Summer in White Sulphur Springs, West Virginia, invites travelers to immerse themselves in the great outdoors and engage in exhilarating sports experiences. The iconic Greenbrier Resort, sprawling across 11,000 acres of picturesque mountain terrain, boasts championship golf courses and a premier tennis center, offering ideal spots to perfect your swing or volley under the warm sun. Adventurous spirits can also engage in unique pursuits like falconry or challenge themselves at the resort's alpine climbing tower. Beyond the resort grounds, Greenbrier State Forest provides miles of scenic hiking trails that wind through lush forests to panoramic overlooks. Cyclists and nature lovers will appreciate the Greenbrier River Trail, a serene 78-mile rail-trail journey alongside refreshing mountain streams. At the same time, anglers can embark on guided fishing float trips, and horseback riders can explore meadows and shaded woodland paths on leisurely guided tours.

History enthusiasts and culture seekers will discover a wealth of intriguing experiences throughout White Sulphur Springs. Initially famous in the 1800s for its rejuvenating mineral springs, the town's historic charm is best showcased by the Greenbrier Resort itself. This elegant property has hosted presidents and world leaders. Visitors can delve into Cold War history by touring the resort's former secret underground bunker, which was once intended as a fallout shelter for Congress. The town's charming downtown area further enriches cultural exploration, featuring preserved architecture now home to quaint shops, galleries, and artisanal studios. The lively West Virginia Dandelion Festival kicks off summer in late May with local music, arts, and whimsical dandelion-themed treats. Art lovers will enjoy browsing at Gum Store Studios, an arts and wellness center housed in a restored 1920s building, or attending intimate music performances at Cross Creek on Main, a converted hardware store offering craft beverages and local music.

Dining and nightlife in White Sulphur Springs provide diverse choices, catering to both casual and upscale tastes. Downtown, visitors can mingle with locals over handcrafted beers at Big Draft Brewing or enjoy hearty meals and televised games at Route 60 and 50 East taverns. For comfort food cravings, Road Hog's BBQ offers mouth-watering smoked specialties, while April's Pizzeria dishes up tasty slices in a relaxed setting. Meanwhile, The Greenbrier presents culinary delights across more than 20 restaurants, including Draper's for Southern classics and Prime 44 West for refined steakhouse dining. Evening entertainment at The Greenbrier ranges from sipping sophisticated cocktails in the elegant Lobby Bar to trying your luck in the glamorous Casino Club. Whether you prefer casual evenings on an outdoor patio with live bluegrass or luxurious dining amid historic elegance, summer nights in White Sulphur Springs promise memorable experiences.

BEYOND THE CITY

NEW RIVER GORGE NATIONAL PARK, WEST VIRGINIA
Just 90 minutes from White Sulphur Springs, the New River Gorge is a thrilling escape into the wild Appalachian beauty, where dramatic cliffs, thundering rapids, and forested trails converge. Visitors can hike to breathtaking overlooks, such as Long Point, brave the Bridge Walk, which spans nearly 900 feet above the river, or whitewater raft through Class III-IV rapids below the iconic arch bridge. The charming town of Fayetteville nearby adds a cultural flair with historic buildings, gear shops, and favorite eateries like Pies & Pints or Cathedral Café, where craft beer and local flavor meet river-town charm.

SNOWSHOE MOUNTAIN RESORT, WEST VIRGINIA
A two-hour drive leads to the cool alpine air of Snowshoe, a mountaintop village that transforms into a summer adventure hub with downhill mountain biking, scenic lift rides, and lakefront fun at Shaver's Lake. Families can enjoy paddleboarding, ziplining, or exploring wildflower trails, while music lovers flock to seasonal festivals like 4848. Grab pizza and craft beer at Old Spruce Tavern or dine lakeside at Slackwater Jack's, then stay late for stargazing under some of the darkest skies east of the Mississippi.

PIPESTEM RESORT STATE PARK, WEST VIRGINIA
Nestled above the Bluestone Gorge, Pipestem offers a scenic blend of relaxation and adrenaline just 90 minutes away. Ride the aerial tram into the canyon, hike wooded trails to hidden waterfalls, or soar across the treetops on a nine-zipline canopy tour. Kids love the inflatable water park on Adventure Lake, while adults can savor regional cuisine with sweeping gorge views at the Bluestone Dining Room. Summer nights come alive with outdoor bluegrass concerts and tranquil mountain sunsets.

SUMMERSVILLE LAKE, WEST VIRGINIA
Often called the "Little Bahamas of the East," Summersville Lake dazzles with its crystal-clear water, perfect for swimming, paddleboarding, and boating along sandstone cliffs. Just under two hours away, this is West Virginia's largest lake and a magnet for outdoor lovers and scuba divers alike. Spend your day cliff jumping, kayaking into quiet coves, or lounging at Battle Run beach, then grab a burger and shake at Fat Eddie's or unwind with drinks at Long Point Grille overlooking the forested hills.

LEWISBURG & GREENBRIER RIVER TRAIL, WEST VIRGINIA
A quick 20-minute drive delivers historic charm, artsy vibes, and riverside adventure in Lewisburg, one of West Virginia's most picturesque small towns. Meander through antique shops and art galleries, catch live music at Carnegie Hall, then head to the nearby Greenbrier River Trail for a leisurely bike ride or a peaceful tubing float. Fuel up with brunch at Stardust Café or a gourmet dinner at The French Goat before sampling local brews at Hill and Holler or cocktails at the General Lewis Inn's vintage bar.

CASS SCENIC RAILROAD & GREEN BANK OBSERVATORY, WEST VIRGINIA
Step back in time aboard a steam-powered train at Cass Scenic Railroad, where Shay locomotives chug through mountain forests toward panoramic ridges, just a two-hour drive away. Wander the preserved logging town before heading to the Green Bank Observatory nearby, home to the world's largest steerable radio telescope listening to signals from deep space. With no cell service in the Radio Quiet Zone, it's a tech-meets-nature experience that ends perfectly with a root beer float at Shay's soda fountain or a stargazing stop under some of Appalachia's clearest skies.

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