



Welcome to
East Nashville, TN

East Nashville



Always growing, thriving, eclectic, historic and hip, East Nashville has become one of the city's most-desired areas to live and play. Its low-key vibe and neighborly personality make this community a great place to escape without leaving town. East Nashville has attracted many musicians and visual artists to the neighborhood, and Budget Travel Magazine calls Historic East Nashville, "Nashville's version of New York's East Village." Here you can mingle with the patrons of the local hangouts, and you're bound to meet more than a few musicians and songwriters.

Whether it's for the amazing restaurants, indie-rock scene, the vintage and eclectic shopping, or the vibrant and artistic culture, people are finding more and more reasons to come over to this side of the river.

Within East Nashville, sports enthusiasts frequent the **Edgefield Sports Bar and Grill** for billiards and darts. **Mad Donna's** serves up innovative cuisine and creative cocktails for dinner. For a taste of old Mexico, visit the **Rosepepper Cantina**, where guests may find themselves being serenaded by a Mariachi band. Across the street is **Eastland Café**, a vibrant neighborhood restaurant that is both comfortable and casually elegant. Take in some live music with dinner at **The Family Wash** which offers a small but delicious menu along with local bands and musicians performing Tuesday through Saturday nights.

East Nashville Area Guide

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Day 1

East Nashville is close to the **Cumberland River** and is known as one of the most **eclectic and liberal areas** of Nashville. These areas are especially embraced by artists and musicians for their funky, artsy, quaint hip village vibe and curb appeal. Driving distance from East Nashville to the Bridgestone offices at 4th and Demonbreun averages about five miles.

If you decide to stay in one of these **eccentric areas of Nashville**, try **Big Bungalow Bed & Breakfast**. If you're interested in **downtown Nashville**, try **Union Station** - an upscale, historic-renovated train station on Broadway next to the First Art museum or **Holiday Inn on Broadway** – affordable, but within walking distance to the nightlife on Broadway. For a hotel near the airport, try **Marriott Airport or Courtyard Suites**.

START YOUR DAY

If you are in East Nashville for breakfast, try **Red Bicycle Coffee & Crepes**, serving sweet or savory crepes, with an espresso or latte. It's a great place to catch up on your morning emails with its strong Wi-Fi connection; or try **Sky Blue Café**, a colorful diner featuring local coffee and baked goods.

GET TO KNOW THE AREA

After breakfast, start your quest to explore East Nashville. The area offers incredible outdoor activities from parks to farmer's markets to amazing views. **Bicentennial Capitol Mall State Park** is a beautiful green space at the base of the Tennessee Capitol building and a short walk from Germantown. It is a great place for walking your dog, jogging or riding your bike. While here, visit the **Nashville Farmers' Market**, which offers outdoor and indoor vendors offering fresh produce, eggs, flowers and prepared meals. You can also sample gourmet food items from Jamaica, Korea, Italy and Greece.

John Seigenthaler Pedestrian Bridge: you will find the most amazing view of the Cumberland River and Downtown Nashville. The bridge is only accessible by foot, and be sure to bring your camera for this one. If you want to get in the river, paddle boarding and kayaking excursions through **Big Willie's Action Sports, Riverqueen Voyages** can be booked ahead of time.



Day 1

GET TO KNOW THE AREA

It would not be a trip to East Nashville without exploring an art gallery. **Art & Invention Gallery** has a wonderful array of work that includes paintings, pottery and jewelry. This part of East Nashville, 5 Points, is the epicenter of the annual **Tomato Art Fest**. This festival is a weekend of wild tomato-themed fun with a King & Queen, a parade, a 5K, live music, food trucks and lots of tomato-inspired art.

East Nashville is known for its restaurants and bars, so you can eat and drink your way through the area, stopping at some of these local hot spots:

Cochon Butcher: a buzzing sandwich counter and wine bar with creative deli options made with house-cut meats.

5th & Taylor: a swanky new place for food and late night cocktails with a tree-lined patio.

Rolf & Daughters: a gourmet American and Mediterranean farm-to-table cuisine that gets rave reviews from locals.

Wild Cow: a casual spot for creative vegetarian and vegan fare with homemade sauces and stocks to add bold flavors.

Little Octopus: offers fresh and healthy food with vibrant flavors

Pepperfire Hot Chicken: you can't visit Nashville without trying this regional delicacy. Pepperfire specializes in spicy chicken with sides of crinkle-cut fries, but be prepared for the heat – it's not known for its faint palate.



Day 1

Points of Interest in Nashville

GET TO KNOW THE AREA

Centennial Park: a quick drive through the Vanderbilt campus and you'll be right next door to one of Nashville's most famous parks. Home of the 1897 Centennial Exposition, this park is home to one of the area's most iconic landmarks, **the Parthenon**, a to-scale replica of the actual Parthenon in Athens. Take a walk around the lake and snap a few selfies in this gorgeous park.

