

Quality of Life

Life in the Tri-Cities



Business, recreational and cultural opportunities abound in Northeast Tennessee!

Tri-Cities Climate



Surrounded by the Appalachian Mountains, Tri-Cities temperatures tend to be relatively mild year-round with an average July high temp of 84.8 and an average January low of 24.7. Rainfall averages less than 44 inches per year and sunshine is present 60% of the time. The risk of tornado activity is significantly below the Tennessee state average, and is 6.5 times below the overall U.S. average.



Tri-Cities Sports & Entertainment

Residents of the Tri-Cities have plenty of options when it comes to finding excitement and entertainment.

- Racing enthusiasts can enjoy a race at Bristol Motor Speedway - a 165,000- seat pulse-pounding NASCAR arena, or the Thunder Valley Dragway.
- Enjoy golfing at one of the regions many award-winning golf courses.
- Take in an ETSU Buccaneer basketball, baseball, or soon-to-be football game.
- Take in an Appalachian League Minor League baseball game.



Tri-Cities Cultural Attractions

Tri-Cities residents enjoy a wide variety of cultural attractions in our region, ranging from museums to music venues.

- Enjoy a play at the famous Barter Theatre of Abingdon, VA.
- Take in a concert or ballet at the Paramount Theater or Niswonger Performing Art's Center.
- Numerous music and arts festivals including the National Storytelling Festival.
- Visit the Gray Fossil Site & Natural History Museum.
- Kids will love the Hands On! Regional Museum.
- Visit Bay's Mountain Park & Planetarium.



Tri-Cities Education

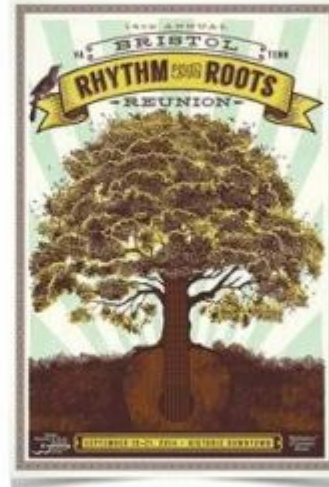
A regional center for higher education, Tri-Cities is home to many colleges and universities, with a total regional enrollment of more than 67,000 students.



Tri-Cities Musical Heritage

The Tri-Cities region is rich in musical history and provides a wide variety of musical entertainment venues and festivals.

- Visit the Birthplace of Country Music Museum in Bristol.
- Attend one of our many music festivals such as the Bristol Rhythm & Roots, Kingsport's Fun Fest or Johnson City's Blue-Plum Festival.
- Area concert venues include Freedom Hall Civic Center, Paramount Center for the Arts, Niswonger Performing Arts Center and many more.
- East Tennessee State University is home to a nationally recognized Bluegrass, Old-Time & Country Music education program.



Tri-Cities Healthcare

The Tri-Cities region sets a high standard of quality and innovation in the healthcare industry.

- Wellmont Health Systems operates 8 regional hospitals and one of Tennessee's 6 Level-1 Trauma Centers.
- Mountain States Health Alliance operates 14 hospitals serving 29 counties.
- All of Tri-Cities major medical centers have received numerous state and national awards of excellence.
- ETSU College of Medicine, College of Pharmacy and School of Nursing provide a top-notch healthcare workforce.
- Home of the Niswonger Children's Hospital, a St. Jude's affiliate and regional leader in children's medical services.



Tri-Cities Outdoor Recreation

From the excitement of white water to a relaxing afternoon trout fishing on one of our renowned rivers or streams, Tri-Cities has something for everyone!

- Bike the Virginia Creeper and many other cycling trails.
- Golf at some of the most beautiful courses in the state.
- Enjoy one of our 6 area mountain lakes.
- Our rivers and streams are a national destination for fly-fisherman.
- Hike the beautiful Appalachian Trail.
- Explore or camp in our 221,000 acres of Cherokee National Forest.
- Explore numerous historical and living-history sites throughout the region.



Tri-Cities Dining

There is no shortage of fantastic dining opportunities in the Tri-Cities including fine dining restaurants with unique local flair.

- Fine dining choices such as Troutdale, The Chop House, Gourmet & Company, Wellingtons, and Cafe Pacific are sure to please your palette.
- Boutique restaurants provide a diverse dining experience. Local favorites include: 620 State, Riverfront Seafood Co., Tupelo Honey Café, Macado's Restaurant & Bar, StirFry Café, and Ridgewood BBQ – *recently voted Tennessee's Best BBQ*.
- Tri-Cities is also home to many national chain restaurants with options to meet all budgets.



