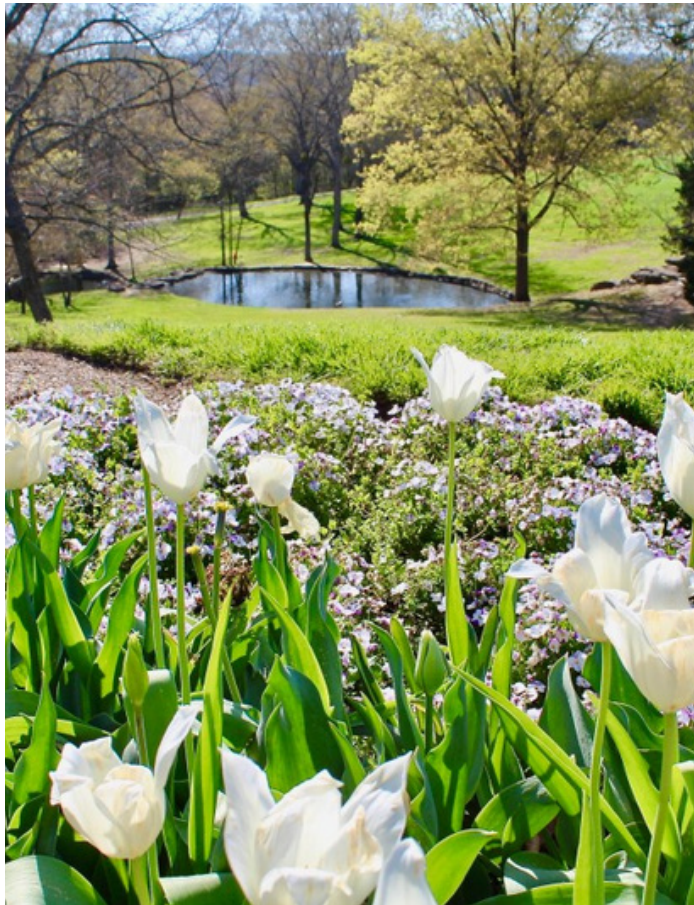
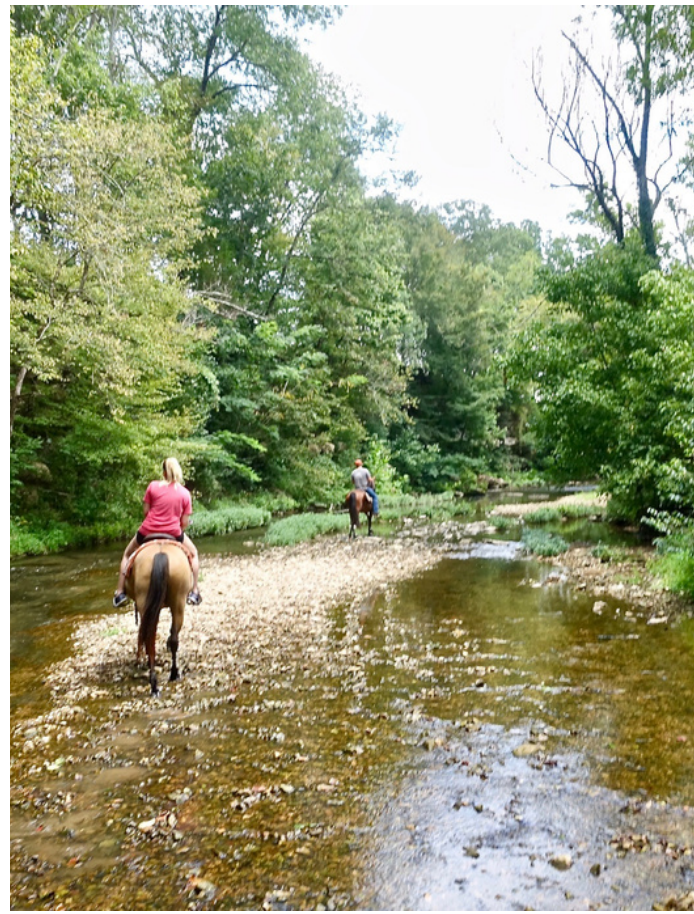
