



## KENTUCKY RECIPES COME FROM THE LAND, AND HEART.

Opening my own restaurant—a lifelong dream. Finding the best ingredients and doing as little as possible to them, that's something special. Seeing a downtown come to life, knowing I'm a part of it. This is what good food can do. Visit [BetterInTheBluegrass.com](http://BetterInTheBluegrass.com) for the full story.

**Kentucky**  
UNBRIDLED SPIRIT



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UNBRIDLED SPIRIT

#TRAVELKY



## Savor the Flavors of Kentucky

Celebrate all the local flavors, spirits and experiences the bluegrass state is best known for, like mouth-watering regional meals, bourbon, outdoor adventure and bluegrass music. While this year has been declared “The Year of Kentucky Food,” it’s only the beginning. Whatever your taste, it’s better in the bluegrass!

Food is as much a part of Kentucky as bourbon, horses and beautiful landscapes. To celebrate Kentucky’s iconic dishes, local flavor and emerging chefs, we have gathered stories of unique dishes and a reflection of centuries of Kentucky food traditions.

Some of our favorite memories take place around the table, where friends and family come together to celebrate good food and good fortune. In Kentucky, those memories are seasoned by talented chefs who are creating a buzz-worthy food scene that is

making everyone take notice. A scene that honors the past, embraces the future and helps you make the most of the present.

The stories of Kentucky food represent our history that is as diverse as the geographic regions of the state. When family members would come home from working in the coal mines, soup beans, corn bread and salmon patties were a staple at the table. Another example is the apple stack cake – a community wedding cake rooted in Appalachian mountain culture, where each family would contribute a different layer. Legend has it that the more layers of cake the more popular the bride.

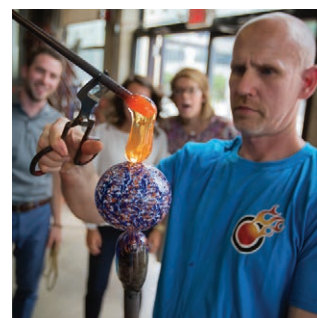
These stories are found in every corner of our state, and we invite you to rediscover your favorite dishes while discovering new flavors. Enjoy a bounty of outdoor adventure, bourbon, horses, music, art, history and so much more.





## Discover the Dynamic Notes of Bourbon

Learn about “America’s Native Spirit” on tours of historic distilleries in Bourbon Country. From craft to the world’s largest bourbon producers, many invite visitors to learn about their brands and have a taste during behind-the-scenes distillery tours. Book a tour of Kentucky Cooperage in Lebanon, where new charred oak barrels are made for bourbon production. Take in the nightlife along the Urban Bourbon Trail in Louisville, where you can find creative new bourbon cocktails. Make a stop on the Hot Brown Hop, to try the classic Kentucky dish that pairs turkey, bacon and rich cheese sauce into a decadent meal.



## Graze on the Tastes of the Bluegrass

Travel the picturesque scenic byways that pass through Kentucky thoroughbred country. Visit the Kentucky Horse Park, where you can learn about more than 40 breeds of horses or explore the history and pageantry of the greatest two minutes in sports at the Kentucky Derby Museum and Churchill Downs. After a full day of horse farm tours, travel the Beer Cheese Trail in Winchester to sample this delicious spread and wash it down with a cold Ale-8-One, a favorite soft drink bottled in central Kentucky.

## Relish the Richness of Bluegrass Music, Art & Barbeque

Tune your ears to the old favorite sounds of Bill Monroe or listen for contemporary sounds taking the airwaves by storm by top Kentucky artists Jordan Smith, Chris Stapleton and Cage the Elephant. Experience our vibrant arts scene with a visit to Berea and see artisans working in their studios. Travel to the beautiful river community of Paducah, a certified UNESCO Creative City and home to the National Quilt Museum. Try a different work of art in the slow cooked goodness of Kentucky mutton barbeque and burgoo.



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Looking for the best places to eat in Kentucky? Explore the state's expansive food scene and savor the most popular local farms, markets, breweries, distilleries and restaurants.

## Fill Up on History

Discover the story of Kentucky by visiting the birthplaces of Abraham Lincoln, Muhammad Ali and Bill Monroe. 2018 is the 200th anniversary of the birth of Abraham Lincoln's wife, Mary Todd Lincoln, and the perfect time to learn the fascinating story of her life at the Mary Todd Lincoln home in Lexington. Visit the beautiful My Old Kentucky Home State Park or marvel at the ingenuity of the Shakers at Pleasant Hill, home to a large, restored Shaker settlement with over 3,000 acres of pristine countryside. While there enjoy a meal of traditional favorites prepared with straight from the garden ingredients.

