

Suggested Itinerary: Atlanta and the Deep South

Kick off a tour of the USA's Southern states in Atlanta, Georgia's vibrant capital. From there, travel south to Alabama, Mississippi and Louisiana to learn about Civil Rights history, celebrate uniquely American music and feast on Southern culinary specialities.

Atlanta, Georgia

Suggested: 3 days

In Atlanta, spend a fun day touring the impressive Georgia Aquarium and World of Coca-Cola (be sure to enjoy free samples of Coke's beverages from around the world). Explore the city's rich history at places such as the National Center for Civil and Human Rights, filled with artefacts from the Civil Rights movement. Relax at an evening concert at one of the city's many live music venues, from major concert halls to intimate clubs. Refuel with 'hash brown' potatoes (and waffles, of course) at the iconic Atlanta-based diner chain Waffle House. Burn off the calories with a jaunt around the lush Atlanta Botanical Garden, a sprawling oasis of smaller gardens.

Alabama

Suggested: 2 days

Immerse yourself in the USA's journey for Civil Rights in Alabama. Tour the Rosa Parks Museum in Montgomery, the National Voting Rights Museum in Selma or the Tuskegee Human & Civil Rights Multicultural Center to see memorabilia and interactive exhibits. Cross the historic Edmund Pettus Bridge in Selma, where the Civil Rights march began in 1965. From there, travel about two hours north to check out the Talladega Superspeedway, home of many NASCAR races and daily bus tours. Learn about the U.S. space program and get up close to a Saturn V rocket and other space artefacts at the U.S. Space and Rocket Center in Huntsville, a couple of hours drive north of the racetrack.

Mississippi

Suggested: 3 days

Experience the Delta blues at one of the many music clubs across the state. Start in Tunica (known as 'The Gateway to the Blues') on U.S. Route 61, the legendary Blues Highway, and visit the Blues Visitors Center & Museum. While there, stop for lunch at the famous Blue & White Restaurant, which has been serving Southern fare such as catfish and country-fried steak since 1924. Test your luck in Biloxi, about five-and-a-half hours to the south. The city is home to eight casino resorts featuring gaming, buffets, spas, nightclubs, golfing and more. From there, take some time to explore the 62 miles (100 km) of Mississippi's Gulf Coast. You'll find beautiful white-sand beaches, fishing excursions, golfing and the freshest seafood.

Louisiana

Suggested: 3 - 5 days

New Orleans is a food-lover's paradise. Start the day with café au lait and powdered sugar-coated beignets at iconic Café du Monde, followed by a lunch of muffuletta sandwiches from Central Grocery. For dinner, enjoy rich gumbo or a po'boy sandwich with fresh Gulf seafood. In addition to its culinary heritage, New Orleans' musical roots run deep. From jazz and Afro-Cuban to Dixieland, rhythm and blues and Zydeco, there are clubs to cater to almost any music lover's interest. Head across Lake Pontchartrain for a swamp tour in Slidell or a visit to one of the charming small towns in St. Tammany Parish. Nature lovers should plan to visit one or more of Louisiana's 22 state parks for hiking, boat tours and sightseeing.

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