

Suggested Itinerary: **Michigan, Indiana, Missouri, Kentucky and Ohio**

With attractions spanning the spectrum from low-key to high-speed, this region of the Midwest has something for nearly every taste. Hit the race tracks, savour some bourbon, get cultured and take a lesson from history.

Detroit, Michigan

Suggested: 2 days

Revitalisations in the city centre brought trendy restaurants, shops and cultural venues to Motor City. The must-see Henry Ford Museum of American Innovation houses cars, planes, sundry inventions and rare items such as former President John F. Kennedy's limousine and the Rosa Parks bus. See where music icons such as Stevie Wonder, the Supremes and Marvin Gaye recorded hits at the Motown Museum. Be in the midst of artistic masters at the Detroit Institute of Arts, best known for its frescoes by Diego Rivera. Explore the aquarium, zoo, museum, beach and other areas of Belle Isle Park; admission is free to most of the attractions. Nightlife abounds, with gaming at three hotel-casinos and live Jazz at Cliff Bell's legendary nightclub.

Indianapolis, Indiana

Suggested: 2 days

Here, in the home of the Indy 500, it's all about auto racing. The Indianapolis Motor Speedway Museum displays an impressive collection of race cars of all types and memorabilia. Adrenaline seekers can drive (or ride along in) a real IndyCar at the Indy Racing Experience. Beyond the tracks, take a bicycle tour of the 13-kilometer Indianapolis Cultural Trail, a paved path connecting the city's neighbourhoods and cultural districts. Follow the path to White River State Park, a popular venue with outdoor recreation, live concerts, a zoo, baseball field and two museums.

St. Louis, Missouri

Suggested: 2 days

- The Gateway Arch, towering 192 metres above the city centre in St. Louis, is the city's claim to fame. Take the tram to the top for sweeping views of the city from the observation windows. The whimsical City Museum is a hands-on interactive attraction made entirely of recycled materials found within municipal boundaries. Tour the largest and oldest Anheuser-Busch brewery and order a frozen custard from Ted Drewes, a St. Louis dessert institution.

Louisville, Kentucky

Suggested: 1-2 days

Louisville is synonymous with Churchill Downs, where the world-famous Kentucky Derby thoroughbred horse race is held each May. Visit the racetrack for a guided tour and check out the exhibits at the Kentucky Derby Museum. Louisville has been producing bourbon since 1780; today, an astounding one-third of the world's bourbon is distilled here. Sip your way through the city's best spots on the Urban Bourbon Trail. For beautiful views of Louisville and the Ohio River, book a cruise on the 1914 *Belle of Louisville* steamboat.

Cincinnati, Ohio

Suggested: 1 day

Cincinnati is an upbeat city known for its sports teams, quirky foods and German heritage. At the heart of town is Fountain Square, an outdoor plaza popular for events and recreation; visitors can enjoy restaurants and pubs surrounding the square. When the weather is nice, the historic Findlay Market is ideal for sampling local delicacies and picking up unique souvenirs. The issues of slavery and race relations in the USA are thoughtfully explored at the National Underground Railroad Freedom Center.

Cleveland, Ohio

Suggested: 2 days

A day in Cleveland absolutely must include a visit to the Rock & Roll Hall of Fame in the heart of the city centre. Exhibits and artefacts covering all things rock 'n' roll are housed in the museum's distinctive glass pyramid, truly an architectural marvel.

Families and thrill seekers of all ages flock to Lake Erie for Cedar Point Amusement Park for its roller coasters, water park and beach for sunbathing and water sports.

Travellers seeking nightlife and gambling can head to JACK Cleveland Casino or the Hard Rock in nearby Northfield Park.

For more trip inspiration and travel ideas throughout the USA, go to VisitTheUSA.com and thebrandusa.com/USAtripkit.