Plan your next Kentucky adventure at [kentuckytourism.com](http://kentuckytourism.com).



## Feast on Epic Outdoor Adventure

For outdoor adventure, find a hidden cove on one of the thousands of miles of waterways. Discover a Kentucky Trail Town, located along major trail systems, which are an ideal place to begin your journey with plentiful opportunities for hiking, canoeing, kayaking and much more. Our 17 state resort parks provide lodging, delicious dining and activities. All that adventure leaving you hungry? Visit the restaurant where the Colonel launched his famous recipe for delicious fried chicken or explore one of the many local farm-to-table restaurants popping up across the state.







1964 Civil Rights March on Frankfort, KY

## MUHAMMAD ALI WASN'T THE ONLY FIGHTER FROM KENTUCKY.

Kentucky's African American history is filled with example after example of unbridled courage – from the 10,000 African American Civil War soldiers who learned how to fight for their freedom at Camp Nelson to the countless protestors who held hunger strikes and marches across the state in the 1960s to demand equal rights.



Now, you can take a remarkable journey that lets you explore those moments and trace the steps of the men and women who made our commonwealth great. On the U.S. Civil Rights Trail, explore the birthplace of visionary Whitney M. Young Jr. in Simpsonville. Imagine what it was like to be a freedom fighter on Louisville's Downtown Civil Rights Trail. And experience Berea College's hallowed Lincoln Hall where students stood up for their rights with a 20-hour sit-in.

Get inspired at [KYCivilrights.com](http://KYCivilrights.com).

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## EXPERIENCE THE HEART OF BOURBON COUNTRY

Lebanon is the Heart of Kentucky and the Heart of the Kentucky Bourbon Trail. See iconic Maker's Mark Distillery, Limestone Branch Distillery, on the Kentucky Bourbon Craft Trail, and see how authentic bourbon barrels are hand-crafted at Kentucky Cooperage. See what makes Lebanon such a great place to stay, shop, and dine.

visitlebanonky.com  
270.692.0021

**Lebanon**  
THE HEART OF KENTUCKY

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## PGA TOUR COMES TO JESSAMINE COUNTY!

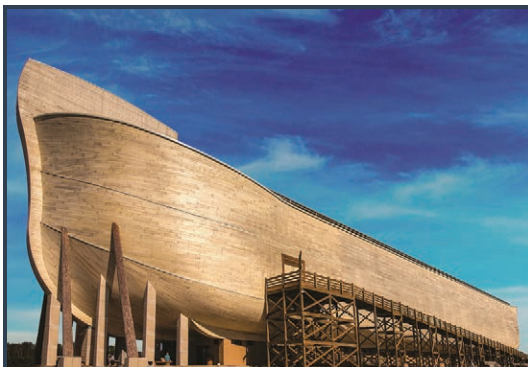
Save the dates for Kentucky's premiere professional golf event, the 2018 Barbasol Championship Tour, July 16-22. Visit the Heart of Kentucky and stay in award-winning bed & breakfasts and lodging, sample the birthplace of winemaking in North America, explore the Bourbon Trail, tour world-class thoroughbred horse farms, dive into history at Camp Nelson Civil War Park, and hike over 70 miles of scenic trails.

visitnich.com  
859.887.4351

The Heart of Kentucky  
**JESSAMINE**  
Nicholasville - Wilmore

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## WEEKEND PLANS? TRY A JOURNEY ON NOAH'S ARK

Start the travel season off with an adventure to Grant County.

Home of the Ark Encounter, Williamstown Splash Park, rolling hills, beautiful lakes, walking trails, specialty shops, a winery and dinner theatre.

35 minutes south of Cincinnati & 45 minutes north of Lexington.

[visitgrantky.com](http://visitgrantky.com)  
800.382.7117

**GRANT**  
*County* | Tourist &  
Convention  
Commission

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## STAY CLOSE TO EVERYTHING

From the birthplace of Lincoln to the birthplace of bourbon, from the world's largest cave system to world famous Fort Knox, when you stay in Elizabethtown, you'll discover something unique everywhere you look. And everything is just a short drive away. Start your trip where everything is surprisingly easy. Visit our website for a complete list of attractions and events.

