

Updated: September 2020

HARROGATE SURVIVAL GUIDE

LMU | College of Veterinary Medicine
LINCOLN MEMORIAL UNIVERSITY

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A tall, rectangular brick tower stands prominently against a clear blue sky. The words "LINCOLN MEMORIAL UNIVERSITY" are embossed in large, dark letters on the front face of the tower. To the right of the tower, a bronze statue of Abraham Lincoln is visible, standing on a pedestal. The background features lush green trees and a clear blue sky.

LINCOLN
MEMORIAL
UNIVERSITY

Welcome

School is in session! Whether you're returning after a relaxing summer or coming to Harrogate, TN for the first time, this survival guide has all the details on how to make your transition as smooth as possible. Use this guide as a reference for all of your local business needs.

DIRECTIONS

TO LMU-HARROGATE

McGhee-Tyson
Airport
(Knoxville, TN)

From McGhee-Tyson Airport, take Highway 129 North (Alcoa Highway) towards Knoxville, TN. After approx. 14 miles, you will reach I-40. Take the I-40 west ramp toward Nashville/Chattanooga. Take the I-75 North/I-640 East exit, exit number 385, towards Lexington, KY. Merge onto I-75 North. Take I-640 East toward Asheville. After 2.7 miles, take the US-441/Broadway exit, exit number 6. Turn left onto Broadway (be careful not to take the very first left off the exit, which is "Old Broadway," but the second left which is Broadway.) Broadway becomes highway TN-33. After about 40 miles, Broadway will reach Tazewell, TN. In Tazewell, stay straight and TN-33 will become US-25E. Stay on US 25E, and go approximately 13 miles to Harrogate, TN. In Harrogate, the entrance to LMU is approx. 1/2 mile past Gondolier on the left.

I-81
(coming from the
Northeast)

From Interstate 81, take exit 8 (Morristown, TN exit), and take US 25E North to Tazewell, TN. Turn right at the traffic light in Tazewell (you will stay on US 25E North). Go approximately 13 miles to Harrogate, TN. In Harrogate, the entrance to LMU is approx. 1/2 mile past Gondolier on the left.

I-40
(coming from
the West)

Take Interstate 40 to Knoxville, TN. In Knoxville, take the I-75 North/I-640 East exit, exit number 385, towards Lexington. After 2.9 miles, merge onto I-75 North. After about 3 miles, take I-640 East towards Asheville. Merge onto I-640 E. After 2.7 miles, take the US-441/Broadway exit, exit number 6. Turn left onto Broadway (be careful not to take the very first left off the exit, which is "Old Broadway," but the second left which is Broadway.) Broadway becomes highway TN-33. After 40 miles, you will reach Tazewell, TN. In Tazewell, stay straight and TN-33 will become US-25E. Stay on US 25E and go 13 miles to Harrogate, TN. In Harrogate, the entrance to LMU is approx. 1/2 mile past Gondolier on the left.

I-40
(coming from
the East)

Take Interstate 40 to Knoxville, TN. In Knoxville, take the I-640 West/US 25-E exit (towards Lexington), exit number 393. After 2.7 miles, take the US-441/Broadway exit, exit number 6. Turn left onto Broadway (be careful not to take the very first left off the exit, which is "Old Broadway," but the second left which is Broadway.) Broadway becomes highway TN-33. After 40 miles, you will reach Tazewell, TN. In Tazewell, stay straight and TN-33 will become US-25E. Stay on US 25E and go 13 miles to Harrogate, TN. In Harrogate, the entrance to LMU is approx. 1/2 mile past Gondolier on the left.

I-75
(coming from
the East)

From Interstate 81, take exit 8 (Morristown, TN exit), and take US 25E North to Tazewell, TN. Turn right at the traffic light in Tazewell (you will stay on US 25E North). Go approximately 13 miles to Harrogate, TN. In Harrogate, the entrance to LMU is approx. 1/2 mile past Gondolier on the left.

I-75
(coming from
the South)

Take I-75 North to Knoxville, TN. In Knoxville, take the I-640 East/I-75 North exit, exit number 385, towards Lexington. After 2.9 miles, take I-640 East towards Asheville. After 2.7 miles, take the US-441/Broadway exit, exit #6. Turn left onto Broadway (be careful not to take the very first left off the exit, which is "Old Broadway," but the second left which is Broadway.) Broadway becomes highway TN-33. After about 40 miles, Broadway will reach Tazewell, TN. In Tazewell, stay straight and TN-33 will become US-25E. Stay on US 25E, and go approximately 13 miles to Harrogate, TN. In Harrogate, the entrance to LMU is approx. 1/2 mile past Gondolier on the left.

I-75
(from Scott or
Anderson counties)

Going on I-75 North or South, take exit 134 (LaFollette/Caryville/Jacksboro exit). This will be highway 63. Go east on highway 63 approximately 35 miles to Harrogate, TN. At the junction of highway 63 and the Cumberland Gap Parkway (highway 25E), make a left onto hwy 25E. You will pass Gondolier on your left, and then approx. 1/2 mile on your left will be the main entrance for Lincoln Memorial University.

LMU MAIN CAMPUS

Harrogate, TN



DIRECTIONS

TO DEBUSK VETERINARY TEACHNG CENTER



1. Turn left out of campus.
2. Continue on Cumberland Gap Pkwy/US-25E S/TN-32. (0.9 miles)
3. Take the US-58 E ramp to Cumberland Gap Tn/Jonesville VA (0.2 miles)
4. Continue on US-58 E (10.7 miles)
5. Turn left onto Chadwell Station Rd. (0.1 miles)
6. Turn left onto DeBusk Farm Lane (0.1 miles)

TOTAL ESTIMATED TIME: 15 minutes | (12 miles)

LMU-CVM DEBUSK VETERINARY TEACHING CENTER

Ewing, VA

 = Security Desk



AIRPORT

MAJOR- PUBLIC



McGHEE TYSON AIRPORT
KNOXVILLE

McGhee Tyson Airport | Knoxville
2055 Alcoa Hwy
Alcoa, TN 37701
865.342.3000



TRI
TRI-CITIES REGIONAL AIRPORT

Tri-Cities Regional Airport
2525 TN-75
Blountville, TN 37617
423.325.6000



Blue Grass Airport
4000 Terminal Drive Suite 206
Lexington, KY 40510
859.425.3100



Nashville International Airport
1 Terminal Drive Suite 501
Nashville, TN 37214
615.275.1675



Atlanta International Airport
6000 N Terminal Pkwy
Atlanta, GA 30320
800.897.1910



Charlotte Douglas International Airport
5501 R C Josh Birmingham
Pkwy Charlotte, NC 28208
704.359.4013

AIRPORT

LOCAL- PRIVATE



Middlesboro -Bell County Airport
1420 Dorchester Ave
Middlesboro, KY 40965
606.242.3134



New Tazewell Municipal Airport
380 Airport Ln
Tazewell, TN 37879
423.626.2101



Lee County Airport
773 Airport Road
Jonesville, VA 24263
276.346.7714

ANIMAL SHELTERS

1 OF 3



Appalachian Feline Friends

P.O. Box 101

Appalachia, VA 24216

<https://linktr.ee/appalachianfelinefriends>



Bell County Animal Shelter

P.O. Box 2534

Middlesboro, KY 40965

606.337.2005



Brother Wolf Animal Rescue

5091 Dickenson HWY

Clintwood, VA 24228

276.926.2314



Elizabethton/Carter County Animal Shelter

135 Sycamore Shoals Dr

Elizabethton, TN 37643

423.547.6359



Claiborne County Animal Shelter

674 Ritchie Lewis Drive

New Tazewell, TN 37825

423-626-2686



Granger County Humane Society

P.O. Box 229

Rutledge, TN 37861

865.567.0050

graingerhumane@yahoo.com

ANIMAL SHELTERS

2 OF 3



Harlan County Animal Shelter
394 -State Highway 840
Baxter, KY 40806
606.573.8867



Jessamine County Animal Care & Control
400 Park Dr.
Nicholasville, Ky 40356
859.881.0821



Kentucky River Regional Animal Shelter
194 Animal Shelter In
Hazard, Ky 41701
606.439.4064



Knox-Whitley Humane Association, Inc.

Knox-Whitley Humane Society
66 Busy In
Corbin, Ky 40701
606.526.6925

Morristown-Hamblen Humane Society

Morristown -Hamblen Humane Society
5251 E. Morris Blvd
Morristown, Tn 37813
423.581.1494



PAWS of SWVA
P.O.Box 576
Coeburn, Va 24330
276.973.5751

ANIMAL SHELTERS

3 OF 3



Union County Humane Society
719 Hickory Star Road
Maynardville, TN 37807
865.992.7969



**young-williams
animal center**

Young-Williams Animal Center
3201 Division Street
Knoxville, TN 37919
865.215.6599

AUTOMOTIVE

1 OF 3



A2Z Automotive
1402 Cumberland Ave
Middlesboro, KY 40965
423.494.6400



Advance Auto Parts

313 N. 12th St. Middleboro, KY 40965 606.242.3212	931 Main Street New Tazewell, TN 37825 423.626.0102
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Auto Zone

1105 Cumberland Ave. Middlesboro, KY 40965 606.248.2401	539 Cross St. New Tazewell, TN 37825 423.526.5691
--	--



CARS Commonwealth Repair Service
1409 US Highway 25E
Middlesboro, KY 40965
606.248.7171



Cumberland Collision Center
171 Jehovah Drive
Ewing, VA 24248
276.862.2710



Cumberland Collision Center
171 Jehovah Drive
Ewing, VA 24248
276.862.2710

AUTOMOTIVE

2 OF 3



Ellis Auto Sales & Service
124 N. 12th St.
Middlesboro, KY 40965
606.248.0084



Johnson's Body Shop
5189 Dixie Hwy E
Tazewell, TN 37879
423.869.4766

Harrogate Collision

DAN PETERS

Owner

FREE ESTIMATES

165 Browning Lane
Harrogate, TN 37752

Phone: (423) 869-2267
Fax: (423) 869-2967



Harrogate Collision
165 Browning Lane
Harrogate, Tn 37752
423.869.2267



Holiday BP Service
225 US-58
Cumberland Gap, TN 37724
423.869.2755



O'Reilly Auto Parts
1226 Cumberland Avenue
Middlesboro, KY 40965
606.242.2153



Porter's Tire
1731 North Broad St
Tazewell, TN 37879
423.626.7410

AUTOMOTIVE

3 OF 3



Crossroads Sunoco Service Center
6364 Cumberland Gap Pkwy
Harrogate, TN 37752
423.869.3735



Tri-State Tire
1409 Old Hwy 25
Middlesboro, KY 40965
606.248.4125

Tuttle B P & Tire Center



Tuttle BP Tire Center
1030 Highway 63,
Arthur, TN 37707
423.869.5735

BANKS

Harrogate & Tazewell, TN



COMMERCIAL BANK
Life. Made Better.