Music Row: a trip to Nashville is not complete without a quick jaunt through Music Row, where most of the unassuming buildings house record labels responsible for the music industry's \$9.7 billion economic impact. One particular point of interest is **RCA Studio B**, where hundreds of artists recorded, including Dolly Parton, Willie Nelson and Elvis Presley. To tour the studio, you will need to purchase a ticket through the Country Music Hall of Fame.

END YOUR DAY

The Family Wash: a cozy and laidback venue in East Nashville. A former laundromat, this hangout is an ideal place for a night of live music, good beer or wine and deliciously simple good food.

Cap off your evening in East Nashville at some of the local live music scenes: **The Five Spot** or **Three Crow Bar**.



Day 2

START YOUR DAY

Nothing beats starting your day with a hearty breakfast at the Nashville Biscuit House, a petite diner with a drive-up window and downhome sausage gravy – it is home to real Nashville Country Cooking.

GET TO KNOW THE AREA

Tour downtown and take in some culture.

Parking suggestion: Nashville Public Library is only \$5 for all-day parking. Walking is the best way to see great views when touring the city. The suggested list below provides the most logical walking path for the area.

Frist Center for the Visual Arts: a must see for art enthusiasts, but the ever-changing exhibits can appeal to all. On the third floor, kids (and adults) are encouraged to make their own art. The building is also known for its architectural appeal.

Ryman Auditorium: perhaps the most legendary building in all of Nashville, and one of the original homes of the Grand Ole Opry. Take a tour of the “Mother Church” of country music – one of the best venues to catch a live show. Tours are offered 9 a.m. – 4 p.m. daily.

Country Music Hall of Fame: it doesn't get any more Nashville than this. An amazing collection of all things country music – from Dolly's handwritten Jolene lyrics, to the Hee Haw Corn Patch, Johnny Cash's legendary black suit and even Elvis' Gold Cadillac. This is a must-see for any music fan, history buff or anyone interested in learning about the American culture phenomenon that is country music.

ENJOY A LOCAL EATERY

Jack's Legendary BBQ: a great stop for lunch, offering authentic Southern style BBQ and sides.

Mike's Ice Cream: this is a fab local-to-Nashville spot to grab a refreshing dessert.



Day 2

SHOP & SIGHT-SEE

Schermerhorn Symphony Center: a favorite of locals, is one of the most beautiful buildings in all of downtown Nashville. Check out the gorgeous architecture and fountains on your way to the Pedestrian Bridge.

Shelby Street Pedestrian Bridge: right down the street from the Symphony, you will find the most amazing views of the Cumberland River and Downtown Nashville on this bridge, which is only accessible on foot. Don't forget the camera for this one.

1108 Shops at Woodland: just around the block is a collection of precious boutiques. Vintage clothing, books and antiques are all gathered together for an eclectic and fun shopping experience. Good Buy Girls and Hello Boys are among the favorites in the area.

Shoppes on Fatherland: just a few blocks up the road is another group of boutique stores. They are definitely walkable from your previous locale, and just as much fun. Don't miss Baxter Bailey & Company if you have a dog or cat, Thrive for earth-friendly products and Moxie for a cute made-in-Nashville poster or other unique gifts.

Jeni's: you may have just had lunch (and maybe even dessert) but any visitor to Nashville should not leave without giving Jeni's a try. Their Goat Cheese & Red Cherries and Brown Butter Almond Brittle will change your life. You can even sample as many flavors as your heart desires.

Old Made Good: a favorite for women, just down Gallatin Pike from your previous destinations. These ladies truly have an eye for art, fashion and design. With great local products and a floor entirely comprised of gold glitter, you can't go wrong at this incredible spot.



Day 2

SHOP & SIGHT-SEE

Opryland Hotel: one of the largest "non-gaming" resorts in the United States, Opryland Hotel is a sight to behold. You'll find indoor canals and mini-cities, beautiful plants, fountains, chandeliers and even waterfalls. Take a canal tour and learn more about the hotel's fascinating story. If you're here during the winter, the Opryland Hotel is a must-see during the holidays. Be sure to park in the mall lot near the Grand Ole Opry House.

Cheekwood Art Museum and Botanical Gardens: beautiful gardens are dotted with ponds, fountains, a Japanese garden, a treehouse and outdoor model trains. You can also tour the mansion, previously owned by the Cheek family (of Maxwell house fortune) and the upstairs art galleries. During warmer months there are often festivals and concerts throughout the grounds. It is truly a Nashville gem.