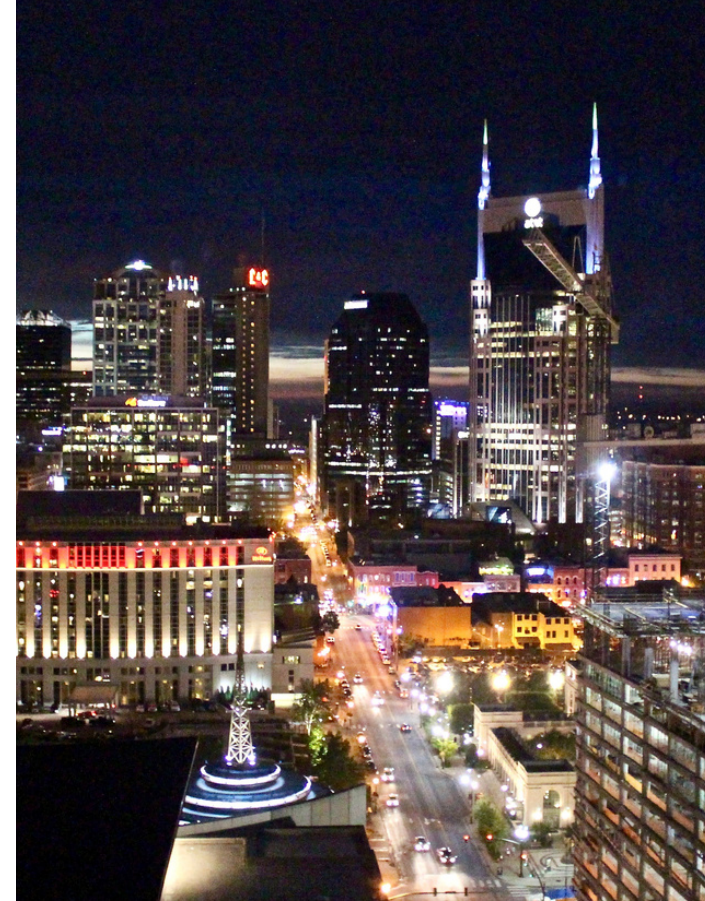
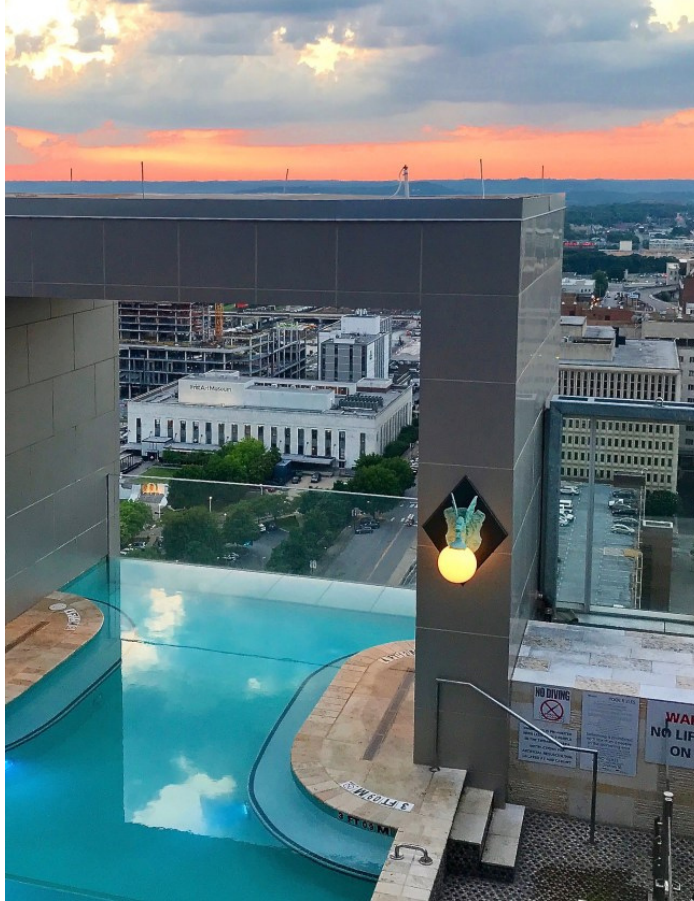