[TourEtown.com/kyliving](http://TourEtown.com/kyliving)  
800.437.0092

**ELIZABETHTOWN**  
*The City of Big Surprises.™*

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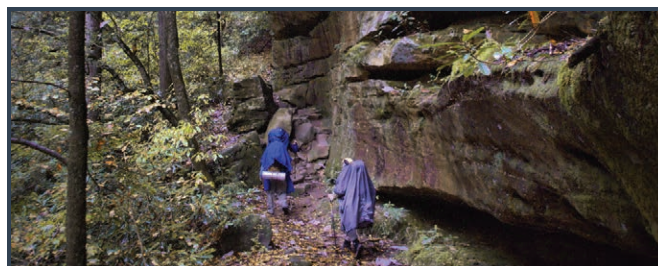
## FULL THROTTLE FAMILY FUN!

Some folks in Bowling Green go from 0 to 60 in seconds, but we recommend taking all weekend! Rev your engine from the calm of caves to the rush of Corvettes, coasters and zip lines.



visitbgky.com  
800.326.7465

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## EXPEDITION LONDON!

Seeking all energetic outdoor explorers who like to bike, hike, fish, boat, swim, paddle or just drive the best scenic routes in Kentucky. Discover your adventurous side in London, your "Crossroads to Adventure"!



laurelkytourism.com  
800.348.0095

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## ADVENTURE McCREARY COUNTY

Hike. Bike. Canoe. Camp. Climb. Live. Learn. Laugh. Adventure.

It all awaits you in one of the country's most beautiful and natural vacation destinations - the Big South Fork and McCreary County, KY.



mccrearytourism.com  
606.376.3008

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## OLDHAM FARM TOURS OFFERS 15 FARMS MAY - OCTOBER

Come feed our calves a bottle. Love on our horses. Hand-felt alpaca wool. Pick & learn about organics. Enjoy workshops in a castle.

15 places offer educational tours.  
20 minutes from Louisville on I-71.



OldhamFarmTours.com  
800.813.9953

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## OWENSBORO IS EVERYTHING YOU WANT AND MORE



Bluegrass, bourbon, BBQ, indoor and outdoor fun for the whole family. Come discover why Owensboro is Kentucky's best kept secret.



[visitowensboro.com](http://visitowensboro.com)  
270.926.1100

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## EXPECT THE UNEXPECTED IN PRESTONSBURG

Follow the path of the elk. Explore the rugged beauty that lured early settlers to make a home here. Move your feet to the mountain music that defines our state.

What story will the mountains share with you?



[prestonsburgky.org](http://prestonsburgky.org)  
800.844.4704

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## HISTORY BURSTS TO LIFE IN RICHMOND, KY

Located in Madison County — just minutes from Lexington — Richmond is where history comes to life. Named for the Virginia birthplace of its founder, Revolutionary War colonel John Miller, Richmond's many historic sites are waiting to whisk you back in time.



[richmondkytourism.com](http://richmondkytourism.com)  
800.866.3705

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## SHELBYVILLE. SIMPSONVILLE.

FIRST TIME VISITORS AND LONG-TIME LOCALS  
EXPERIENCE WORLD CLASS HOSPITALITY.

Stop in for a tasting at our distillery and wineries or shop the deals downtown and at the Outlet Mall.



[VisitShelbyKY.com](http://VisitShelbyKY.com)  
502.633.6388

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**HANGING  
AROUND IN  
CADIZ KY**

### HANG WITH US IN CADIZ

We have the Farmers Market, the Cruz-In, Junque Fest for those who love a flea market/arts & craft market, Art in the Park and a Bluegrass Festival. Hibernation is over so come hang out with us in Cadiz, KY. Visit [GoCADIZ.com](http://GoCADIZ.com) or phone us at 270-522-3892 for more information on these and other events.



**GoCADIZ.com**  
**270.522.3892**

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### LAKE CUMBERLAND IS ALWAYS IN SEASON

Welcome to Lake Cumberland — Kentucky's Car Cruise Capital! USA Today and 10Best.com's fourth best recreational lake in the U.S. Experience Somernite's Cruise, play a round of golf, go boating or experience some of the best fishing in Kentucky.



**lakecumberlandtourism.com**  
**800.642.6287**

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### CIVIL WAR LIVING HISTORY

Step back in time with Carrollton's Civil War Living History on the banks of the Ohio and Kentucky Rivers at Point Park in downtown Carrollton!



**visitcarrolltonky.com**  
**800.325.4290**

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**SFB  
FC**  
SPRINGFIELD  
BONDED  
FILM COMPLEX

### HISTORY, MOVIES, & THE GREAT OUTDOORS!

Springfield, KY, the seat of Washington County, is the first county in the Commonwealth and the place where legends and icons found their beginnings. Springfield is forging ahead in the film industry and is home to Kentucky's first and only soundstage! Welcome to the past, present and future of Kentucky!