Carnton Plantation: hands down, one of the favorite historic tours in all of Nashville – and it's worth the drive to Franklin to see. The Carnton Plantation served as a Civil War hospital and is the final resting place for more than 1,500 confederate soldiers. The story behind the plantation is fascinating, and the grounds are beyond gorgeous.

Make an evening of it: head back into East Nashville and hit the town after dinner. Grab hand-crafted cocktails at **Holland House** and/or round out your evening again at **Three Crow Bar, Red Door** and the **5 Spot**.

END YOUR DAY



A
Red Bicycle Coffee
1200 5th Ave N
Nashville, TN

B
Sky Blue Cafe
700 Fatherland St
Nashville, TN

C
Cochon Butcher
1120 4th Ave N
Nashville, TN

D
5th & Taylor
1411 5th Ave N
Nashville, TN

E
Rolf & Daughters
700 Taylor Street
Nashville, TN

F
Wild Cow
1896 Eastland Ave
Nashville, TN

G
Little Octopus
604 Gallatin Ave
Nashville, TN

H
Pepperfire Hot Chicken
100 Gallatin Ave
Nashville, TN

I
The Family Wash
626 Main Street
Nashville, TN

J
Three Crow Bar
1024 Woodland Street
Nashville, TN

K
The 5 Spot
1006 Forrest Ave
Nashville, TN

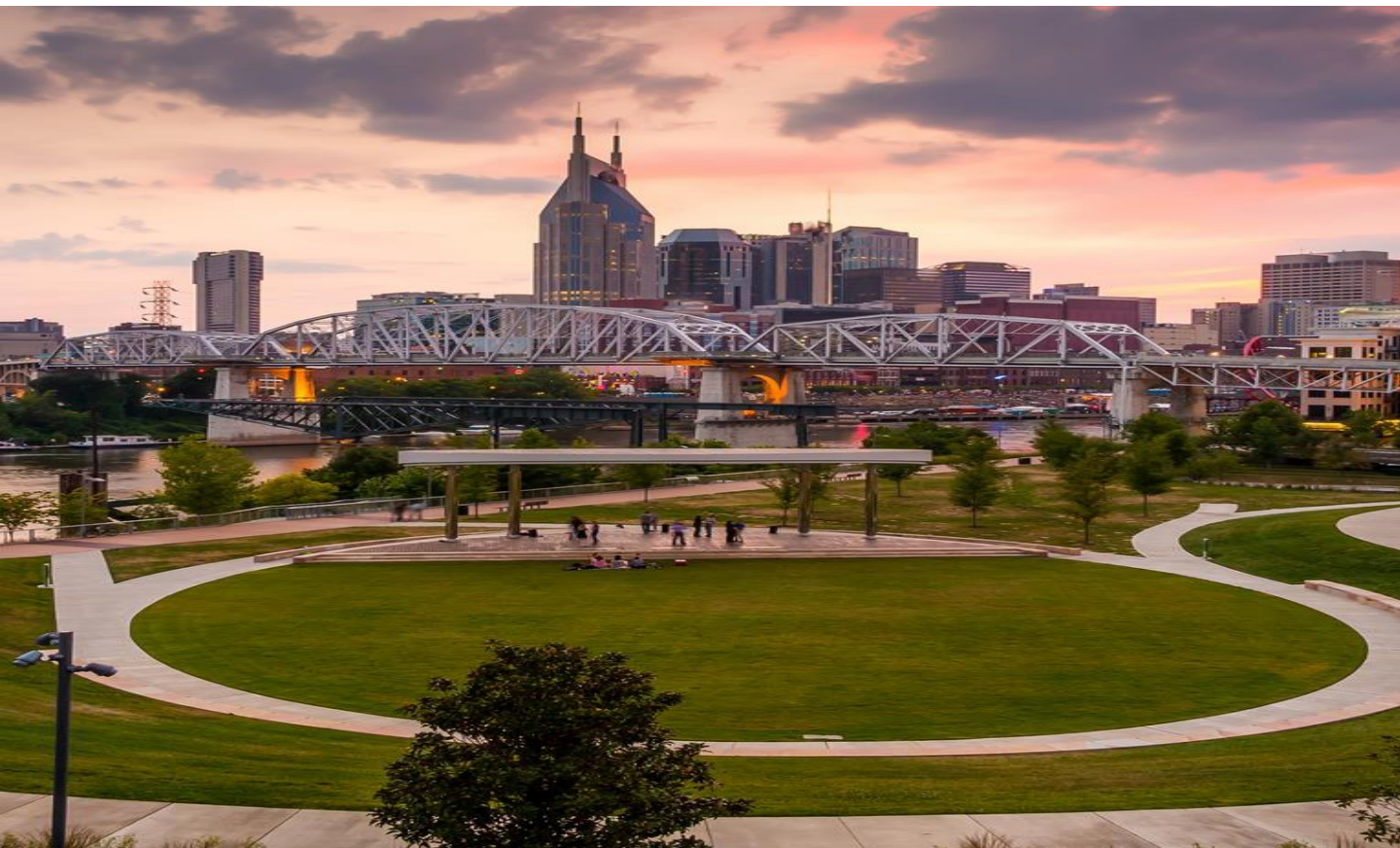
L
National Biscuit House
805 Gallatin
Nashville, TN