Commweical Bank
6710 Cumberland Gap Pkwy
Harrogate, TN 37752
423.869.5151



COMMERCIAL BANK
Life. Made Better.

Commercial Bank
1001 Broad St.
New Tazewell, TN 37825
423.626.7276



**FIRST
CENTURY
BANK**

First Century Bank
6946 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.869.5131



**FIRST
CENTURY
BANK**

First Century Bank
1780 N Broad St.
Tazewell, TN 37879
423.626.8711



HOME FEDERAL BANK

Home Federal Bank
111 Washington St.
Harrogate, TN 37752
423.869.5151



HOME FEDERAL BANK

Home Federal Bank
520 Fifth Avenue
New Tazewell, TN 37825
423.626.2030

BANKS

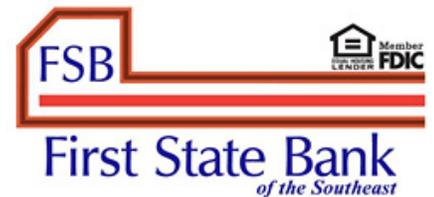
Middlesboro, KY



ARH Federal Credit Union
3 505 W. Cumberland Ave.
Middlesboro, KY 40965
606.248.8566



Commercial Bank
1431 Cumberland Ave.
Middlesboro, KY 40965
606.248.4584



**First State Bank
of the Southeast**
815 East Lothbury Ave
Middlesboro, KY 40965
606.248.5950



Home Federal Bank
1602 Cumberland Ave
Middlesboro, KY 40965
423.869.5151



PNC Bank Investments
1521 Cumberland Ave
Middlesboro, KY 40965
606.242.3737



Union County Savings Bank
1810 Cumberland Ave
Middlesboro, KY 40965
1.800.248.5950

BANKS

Ewing / Rose Hill / Jonesville, VA



Farmer & Miners Bank
248 Station Creek Rd.
Ewing, VA 24248
276.861.3621



First United Security Bank
143 Buffalo Rd.
Ewing, VA 24248
276.861.5113



First United Security Bank
5499 Dr. Thomas Walker Rd.
Rose Hill, VA 24281
276.445.4822



Lee Bank & Trust Company
32739 Main St
Jonesville, VA 24263
276.546.2211



**POWELL VALLEY
NATIONAL BANK**

Powell Valley National Bank
33785 Main St.
Jonesville, VA 24263
276.346.1414

CAMPGROUNDS

1 OF 2



Beach Island Resort & Marina
170 Beach Island Rd.
Maynardville, TN 37807
865.992.3097



Bunch Hollow
1651 Bunch Hollow Rd.
New Tazewell, TN 37852
865.919.2427



**Cedar Grove Marina and
Campground**
255 Dock Ln.
New Tazewell, TN 37852
865.278.3131



Chapel Landing Campground
5537 Highway 33 S
New Tazewell, TN 37852
423.526.5329



Cumberland Falls State Resort Park
7351 HWY 90
Corbin, KY 40701
606.528.4121



Cumberland Gap National Park
Bartlett Park Rd.
Middlesboro, KY 40965
606.248.2817

CAMPGROUNDS

2 OF 2



Mountain Pass Campground

Mountain Pass Campground
575 Benfield Ln.
Harrogate, TN 37752
865.992.5952



Lakeside Campground
338 Needham Hollow
New Tazewell, TN 37825
432.626.2320



Lake View Marina & Campground
399 Lakeview Marina Rd.
Sharps Chapel, TN 37866
865.278.3666



Panther Creek State Park
2010 Panther Creek Rd.
Morristown, TN 37814
423.587.7046

CABLE

1 OF 2



AT & T
1.800.288.2020



Century Link
1.855.234.1903



Direct TV
New Customers: 1.855.678.2767
Existing Customers: 1.800.531.5000



Dish Network
1.606.262.4777



Spectrum
1.866.874.2389



Point
1.877.318.6368

CABLE

2 OF 2



Time Warner Cable
1.855.821.7018



Viasat internet
1.877.465.4739



Vyve
1.855.367.8983

CELL PHONE PROVIDERS



AT & T
1.800.288.2020



Boost mobile
1.423.465.4408



Sprint
1.844.665.6327



T-Mobile
1.800.866.2453



U.S. Cellular
1.423.626.8622



Verizon
1.606.248.8886

CHURCHES

Middlesboro, KY



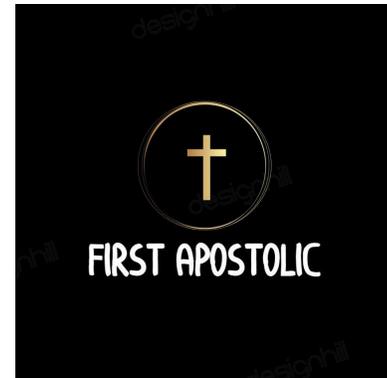
Binghamtown Baptist Church

N. 25th St.
Middlesboro, KY 40965
606.248.1678



Covenant United Methodist Church

602 Dorchester Ave.
Middlesboro, KY 40965
606.248.2545



First Apostolic Church

4715 W. Cumberland Ave.
Middlesboro, KY 40965
606.245.4424



First Baptist Church

2300 Cumberland Ave
Middlesboro, KY 40965
606.248.2637



First Christian Church

2130 W Cumberland Ave
Middlesboro, KY 40965
606.248.2517



First Presbyterian Church Of Middlesboro

231 N 20th St,
Middlesboro, KY 40965
606.248.2786

CHURCHES

Middlesboro, KY



LOCUS
905 North 12th Street
Middlesboro, Kentucky 40965
606.302.5001



Mountain View Pentecostal Church
106 S.st
Middlesboro, KY 40965
606.248.0049



Seventh Day Adventist Church
210 11thst
Middlesboro, KY 40965
606.248.8844



St. Julian Catholic Church
118 E. Chester Ave
Middlesboro, KY 40965
606.248.2068



St. Mary's Episcopal Church
131 Edgewood Rd
Middlesboro, KY 40965
606.248.6450



**Winchester Avenue
Church Of God**
2015 Winchester Ave
Middlesboro, KY 40965
606.248.0300

CHURCHES

Harrogate, TN



**Christ of the Cumberlands
Lutheran Church**
190 Fordge Ridge Rd.
Harrogate, TN 37752
423.869.4359



First Baptist Church of Harrogate
310 Catapla Ave
Harrogate, TN 37752
423.869.2532



Gao Creek Baptist Church
200 Arthur Rd.
Cumberland Gap, TN 37724
423.869.2808



Harrogate United Methodist
6920 Cumberland Gap Pkwy
Harrogate, TN 37752
423.869.3734



Indian Creek Baptist Church
665 Indian Creek Rd.
Harrogate, TN 37752
423.869.26.77



Pump Springs Baptist Church
225 Pump Springs Rd.
Harrogate, TN 37752
423.869.8323

CHURCHES

Harrogate, TN



Shawanee Baptist Church
780 Shawanee Rd.
Harrogate, TN 37752
423.869.4076



Spirit & Truth Worship Center
271 Arthur Rd.
Cumberland Gap, TN 37724
423.869.8008



Victory Church
a place to experience God

**Victory Worship Center
(Non-Denominational)**
1249 TN-63
Cumberland Gap, TN 37752
423.869.2477

CHURCHES

Ewing, VA



Boone Trail Trinity Tabernacle

P.O. Box 237
Ewing, VA 24248
276.445.4774



Chadwell Station Baptist Church

525 Ed Graham/Chadwell Station Rd.
Ewing, VA 24248
423.626.6098



Ewing Church of Brethren

State Road 687
Ewing, VA 24248
276.445.4774



Ewing First Baptist Church

US Route Alt 58
Ewing, VA 24248
276.445.5286



Gibson Station Baptist Church

3651 Wilderness Rd.
Ewing, VA 24248
423.869.3769



Walnut Hill Baptist Church

5962 Wilderness Rd.
Ewing, VA 24248
276.861.3307

CHURCHES

Tazewell, TN



Dogwood Heights Baptist Church
255 Dogwood Heights Dr
Tazewell, TN 37879
423.626.4251



Howards Quarter Baptist Church
3324 state Highway 33
Tazewell, TN 37879
423.626.5328



Little Valley Baptist Church
1171 Little Valley Rd.
Tazewell, Tn 37879
423.626.7331



Tazewell Church of Christ
1605 Tazewell Rd.
Tazewell, TN 37879
423.626.3383



The Hill
(Non-denominational)
1216 Cedar Fork Rd.
Tazewell, TN 37879
423.526.5655



Twin City Baptist Church
1409 Tazewell Rd.
Tazewell, TN 37879
423.626.2674

CHURCHES

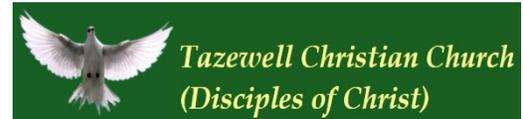
New Tazewell, TN



Jehovah's Witnesses
143 Lynch Ln.
New Tazewell, TN 37825
423.626.7777



Midway Baptist Church
905 Yoakum Ave.
New Tazewell, TN 37825
423.626.3294



New Tazewell Christian Church
516 Cosby St.
New Tazewell, TN 37825
423.626.5761



New Tazewell First Baptist Church
814 Buchanan Rd
New Tazewell, TN 37825
423.626.5401



New Tazewell United Methodist Church
965 Old Knoxville Hwy
New Tazewell, TN 37825
423.419.5028



Victory Assembly of God
1590 Hwy 33 S
New Tazewell, TN 37825
423.626.3850

CITY HALL



Harrogate City Hall
132 Harrogate Crossing
Harrogate, TN 37752
423.869.0211



Cumberland Gap City Hall
330 Colwyn Ave.
Cumberland Gap, TN 37724
423.869.3860



Lee county Court House
5 Main Street
Jonesville, VA 24263
276.346.7763



Middlesboro City Hall
121 N. 21st St.
Middlesboro, KY 40965
606.248.5670



New Tazewell City Hall
413 1st Avenue
New Tazewell, TN 37825
423.626.5242



Tazewell City Hall
1830 Main St.
Tazewell, TN 37879
423.626.5104

DEPARTMENT OF MOTOR VEHICLES

**TENNESSEE
DMV**

Tennessee DMV
1740 Main St.
Tazewell, TN 37879
423.626.2200



Kentucky DMV
221 North 21st St.
Middlesboro, KY 40965
606.248.0532



Virginia DM
195 Hill St.
Jonesville, VA 24263
804.497.7100



Morristown/Hamblen DMV
1551 East Morris Blvd Suite 2
Morristown, TN 37813
423.587.7044



Knoxville DMV
3010 South Mall Rd.
Knoxville, TN 37924
865.215.2385

DRY CLEANERS



Premier Cleaners
2010 Jackson Pike
Lafollette, TN 37766
423.871.8938



Sharp's Cleaners
119 Amesbury Ave
Middlesboro, KY 40965
606.248.5772.