7 DAYS IN NASHVILLE

SOUTHERN GIRL GONE GLOBAL'S HOMETOWN GUIDE



W E L C O M E

INSIDE | NASHVEGAS

Adjust as Needed for Whim, Weather, Special Interests/Events

- 1 | Biscuits, Broadway, Rooftops,
- 2 | Belmont/Vandy Area, Athens of the South, Honky Tonkin'
- 3 | Loveless Cafe, Parks, Plaza Mariachi
- 4 | Franklin, Leiper's Fork, Arrington
- 5 | East Nashville, Pinewood Social, Topgolf
- 6 | Opryland, Old Hickory Lake, Irish Sendoff
- 7 | Sendoff



WELCOME! I've lived in Nashville over 30 years and recommend only experiences I've done myself and truly enjoyed. Please pick and choose based on YOUR interests, energy level on a given day, and schedule. History, the arts, food, drink, outdoor/lake and mountain living, sports, shopping, dance... our diverse city has a lot to offer! See more about many of the experiences below at SouthernGirlGoneGlobal.com.

I've included my favorite [Airbnb](#) stays. The 12th South and East Nashville homes are a short Uber or Lyft ride away from city attractions, but there are many great choices from urban, walkable neighborhoods to quiet, bucolic settings. I've also enjoyed staycations with family at [Omni Nashville Hotel](#), [Opryland Hotel](#), and [Green Hills Hampton Suites](#).

LIVE MUSIC

Venues are listed on [Nashville Scene](#) calendar, below, and on Day 2 -- "Go Honky Tonkin!"

[Ascend Amphitheater](#)
[Bridgestone Arena](#)
[The Ryman](#)
[Grand Ole Opry](#)
[Blue Bird Cafe](#)
[Brown's Diner](#)
[Rudy's Jazz Room](#)
[Schermerhorn Symphony Center](#)
[Full Moon Pickin' Parties](#)

OTHER ARTS

[Frist Center for the Visual Arts](#)
[Tennessee Performing Arts Center](#)
[Nashville Ballet](#)
[Nashville Shakespeare Festival](#)

[Titans](#), [Sounds](#), [Predators](#), [Nashville SC](#)

FESTIVALS

[CMA Fest](#)
[Steeplechase](#)
July 4th Fireworks on Riverfront
[Celebrate Nashville](#)
[Southern Festival of Books](#)
[Oktoberfest](#)
[Greek Fest](#)
[Italian Lights](#)
[Tennessee Renaissance Festival](#)
[Franklin's Pilgrimage Music Festival](#)
[Franklin's Dickens of a Christmas](#)
[Leiper's Fork Christmas Parade](#)

LIVE STORYTELLING AND READINGS

Eastside Storytelling for Live Music and Readings by Local Artists

10x9 Nashville Storytelling

The Moth Nashville

Salon@615 Events in partnership with Parnassus Books (Author Ann Patchett owner) and Nashville Public Library.

Also worth working in...

Hattie B's Hot Chicken

Gigi's Cupcakes

The Patterson House--SpeakEasy cocktails

Germantown--Farmer's Market

Shopping by Neighborhood

Meet Locals...

Chef Paulette's Italian Cooking Class (Chef Paulette is a regular on *More at Midday* on Nashville's NBC affiliate WSMV-TV Channel 4. You'll meet other locals over dinner you prepare in her home. Book as early as possible.)

Yoga/Hot Yoga Classes

Triva Nights--Check with Nashville Guru here.

Meetup Events

And if you're traveling with children, here's the "Mom's Guide to Nashville" written by my former *SheKnows* editor, Amelia Edelman.



*This itinerary was created for a [dear Australian friend when she visited me in Nashville](#), updated for my niece's wedding guests, and is a continuous work-in-progress as businesses come and go. Always check brand websites for the latest information.

Also see "[Relax in Nashville Like a Local](#)" including my #1 Go-To Airbnb just off 12th South: The Honey Bee Suite -- GREAT

Airbnb just off 12th South.

This guide is also [linked here](#) with more information.

DAY 1

Arrive in Nashville at BNA!

Get Your Bearings and Grab Gulps in the Gulch: [Biscuit Love](#) and [Barista Parlor](#) (coffee and chocolate parings)

WHAT LIFTS YOU (Like When Friends Visit or You Travel) "Wings" Photo Op

302 11th Ave S. Gulch, Nashville

[Adele's](#) and other eats; [Two Old Hippies](#) shop

OR relax at [Sky Blue Cafe](#) (Open Thursday-Monday)

Walking Tour: [Union Station](#), [Country Music Hall of Fame](#), [Backstage Tour of Ryman](#),
[Johnny Cash Museum](#),

[Hatch Show Prints](#) --cool souvenir

[Woolworth on 5th](#) Lunch at historic Civil Rights Movement Lunch Counter

Beautiful Piano Bar at [Jeff Ruby's Steakhouse](#)

Best Panoramic Photos of City at [Westin Rooftop Bar](#) for Sunset and [Rhapsody Spa](#) or [JW Marriott Sky Bar](#).

