

Welcome *to Tennessee*

Your guide to a
**memorable
beginning**

Some local favorites to
help your family start exploring



a note from your neighbors & friends at C&S

Moving to a new place can feel overwhelming, but we want you to know that you've landed somewhere truly special. Tennessee isn't just a state; it's a way of life.

From the moment you drive down a tree-lined street to the smell of barbecue drifting from a neighborhood cookout, you'll start to feel it — that famous Southern warmth that makes Music City one of the fastest-growing and most beloved places in America.

We put this guide together because we believe the best discoveries happen when someone who actually lives here points the way. Inside, you'll find our honest, local-approved picks for the best places to eat, play, explore, and unwind. These are the spots we take our own families, the trails we hike on weekends, and the restaurants we recommend.

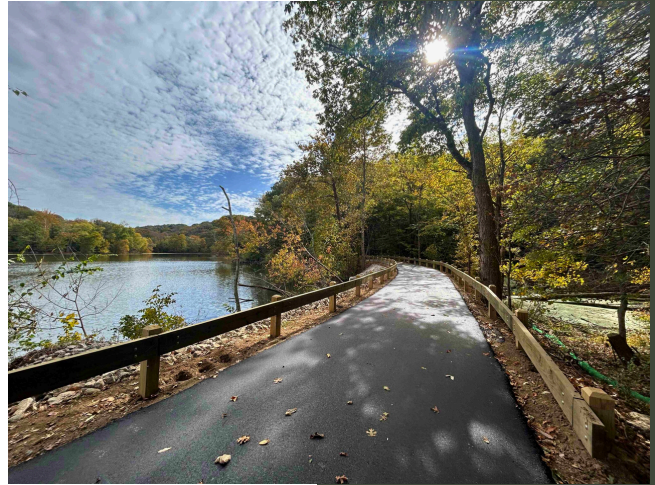
We can't wait for you to make it your own as you begin to call Tennessee home.

The Adventure Starts Here

Parks and Outdoor Escapes

Radnor Lake State Park

Just south of downtown, Radnor Lake is a beloved urban sanctuary. Over 11 miles of trails wind through forested hillsides with stunning lake views, abundant wildlife, and enough variety to suit both casual walkers and serious hikers. Free admission.



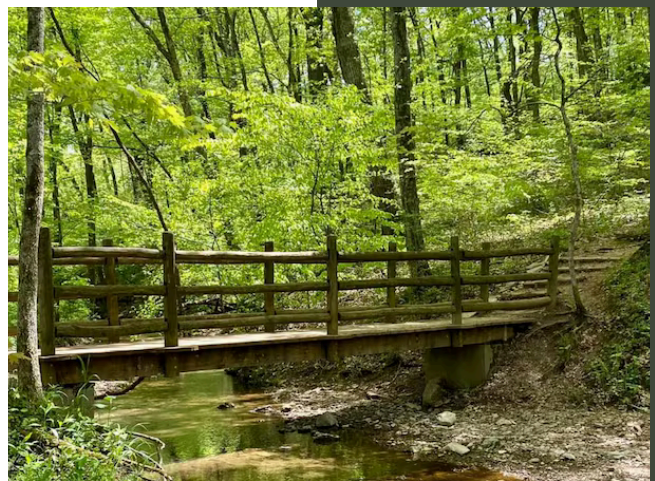
Edwin Warner State Park

Part of Nashville's beloved Warner Parks system, Edwin Warner offers scenic wooded areas, open meadows for kids to roam, and peaceful walking trails perfect for picnicking. A true escape from city noise without leaving Davidson County.



Centennial Park

Nashville's crown jewel urban park features the world's only full-scale replica of the Parthenon — a stunning conversation starter. On weekends, the park hosts Kidsville arts programming, food trucks, and community events.



Dragon Park

Locals call it Dragon Park for a reason — the playground features enormous mosaic tile dragons winding through the grounds. A magical, one-of-a-kind spot that children adore. Located in Hillsboro Village near Vanderbilt.

Day Trips and Natural Wonders

Accessible just a short distance from Nashville



Burgess Falls State Park

Pack a picnic and prepare to be wowed.

Burgess Falls delivers not one but multiple cascading waterfalls along a single trail. The trail itself is accessible enough for families, and the scenery is spectacular. Parking is small, so arrive early on weekends.



Cummins Falls State Park

For families with older kids or adventurous spirits, Cummins Falls is the crown jewel of Middle Tennessee swimming holes. A scenic hike leads to a breathtaking waterfall and a natural swimming pool. Come prepared to get wet and wear sturdy shoes — the trail near the falls gets slippery.



Long Hunter State Park

A local favorite on the shores of Percy Priest Lake, Long Hunter offers hiking, biking, swimming, and boating. The Volunteer Trail follows the lakeshore with gorgeous water views. Bring the kayaks or rent canoes at the park for a perfect summer day.