EQUINE BOARDING



Stone House Stables
110 Mable Parkey Dr.
Ewing, VA 24248

Steve Middleton
423.851.4384



T & T Stables
943 Bellwood Rd
Middlesboro, KY 40965
606.248.3336

<http://www.facebook.com/pages/T-T-Stables>

FIRE DEPARTMENT



Cumberland Gap Volunteer Fire
805 N. Cumberland Dr.
Cumberland Gap, TN 37724
423.869.0309



Harrogate City Volunteer Fire
285 Brunswick Dr.
Harrogate, TN 37752
423.869.9211



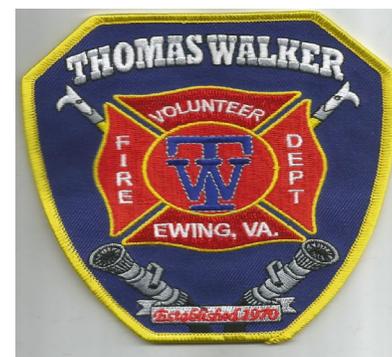
Harrogate City Volunteer Fire
132 Harrogate Crossing
Harrogate, TN 37752
423.869.9211



Middlesboro Fire Department
121Lothbury Ave.
Middlesboro, KY 40965
606.242.2332



North Claiborne Volunteer
Fire Department
2950 Forge Ridge Rd.
Harrogate, TN 37752
423.869.9243



Thomas Walker Volunteer
Fire Department .
Route 879
Ewing, VA 24248
276.546.0031

FLORISTS



Bo's Accent Flowers
116 S. 24th St.
Middlesboro, KY 40965
606.248.6540



Judy's Flowers & Gifts
714 N. Broad St.
New Tazewell, TN 37824
423.626.5257



Floyd's Flower Shop
7014 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.869.5992

HENRY's
Flower shop, Inc.

Henry's Flower Shop, INC
132 S. 21st St.
Middlesboro, KY 40965
606.248.3670



Jim & Mary's Flower Shop
2020 W. Cumberland Ave.
Middlesboro, KY 40965
606.248.5620

GAS STATIONS

Harrogate, TN & Ewing, VA



Crossroads Sunco
6364 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.869.3735



Exxon
6745 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.869.0161



Marathon
7060 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.869.4657



Boones BP
1982 Wilderness Rd.
Ewing, VA 24248
276.861.2605



Pappy's
214 Station Creek Rd.
Ewing, VA 24248
276.200.2627



Patty's Neighborhood Market
4505 Wilderness Rd.
Ewing, Va 24248
276.861.4055

GAS STATIONS

Middlesboro, KY



Circle K

1405 Cumberland Ave.
Middlesboro, KY 40965
606.242.3930



Food City Gas 'N Go

98 N 12th St
Middlesboro, KY 40965
606.248.0987



Kroger Fuel Center

515 N. 12th St.
Middlesboro, KY 40965
606.248.7837



Murphy USA

1277 U S 25E Scenic
Middlesboro, KY 40965
606.242.3693



Marathon

2326 Cumberland Ave.
Middlesboro, KY 40965
606.248.5005



Pilot Travel Center

3000 US Highway 25E
Middlesboro, KY 40965
606.248.4057

GAS STATIONS

Tazewell & New Tazewell, TN



Catdaddy's
1446 N. Broad St.
Tazewell, Tn 37879
423.526.5555



Food City Gas 'N Go
1007 N Broad St.
Tazewell, TN 37879
423.626.7471



Phillips 66
2460 Highway 25 E
Tazewell, TN 37879
423.626.5041



BP
5580 Highway 33 S
New Tazewell, TN 37825
423.626.2340



Marathon
429 S Broad St.
New Tazewell, TN 37825
423.626.9666



Raceway
204 S Broad St.
New Tazewell, TN 37825
423.626.6090

GOLF COURSES



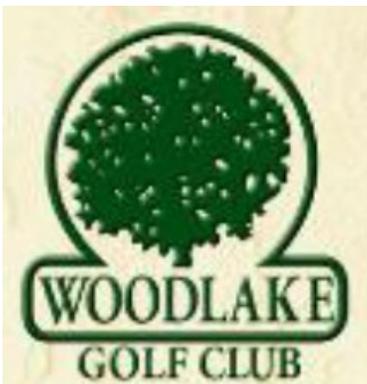
Middlesboro Country Club
295 Country Club Dr.
Middlesboro, KY 40965
606.248.3831



Monte Vista Golf Course
Golf Course Rd.
Ewing, VA 24248
276.861.4014



Wasioto Winds Golf Course
114 State Highway 190
Pineville, KY 40977
606.337.1066



WoodLake Golf Club
330 Woodlake Blvd.
Tazewell, TN 37879
877.423.4653



Lmu Golf Complex
Driving Range Hours of Operation:
Monday- Saturday: 9am -Dusk
Sunday: 1pm- Dusk
423.869.6653

GROCERY STORES

1 OF 2



Food City
102 N. 12th St.
Middlesboro, KY 40965
606.248.0987



Food City
1410 N Broad St.
Tazewell, TN 37879
423.626.7471



IGA
7026 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.869.2307



IGA
US Route 58
Rose Hill, VA 24281
276.445.4121



Ingles
406 S. Broad St.
New Tazewell, TN 37825
423.626.6610



Kroger
515 N. 12th St.
Middlesboro, KY 40965
606.248.3410

GROCERY STORES

2 OF 2



Save a Lot
415 Dansbury Ave.
Middlesboro, KY 40965
606.248.0380



Super Dollar
Route 58
Rose Hill, VA 24281
276.445.5459



Walmart
25 State Highway 411
Middlesboro, KY 40965
606.248.9087

LMU

Lincoln Memorial University

Lincolns Cupboard

On-campus Food Pantry

Students are welcome to receive up to one bag of groceries each week with a valid LMU student ID.

423.869.7412

Hours

M-Thurs 9:30 am -12:30 pm

Fri 10am- 2pm

Lincoln's Cupboard is located in the Organic Gardening Building behind the new College of Veterinary Medicine building.

HAIR SALONS

1 OF 3

Barbara's Beauty Salon

Barbara's Beauty Salon
121 S. 22nd St.
Middlesboro, KY 40965
606.248.3533

Bruce's Hair Classics

Bruce's Hair Classics
630 Winchester Ave.
Middlesboro, KY 40965
606.248.7693



Creative Reflections
607 Oak Ave.
New Tazewell, TN 37825
423.626.2883



Daylily Spa
120 W Chester Ave.
Middlesboro, KY 40965
606.302.4463



Garys Barber shop
1118 Old Highways 33
New Tazewell, TN 37825
423.626.5663



Hair by Savannah
604 Patterson Rd.
Harrogate, TN 37752
865.585.1612

HAIR SALONS

2 OF 3

Hair Etc

Hair Etc.
930 N. Broad St.
New Tazewell, TN 37825
423.626.1600

Hair Studio

Hair Studio
109 S. 22nd St. # B
Middlesboro, KY 40965
606.248.8279



Hairways
120 W Chester Ave,
Middlesboro, KY 40965
606.248.4247



Patsy's Hair Station
1632 Cumberland Ave.
Middlesboro, KY 40965
606.248.0521



Salon Bliss
1514 N. Broad St.
Tazewell, TN 37879
423.526.3245



Sanderella Salon & Spa
907 Main St
New Tazewell, TN 37825
423.626.6398

HAIR SALONS

3 OF 3



SmartStyle Family Hair Salon
1255 N. 12th St., Ste. 5, Inside WalMart
Middlesboro, KY 40965
606.248.2495

Studio One

Studio One
604 Patterson Rd.
Harrogate, TN 37752
423.869.9382



Trimmers Hair Salon
205 N. 18th St.
Middlesboro, KY 40965
606.248.2574



Trish's Hair & Nail Salon
3213 US25E Scenic #8
Tazewell, TN 37879
423.259.1232

Twisted Scissors

Twisted Scissors
2023 W. Cumberland Ave.
Middlesboro, KY 40965
606.302.5184

Vanessa's Hair Boutique

Vanessa's Hair Boutique
207 Montgomery St.
Tazewell, TN 37879
423.626.783 2

NAIL SALONS



Daylily Spa
120 W Chester Ave.
Middlesboro, KY 40965
606.302.4463



Trish's Hair & Nail Salon
3213 US25E Scenic #8
Tazewell, TN 37879
423.259.1232

ELITE NAILS

Elite Nails
N 12th St.
Middlesboro, KY 40965
606.248.1220



Jen's Place
112n Washington Ave.
Harrogate, TN 37752
423.441.8039

SK Nails

SK Nails
1873 N. 25th St.
Middlesboro, KY 40965
606.248.0088

L A Nails

LA Nails
905 12th St.
Middlesboro, KY 40965
606.242.2368

INSURANCE

1 OF 2



**Auto, Home, Life, Business, Renters,
Retirement**
24 hour Sales & Service:
877.208.0697



Auto, Home, Commercial, Farm, Life
110 Kentucky Ave
Pineville, KY 40977
606.337.2455



Auto, Homeowner, Life, Renters
Harrogate **Lee County**
932 Patterson Rd 31891 Wilderness R
Harrogate, TN 37752 Jonesville, VA 24263
423.869.8346 276.346.2363

Graves Insurance

Graves Insurance Agency
**Auto, Home, Life, Work Comp.,
Mobile Homes, Commercial**
2117 W. Cumberland Ave.
Middlesboro, KY 40965
606.248.5932