Also watch sunsets from the Pedestrian Bridge and Love Circle.

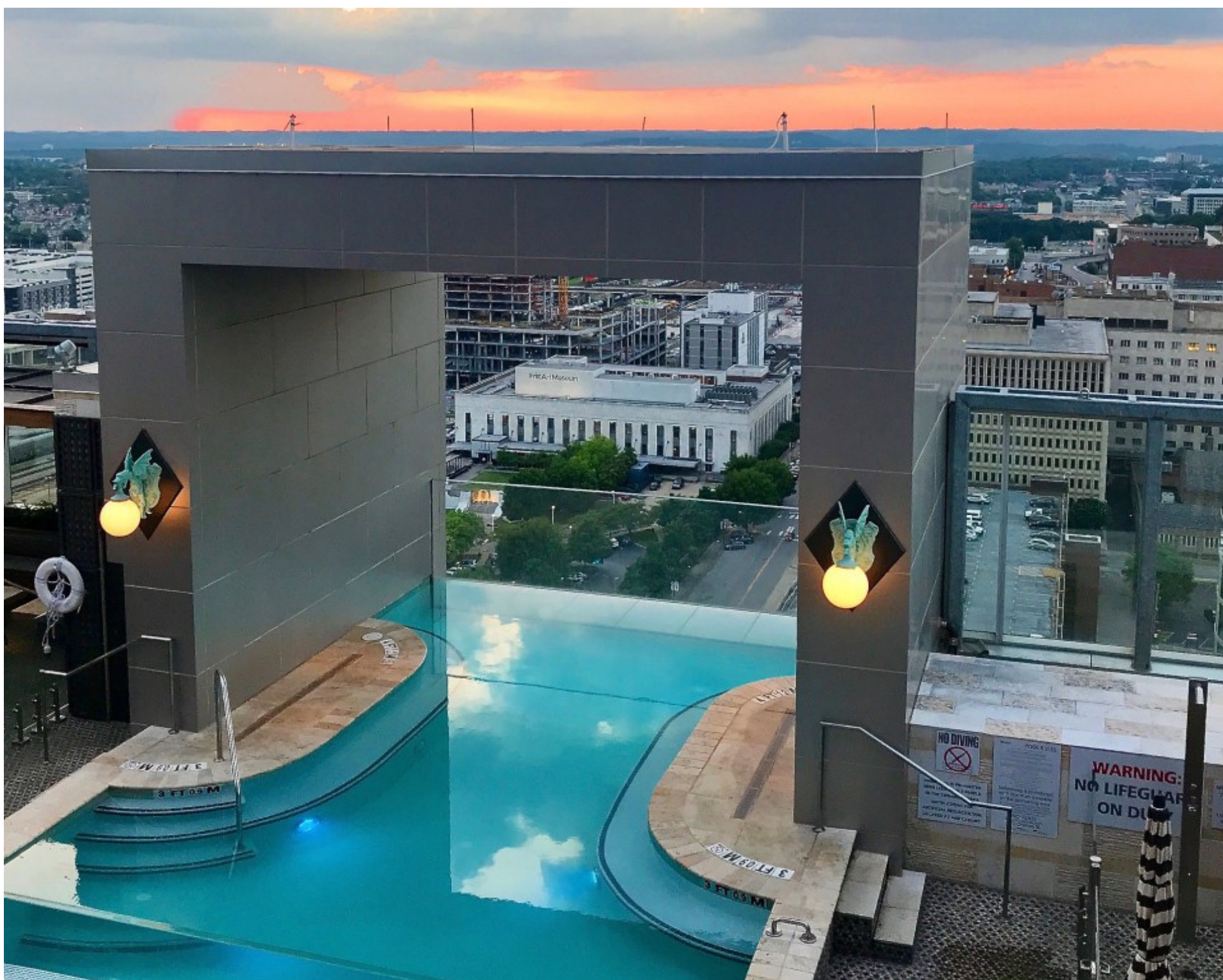
Just around the corner from [Edley's Bar-B-Que](#), [Mafiazas](#), [Urban Grub](#), [Epice](#), [Bar Taco](#)

or 5 minutes away in Edgehill

[Barcelona Wine Bar](#), [Bella Napoli Pizzeria](#)

Photo OPP: I BELIEVE IN NASHVILLE 2702 12th South on wall by Draper James (Reese Witherspoon's store) and MAKE MUSIC NOT WAR mural at 2902 12th South

Give me some sugar (pronounced "Shu ga"-- [Sprinkles Cupcake 24/7 Dispenser](#), [Las Paletas](#) (12th South location closed but check Instagram for food truck pop-up locations), [Jeni's Splendid Ice Creams](#)



Day 2

Belmont/Hillsboro Village/Edgehill 'hoods walkable from 12th South

Breakfast at [Five Daughters Bakery](#) off 12th South or in Hillsboro Village-- [Fido](#), [Pancake Pantry](#).