**visitspringfieldky.com**  
**859.336.5412**

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## KITSCHY, FUNKY, FUN, FANTASTIC, RETRO, WEIRD, AND WAAAYY COOL!

Where it's 56 degrees year round (underground), Dinosaurs Roam, Mike's House is a Mystery, concrete Wigwags have no Indians, and everyone can fly on a zipline. Paddle, hike, bike and ride the two-fer-one park: underground discoveries and above ground fun at Mammoth Cave National Park.

Where? **CAVE CITY, KY.**  
Make memories at **cavecity.com**  
**270.773.3131**

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## ROCKIN THUNDER JET BOAT RIDES!

Experience the only jet boat tours on the Kentucky River! Ask for the Kentucky River Adventure!



**visitfrankfort.com**  
and **rockinthunder.com**  
**502.875.8687**

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## SHEPHERDSVILLE'S OWN WINE AND WHISKEY TRAIL

Our one-of-a-kind Wine & Whiskey Trail features 4 award-winning wineries, Jim Beam American Stillhouse & Four Roses Bourbon Experience. Your adventure continues at Bernheim Forest with hiking, biking & year-round activities! Visit our Shepherdsville Visitor Center, I-65 exit 116 & choose from over 1000 affordable hotel rooms.



**jimbeamcountry.com**  
**502.543.8656**

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## GALLATIN COUNTY IN BLOOM

Celebrate spring in Warsaw, KY at the...

Peony Festival  
May 19, 2018

Gallatin County Courthouse Square  
Food, crafts, boat rides & more!

**visitgallatincountyky.com**  
**859.643.3118**

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### HORSE AROUND IN HORSE COUNTRY: GEORGETOWN

#### HORSE PLAY

KY Horse Park • Old Friends Thoroughbred Retirement Farm

#### HORSE POWER

Toyota Plant Tour • Whispering Woods Stables

#### UNBRIDLED FUN

Shopping • Dining • Brews • Bourbon Farm Tours • Geocaching



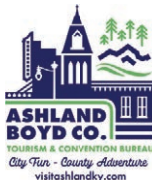
georgetownky.com  
888.863.8600

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### CITY FUN – COUNTY ADVENTURE!

Ashland/Boyd Co. is located on US 23 Country Music Highway – a mecca for arts, family-friendly festivals, great food, entertainment, trails and off-road adventure. Come check us out – you'll be glad you did!



visitashlandky.com  
800.377.6249

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### VISIT GRAYSON, KY THE HEART OF THE PARKS

Located minutes from Grayson Lake and Carter Caves, Grayson is the place to enjoy festivals, arts, history, and much more! Look for us on Facebook.



heartoftheparks.com  
606.474.8740

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### A LITTLE TOWN OF CHARM

Springtime is perfect for exploring Kentucky's second-oldest town. Dine on a dinner train, sleep in a historic jailhouse, or peruse the scenic downtown shops. From Civil War museums to world-renowned distilleries, visit the Bourbon Capital of the World® and see what makes Bardstown, KY, the small town with big escapes.



visitbardstown.com  
800.638.4877

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## HARLAN COUNTY: WHERE THE ADVENTURE BEGINS

Whether it's off-roading, hiking, kayaking, ziplining, camping, fishing, hunting, festivals, history or hospitality, visit Harlan County and make mountain memories today!



harlancountytrails.com  
606.573.4495

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## COOL HISTORY & OUTDOOR ADVENTURES AWAIT!

Big Red Stables, Bright Leaf Golf Resort, Shaker Village with Dixie Belle Riverboat & hiking/biking/horseback riding trails.

Experience Ky's 18th century at Old Fort Harrod State Park & enjoy the Summer Outdoor Theatre!



HarrodsburgKY.com  
800.355.9192

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## KENTUCKY STATE PARKS



EAT.



STAY.



CAMP.



PLAY.

PARKS.KY.GOV



## MT. STERLING IS BLOOMING IN THE SPRING!

It's time to get out and see the beauty of small town Kentucky in Mt. Sterling. Downtown is alive with unique shopping, dining, art and history. Visit the Ruth Hunt Candy Factory and golf scenic Indian Creek. Just minutes from Lexington on I-64 at Exit 110.



mtsterlingtourism.com  
859.498.8732

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## WINCHESTER'S RECIPE FOR CULINARY & OUTDOOR ADVENTURE

Combine our Beer Cheese Trail & June Festival, add a tour of Ale-8-One, visit a winery, canoe the KY River and dine at one of our many unique restaurants.



tourWinchester.com  
800.298.9105

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