



National Park Service  
U.S. Department of the Interior

**Blue Ridge Parkway**  
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Asheville, NC 28803

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## Blue Ridge Parkway News Release

June 10, 2009

### FOR IMMEDIATE RELEASE

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## Herb Day on the Blue Ridge Parkway

(Asheville, NC)—Join us on Saturday, June 27th for Herb Day at the Blue Ridge Parkway Visitor Center. Herb plant sales and presentations will take place from 10 a.m. until 2 p.m. Baby goats will be on view, and a family-friendly hike, *Tracking for Herbal Treasures*, will be held at 10:30. The *Paul's Creek String Band* will perform at noon. *Danny Bernstein* will present her slide presentation on *Hiking North Carolina's Blue Ridge Heritage* at 1 p.m. with a book signing to follow. Bring the whole family. The event will take place at the new Blue Ridge Parkway Visitor Center located at Milepost 384 on the Blue Ridge Parkway. Events are free.

A whole day of events! Western North Carolina herb farms, including *Wildwood Herbal*, will sell herb plants from 10 a.m. until 2 p.m. *Mountain Farm* of Yancey County will present the newest members of their goat herd, and the Herb Lady of Cedar Creek Farms, Becky Lipkin, will be hosting a “make and take” herbal demo. From 10:30 a.m. until noon, the *Blue Ridge Parkway* and *Blue Ridge Parkway Foundation* will co-host *Tracking for Herbal Treasures*. This hike will help kids of all ages discover herbal and native plant treasures found in and around the Blue Ridge Parkway. The *North Carolina Native Plant Society* will have several local plant species on display.

The *Paul's Creek String Band* will perform at noon.

*Danny Bernstein* will also be on hand at 1 p.m. with a slide presentation and signing of her newest book, *Hiking North Carolina's Blue Ridge Heritage*.

### **Book: “Hiking North Carolina's Blue Ridge Heritage”**

Most hikers know that Western North Carolina is a superb hiking destination. In her second hiking guidebook, *Danny Bernstein* covers 66 of the best hikes in the North Carolina Blue Ridge, woven through with historical anecdotes to deepen a hiker's understanding of the region. From Stone Mountain's roots of moonshining and NASCAR to the mystery of Rumbling Bald, used as

the basis for Jules Verne's 1904 novel, *Master of the World*, nearly every hike has its own story to tell. Each entry includes clear maps, complete directions, hiking distance, trail highlights, elevation gain, related books and movies, photos, and much more.

**About the Author:** Danny Bernstein is the author of *Hiking the Carolina Mountains*. An Appalachian Trail end-to-ender, she recently completed the more than 800 miles of trails in the Great Smoky Mountains National Park. Bernstein hikes all over the world and writes about the outdoors from her home in Asheville, NC.

**Paul's Creek String Band:** The Asheville-based trio will make you clap, laugh or cry as they regale you with upbeat music, funny stories or an occasional sad song. Combining Southern Appalachian sounds with bluegrass, original material and old timey Southern Gospel music, all three members of the group sing both lead and harmony parts for a wide range of vocal material. Not stuck on styles, this group loves fun and loves to share their music.

*The Blue Ridge National Heritage Area, designated by Congress and the President in November 2003, works to protect, preserve, interpret, and develop the unique natural, historical, and cultural resources of Western North Carolina for the benefit of present and future generations, and in so doing to stimulate improved economic opportunity in the region. National Heritage Areas are locally-governed institutions that encourage residents, non-profit groups, government agencies, and private partners to work together in planning and implementing programs that preserve and celebrate America's defining landscapes.*

Questions? Call the Blue Ridge Parkway Information Desk at 828-298-5330, or email [waylonw@easternnational.org](mailto:waylonw@easternnational.org).

#### AT A GLANCE

- What:** Herb Day on the Blue Ridge Parkway
- Who:** Herbal sales and presentations, music, hiking presentations and baby goats!
- When:** Saturday, June 27, 2009, 10 a.m. until 4 p.m.
- Where:** Blue Ridge Parkway Visitor Center on the Blue Ridge Parkway, Milepost 384

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