



## OUR CURATED RECOMMENDATIONS

From time to time it's good to head down the mountain for a change of scenery. This collection of favorite local destinations provides you with weeks of exploration and fun with your family and friends. Curated by the staff at McLemore, each of these businesses has been selected for their distinct quality and experience.

We highly recommend calling in advance for reservations.

### FINE DINING

#### *ALLEIA*

Alleia a unique interpretation of rustic Italian cuisine, using local ingredients to create an evolving menu. Alleia boasts seven types of house made pasta and a custom brick oven for pizza making. Call (423) 305-6990. Located at 25 E Main St, Chattanooga, TN 37408.

<http://alleiarestaurant.com/>

#### *BRIDGEMAN'S CHOPHOUSE*

Located in the Read House, Bridgeman's menu offers an extensive steak selection and fresh seafood, including a grand seafood tower, raw oysters, and a variety of fresh fish. Call (423) 643-1240. Located at 107 W M.L.K. Blvd, Chattanooga, TN 37402.

<https://www.bridgemanschophouse.com/>

#### *EASY BISTRO & BAR*

Easy Bistro offers a unique culinary experience with dishes rooted in the French classics and prepared with Southern flair. Call (423) 266-1121. Located at 801 Chestnut St, Chattanooga, TN 37402.

<https://www.easybistro.com/>

#### *HENNEN'S*

An American steak & seafood restaurant with an extensive wine list, Hennen's is set in a sleek, romantic space. Dress is business casual. Call (423) 634-5160. Located at 193 Chestnut St, Chattanooga, TN 37402.

<http://www.hennens.net/>

#### *ST. JOHN'S RESTAURANT*

A rotation of seasonal farm to table menu items and exhaustive wine list makes St. John's is a favorite for the regional gourmand, the romantic couple or a lively group. Dress is business casual. Call (423) 266-4400. Located at 1278 Market St, Chattanooga, TN 37402.

<https://www.stjohnsrestaurant.com/>

#### *STiR*

Located in the historic Chattanooga Choo Choo complex, STiR is known for its craft cocktails, artisanal ice, fresh oysters and innovative menu. Call (423) 531-7847. Located at 1444 Market St, Chattanooga, TN 37402.

<https://stirchattanooga.com/>

#### *WHITEBIRD*

Whitebird is a modern American restaurant at the foot of Chattanooga's historic Walnut Street Pedestrian Bridge. Whitebird offers a fresh take on Appalachian cuisine with ingredients sourced straight from the Tennessee River Valley. Call (423) 269-8539. Located at 102 Walnut St, Chattanooga, TN 37403.

<https://www.whitebirdchattanooga.com/>

### CASUAL DINING

#### *BOATHOUSE ROTISSERIE & GRILL*

The Boathouse is a long-standing Chattanooga tradition and a choice destination for the best of riverfront dining, located directly on the Tennessee River in the heart of Chattanooga's stylish Riverwalk. Call (423) 622-0122. Located at 1459 Riverside Dr #4312, Chattanooga, TN 37406.

<https://www.boathousechattanooga.com/>

#### *CHAMPY'S CHICKEN*

Named among "20 of the Best Fried Chicken Places in America" by USA Today, Champy's offers fried-to-order chicken, hand-rolled Mississippi tamales, homemade sides and desserts. Call (423) 752-9198. Located at 526 E Martin Luther King Blvd, Chattanooga, TN 37403.

<https://champyschicken.com/>

#### *COMMUNITY PIE*

Providing a casual and family-friendly atmosphere, Community Pie offers fresh, oven-baked pizza, salads and sandwiches, and a variety of beers and cocktails. Call (423) 486-1743. Located at 850 Market St, Chattanooga, TN 37402.

<https://www.communitypie.com/>

#### *MAIN STREET MEATS*

Recognized for serving traditional cuts of meat, Main Street Meats has a "whole-animal" approach to butchery. This extraordinary restaurant offers everything from bavettes to short ribs, along with delicious cocktails and beers. Call (423) 602-9568. Located at 217 E Main St, Chattanooga, TN 37408. <https://www.mainstreetmeatschatt.com/>

#### *TACO MAMACITA*

Taco Mamacita features a modern, eclectic menu where the taco is supreme and a full bar with patio. Everything is made fresh, in house daily. Call (423) 648-6262. Located at 109 N Market St, Chattanooga, TN 37405.

<https://www.tacomamacita.com/>

#### *TONY'S PASTA SHOP & TRATTORIA*

Tony's Pasta Shop & Trattoria features classic Italian cuisine in a casual atmosphere. Tony's is known for its hand-cut pastas and fresh sauces. Call (423) 321-0235. Located at 212 High St, Chattanooga, TN 37403.