Greene Insurance Agency
Auto, Home, Life, Business
1450 N Broad St.
New Tazewell, TN 37825
423.626.2700



Auto, Home, Life, Business
Bell Country Agents:
606.248.7859

INSURANCE

2 OF 2

Middlesboro Insurance Agency

Middlesboro Insurance Agency
Auto
219 W Chester Ave.
Middlesboro, KY 40965
606.248.1280



Nationwide®
is on your side

Nationwide
Auto, Homeowner, life, Mobile homes,
Commercial, Identity Theft
205 N. 18th St. Middlesboro, KY 40965
606.248.5354



Progressive
Auto, Motorcycle, RV, Boat,
Commercial, Auto & Truck
1.888229.5836

Whitaker Insurance

Auto • Home • Life • Commercial

Whitaker Insurance
1508 N. Broad Street
Tazewell, TN 37879
423.626.0012



State Farm
Auto, Home, Business, Life, Health

1509 US Highway 25 E
Middlesboro, KY
40965
606.248.9264

2255 Hwy 5E, Suite 1
Tazewell, TN 37879
423.626.7241

405 North Broad Street
P.O. Box 1555
New Tazewell, TN
37824
423.626.3221

Church St.
Jonesville, VA 24263
276.346.1041

INTERNET

1 OF 2



1.800.288.2020



ConnectYourHome
Your Connection In Home Services

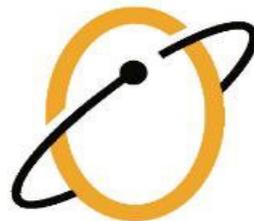
1.866.360.5041



www.core.com
1.866.672.2673



1.866.319.0448



EarthLinkTM

www.earthlink.net
1.866.597.9434



1.866.266.6816

INTERNET

2 OF 2



www.point-broadband.com
1.844.407.6568



1.866.874.2389



1.855.FOR.VYVE

LAKES



Boating, Fishing, Camping
865.828.5300



Marinas located in Maynardville, Speedwell,
Tazewell, New Tazewell, and La Follette, TN
Boat Rentals, Fishing, Dining, Camping,
Horseback Riding
423.626.9437

LANDSCAPING



Affordable Lawn Care
136 North 10th Street
Middlesboro, KY 40965
606.302.6917



Davis Bros. Nursery, Inc.
122 State Rd 813
Rose Hill, VA 24281
276.445.4230

**DOWN TO EARTH
LANDSCAPING, INC.**

QUALITY is our trademark.

Down to Earth Landscaping
390 Cumberland Dr.
Harrogate, TN 37752
423.869.0595



Steel Magnolia Lawn Care
6th St
Middlesboro, KY 40965
606.499.7894

**Tom Toole Nursery &
Landscape Co**

Tom Toole Nursery & Landscaping
110 North 10th Street
Middlesboro, KY 40965
606.248.30478



VanHuss Lawn * Landscape
295 Adair Dr
New Tazewell, TN 37825
865.352.0047

LIBRARIES



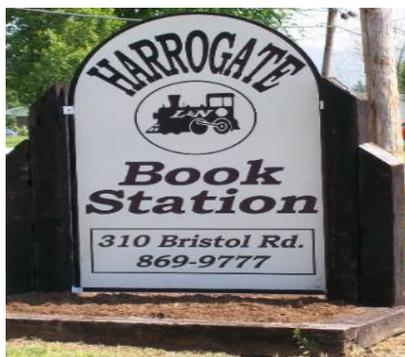
**Abraham Lincoln Library
and Museum**
120 Mars/Debusk Pkwy.
Harrogate, TN 37752
423.869.6235



**Carnegie-Vincent
Library**
LMU Campus
170 Burchett Dr.
Harrogate, TN 37752
423.869.7079



Claiborne County Public Library
1304 Old Knoxville Rd.
Tazewell, Tenn. 37879
423.626.5414



Harrogate Book Station
310 Bristol Rd.
Harrogate, TN 37752
423.869.9777



Lee County Public Library
539 Joslyn Ave.
Pennington Gap, VA 24277
276.546.1141



Middlesboro-Bell County Public Library
126 S. 20th St.
Middlesboro, KY 40965
606.248.4812

LMU DISCOUNTS

FLOURISTS



Touch of Class- 10%



Floyd's Flower Shop- Inquire in store



Jim and Mary's Flower Shop- 10%

LMU DISCOUNTS

RESTAURANTS



Arby's- 10%



Dairy Queen- 10%



Hardee's

Hardee's- 10%



Haymaker's- 10%



La Esperanza Mexican Restaurant- 10%



Lee's Famous Recipe Chicken 10%

LMU DISCOUNTS

RESTAURANTS



McDonald's – 10%



Pelanchos- 10%



Pizza Hut – 10%



Subway- 10%



Wendy's- 10%

LOCAL EVENTS

1 OF 3



American Cancer Society Relay for Life for Claiborne County
 Harrogate City Park
 Held in the fall every year



Cruisin' the Crater
 Held at the Middlesboro Mall parking lot
 May-September - Every 3rd Saturday of the Month from 4p.m. -9p.m.
 There will be a live DJ every month for entertainment. The first month began with a preliminary car show, with trophies awarded to winners. The car show itself is held from 10 a.m. to 2 p.m. and serves as a fundraiser for Bell County High School's senior trip.



Chili Cook-Off, Craft, and Yard Sale
 Tazewell City Park
 Typically held in the fall
 Free admission
 Chili tasting, live music, good food and desserts, craft vendors, yard sales, children's play area, and walking trail



Cumberland Mountain Fall Festival
 Downtown Middlesboro will transform in October. Being located in the middle of three of the most beautiful states in the Appalachian Mountains affords us a gold mine of talented crafters and demonstrators. This also gives us access to amazing entertainers, artists, writers, and an equally eclectic smorgasbord of foods from our own area. Showcasing our local churches, clubs, organizations, and individuals will present an incredible menu satisfying any taste. Remember, part of our Appalachian Heritage is our rich culture of delicious foods prepared for many years.



Claiborne County Fair
 Held in Tazewell, TN
 Late August
 Carnival rides for both young and old and plenty of good things to eat. Exhibits displaying everything from homemade arts and crafts to the biggest pumpkin grown in Claiborne County can be seen in the fair barn. Livestock shows and antique tractor pulls are highlights of the annual event. The Demolition Derby is seen each year at the fair. The annual derby attracts a huge audience, and is usually held on the Thursday



Harrogate City Park Fireworks Show
 Held at Harrogate City Park
 Labor Day
 Huge fireworks extravaganza that normally starts around 9 p.m.

LOCAL EVENTS

2 OF 3



Kentucky Mountain Laurel Festival

Kentucky Mountain Laurel Festival

The Kentucky Mountain Laurel Festival is one of Kentucky's oldest festivals, finding its start in 1931. Since that time, the devotion and hospitality of so many, along with the resonant history of the festival, have enabled this beautiful event to thrive for eighty years. This event is held in Pineville KY every May.



LMU Athletics

Here at Lincoln Memorial University we take great pride in the 14 sports that make up our intercollegiate athletics program. Join us to cheer on the Railsplitters ! Find the athletics schedule at <http://www.lmurailsplitters.com/#>



LMU Family Day at Dollywood

LMU Family Day at Dollywood offers students, faculty, staff and alumni discounted park tickets which include a free Smoky Mountain Buffet with park admission at the Blue Ribbon Pavilion. *All LMU Family Day at Dollywood tickets must be purchased IN ADVANCE through the LMU Office of Alumni Services.



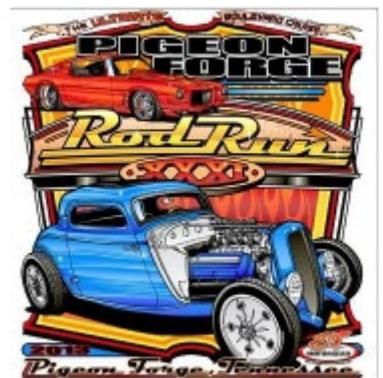
LMU Homecoming

An annual tradition held in October each year, LMU Homecoming, welcomes all alumni to campus for the weekend for a wonderful weekend packed with alumni events and recognitions.



LMU Night at Smokies Park

Held at Smokies Stadium in Kodak, TN
Held in the summer, normally in July



Pigeon Forge Rod Run

Gentlemen, start your engines! Come see Corvettes, Mustangs, muscle cars, classic hot rods and more! No matter whether you're looking for a classic car show, hot concert or relaxing weekend away, you'll find something to make your motor run in Pigeon Forge!
Held twice a year in April and September.

LOCAL EVENTS

3 OF 3



Raid at Martin's Station

This May at Wilderness Road State Park slip into the shadows of Virginia's 1776 wilderness for a special commemoration of the Raid at Martin's Station. Activities include: tours of Cherokee warrior and colonial militia camps; tales about fort life; 18th century merchants and colonial traders; an announcement about the Virginia Project; and a special Sons of the American Revolution presentation featuring national speakers and a wreath-laying. Don't miss a new, first-person account by Mad Anne Bailey about women warriors as well as a seminar on colonial life by renowned lecturers Wallace Gusler and Eve Otmar. Always a crowd favorite, enjoy frontier battles between Cherokee warriors and settlers.



Tennessee Valley Fair

The TN Valley Fair is an annual exhibition held in September of what makes America and Tennessee great. From coast to coast and somewhat closer to home from the Mississippi River to the Great Smokey Mountains the Fair is in many ways a live hands-on exhibit of how we live our lives. It shows how we grow our food, teaches the value of arts and crafts, allows a child's hand to pet a floppy ear cow, and honors the state's best homemade two crust apple pie. And, if that wasn't enough, the Fair provides exhilarating heartbeats for all ages thrilled by the rides of a million dollar midway.



White Lightning Trail Festival

Held in the Cumberland Gap Last weekend in June In addition to the numerous activities, food vendors as well as arts and crafts vendors set up along the streets of Cumberland Gap. Everything from handcrafted jewelry to handspun yarn can be found at the festival.



Levitt Amp Middlesboro Music Series

Held in the downtown Middlesboro, KY. Every Thursday for ten weeks, from July - September

Through the Levitt AMP Middlesboro Music Series, Main Street Middlesboro has transformed a vacant gravel lot into a vibrant gathering space complete with a volunteer -installed lawn and donated permanent stage. The 2020 series will build upon this momentum, augmenting the community -driven revitalization of its downtown and positioning the series for a wider impact through robust partnerships with local and regional nonprofits.