Fishing Lakes to Note:

Stones River
Percy Priest Lake
Duck River
Center Hill Lake

Must Visit Attractions for the family

Nashville offers an extraordinary lineup of family attractions that will keep you busy for years to come.

The **Country Music Hall of Fame**, ranked the #1 music museum in the world by Forbes and National Geographic Traveler, is a must for anyone wanting to understand the soul of this city — plan for at least two to three hours.

Just down the road, the **Nashville Zoo** delivers a full day of adventure with its Soaring Eagle zip line, Wild Animal Carousel, and immersive animal habitats featuring cheetahs and clouded leopards.

Art lovers of all ages will find a home at the **Frist Art Museum**, where the hands-on ArtQuest studio keeps kids creating while parents explore world-class rotating exhibitions — and children under 18 are always free.

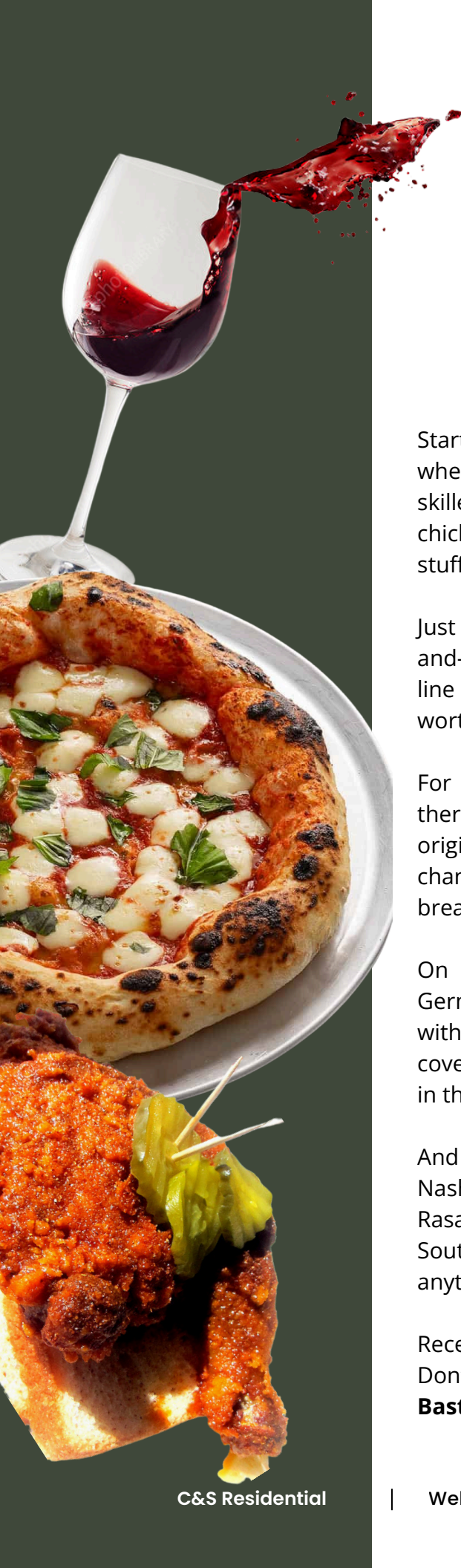
History comes alive at the **Tennessee State Museum**, a sweeping and completely free journey through the state's story from ancient indigenous cultures through the civil rights movement.

Budding scientists won't want to miss the **Adventure Science Center**, with its interactive exhibits on space, electricity, and the human body, plus a fantastic planetarium.



And no Nashville education is complete without a visit to the **Ryman Auditorium** — the Mother Church of Country Music — where self-guided daytime tours let you stand on the same stage that shaped American music history. F

Finally, the brand-new **Nashville Yards**, which opened in 2025, rounds out the list with its music venue, cinema, pickleball courts, dog park, and green space, quickly becoming a weekly destination for Nashville families.



Nashville Classics for dining

No local guide is complete without working your way through the city's most iconic and beloved restaurants

Start with **Monell's in Germantown**, a nearly 30-year institution where communal, family-style Southern meals arrive in cast iron skillets passed hand to hand around a shared table — the fried chicken, corn pudding, and peachy biscuit preserves are the stuff of local legend.

Just as storied is **Arnold's Country Kitchen**, a no-frills meat-and-three that has been feeding Nashville since 1983, where the line out the door moves fast and every rotating daily special is worth the wait.

For the dish that put Nashville on the national culinary map, there is only one place to go — **Prince's Hot Chicken Shack**, the original home of Nashville Hot Chicken, where the recipe hasn't changed and the fiery cayenne-glazed chicken is served on white bread with pickles just as it always has been.

On the more refined end of the classics, **City House** in Germantown earns its place on every serious food lover's list, with Chef Tandy Wilson's Italian-inspired menu earning a coveted spot on The New York Times' list of the 22 best pizzerias in the United States in 2024.