M
Jack's BBQ
416 Broadway
Nashville, TN

N
Mike's Ice Cream
208 Broadway
Nashville, TN

O
Jeni's
1892 Eastland Ave
Nashville, TN

P
Holland House
935 Eastland Ave
Nashville, TN



1
Bicentennial Capitol
600 James Robertson
Nashville, TN

2
Nashville Farmers Mkt
900 Rosa L Parks Blvd
Nashville, TN

3
Shelby Street Bridge
1000 Main Street
Nashville, TN

4
Art & Invention Gallery
1106 Woodland St
Nashville, TN

5
Centennial Park 2500
West End Ave
Nashville, TN

6
Ryan Auditorium
116 5th Ave N
Nashville, TN

7
Music Row
17th Ave & Division St
Nashville, TN

8
Fanny's House of Music
1101 Holly St
Nashville, TN

9
Frist Center
919 Broadway
Nashville, TN

10
The Parthenon
2500 West End Ave
Nashville, TN

11
Country Music Hall
225 5th Avenue S
Nashville, TN

12
Schmerhorn
1 Symphony Place
Nashville, TN

13
1108 Shops at
Woodland
1108 Woodland St
Nashville, TN

14
Shoppes on Fatherland
1006 Fatherland St
Nashville, TN

15
Old Made Good
3701 B Gallatin Pike
Nashville, TN

16
Opryland Hotel
2800 Opryland Drive
Nashville, TN

17
Cheekwood
1200 Forrest Park Dr
Nashville, TN

18
Hey Rooster
1106 Gallatin Ave
Nashville, TN

19
Adventure Science Ctr
800 Fort Negley Blvd
Nashville, TN

20
Gateway Bridge
90 Peabody St
Nashville, TN



Transportation

East Nashville is 11 miles from the Nashville International Airport. There are currently 39 airlines that operate out of this airport. There are currently 39 airlines that operate out of this airport. The Nashville International Airport offers nonstop flights to more than 50 cities, and more than 3,927 domestic flights and 56 international flights depart from the airport every week.

Nashville International Airport has ground transportation options for all visitors, no matter your needs, schedule or destination.

American Airlines	Reservations: 800-433-7300
Delta Air Lines	Reservations: 800-221-1212
Frontier Airlines	Reservations: 800-432-1359
Southwest Airlines	Reservations: 800-435-9792
United Airlines	Reservations: 800-241-6522
US Airways	Reservations: 800-428-4322

Rental Cars

The consolidated rental car facility is just a short walk to and from the terminals and has covered moving walkways.

Company Name	Location
ADVANTAGE	Third level
ALAMO	First level
AVIS	Second level
BUDGET	Second level
DOLLAR	Second level
ENTERPRISE	First level
HERTZ	Third level
NATIONAL	First level

Transportation

Taxis

From the airport, the meter starts at \$7 and the rate is \$2.10 per mile. There is a flat rate of \$25 to the downtown area and the Opryland Hotel area, plus an additional passenger charge of \$1 if proceeding to the same destination.

Company Name	Company Main Phone
1-800-TaxiCab	1-800-829-4222
Allied Cab	615-333-3333
American Music City Cab	615-865-4100
Checker Cab	615-256-7000
Green Cab	615-424-6000
Kwik Cab	615-934-0777
Magic Taxi	615-500-5000

Limousines

Company Name	Phone
24 HR Clarksville Airport Shuttle	931.237.2699
Alpha Limousine	615.891.3723
Bestway Transportation	615.524.8217
Bowling Green Shuttle	270.781.4321866.234.8705
Brentwood Limousines	615.370.0707 800.865.LIMO (800.865.5466)
Capitol Limousines, Inc.	615.883.6777 800.232.1622
Limousine Services	Complete List Of Limousine Services

Accommodations

Airport Lodging and Shuttle Services

There are more than 30 lodging options that offer shuttle services from the airport directly to your hotel. Phone boards are located on ground transportation and baggage claim levels.