LODGING

1 OF 2



Boone Trail Inn
2105 U.S. Highway 25 E
Middlesboro, KY 40965
606.248.1340



Cumberland Gap Inn
630 Brooklyn St.
Cumberland Gap, TN 37724
423.869.3996



**Cumberland Manor
Bed and Breakfast**
208 Arthur Heights
Middlesboro, KY 40965
606.248.4299



Days Inn
1623 Cumberland Ave.
Middlesboro, KY 40965
606.248.5630



**Holiday Inn Express
Middlesboro**
1252 N. 12th St.
Middlesboro, KY 40965
606.248.6860



**Pine Mountain State
Resort Park**
1050 State Park Rd.
Pineville, KY 40977
606.337.3066

LODGING

2 OF 2



**The Old Mill Inn Bed and
Breakfast**
603 Pennlyn Ave.
Cumberland Gap, TN 37724
423.869.0868



**Sleep Inn
& Suites**
1260 N. 12th St.
Middlesboro, KY 40965
606.576.7829

MEDICAL SERVICES

DENTISTS

AspenDental



Aspen Dental
1238 N. 12th St.
Middlesboro, KY 40965
606.492.2481

Cumberland Gap Orthodontics
119 Westmoreland St.
Harrogate, TN 37752
423.869.5719



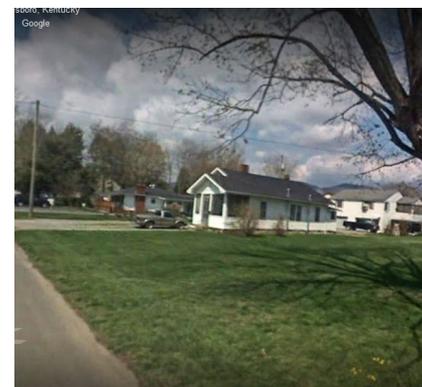
Dr. Brent Pursifull
3602 W. Cumberland Ave.
Middlesboro, KY 40965
606.248.2328



Dr. Bruce T. Wilson
123 N. 19th St. # 3
Middlesboro, KY 40965
606.248.1808



Dr. Charles M. Russell
163 Beech St.
Middlesboro, KY 40965
606.248.5485



Dr. Cordell Tolliver
714 Exeter Ave.
Middlesboro, KY 40965
606.248.5302

MEDICAL SERVICES

DENTISTS



Dr. Jerry Woolum, MD
121 Virginia Ave.
Pineville, KY 40977
606.337.3034



Dr. Joe Boster
2205 W. Cumberland Ave.
Middlesboro, KY 40965
606.248.3674



Dr. Richard Barnett
106 S. 10th St.
Middlesboro, KY 40965
606.248.7505



Family Dental Care- Harrogate
124 Westmoreland St.
Harrogate, TN 37752
423.869.4762



Mountain Dental Care
2004 W. Cumberland Ave.
Middlesboro, KY 40965
606.248.1008



Slusher Family Dental
1517 Cumberland Ave
Middlesboro, KY 40965
606.248.7661

MEDICAL SERVICES

HOSPITALS



ARH Women's Health Center
2004 W Cumberland Ave #100
Middlesboro, KY 40965
606.248.3015



Middlesboro ARH Hospital
3600 W. Cumberland Ave.
Middlesboro, KY 40965
606.242.1100



Claiborne County Hospital
1850 Old Knoxville Rd.
Tazewell, TN 37879
423.626.4211



Claiborne County Hospital Rehab
7156 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.869.9055



**Cumberland River
Comprehensive Care Center**
324 19th St.
Middlesboro, KY 40965
606.248.4949



Heartland
Medical Sales & Services, LLC

Heartland Medical
309 North Broad St.
New Tazewell, TN 37825
423.626.7297

MEDICAL SERVICES

PHYSICIANS



ARH Middlesboro Clinic

ARH Middlesboro Clinic
3004 W Cumberland Ave #1
Middlesboro, KY 40965
606.248.4131

Cumberland Gap Medical



Cumberland Gap Medical
6976 Cumberland Gap Pkwy,
Harrogate, TN 37752
423.869.3332



Elite Urgent Care, PLLC
606 N Broad St,
New Tazewell, TN 37825
423.626.0466



Fast Pace Health Urgent Care
402 S Broad St,
New Tazewell, TN 37825
423.919.8244

First Care
Urgent Care Walk-in Clinic

First Care Urgent Care
239 N 12th St.
Middlesboro, KY 40965
606.619.3060



Family Medical Clinic
170 Beech St.
Harrogate, TN 37752
423.869.3684

MEDICAL SERVICES

PHYSICIANS



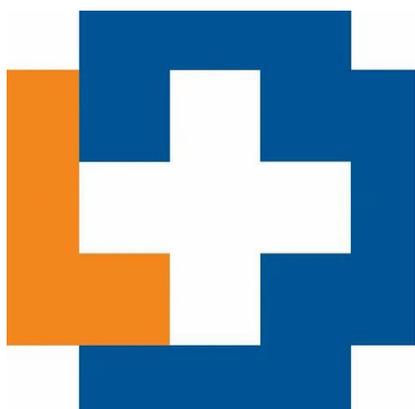
Harrogate Medical Group
6650 Cumberland Gap PKWY
Harrogate, TN 37752
423.441.8011



Harrogate. Family HealthCare
169 Westmoreland St.
Harrogate, TN 37752
423.869.3700



**Irene & Howard H. Baker
Cancer Treatment Center**
389 Forge Ridge Rd.
Harrogate, TN 37752
423.869.0725



Livesay Family Medicine
1610 Tazewell Rd. #203
Tazewell, TN 37879
423.626.6260



Tazewell Express Care
951 N Broad St.
Tazewell, TN 37879
423.259.8661



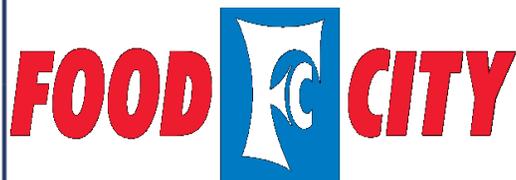
University Medical Clinic
164 Westmoreland St.
Harrogate, TN 37752
423.869.7193

MEDICAL SERVICES

PHARMACIES



Cunningham Drug Co. Inc.
201 N Broad St.
New Tazewell, TN 37825
423.626.3151



Food City	
110 11th St. Middlesboro, KY 40965 606.248.7689	1410 N Broad St. Tazewell, TN 37879 423.626.2344



Kroger
515 N. 12th St
Middlesboro, KY 40965
606.248.2093



Peoples Choice Pharmacy	
6327 Cumberland Gap Pkwy Harrogate, TN 37752 423.869.2001	3004 W. Cumberland Ave. Middlesboro, KY 40965 606.246.2001



Peoples Choice Pharmacy
606 N Broad St,
New Tazewell, TN 37825
423.626.5411



Stanifer Drugs
420 N Broad St.
New Tazewell, TN 37825
423.626.7337

MEDICAL SERVICES

PHARMACIES



Tazewell Drug & Express Care
951 N Broad St.
Tazewell TN 37879
423.259.8661



Value Pharmacy
1582 N Broad St,
Tazewell, TN 37879
423.626.7465



Village Shops
7030 Cumberland Gap Pkwy
Harrogate, TN 37752
423.869.5597



Walmart
Us Hwy 441, US 432 S Broad St,
25E Scenic New Tazewell, TN
Middlesboro, KY 37825
40965 423.626.6555
606.248.6288



Walgreens
915 N Broad St.
New Tazewell, TN 37825
423.626.5511

MEDICAL SERVICES

CHIROPRACTOR



Taylor Family Chiropractic
2403 W Cumberland Ave.
Middlesboro, KY 40965
606.248.1388



Beacon of Light Family Chiropractic, PLLC
311 N 12th St.
Middlesboro, KY 40965
606.302.4011



Tazewell Chiropractic
1450 N Broad St # 1
Tazewell, TN 37879
423.626.8223



Foster Chiropractic
1836 Main St.
Tazewell, TN 37879
423.626.2822

PACKAGE STORES



Ol' Bootleggers Spirit Shop
105 S. Pine St.
Pineville, KY 40977
606.337.8470



Chained Rock Liquor
12902 Robert L, Bob Madon Bypass
Pineville, KY 40977
606.654.2426



Cowboys
6341 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.441.5040



Pappy's Beer and Wine
214 Station Creek Rd.
Ewing, VA 24248
276.861.4585

Sharps Package Store

Sharps Package Store
1451 N. Broad St.
Tatewell, TN 37879
423.626.4794

PLACES OF INTEREST

1 OF 6



Abraham Lincoln Library & Museum

120 Mars/Debusk Pkwy
Harrogate, TN 37752
423.869.6235

Home to one of the most diverse Lincoln and Civil War collections in the country. Special admission rates for groups and seniors



American Museum of Science & Energy

115 E Main St.
Oak Ridge, TN 37830
865.294.4531

Adults: \$5; Children 6-17; \$3, under 5 FREE
1 year Family Membership \$40/ 2 year Family Membership \$70
(Free admission to over 250 other science museums nationwide, including East TN Discovery Center)



Big Ridge State Park

10 15 Big Ridge Park Rd.
Maynardville, TN 37807
865.992.5523

Camping/Cabin Rentals, Canoe, paddleboat, & rowboat rentals, hiking



Briarwood Safari

255 Briar Thicket Rd.
Bybee, TN 37713
865.919.5072

Briarwood Auto Safari features animals from around the world. On your scenic, four-mile safari through beautiful hills and pasture lands, you will experience animals from six continents. Take plenty of time to study their behavior from the safety of your own car. Be sure to bring your camera. You may want to ride on tractor pulled wagons or enjoy a lazy afternoon in our petting zoo.



Cumberland Falls State Park

7351 Hwy. 90
Corbin, KY 40701
606.528.4121

Massive 60 foot waterfall on the Cumberland River creates a moon bow on clear nights when there is a full moon hiking, camping, picnicking, fishing, scenic views.



Cumberland Gap National Historic Park

Pinnacle View Rd.
Middlesboro, KY 40965
606.248.2817

Open daily from 8 am -5 pm.