<https://bluffviewardistrictchattanooga.com/tonys-pasta-shop>

#### *WARDLAW'S LUCKY EYE-Q*

Offering the finest barbecue east of Kansas City, Wardlaw's Lucky Eye-Q rivals and even surpasses America's best brisket, ribs, chicken, pork and sausage. Be sure to do your family a favor and take a special trip to Wardlaw's Luck Eye-Q. Call (706) 670-1000. Located at 103 N Chattanooga St, LaFayette, GA 30728.

<https://www.luckyeyeq.com/>



## BREAKFAST

### *BLUEGRASS GRILL*

This family-owned restaurant has been serving up made-from-scratch breakfast and lunch 5 days a week since 2007. The menu consists of classic southern fare to gluten free and vegan options. Call (423) 752-4020. Located at 55 E Main St #101, Chattanooga, TN 37408.

<https://www.bluegrassgrillchattanooga.com/>

### *FROTHY MONKEY*

Offering an expansive space for meeting with friends over coffee or getting some work done alongside a latte and scone, Frothy Monkey provides a range of hot and cold beverages, snacks and sandwiches. Call (423) 680-6343. Located at 1400 Market St, Chattanooga, TN 37402.

<https://frothymonkey.com/locations/southside-chattanooga-tn/>

### *MILK & HONEY*

Milk & Honey serves authentic homemade gelato, Stumptown espresso and coffee, homemade sweets and treats, pastries, breakfast and lunch items as well as many other specials. Call (423) 521-3123. Located at 135 N Market St, Chattanooga, TN 37405.

<https://www.milkandhoneychattanooga.com/>

### *NIEDLOV'S*

Niedlov's specializes in bread made with organic whole grains and natural leavening, without added sugars or preservatives. All bread and pastries are made by hand, from scratch, using centuries-old techniques and pure ingredients. Call (423) 756-0303. Located at 215 E Main St, Chattanooga, TN 37408.

<https://niedlovs.com/>

### *REMBRANDT'S COFFEE HOUSE*

This European style café offers a wide assortment of house-roasted coffees from Rembrandt's Roasting Company, artisan breads from Bluff View Bakery, delicious cakes, and hand-made pastries. If you are looking for a meal, Rembrandt's also offers a full menu of soups, salads and sandwiches. Call (423) 321-0235. Located at 204 High St, Chattanooga, TN 37403.

<https://bluffviewardistrictchattanooga.com/rembrandtscoffeehouse>

### *TUPELO HONEY*

Tupelo Honey is a revival of Southern food and traditions rooted in the Carolina Mountains. Call (423) 779-0400. Located at 1110 Market St, Chattanooga, TN 37402.

<https://tupelohoneycafe.com/location/chattanooga/>

### *KENNY'S*

Kenny Burnap, long time sous chef at St. John's, brings his expertise in preparing meat and accompaniments to create exciting sandwiches with fresh local ingredients. Offering an amazing brunch, be sure to ask for the "off menu" Nashville Hot breakfast burrito. Call (423) 498-5888. Located at 1251 Market Street, Chattanooga, TN 37402.

<https://www.kennysandwiches.com/>

## COFFEE

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<https://frothymonkey.com/locations/southside-chattanooga-tn/>

### *GOODMAN COFFEE ROASTERS*

From Columbia to Yemen, Goodman Coffee comes from farms around the world and is roasted in Chattanooga and served in multiple locations, including its relaxed flagship store in Warehouse Row. Call (423) 498-4881. Located at Warehouse Row, 1110 Market Street, Chattanooga, Tennessee 37402.

<https://www.goodmancoffee.roasters.com/>

### *MAD PRIEST COFFEE ROASTERS*

Mad Priest is a SCA Certified Roaster, a Golden Bean winner and a Good Food Award winner. It serves only high grade specialty coffee from specialty importers. Call (423) 393-3834. Located at 1900 Broad St Suite C, Chattanooga, TN 37408.

<https://madpriestcoffee.com/>

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<https://www.milkandhoneychattanooga.com/>

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<https://bluffviewardistrictchattanooga.com/rembrandtscoffeehouse>

### *STONE CUP CAFE*

Since 2007, Stone Cup Cafe has been brewing some of Chattanooga's best coffees. The atmosphere is relaxed and friendly. Great for remote working or taking a break from window shopping. Call (423) 521-3977. Located at 208 Frazier Ave, Chattanooga, TN 37405.

<http://stonecupcafe.com/>

### *VELO*

Velo roasts its coffees on Tuesdays, Wednesdays and Thursdays, and serves it up fresh seven days a week. Drop in for a sidecar (espresso, soda water and a pour over) and get your day off to a properly caffeinated start. Call (423) 529-2453. Located at 509 E. Main Street, Chattanooga, TN 37408.

<https://velocoffee.com/>



## DESSERT

### *CLUMPIES*

Clumpies Ice Cream Co. has been handcrafting the best ice cream in Chattanooga since 1999. Opened by the son of a third generation candy maker, Clumpies has sought to create a product as amazing and one-of-a-kind as the city where it started. Call (423) 821-0807. Located at 3917 St Elmo Ave, Chattanooga, TN 37409.