Hillsboro Village Shops: [Impeccable Pig](#), [A Thousand Faces](#)

OR Have Breakfast in Germantown at [Garden Brunch Cafe](#) (Open Friday-Sunday only)

[Belmont Mansion](#) \$15 1- hour tour with a historical interpreter through antebellum home originally owned by one of Nashville's most fascinating women.

[Belcourt Theater](#)--best indie films venue

DRAGON MURAL PHOTO OPP

[Parthenon](#) at Centennial Park

See why Nashville is "Athens of the South."

[SwingdanceNashville.com](#) for events including swing at Centennial Park

Dinner nearby in Sylvan Park--[Caffe Nonna](#)

And if you're ready to shake-a-leg...

Go Honky Tonkin'

[Tootsies](#), [Robert's Western World](#), [Wildhorse Saloon](#), [Acme Seed and Feed](#) (rooftop for photos of Broadway and the River/yoga on some weekends), [The Stage](#)

Karaoke Fans...

[AJ's Good Time Bar](#) (Allen Jackson's place with [Karaoke Nightly at 7 PM](#))

[Lonnie's Western Room](#)

[Big Bang Dueling Piano Bar](#)

[Headquarters Beercade](#) has retro pinball machines and computer game classics-- See website for seasonal events, such as "Reindeer Games," and sporadic pop culture events.



Day 3/West and South

Must Do Breakfast or Lunch at Loveless Cafe--reservations recommended 2 weeks in advance on weekends but during the week you can usually get in without a wait if you go early (8:30ish)
Nearby, see sunrise and sunset at Natchez Trace Bridge.

Walk it off at...

Cheekwood (See website for exhibits and gardens), Edwin Warner and Percy Warner Parks , Radnor Lake

Belle Meade Mansion

Dinner--Where Locals Go

Sperry's in Bell Meade for Old School Steak House and Happy Hour
See gorgeous southern homes on Belle Meade Boulevard.

La Hacienda and Los Arcos on Nolensville Road for Mexican Food

Plaza Mariachi for Latin Food, Shopping, Live Music all week, Weekend Acrobats, Fire Twirlers; Salsa Nights with free lessons Thursdays and Saturdays



Day 4/South

Airbnb Thompson Station Apartment on Mini Farm

Peace and a Patio shared with wonderful folks, owners Edy and Chris. This community along with nearby Leiper's Fork has Mayberry Charm.

Trail riding at Natchez Trace Stables

Franklin: Breakfast/Lunch at Puckett's or Lunch at 55 South, Main Street shopping

Dinner: picnic, vino and concert at Arrington Vineyards

Day 5/ East

Airbnb home in East Nashville

Around the corner Frothy Monkey, Olive and Sinclair Chocolate Factory

RAINBOW MURAL 625 Main Street in East Nashville.

Nashville B Cycle (615) 625-2153 Pick up at Shelby Bottoms and drop at 5 Points

The Pharmacy, Rosepepper Cantina, Sky Blue, Marche, Margot,
The Treehouse

Topgolf

Pinewood Social



Day 6

Stroll Through Opryland Hotel Conservatory, Cascades and Delta.

Old Hickory Lake Blue Turtle Bay Restaurant

McNamara's Irish Pub--make reservations for Music Room Thursday-Saturday a week in advance

Day 7/Safe Travels

Thanks for Visiting. Ya'll Come Back Soon!



If you have questions about planning your trip to Nashville, please contact me at cindylmccain1@gmail.com.

Other destinations are featured on Southern Girl Gone Global. If you're headed to Dallas, New Orleans, Madrid, or Rome, check out my Mom Guides (travel experiences all can enjoy). Considering doing the Camino de Santiago or simply exploring Portugal and Spain? See this. And for talks with people whose lives have been changed by travel, check out my YouTube series, *Travel People*, and learn more about Spain, Morocco, France, Oregon and beyond...