Get to know the history of the immediate area with hands-on exhibits, dress up area for children, more information about trails in the area. Covers 20,508 acres and usually sees over 750,000 visitors each year. Visitor center features a museum with interactive exhibits about the Gap's role as a transportation corridor, an auditorium that shows films about the area's cultural and natural history, a bookstore and the Cumberland Craft's gift shop. Civil War earthworks/forts, hiking, camping, picnicking.

PLACES OF INTEREST

2 OF 6



Dollywood / Pigeon Forge (Shopping and Dining in Downtown Pigeon Forge)

2700 Dollywood Parks Blvd
Pigeon Forge, TN 37863
865.428.9488

From award-winning shows to educational craft demonstrations and ground-breaking rides and attractions, Dollywood offers something for everyone and every interest, so the whole family can experience the park together. Dollywood also plays host to five seasonal festivals throughout the year ensuring that each visit is a unique bonding experience for families. Splash Country also offers a variety of splashy water attractions for both the thrill-seekers and pool-loungers in your family.



Fred Miller Park (Splash Pad)

441 W Morris Blvd
Morristown, TN 37813
423.586.0260



Flea Market

(Between Tazewell and Harrogate)
US25 East (1 mile before you reach Tazewell)
Harrogate, TN 37752

Open Saturdays and Sundays



Fountain Lanes Strike & Spare (Bowling)

3315 North Broadway Street
Knoxville, TN 37917
865.687.4611

www.strikeandsparebowling.com

Daily specials available.



Golf Complex Driving Range On LMU Campus

Bucket rates:
\$4 small
\$8 medium
\$11 large



Harrogate City Park

Inter section of
U.S. 25E and State Hwy. 63

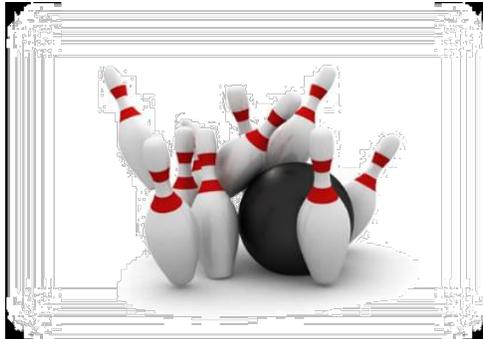
Park amenities include: Pavilions (1 large, 2 small), Picnic Tables, Gazebo (1), Basketball Court, Volleyball Court, Skateboard park, Horseshoe Pits, Walking Trail, Bike Track, Playgrounds, Sandbox, Swing-sets, Rest Rooms and Vending Machines, Splash Pad

PLACES OF INTEREST

3 OF 6



Heavy's BBQ, Camping & Canoe Rental
 25 Benfield Lane
 Harrogate, TN 37752
 423.801.0602
 Open only on weekends
 BBQ Food Truck also



Hillcrest Lanes
 200 Cromwe St.
 Harrogate, TN 37752
 423.869.4120
 One of the only Bowling centers in the area
 Usually hosts a free bowling night for LMU
 students once a
 month.



Historic Speedwell Academy
 220 Academy Road
 Speedwell, TN 37870
 423.869.3414
 Hours Open to Public: Apr-Oct (3rd Sunday)
 Holidays 2-5pm Christmas Open house 2 -
 7pm The Academy was founded by German
 immigrant George Shutter, who came to
 Tennessee from Pennsylvania in the early
 1800's. It was established in 1806 as Powell
 Valley Male Academy and later called
 Speedwell Academy. The academy was also
 used as headquarter by General Zollicoffer
 during the Civil War as he prepared to as he
 prepared to take Cumberland Gap from Union
 forces. The academy was later used as a
 hospital by both Union and Confederate
 forces.



Ice Chalet (Ice Skating)
 100 Lebanon St.
 Knoxville, TN
 865.588.1858
 chaleticerinks.com
 \$5.50 admission (under 5 --\$3.50)/Skate
 Rental \$3.50



Kentucky Coal Mining Museum
 231 Main St.
 Benham, KY 40807
 606.848.1530
 Showcases many of the unique characteristics
 of the early industrial life
 of the region. Built from the remnants of a
 former company commissary,
 the museum houses four stories of exhibits
 highlighting Appalachian coal
 mining history and culture.



**Kentucky Splash Water Park and
 Campground**
 1050 Highway 92 West
 Williamsburg, KY 40769
 606.549.6065
 Kentuckysplash.com
 \$10, Children 2 and under FREE

PLACES OF INTEREST

4 OF 6



Main Event Knoxville

9081 Kingston Pike
Knoxville, TN 37923
865.351.5000

Bowling, video games, laser tag, gravity ropes/zipline, billiards!



Middlesboro City Parks

Old Lincoln Park and Fords Woods
Offer a wide variety of activities for both adults and children alike. Offers playgrounds, basketball courts, volleyball courts, walking tracks, and shelters.



Middlesboro Pool

30th Street
Middlesboro, KY 40965
Beside the Civic Center Middlesboro, KY
Monday-Saturday 11 am-5:30 pm, Sunday 1-5:30 pm; FREE Provides free lunch for kids under 18 during the summer, weekdays at noon.



Kaitlyn Devries Memorial Dog Park

305 Roslyn Ave.
Cumberland Gap, TN 37724
423.869.3860

Honoring the life of LMU CVM student, Kaitlyn Devries. Cumberland Gap Off-Leash Dog Park built by the community for the community. Enjoy the outdoors with the entire family including your pets!



New Tazewell Municipal Pool & Splash Pad

855 Old Highway 33
New Tazewell, TN 37825
423.626.8450

Monday through Saturday, from 10 a.m. until 5:30 p.m., and Sunday, from 12 p.m. until 5:30 p.m. \$3/person. Under 2 FREE. Also offer swim lessons during the summer.



Oakes Farm Corn Maze & Pumpkin Patch

(mid Sept. - Oct.)
8240 Corryton Road
Corryton, TN, 37721
865.688.6200

www.oakesfarm.com/

We're the place to experience an amazing corn maze, a delightful pumpkin patch, an old-fashioned hayride, and lots more! Fall is simply fantastic at Oakes Farm ... so, join us for a day that will provide a lifetime of memories!

PLACES OF INTEREST

5 OF 6



Ober Gatlinburg (Additional Shopping and Dining in Downtown Gatlinburg)

1001 Parkway Suite 2
Gatlinburg, TN 37738
865.436.5423

Monday through Sunday, from 8 a.m.
until 6:30 p.m.

Skiing, snowboarding, tubing, ice skating,
outdoor activities, plus shopping & dining



Pine Mountain State Park (20 minutes from campus)

1050 State Park Road
Pineville, KY 40977
606.337.3066

Hiking, camping, picnicking, scenic views



Pinnacle Overlook

A view of the town of Cumberland Gap
Accessible from April until October
Plenty of hiking trails



Portal 31 Exhibition Mine Tour

26 Church St.
Lynch, KY 40855
606.848.1530

Unique and lifelike experience of touring
an actual underground coal
mine by rail car. Interactive animatronic
characters who demonstrate
the changes in mining technology that
have occurred over time.



Riverside Rentals Kayak, Tube, & Boat Rentals

327 Riverside Road
Harrogate, TN 37752
423.626.9761

www.facebook.com/riversiderentals11



Sand Cave and White Rocks Via Ewing Trailis

a 8.3 mile heavily trafficked loop trail
located near Ewing, Virginia that offers the
chance to see wildlife and is rated as
moderate. The trail is primarily used for
hiking, camping, nature trips, and
backpacking and is accessible year-round.
Dogs are also able to use this trail but must
be kept on leash.

PLACES OF INTEREST

6 OF 6



Skateworld (Roller Skating)

2113 Cumberland Ave.
Middlesboro, KY 40965
606.248.0219
www.skateworldky.com
\$8 Admission (includes basic skate rental)



Tazewell Speedway

1400 Bacchus Rd.
Tazewell, TN 37879
423.626.2222
1/3 mile dirt track, known as one of the fastest tracks in the country.
Hosts a five-division racing program featuring:
Limited Late Models Modified Street
Pure Street Four-Cylinder Classic Cars



The Muse Discovery Center

516 North Beaman Street
Knoxville, TN 37914
865.594.1494
Adults: \$5; Children 3 & up: \$4 (under 2 FREE)



Virginia Creeper Trail

Stretches 34 miles from Abingdon, Virginia down thru the lovely town of Damascus, Virginia, along the Whitetop Laurel River and up to its highest point, Whitetop Station near the North Carolina state Line at Whitetop, Virginia.

This former rail bed is rich in beauty and regional history. Easy biking adventure that you and your friends and family will talk about for a long time.



Wilderness Road State Park (Ewing, VA – 15 minutes from campus)

A 200 acre unique outdoor living history museum at the base of the Cumberland Mountains with beautiful picnic areas, three picnic shelters, a playground, and the self-guided Indian Ridge Trail. Visitors can enjoy the visitor center, home to a theater showing an award-winning docudrama, "Wilderness Road, Spirit of a Nation." The center also has a frontier museum and a gift shop with unique regional gifts.



Wilderness Trail Off-Road Park

7526 U.S. 119
Pineville, KY 40977
606.499.0567
9,000 acres of great scenery and off-road trails, as well as, camping and fishing spots, all free. Over 120 miles of trails with more being added. Open to ATVs, side x sides, dirt bikes, Jeeps, and trucks.