Company Name	Phone
Airport Super 8 Motel	615.889.8887
Best Western Suites	615.902.9940
Country Inn & Suites	615.277.1099
Courtyard by Marriott Nashville at Opryland	615.882.9133
Courtyard Nashville Airport	615.883.9500
	Link To Lodging Shuttles

East Nashville

There are a number of lodging options in the East Nashville/Inglewood, and they range in style, amenities and price. Whether you are planning a weekend trip or an extended stay, the following list will provide you with many options.

[Holiday Inn Express Hotel & Suites](#)

2461 McGavock Pike
Nashville, TN 37214
615-829-7777

This is the newest hotel in the area, and has easy access to the Nashville International Airport. It is adjacent to the Gaylord Opryland Resort and Convention Center, near major attractions and businesses and 11 miles from downtown. Guests enjoy close proximity to the Grand Ole Opry, Vanderbilt University, Gaylord Entertainment, Opry Mills Mall, Gaylord Springs Golf Course and the Bass Pro Shop. If downtown attractions are what you want, the hotel is a 15-minute drive to famous attractions like the Country Music Hall of Fame and the Nashville Zoo at Grassmere.



Accommodations

[Hampton Inn](#)

230 Rudy Circle
Nashville, TN 37214

The Hampton Inn & Suites Nashville at Opryland is ideally located just minutes from country music's Grand Ole Opry and popular Music City attractions in Nashville. The hotel is also situated just a few miles from the Nashville International Airport and offers airport shuttle service. The large guitar at our front entrance and country music decor in our lobby pay tribute to the capital of country music.

[DoubleTree](#)

315 4th Ave N
Nashville, TN 37219

Conveniently located just ten miles from Nashville international Airport, DoubleTree by Hilton Hotel Nashville-Downtown is the ideal place to stay when visiting Music City USA. This downtown hotel offers dining and beverage options for everyone. The distinctive Fourth & U restaurant and bar serves an array of urban dining options using local and regional products while maintaining great Southern traditions. The restaurant features local musicians and an outdoor covered patio. There is also an indoor pool and modern fitness center.

Climate

Nashville's weather and temperature range is fairly moderate compared to many other cities in the U.S. The temperatures in Nashville range from an average low of 37 degrees in January, to an average high of 80 degrees in July. Listed below are the average temperatures broken down by month and in Fahrenheit.

Nashville Weather Notes & Tips

- The humidity in East Nashville/Inglewood is at its highest in the summer months.
- It does snow in Nashville a few times a year, but rarely is more than a few inches.
- The highest monthly rainfall normally occurs in the spring, with the month of May producing the most rain, normally around 5 inches.

Month	Average High	Average Low
January	46	28
February	52	31
March	61	39
April	70	47
May	77	57
June	85	65
July	89	68
August	88	68
September	82	61
October	71	49
November	59	40
December	49	32

Nashville is situated in a natural basin encompassing wooded hills, the Cumberland River and numerous tributaries. Its elevation is 550 feet (168 m.) at lowest point, and 1,100 feet (336 m.) at the highest point. The average precipitation per month is 4.01 inches

Spring: March tends to be cool at the beginning of the month, warming to the mid-to-upper 60s by the end of the month. Evenings may still be a bit brisk. **Summer:** The weather is warm and humid. **Fall:** Days are warm and pleasant. Evenings require a sweater or light jacket. **Winter:** Generally mild, temperatures range from cool to cold. If snowfall occurs, it is usually in January or February, and is seldom heavy.

TYPE AND PROBABILITY OF NATURAL DISASTERS OR SEVERE WEATHER CONDITIONS

The Middle Tennessee area, including East Nashville and Inglewood, has around a dozen or so tornado watches issued annually, and at least one tornado is either spotted and/or touches down in Middle Tennessee every year. What is the difference between a Tornado Watch and a Tornado Warning? A tornado watch is just to let folks know to be on the lookout for a possible tornado in the area, whereas a Tornado Warning is a notification that a tornado has been seen or picked up by radar.



Tax Considerations

STATE

The sales tax rate on food is 5 percent. All other tangible personal property, unless specifically exempted, is 7 percent. State single article rates are 2.75 percent on any single item sold in excess of \$1,600 but not more than \$3,200. Tennessee offsets its high sales tax by not imposing a state income tax.

DAVIDSON COUNTY

There is a tax for property owners, but the amount depends on the value of your property. The property assessor places the appraised value on residential and commercial properties.

CITY

Nashville has a 2.5 percent sales tax. When added to 7 percent state tax, the total tax charged is 9.25 percent.

HELPFUL LINKS

[State of Tennessee](#)

[Tennessee State Government](#)

IMPORTANT NOTICE

This is general information only, and does not represent personal tax advice either expressed or implied. You are encouraged to seek professional tax advice for personal income tax questions and assistance.