Tri-Cities Lodging & Convention Centers

An abundance of lodging opportunities offer world-class choices for a few guests, large meeting or a full-scale convention.

- Plan your next convention at the Meadowview Marriott Resort & Convention Center or the Millennium Centre & Carnegie Hotel.
- Enjoy luxury accommodations at the historic Martha Washington Inn or General Morgan Inn.
- Other national hotel brands to meet any budget.
- Numerous options for bed & breakfasts inns and other specialty lodging.



Cost of Living

- Kiplinger's ranks the Tri-Cities' cost of living the fifth best in the nation for MSA's with a population of 250,000 or more
- Sullivan County's cost of living is 14.6% lower than the U.S. Average
- RelocateAmerica.com ranked the region among the nation's top 100 places to live

Cost of Living	Sullivan County, TN	United States
Overall	85	100
Grocery	95.5	100
Health	93	100
Housing	66	100
Utilities	90	100
Transportation	94	100

[Click Here for more Information on Cost of Living](#)

Sports and Recreation

- **Racing enthusiasts can enjoy a race at Bristol Motor Speedway - a 165,000- seat pulse-pounding NASCAR arena - or the Thunder Valley Dragway**

[Bristol Motor Speedway](#)

[Thunder Valley Dragway](#)

- **Enjoy golfing at one of the region's many award-winning golf courses**

[Blackthorn Club](#)

[Cattails at Meadowview](#)

[Clear Creek Golf Club](#)

[Country Club of Bristol](#)

[Ridgefields Country Club](#)

[Steele Creek Golf Course](#)

[The Virginian Golf Club](#)

[Tri Cities Golf Club](#)

- **Take in a college basketball, baseball, soccer, or football game**

[East Tennessee State University Athletics](#)

[King University Athletics](#)

[Milligan College Athletics](#)

- **Take in an Appalachian League Minor League baseball game**

[The Bristol Pirates](#)

[The Kingsport Mets](#)

[The Johnson City Cardinals](#)

Cultural Attractions

- **Enjoy a play at the famous Barter Theatre of Abingdon, VA**

[Barter Theatre](#)

- **Take in a concert or ballet at the Niswonger Performing Arts Center or Paramount Center for the Arts**

[Paramount Center for the Arts](#)

[Niswonger Performing Arts Center](#)

- **Experience one of our numerous historical sites or cultural festivals around the region**

[National Storytelling Festival](#)

[Deery Inn Museum](#)

- **Visit the Gray Fossil Site & Natural History Museum**

[Gray Fossil Site & Natural History Museum](#)

- **Kids will love the Hands On! Regional Museum**

[Hands On! Regional Museum](#)

- **Visit one of our many parks including Bay's Mountain Park and Planetarium**

[Bay's Mountain Park & Planetarium](#)

Musical Heritage

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Higher Education

- Bill Gatton College of Pharmacy
- King University
- Kingsport Center for Higher Education - *houses six different universities*
- Northeast State Community College
- Regional Center for Advanced Manufacturing
- Regional Center for Applied Technology
- Regional Center for Automotive Programs
- Regional Center for Health Professions
- Quillen College of Medicine

[Click here for more information on Higher Education](#)

Healthcare

- Wellmont Health Systems operates eight regional hospitals and one of Tennessee's six Level-1 Trauma Centers
- Mountain States Health Alliance operates 14 hospitals serving 29 counties
- All major medical centers in the Tri-Cities have received numerous state and national awards of excellence
- ETSU College of Medicine, College of Pharmacy and School of Nursing provide a top-notch healthcare workforce
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Outdoor Recreation

- **Bike the Virginia Creeper and many other cycling trails**
 - **Golf at some of the most beautiful courses in the state**
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Lodging and Conventions

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 - **Enjoy luxury accommodations at the historic Martha Washington Inn or General Morgan Inn**
 - **Numerous options for bed & breakfasts, inns, and other speciality lodging**
 - **Other national hotel brands to meet any budget**
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Dining

- **Fine dining choices such as The Chop House, Gourmet and Company and Cafe Pacific are available**
- **A regional favorite, Tupelo Honey Cafe chose the Tri-Cities for their seventh location**
- **Enjoy unique, local cuisine from our many boutique restaurants**
- **Our regional barbecue is in a class all of its own**
- **The Tri-Cities is also home to many national chain restaurants with options to meet all budgets**