POLICE STATION



Claiborne County Sheriff's Department
415 Straight Creek Rd #2
New Tazewell, TN 37825
423.626.3385



Lee County Sheriff's Department
Church St.
Jonesville, VAS 24263
276.523.6666



LMU Police
6965 Cumberland Gap Parkway
Harrogate, TN 37752
423.869.6911



Middlesboro Police Department
150 N. 20th St.
Middlesboro, KY 40965
606.248.2020



New Tazewell Police Department
413 First Ave.
New Tazewell, TN 37825
423.626.5242



Tazewell Police Department
1830 Main St.
Tazewell, TN 37879
423.626.5104

POST OFFICE



Cumberland Gap Post Office

530 Colwyn St.
Cumberland Gap, TN 37724
423.869.4238



Harrogate Post Office

6690 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.869.2889



Ewing Post Office

1579 Dr. Thomas Walker Rd.
Ewing, VA 24248
276.445.5191



Middlesboro Post Office

200 N. 20th St.
Middlesboro, KY 40965
606.248.3690



New Tazewell Post Office

855 Main St,
New Tazewell, TN 37825
423.626.0201



Tazewell Post Office

1710 Main St,
Tazewell, TN 37879
800.275.8777

REAL ESTATE AGENTS

1 OF 2



Action Realty
1622 Cumberland Ave.
Middlesboro, KY 40965
606.248.7653



Bisceglia Realty & Auction Company
1313 Cumberland Avenue
Middlesboro, KY 40965
606.248.4932



Town & Country Realty
377 Dixie HWY #6
Tazewell, TN 37879
423.626.7201



Heartland Real Estate
620 Patterson Rd.
Harrogate, TN 37752
423.869.0075



Realty Network
6361 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.869.3121



Realty Network
779 TN-63
Cumberland Gap, 37724
423.869.3121

REAL ESTATE AGENTS

2 OF 2

RE/MAX

RE/MAX
176 Washington Ave.
Harrogate, TN 37752
423.869.3000



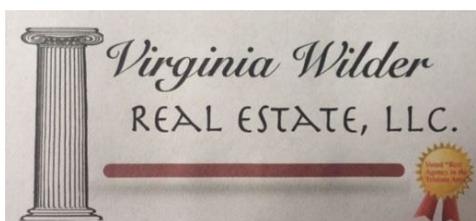
Stone Realty & Auction Co.
1725 Main St.,
Tazewell, TN 37879
423.626.5226



The Realty Group
6144 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.869.5111



Turn Key Realty
6144 Cumberland Pkwy
Harrogate, Tn 37752
423.869.5111



Virginia Wilder Real Estate, LLC
200 Wilder's Peak Dr.
Rose Hill, VA 24281
276.861.2023

RESTAURANTS

1 OF 8



Angelo's in the Gap
527 Colwyn Ave.
Cumberland Gap, TN 37724
423.801.3314



Arby's
909 N. 12th St.
Middlesboro, KY 40965
606.248.8616



**Bubba Brew's Sports
Pub & Grill**
905 N. 12th St.
Middlesboro, KY 40965
606.248.2356



Chick-Fil-A
(Located in LMU Student Center)
6569 Cumberland Gap Parkway
Harrogate, TN 37752
423.869.3446



Conley's Drive-In
708 Lothbury Ave.
Middlesboro, KY 40965
606.248.1741



Cowboys
6341 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.441.5040

RESTAURANTS

2 OF 8



Cracker Barrel
1049 N. 12th St.
Middlesboro, KY 40965
606.248.7011



Dairy Queen
100 N. 12th St.
Middlesboro, KY 40965
606.248.8730



Domino's Pizza

1232 N. 12th St. Middlesboro, KY 40965 606.658.9888	1446 N. Broad St. Tazewell, TN 37879 423.626.2100
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El Mariachi Mexican Grill
1055 N 12th Street
Middlesboro, KY 40965
606.246.1860



Frostee Freeze Drive-In
1617 N. Broad St.
Tazewell, TN 37879
423.626.3521



Frosty Mug
350 Catalpa Ave.
Harrogate, TN 37752
423.869.0555

RESTAURANTS

3 OF 8



Gap Creek Coffee House
710 Pinnacle Alley
Harrogate, TN 37752
423.801.3100



Gato's Tacos
1560 N Broad St.
Tazwell, TN 37879
865.585.4294



Gondolier Italian Restaurant
6715 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.869.8001



Hardee's

6680 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.869.5142

1310 N. 12th St. Middlesboro,
KY 40965
606.248.3836

33 & Irish Cemetery Rd
Tazewell, TN 37879
423.626.7208



**Haymaker's Farms
BBQ Restaurant**
915 Patterson Rd.
Harrogate, TN 37752
423.869.4771



Heavy's BBQ
233 Benfield LN.
Harrogate, TN 37752
423.801.0602

RESTAURANTS

4 OF 8



Jimmy's Place Restaurant

1015 Marina Landing Rd
Tazewell, TN 37879
423.626.1818



Kentucky Fried Chicken

1217 E. Cumberland Ave. Middlesboro, KY 40965 606.248.3484	1500 N. Broad Street New Tazewell, TN 37825 423.626.5421
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Krystal

1225 N. 12th St.
Middlesboro, KY 40965
606.248.7086



La Esperanza Mexican Restaurant

471 N. 12th St. Middlesboro, KY 40965 606.248.9252	1623 Cumberland Ave. Middlesboro, KY 40965 606.248.0901
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Lee's Chicken
720 N. 12th St.
Middlesboro, KY 40965
606.248.8773



Little Caesars

Little Caesars Pizza
3705 W. Cumberland Ave.
Middlesboro, KY 40965
606.248.5354

RESTAURANTS

5 OF 8



Long John Silver's
303 N. 12th St.
Middlesboro, KY 40965
606.248.5065



McDonald's
495 N. 12th St. 3615 Cumberland
Middlesboro, KY Ave.
40965 Middlesboro, KY
606.248.0449 40965
606.248.5945
1610 N. Broad St.
Tazewell, TN 37879
423.626.5055



New China Express
1801 W. Cumberland Ave.
Middlesboro, KY 40965
606.248.2000



New King Chinese Buffet
1861 N. 12th St.
Middlesboro, KY 40965
606.248.7666



Papa John's Pizza
North 12th St.
Middlesboro, KY 40965
606.248.7272



Pelanchos Mexican Grill
605 N. 12th St.
Middlesboro, KY 40965
606.248.0303

RESTAURANTS

6 OF 8



Pizza Inn Pizza
1586 N. Broad St.
Tazewell, TN 37879
423.626.7258



Pizza Hut
U.S. 25 & Canterbury
Middlesboro, KY 40965
606.248.7338



Pizza Plus
101 S Broad St.
New Tazewell, TN 37825
423.626.6600



Rally's
908 12th St.
Middlesboro, KY 40965
606.302.7010



Sauced Pizza
107 S. Pine St.
Pineville, KY 40977
606.654.2321



Shades Cafe
2119 Cumberland Ave.
Middlesboro, KY 40965
606.248.4315

RESTAURANTS

7 OF 8



Sonic Drive-In
220 N. 12th St.
Middlesboro, KY 40965
606.248.2188



Subway
485 N. 12th St. 362 Catalpa Ave.
Middlesboro, KY Harrogate, TN 37752
606.248.5464 423.869.7827

1552 Broad St.
Tazewell, TN 37879
423.626.1165



Taco Bell
1231 N. 12th St. 1410 N Broad St.
Middlesboro, KY Tazewell, TN
40965 37879
606.248.2750 423.626.2355



Burger Hut Drive-In
105 Park Ave.
Pineville, KY 40977
606.337.5476



**The LMU Campus
Grounds Coffee Shop**
(Located in LMU Student Center)
6569 Cumberland Gap Parkway
Harrogate, TN 37752
423.869.6010



The Dutch Treat Deli
Hwy. 58
Rose Hill, VA 24284
276.445.4024

RESTAURANTS

8 OF 8



The Old Town Grill
1440 N. Broad St.
Tazewell, TN 37879
423.526.5766



Yamato's Japanese Steakhouse
485 N 12th St.
Middlesboro, KY 40965
606.896.8118



Waffle King
314 N. 12th St.
Middlesboro, KY 40965
606.248.5003



Wendy's
1275 N. 12th St.
Middlesboro, KY 40965
606.248.4392



Woodlake Lodge
Steakhouse and Grille Room
330 Woodlake Blvd
Tazewell, TN 37879
877.423.4653

FOOD TRUCKS

1 OF 2



A Bite of the Big Apple
Serving the New Tazewell
area
516.524.6028



Big Joes
11558 Wilderness Road
Ewing, VA 24248
606.670.3167



Ham and Goodys
Drives into Harrogate
periodically
865.584.2246



Heavy's BBQ
1805 N. Broad St.
Tazewell, TN 37879
423.801.0602



Kazoku Hibachi Express
1805 N. Broad St.
Tazewell, TN 37879
717.654.5002



Simply Smoked BBQ
Serving the Tazewell
area
423.526.4701

FOOD TRUCKS

2 OF 2



Smoking Pig BBQ
Serving Cumberland Gap
and surrounding areas
423.489.4764



Snow Cone Eddie
Follow (Eddie Johnson Sr.)
on Facebook for locations
606.242.8820



Sweet Smuckers Doughnuts
Serving East Tennessee
423.293.2842



Tammy's Treats
1805 N. Broad St.
Tazewell, TN 37879
423.526.8917



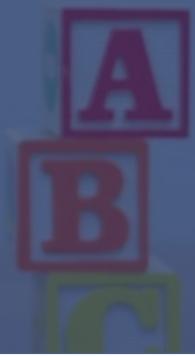
The Hog on Wheels
Serving the Tazewell area
865.361.2620



Willy's Wood Fired Pizza
1805 N. Broad St.
Tazewell, TN 37879

SCHOOLS

1 OF 3



Bell County High School
9824 U.S. Hwy 25-E
Pineville, KY 40977
606.337.7061



Cumberland Gap High School
661 Old Jacksboro Park
Cumberland Gap, TN 37724
423.869.9964



**Ellen Myers Elementary School
and Pre-School**
275 Nettleton Rd.
Harrogate, TN 37752
Elementary School
423.869.2539
Preschool 423.869.5000



Elydale Elementary School
128 Elydale Rd.
Ewing, VA 24248
276.445.4439



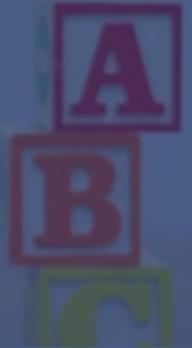
Forge Ridge Elementary School
160 Hill Rd.
Harrogate, TN 37752
423.869.2768



**Gateway Christian
School**
1110 N. 25th St.
Middlesboro, KY 40965
606.248.0557

SCHOOLS

2 OF 3



H.Y. Livesay Middle School
475 Highway 63
Harrogate, TN 37752
423.869.4663



J. Frank White Academy
6965 Cumberland Gap Pkwy, On LMU campus
Harrogate, TN 37752
423.869.6404

LMU

Lincoln Memorial University

Lincoln Memorial University
6965 Cumberland Gap Pkwy
Harrogate, TN 37752
423.869.6404



Middlesboro High School
4404 W. Cumberland Ave.
Middlesboro, KY 40965
606.242.8820

MMS



#JacketPride

**Middlesboro
Middle School**
4400 W. Cumberland Ave.
Middlesboro, KY 40965
606.242.8800



**Middlesboro
Elementary**
502 Ashbury Ave
Middlesboro, KY 40965
606.242.8840

SCHOOLS

3 OF 3



Powell Valley School
255 Powell Valley School In
Speedwell, TN 37870
423.869.4659



Saint Julian Elementary School
116 E. Chester Ave.
Middlesboro, KY
606.248.8309



**Southeast Kentucky
Community and
Technical College**
1300 Chichester Ave.
Middlesboro, KY 40965
606.242.2145



Springdale Elementary School
1915 Highway 25e S
Tazewell, TN 37879
423.626.9142



Tri-State Christian Academy
271 Arthur Rd.
Cumberland Gap, TN 37707
423.869.8008



Yellow Creek School Center
4840 W. Cumberland Ave.
Middlesboro, KY 40965
606.248.1794

SHOPPING

1 OF 2



Big Lots
102 N. 12th St.
Middlesboro, KY 40965
606.441.4020



Family Dollar
2219 Cumberland Ave
Middlesboro, KY 40965
606.2487900



THE BEST KEPT SECRET IN THREE STATES!