Home Purchase/Rental Market

2015 HOME PURCHASE MARKET

Average price per-square-foot for East Nashville was \$170, an increase of 7.5 percent compared to the same period last year. The median sales price for homes in East Nashville for April 15 to July 15 was \$319,900 based on 697 home sales. The median home sales price increased 4.4 percent, or \$10,550, and the number of home sales decreased 18.2 percent compared to the same time period last year. The average listing price for homes for sale in East Nashville/Inglewood was \$317,851 for the week ending July 29, which represents an increase of 1.9 percent, or \$5,854, compared to the prior week.

<u>East Nashville</u>	<u>Tennessee</u>
Average Sale Price	Average Sale Price
\$314,650	\$193,708

Source: trulia.com

2015 HOME RENTAL MARKET

East Nashville/Inglewood offers a variety of newer, older, and remodeled homes. Many of the properties for rent are available through property management companies. They can also be found online through websites such as Realtor.com, Craig's List, Trulia and Zillow.

AVAILABILITY

The home rental market in East Nashville/Inglewood and the entire Nashville area is very tight right now. Homes typically only stay on the market for a week or two before they are rented, and there are only a handful of rental homes available in each neighborhood.

<u>Unit Size</u>	<u>Junior-Level</u>	<u>Mid-Level</u>	<u>Executive-Level</u>
3 Bedroom	\$1,200	\$1,395	\$2,450
4 Bedroom	\$1,500	\$2,450	\$3,200
5 Bedroom	\$2,295	\$3,650	\$4,540



Apartment Rental Market

2015 APARTMENT RENTAL MARKET

Rental rates for apartments in East Nashville continue to rise, and due to the demand, there are plans to build new communities within the East Nashville market. At the end of 2014 average rent for an apartment in East Nashville hit an all-time high of \$1,305 compared to average for all of Nashville which was \$995. Occupancy for the third quarter was 96.12 percent.

AVAILABILITY

Most complexes can provide a list of available units 30-60 days prior to the availability date.

Unit Size	Junior-Level	Mid-Level	Executive-Level
1 Bedroom	\$899	\$955	\$1,100
2 Bedroom	\$1,150	\$1,300	\$1,649
3 Bedroom	\$1,390	\$1,550	\$1,730

AVERAGE APARTMENT RENTAL PRICE

Source: World Trade Resource, Inc.

IMPORTANT NOTICE

Rental housing market pricing for both apartments and private rentals can fluctuate significantly based on many factors, including time of year, economic and business changes. The pricing provided is for informational purposes and is subject to change.

HELPFUL LINKS

www.realtor.com
www.rentals.com
www.rentalhouses.com
www.homerentals.net
www.zillow.com
www.trulia.com
www.craigslist.com
www.apartmentguide.com
www.apartments.com
www.rentals.com
www.rent.com
www.forrent.com
www.apartmentfinder.com
www.apartmentcities.com
www.move.com/apartments
www.mynewplace.com
www.nashville.forrent.com
www.summitnashville.com



LOCAL SCHOOLS

Generally, to register your child for school you will need to have a passport, lease or home purchase agreement. Please always confirm requirements with the school you are interested in before assuming that your child will be able to attend that school. All schools will be more than happy to arrange a personal tour of their facility, which can be scheduled by calling the school directly. Most schools will hold a meet-the-teacher night the week prior to the beginning of the school year.

East Nashville assigned public schools are Kirkpatrick Elementary School, Baily Middle School and Stratford High School. There are also several other school options in the area.

A - East Nashville Magnet School

110 Gallatin Ave
Nashville, TN 37206
615-262-6947

B - Stratford STEM Magnet High School

1800 Stratford Ave
Nashville, TN 37216
615-758-2427

C - Cora Howe Elementary School

1928 Greenwood Ave
Nashville, TN 37206
615-773-9630

E - East End Prep

1460 McGavok Pike
Nashville, TN 37216
615-758-5846

F - Inglewood Elementary

1700 Riverside Dr
Nashville, TN 37216
615-758-5619

[Nashville Public Schools](#)



Area Resources & Information

APPLYING FOR A DRIVER'S LICENSE

PLEASE NOTE: All documents are subject to further verification with the issuing agency or source. Documents subject to verification may delay the issuance of your permit, driver's license or identification-only license. No photocopies will be accepted.

DRIVER'S LICENSE OFFICE LOCATIONS AND HOURS

- William R. Snodgrass Building, 3rd Floor
312 Eighth Ave. North, Nashville, TN, 37243
615-253-2062
- 624 Hart Lane, Nashville, TN, 37216
615-532-9780
- 6604 Centennial Blvd, Nashville, TN, 37209
615-741-4560/615-741-4561

Hours of operation: Open Monday-Friday 8 a.m. - 4:30 p.m.
Closed on all U.S. Federal Holidays.