And for something truly one-of-a-kind, **Bad Idea** in East Nashville is the city's most buzzed-about table, where Chef Colby Rasavong's inventive Lao-American cooking draws from both Southeast Asia and Appalachia in a way that is entirely unlike anything else in the South.

Recently, three Nashville restaurants earned a Michelin Star. Don't forget to check out **Locust**, **The Cat Bird Seat**, and **Bastion**.

Nashville Guide to neighborhoods

Nashville is a city of distinct, character-rich neighborhoods, and we have the guide to explore them.

Germantown is Nashville's oldest neighborhood — beautifully restored Victorian townhomes line cobblestone sidewalks, and the dining and café scene here is among the best in the city, with Monell's, City House, and the Nashville Farmers' Market all within walking distance.

12 South charms with its boutique shopping, beloved brunch spots, and village-like energy centered around Sevier Park — a perfect Sunday afternoon destination for families with young kids.

Sylvan Park is one of Nashville's best-kept secrets — a quiet, walkable neighborhood just west of Charlotte Avenue with a small-town feel, gorgeous bungalows, and a deeply loyal community of long-time residents who wouldn't dream of living anywhere else.

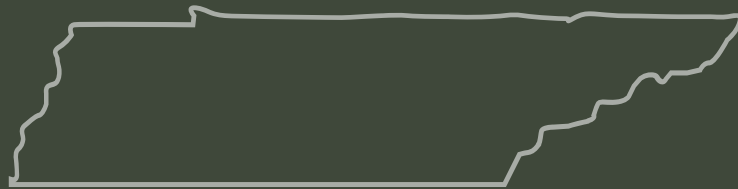
To the west, **Belle Meade** offers some of Nashville's most beautiful and established real estate, with grand tree-canopied streets, the historic Belle Meade Historic Site and Winery, and a refined neighborhood character that has made it one of the most sought-after addresses in the city for decades.

South of the city, **Brentwood** consistently ranks among Tennessee's top communities for schools, safety, and quality of life, with easy greenway access, proximity to Percy Warner Park, and a suburban calm that families find instantly reassuring.

And just a few miles further down I-65, **Franklin** stands in a class of its own — a historic small city with a breathtaking downtown square, award-winning schools, a thriving local food scene, and a sense of community pride that makes newcomers feel at home from the very first weekend.



your Tennessee checklist



- ☐ Catch a live show at the Ryman Auditorium
- ☐ Visit the Country Music Hall of Fame & Museum
- ☐ Walk the honky tonks on Broadway on a Friday night
- ☐ Eat hot chicken at Prince's Hot Chicken Shack
- ☐ Have a family-style breakfast at Monell's
- ☐ Explore the Nashville Zoo at Grassmere
- ☐ Hike the trails at Radnor Lake State Park
- ☐ Visit the full-scale Parthenon replica in Centennial Park
- ☐ Spend a morning at the Nashville Farmers' Market
- ☐ Take a self-guided tour of the Grand Ole Opry
- ☐ Let the kids loose at Dragon Park (Fannie Mae Dees Park)
- ☐ Explore the hands-on exhibits at the Frist Art Museum
- ☐ Walk the 12 South neighborhood on a sunny afternoon
- ☐ Visit the Tennessee State Museum (free admission)
- ☐ Watch a Nashville Sounds game at First Horizon Park
- ☐ Spend a Sunday morning brunching in East Nashville
- ☐ Take a day trip to Burgess Falls State Park
- ☐ Cheer on the Predators at Bridgestone Arena
- ☐ Watch the sun set over the Cumberland River from the pedestrian bridge
- ☐ Visit Graceland in Memphis
- ☐ Walk Beale Street in Memphis for live blues music
- ☐ Hike to Laurel Falls in Great Smoky Mountains National Park
- ☐ Watch the sunrise from Clingmans Dome in the Smokies
- ☐ Tour Jack Daniel's Distillery in Lynchburg
- ☐ Visit Ruby Falls inside Lookout Mountain in Chattanooga
- ☐ Ride the Incline Railway up Lookout Mountain
- ☐ Explore the Tennessee Aquarium in Chattanooga
- ☐ Swim at Cummins Falls State Park
- ☐ Walk through Dollywood in Pigeon Forge
- ☐ Explore the underground caves at Cumberland Caverns
- ☐ Hike the Fiery Gizzard Trail in South Cumberland State Park
- ☐ Visit the National Civil Rights Museum in Memphis
- ☐ See the waterfalls at Fall Creek Falls State Park
- ☐ Explore the charming shops and restaurants of downtown Knoxville
- ☐ Drive the Natchez Trace Parkway in the fall foliage season
- ☐ Catch a University of Tennessee football game in Knoxville

check it off as you

Explore