décor and soft lighting, it brings a roadhouse to life in a modern way, still retaining its welcoming hospitality, comfort food and upbeat atmosphere. Jersey Lily's is known for excellent grilled steaks, ice-cold beer, freshly baked made-from-scratch rolls, and breaded and fried Chicken Tenderloins. The menu is extensive, featuring more than 30 entrees. The star of their menu is aged steaks that are hand-cut in house. Some of other favorites are chargrilled chicken, juicy hamburgers, baby-back ribs and salads made from the freshest ingredients served with homemade salad dressings.

Location: Salem VA

Address: *1650 Braeburn Dr, Salem, VA 24153, Phone: 540-387-9061*

Website: <http://www.jerseylilys.com/>

Alejandro's Mexican Grill

Info: Alejandro's Mexican Grill is a mini-local chain that offers classic Mexican dishes, a popular salsa bar and award-winning margaritas. Their Salem restaurant is located in the Mill Lane Commons Shopping center. It is a no-frills counter-serve eatery with extensive menu of everyone's favorite tacos, fajitas, enchiladas and tortas. Their Salsa Bar has freshly made salsas, chips, sliced jalapenos, onions, lemon wedges and other bits that make meals more interesting. There are a few authentic Mexican dishes that use classic family recipes, such flautas, sopas and enchiladas. One of the most popular dishes is Alejandro's skewers with two pieces of chicken and one shrimp marinated in a house seasoning sauce, skewered and grilled and served over grilled veggies.

Location: Salem VA

Address: 1304 W Main St, Salem, VA 24153, Phone: 540-387-1420

Website: https://alejandros_mexican_grill.com/

Corbin's Confections

Info: Having peanut or other nut allergy can make life pretty difficult for those who love sweets. How do you know for sure that what you are buying is truly without any trace of peanuts, which can cause a life-threatening reaction in you? At Corbin's Confections, you can be sure, since the owner and head baker is also allergic to nuts. To help other folks with the same problem, she opened the Salem's and area's first and only completely gluten-free, peanut-free, and tree nut-free bakery. The bakery specializes in freshly baked goods such as breads, buns, cinnamon rolls, cupcakes, scones, pies, cookies, or brownies. And if you request it, they can also make their dairy-free, egg-free and soy-free.

Location: Salem VA

Address: 18 E Main St, Salem, VA 24153, Phone: 540-404-0300

Website: <https://www.facebook.com/Corbinsconfections/>

Allsports Cafe-Salem

Info: With an impressive menu of mouth-watering wings, appetizers, soups, salads, burgers, sandwiches, wraps, pizza, ribs, seafood, desserts and more, Allsports Cafe is anything but your typical sports bar. Stop by and enjoy award-winning food, a friendly staff and of course, the big game on one of the many high-definition TVs. No matter what happens on the field, you'll go home feeling like a winner every time!

Location: Salem VA

Address: *131 E Main Street Salem, VA 24153-3804 Phone: (540) 389-4647*

Website: <http://allsportscafe.net/>

Blue Cow Ice cream

Info: Blue Cow Ice Cream Co. was founded in Roanoke, Virginia, by husband and wife team, Jason and Carolyn Kiser. Until Blue Cow, we were enthusiastic patrons of the local culinary scene but in 2016, saw an opportunity to be an active part of it. And before long, Jason was enrolled in an ice cream technology short course at the University of Guelph in Ontario, subsequently attending an ice cream makers program at Penn State University and our home kitchen had been turned into a test kitchen. We immediately loved the process of developing unique flavor combinations in addition to perfecting some of the classics and serving them in a fun, community-oriented shop. This love continues today as Blue Cow has expanded to new communities, carefully developing flavors and experiences that make each community unique.

Location: Roanoke VA

Address: 1115 Piedmont St SE, Roanoke, VA 24014

Website: <https://bluecowicecream.com/>

Olde Salem Brewing Company

Info: Literally built on heritage, the Olde Salem Brewing Company is nestled in the center of Salem's Historic Main Street District. The building that the brewing company calls home was erected a mere 114 years after the town's foundation by James Simpson in 1806. As such, Olde Salem Brewing Company truly believes that each glass of their craft beer holds a piece of history. Their goal is simple, to make thoughtfully crafted beer that is worthy of enjoyment and sharing between friends and the community. Visitors to the taproom and sample expertly crafted options like the Sweet Carolime, a Mexican Lime Lager, the Jump German Pilsner, and a fruity Raspberry Wheat memorably named the Heartbroken in Disrepair.

Location: Salem VA

Address: 21 East Main Street, Salem, Virginia 24153; Phone: 540-404-4399

Website: <https://www.oldsalembrewing.com/>

Champloo Desserts

Info: Handcrafted Rolled Ice Cream, Honey Boba Tea, Japanese Mochi Ice Cream, French Flan, and Vietnamese Ice Coffee!

Location: Salem VA

Address: 9 S College Ave Salem, VA 24153 Phone: (540) 999-1229

Website: <https://www.champloodesserts.com/>

Outdoor

Mill Mountain Star

Info: The Roanoke Star, also known as the Mill Mountain Star, is the world's largest freestanding illuminated man-made star, constructed in 1949 at the top of Mill Mountain in Roanoke, Virginia. It is visible for 60 miles from the air and it sits 1,045 feet above the city of Roanoke.

Location: Roanoke VA

Address: 2000 J B Fishburn Pkwy, Roanoke, VA 24014

Website: <https://www.playroanoke.com/parks-facilities/mill-mountain-park/>

Blue Ridge Parkway

Info: The Blue Ridge Parkway is a National Parkway and All-American Road in the United States, noted for its scenic beauty. The parkway, which is America's longest linear park, runs for 469 miles through 29 Virginia and North Carolina counties, linking Shenandoah National Park to Great Smoky Mountains National Park.

Location: Roanoke VA

Address: Interstate 81, at exit 143, take I-581/US 220 south to the Parkway at milepost 121.4

Website: <https://www.blueridgeparkway.org/>

McAfee Knob

Info: McAfee Knob is a geological feature with an elevation of 3,197 feet above sea level, located on Catawba mountain in Catawba, Virginia, United States. It is named for a Scotch-Irish 18th-century settler

Location: Catawba VA

Address: Parking Area VA311

Website: <https://www.hikingupward.com/jnf/mcafeeknob/>

Dragon's Tooth

Info: The Dragon's Tooth is an aptly named rock monolith of Tuscarora quartzite straddling Craig and Roanoke Counties just west of Catawba, VA. It stands out on it's own at the top of Cove Mountain. It's as popular a hike as its' nearby neighbor, McAfee Knob , with one difference, sweat! McAfee Knob is a walk in the park compared to this tough short hike.

Location: Catawba VA

Address: Parking Area VA311

Website: <https://www.hikingupward.com/JNF/DragonsTooth/>