VEHICLE REGISTRATION

Bring the current registration and certificate of title to your county clerk. Your application for a Tennessee certificate of title will serve as the ownership document and registration until the new certificate of title is mailed to you or your lien holder. Costs include a title fee, a passenger vehicle registration fee and a mailing fee. Most counties and some cities also require payment of a wheel tax. The amount will vary.

CHANGE OF ADDRESS

Please visit Tennessee's online website if you wish to change your address.

HELPFUL LINKS

[Tennessee Safety & Homeland Security](#)



Area Resources & Information

IMMUNIZATION REQUIREMENTS/LAWS

The State of Tennessee requires that all new entering students, at both public and private institutions of higher education within the state, receive both the hepatitis B vaccine and the meningococcal vaccine, or that they sign and submit a signed waiver acknowledging that they recognize the dangers of these diseases, that they know that effective vaccines are available and that they chose not to receive the vaccines. The meningococcal vaccine or waiver requirement is limited to students who will be living in on-campus housing.

Tennessee Vaccination Requirements:

- Hepatitis B Vaccine – the hepatitis B vaccine requires three (3) injections. The first injection is given, then at one month after the first injection (second injection), and at six months after the first injection (third injection). The vaccine is available in most physicians' offices and at most health departments. It is also available at the Vanderbilt Student Health Center. Protection is thought to be life-long, but booster injections could be necessary. A signed waiver is acceptable.
- Meningococcal Vaccine – the meningococcal vaccine is a one-dose vaccine. Protection lasts for approximately 3-5 years, and protective antibodies develop within 2-3 weeks after the injection. The vaccine protects against serogroups A, C, Y and W-135, and is available in many physicians' offices, in addition to some health departments. A signed waiver is acceptable.
- Measles, Mumps and Rubella – all students born after January 1, 1957 must be vaccinated with TWO doses of Measles, Mumps and Rubella (MMR) vaccine - according to TN State Law Chapter 1200-14-1-29. The TWO MMR vaccine requirement cannot be waived.

HELPFUL LINKS

[Tennessee Department of Health](#)



Dining

LOCAL DINING

The Pharmacy Burger Parlor & Beer Garden

731 McFerrin Ave, Nashville, TN 37206, 615-773-2258

A creative selection of burgers and sausages, an old-time soda fountain and outdoor seating.

Mas Tacos Por Favor

732 McFerrin Ave, Nashville, TN 37206, 615-553-4371

This no-frills Mexican restaurant fixes up an array of tacos and other Mexican favorites.

Sky Blue Café

700 Fatherland St, Nashville, TN 37206, 615-773-5351

A colorful diner featuring local coffee, baked goods, daily breakfast and dinner almost every night.

CREMA

15 Hermitage Ave, Nashville, TN 37204, 615-758-6960

An artisan coffeehouse and roaster serving drinks, pastries and snacks in a wood-paneled, industrial space.

Marche Artisan Foods

1000 Main Street, Nashville, TN 37206, 615-754-2782

A bright, casual cafe serving European bistro-style dishes featuring local ingredients.

Corner Pub Midtown

2000 Broadway, Nashville, TN 37203, 615-327-9250

This full service, family-friendly neighborhood restaurant is located right around the corner in Midtown, and known for its traditional southern Meat & Three and pub food classics. At Corner Pub there is always an event going on and football games on TV.

A photograph of three women from the chest up, smiling and holding several large, colorful shopping bags in shades of yellow, teal, and pink. They are outdoors, and the background is slightly blurred.

Shopping

LOCAL SHOPPING

Shoppes on Fatherland: just a few blocks up the road is another group of boutique stores. They are definitely walkable from your previous locale, and just as much fun. Don't miss Baxter Bailey & Company if you have a dog or cat, Thrive for earth-friendly products and Moxie for a cute made-in-Nashville poster or other unique gifts.

Opry Mills: Tennessee's largest outlet and value retail destination. Situated between I-40 and I-65 on Briley Parkway, Opry Mills offers quick and convenient access to downtown Nashville and Nashville International Airport. The beautiful indoor mall has more than 200 stores including: Saks Fifth Avenue OFF 5TH, Forever 21, J.Crew Factory Store, Vera Bradley Outlet, Bass Pro Shops Outdoor World, and more. There's something for everyone with retailers ranging from jewelry to women's apparel to sporting goods.

Full-service dining options include: Aquarium Restaurant, Rainforest Cafe and Chuy's Mexican Food, as well as quick and fast options such as Johnny Rockets, Subway and Panda Express. Opry Mills also offers entertainment options with Regal Cinema 20, IMAX Theater and Dave & Buster's.