**Cumberland Gap
Artist Co-Op**
521 Colwyn Ave.
Cumberland Gap, TN
37724
865.278.8780



Game Stop
429 N. 12th St.
Middlesboro, KY 40965
606.248.3283



Dollar General
4407 W. Cumberland Ave.
Middlesboro, KY 40965
606.248.8755
6361 Cumberland Gap Pkwy
Harrogate, TN 37752
423.419.5009
7006 Cumberland Gap Pkwy.
Harrogate, TN
423.869.9217



Jim Brown Supply
1701 N 25th St.
Middlesboro, KY 40965
606.248.0164

SHOPPING

2 OF 2

LMU

Lincoln Memorial University

LMU Bookstore

6965 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.869.6306



Lowe's

777 W Cumberland Gap Pkwy Corbin, KY 40701 606.528.8500	2444 Jacksboro Pike La Follette, TN 37766 423.563.6020
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2744 W Andrew Johnson Hwy
Morristown, TN 37814
423.317.7727



Petsense

1875 N. 12th St.
Middlesboro, KY 40965
606.246.1851



The Village Shop

7030 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.869.5597



Sears

Hometown Store
2801 US Highway 25E
Middlesboro, KY 40965
606.248.3399



84 Lumber

24 Happy Hollow Rd.
Middlesboro, KY 40965
606.248.8884

MIDDLESBORO MALL

Mall Hours: Monday- Saturday 10am- 9pm Sunday: 12:30-5:30



Abraham Music
606.248.0398

Bath & Body Works

Bath & Body Works
606.248.8922



Belk
606.248.0970



Cell World

Cell World
606.670.1737



Dollar Tree
606.670.0780



Eden Hair Salon
606.302.4513

MIDDLESBORO MALL

Mall Hours: Monday- Saturday 10am- 9pm Sunday: 12:30-5:30



Factory Connection
606.248.9268



Flex Fitness
606.302.4411



Happy Hearts Lady Fitness
606.302.7023



Hibbett Sports
606.248.1439



Incredible Choc Chip
Cookie company
606.248.7456



Kay Jewelers
606.248.0330

MIDDLESBORO MALL

Mall Hours: Monday- Saturday 10am- 9pm Sunday: 12:30-5:30

L. A. Nails

L.A. Nails
606.242.2368



Roses
606.248.7575

rue21

Rue 21
606.248.9476

SHOE SHOW MEGA

Shoe Show Mega
606.248.1668

Traditional Touch

Traditional Touch
606.302.5850

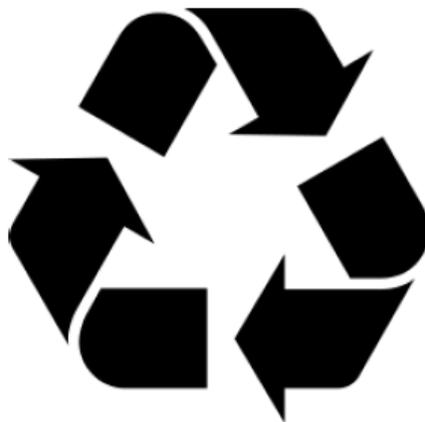


Tri-State Martial Arts
606.521.8650

TRASH SERVICES



Waste away station
180 Treece Circle
Cumberland Gap, TN 37724
423.869.9937



Shawnee Convenience Center
840 Bristol Rd.
Harrogate, TN 37752
423.869.0360



Waste away station
121 Makalley Lane
New Tazewell, TN 37825
423.626.2199



Bell county recycling center
900 N 15th St.
Middlesboro, KY 40965
606.248.7861



Landfill

Claiborne County Landfill
501 Poore Road
New Tazewell, TN 37825
423.626.2080

UTILITIES

1 OF 2



Arthur -Shawnee
Utility District
112 Kirby Street
Harrogate, TN 37752
423.869.4761



Brothers Plumbing & Electric
147 Harrogate Industrial Dr.
Harrogate, TN 37752
423.869.4268



Claiborne Utilities District
630 Davis Dr
New Tazewell, TN 37824
423.626.4282



**Graham Heating and
Air Conditioning**
202 Winchester Ave
Middlesboro, KY 40965
606.248.8341



Matthew Earl
24/7 Service Available
2193 Snodgrass Rd
New Tazewell, TN 37825
865.585.6514
Servicing All Brands

**Lee County
Public
Service Authority**

**Lee county Public Service
Authority**
397 Park St.
Jonesville, VA 24263
276.346.7775

UTILITIES

2 OF 2

Mike's Plumbing and Bathroom Remodeling Home Repair

**Mikes Plumbing and Bathroom
Remolding Home Repair**
151 Kimberly Ln.
Harrogate, TN 37752
423.869.2860

Mills Plumbing Heating & Air Conditioning

**Mikes plumbing Heating & Ait
Conditioning**
160 Harrogate Industrial Dr.
Harrogate, TN 37752
423.869.2602



Powell Valley Electric

325 Straight Creek Rd.
New Tazewell, TN
37825
423.626.0707

331 Church St.
Jonesville, VA
24263
276.346.6003



**Raymond Caylor
Heating and Cooling**
3222 HWY 25 E
Tazewell, TN 37879
423.626.9021



**Water Service Corporation
of Kentucky**
Fern Lake Rd
Middlesboro, KY
606.248.2306

VETERINARY CLINICS

1 OF 2



Animal Emergency & Specialty Center
10213 Kingston Pike
Knoxville, TN 37922
865.693.4440



Bell County Animal Clinic
2525 Old U.S. Hwy. 25
Middlesboro, KY 40965
606.248.4243



Claiborne County Animal Clinic
1718 Dixie Hwy.
Tazewell, TN 37879
423.626.7576



Harrogate Hospital for Animals
6664 Cumberland Gap Pkwy.
Harrogate, TN 37752
423.869.3666



Knox County Animal Services
314 High Street
Barbourville, KY 40906
606.545.9170



Lee County Animal Hospital
Alternate Hwy. 58
Jonesville, VA 24263
276.346.3750

VETERINARY CLINICS

2 OF 2



Russell Veterinary Services
142 Westmoreland St.
Harrogate, TN 37752
423.869.5040



Seelhorst
Veterinary Hospital

Seelhorst Veterinary Hospital
1510 N. Broad St.
Tazewell, TN 37879
423.626.6343



Rowland Veterinary Services
1210 Hwy. 33 S.
New Tazewell, TN 37825
423.626.3311

GROOMERS



Barks & Bubbles

Barks and Bubbles Pet Grooming
 Cumberland Gap Pkwy
 Harrogate, TN 37752
 423.441.5034



Diamond Dogs Grooming Services
 242 Y Road
 New Tazewell, TN 37879
 865.585.1962



Petsense
 1875 N 25th St.
 Middlesboro, KY 40965
 606.246.1851



Shampooch
 2001 W Cumberland Ave.
 Middlesboro, KY 40965
 606.248.9471



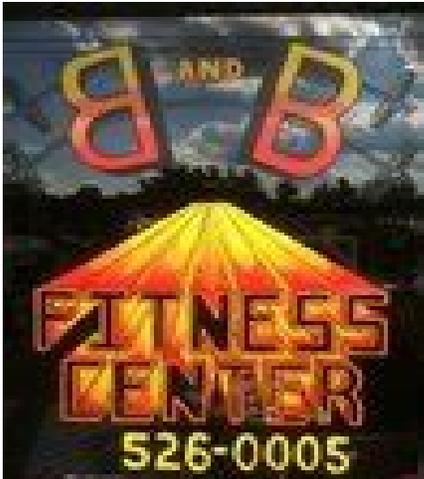
Soapy J's Pet Wash
 626 N. 12th St.
 Middlesboro, KY 40965
 606.248.2676



Suds in the Bucket Pet Grooming
 197 Flatwoods rd
 Speedwell, TN 37870
 423.489.2900

WORKOUT FACILITIES

1 OF 2



B&B Fitness Center
3210 Highway 25E
Tazewell, TN 37879
423.526.0005



Claiborne Fitness
865 Highway 33 S Ste 200
New Tazewell, Tn 37825
423.626.3348

ELEVATION
SPORTS PERFORMANCE

Elevation Sports Performance
1510 Cumberland Ave
Middlesboro, KY 40965
606.269.5043



Flex Fitness
905 N 12th St. Ste 22
Middlesboro, KY 40965
606.269.2460



Fusion Fitness
282 W Gate Mini Mall
Pennington Gap, VA 24277
276.870.4549



In Shape Fitness & Tanning
1442 N. Broad St. Ste 8
Tazewell, TN 37879
423.626.9368

WORKOUT FACILITIES

2 OF 2



Legion Training Studio
2219 W. Cumberland Ave
Ste B
Middlesboro, KY 40965
606.302.7003



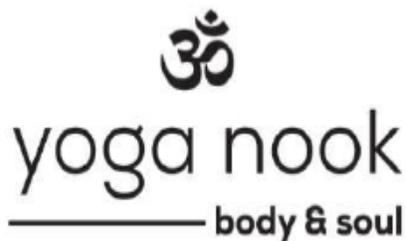
Path to Peace Wellness and Fitness Center
181 Powell Valley School In
Speedwell, TN 37870
423.419.5072



ProFitness Center of Harrogate
200 Cornwell St
Harrogate, TN 37752
423.869.9400



Xtreme Fitness
416 N 19th St.
Middlesboro, KY 40965
606.248.3211



Yoga Nook
1907 Cumberland Ave
Middlesboro, KY 40965
606.499.3000