Old Made Good: a favorite for women, just down Gallatin Pike from your previous destinations. These ladies truly have an eye for art, fashion and design. With great local products and a floor entirely comprised of gold glitter, you can't go wrong at this incredible spot.



Area Attractions & Recreation

LOCAL ATTRACTIONS & RECREATION

Bicentennial Capitol Mall

600 James Robertson Pkwy, Nashville, TN 37243

Located in the shadow of the Capitol in downtown Nashville, Bicentennial Capitol Mall gives visitors a taste of Tennessee's history, natural wonders and serves as a lasting monument to Tennessee's Bicentennial Celebration on June 1, 1996.

During the urban building boom in downtown Nashville during the late 1950s and early 1960s, the Tennessee State Capitol disappeared from sight on the east, west and south sides. Bicentennial Capitol Mall preserved the only remaining view of the Capitol, which also became the home of the Bicentennial Capitol Mall State Park.

Nashville Farmers' Market

900 Rosa L Parks Blvd, Nashville, TN 37208

The Farmers' Market has been a vital part of Nashville life since the early 1800s. While the market has had several homes, one thing has remained constant: a love of shopping for the best produce, foods and finds in an exciting community setting.

In 1995, the Farmers' Market was renovated as part of the Bicentennial State Park Mall development. The daily market now stretches from Harrison to Jackson Streets on Rosa L. Parks Blvd., and covers 16 acres of urban land. The area is home to local farmers, artisans and merchants, an interior market house with restaurants, an international market, Howell's Farm Store and even more specialized merchants during the winter. There is also a weekend flea market where independent entrepreneurs come to sell a wide variety of items.



Area Attractions & Recreation

LOCAL ATTRACTIONS & RECREATION

John Seigenthaler Pedestrian Bridge

The bridge, also known as the Shelby Street Pedestrian Bridge, spans the Cumberland River and connects downtown's popular 2nd Avenue area to LP Field. It's a local favorite for photography and river views, a romantic stroll, or a special event.

Spanning 3,150 feet, it is one of the longest pedestrian bridges in the world. The bridge was the first one in North America to have concrete arched trusses. In 1998, the Shelby Street Bridge was admitted to the National Register of Historic Places, due mainly to the unique truss design. The bridge now includes an elevator, ramps and stairways.

The bridge has a center lane 15 feet across to accommodate bicycles. On each side of the bicycle lane there are 10-foot-wide elevated boardwalk-style sidewalks. The bridge includes four scenic pedestrian overlooks that have artistic renderings of the history of life on the Cumberland River. The bridge is beautifully lit at night, and is part of the Metro Nashville Greenway system.

The eastern terminus includes a pedestrian plaza with special landscaping and is very close to LP Field. The western terminus comes out facing the Schermerhorn Symphony Center, close to the Country Music Hall of Fame.

Big Willie's Action Sports

592 S 1st St, Nashville, TN 37213

Big Willie invites visitors and residents of Nashville to get a different view of downtown: the view from the Cumberland River. Big Willie's laid-back approach and devotion to pure fun expresses itself in stand-up paddleboard tours that can be as thrilling or as mellow as customers want.



Area Attractions & Recreation

LOCAL ATTRACTIONS & RECREATION

Centennial Park

2500 West End Ave, Nashville, TN 37203

A quick drive through the Vanderbilt campus, and you'll be right next door to one of Nashville's most famous parks – Centennial. Home of the 1897 Centennial Exposition and Nashville's most iconic landmark: the Parthenon, a to-scale replica of the actual Parthenon in Athens. Take a walk around the lake and snap a few selfies in this gorgeous park.

Music Row

16th Ave. S. and 17th Ave. S. Nashville, TN 37203

A trip to Nashville is not complete without a quick jaunt through Music Row, where you'll find most of the unassuming buildings housing the record labels responsible for the \$9.7 billion economic impact in the Nashville region. One particular point of interest is RCA Studio B, where hundreds of artists recorded, including Dolly, Willie Nelson and Elvis Presley.

Safety



GENERAL SAFETY TIPS

As with any city, be careful and use good sense when visiting East Nashville, Inglewood, Nashville, and the surrounding towns.

Use caution when walking around Downtown Nashville at night, especially along the avenues south of Broadway. Use designated parking and avoid leaving valuables in your vehicle. Panhandlers do exist around these areas.

Several other areas, such as the Omohundro area, are very industrial. These areas are generally on the Cumberland River upstream and downstream of downtown. These areas are not good areas to walk or even drive. Do your best to avoid them.

HELPFUL LINKS

[Neighborhood Scout](#)

[Tennessee State Government](#)



**SHAPING
TOMORROW**
AT 4TH AND DEMONBREUN