<https://www.clumpies.com/>

### *THE HOT CHOCOLATIER*

By working in small-batches with the freshest ingredients, which are purchased locally when possible, The Hot Chocolatier promises only the highest quality of products developed through interchanges of both exotic and comforting flavor combinations. Each bite at The Hot Chocolatier is a surprise and a delight. Call (423) 266-3066. Located at 1437 Market St, Chattanooga, TN 37402.

<https://thehotchocolatier.com/>

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<https://bluffviewardistrictchattanooga.com/rembrandtscoffeehouse>

## BREWERIES, WINE & SPIRITS

### *CHATTANOOGA BREWING COMPANY*

Visit one of the oldest, if not the oldest, breweries in Chattanooga. Chattanooga Brewing Company's taproom offers plenty of options, as well as numerous thoughtfully created dishes. Call (423) 702-9958. Located at 1804 Chestnut St, Chattanooga, TN 37408.

<https://www.chattabrew.com/>

### *CHATTANOOGA WHISKEY*

Chattanooga Whiskey's Experimental Distillery is the first distillery to craft whiskey in Chattanooga in over 100 years. Every visit to the Experimental Distillery is an exploration of hand-crafted bourbon. [Book a tour](#). Call (423) 760-4333. Located at 1439 Market Street, Chattanooga, TN 37402.

<https://chattanoogaawhiskey.com/distilleries/experimental-distillery/>

### *HUTTON & SMITH BREWING COMPANY*

With themed beers offered by the day and month, Hutton & Smith shakes up the ordinary craft brewery experience. Offering everything from IPAs to stouts and sours, choose from twenty beers on tap. Call (423) 760-3600. Located at 431 E Martin Luther King Blvd, Chattanooga, TN 37403.

<http://huttonandsmithbrewing.com/>

### *IMBIBE*

Imported from all over the globe, the wine, beer and spirits selection at Imbibe reaches into the thousands. Floor to ceiling shelves line the building's interior. For fans of the fermented and distilled, Imbibe should be on the to do list. Call (423) 777-4820. Located at 1616 Broad St. Chattanooga, TN 37408.

<http://www.imbibechnatanooga.com/>

### *JMAC'S*

JMac's owner John McCune serves many of the finest wines you have never heard of, all within a cozy, mid-century modern aesthetic. An advanced sommelier, John brings his knowledge and experience from years serving at Sea Island, The Yellowstone Club and the Vestavia Country Club. For amazing wine, look no further than JMac's. Call (423) 771-7773. Located at 608 Georgia Avenue, Chattanooga, TN 37402.

<https://goldenslope.com/>

### *NAKED RIVER BREWING COMPANY*

Open seven days a week, Naked River Brewing is located nearby Finlay Stadium, home of the Chattanooga Football Club. (That's soccer, not football.) Naked River is home to an assortment of fine craft beers, but also delicious craft barbecue. Call (423) 541-1131. Located at 1791 Reggie White Blvd, Chattanooga, TN 37408.

<https://www.nakedriverbrewing.com/>

### *ODDSTORY BREWING COMPANY*

Open Tuesday through Sunday, Oddstory Brewing Company's taproom pours everything from saisons and lagers to IPAs and stouts. Craft cocktails and food are also served in this hip and trendy Chattanooga hot spot. Call (423) 541-8560. Located at 1604 Central Ave. Chattanooga, TN 37408.

<https://www.oddstorybrewing.co/>

## NIGHTLIFE

### *SOUTHSIDE SOCIAL*

Southside Social is a family-friendly boutique bowling alley with 10 lanes of bowling in addition to four bars. It offers lounge seating with flat-screen televisions, bowling, an indoor gaming area with pool tables, skee ball, ping pong, shuffleboard, and giant jenga. Guests can also enjoy an outdoor courtyard with casual seating, fire pits, ping pong tables, and cornhole. Call (423) 708-3280. Located at 1818 Chestnut St, Chattanooga, TN 37408.

<https://www.thesouthsidesocial.com/>

### *THE SOCIAL*

As a craft cocktail fan's companion to Chattanooga's Public House, The Social is a place where you can carry on a conversation, make new friends over fresh drinks, and enjoy live music. Call (423) 266-3366. Located at 1110 Market St, Chattanooga, TN 37402.

<http://www.publichousechattanooga.com/bars-in-chattanooga>

### *HIFI CLYDES CHATTANOOGA*

Offering bar food, cold beer and a casual, hip environment, HiFi Clyde's delivers a vibrant setting for a younger, louder crowd. Perfect for 30-somethings, but adventurous for the more mature, HiFi Clydes is a great place to play and hang out with friends. Call (423) 362-8335. Located at 122 W Main St, Chattanooga, TN 37408.

<https://www.hificlydeschattanooga.com/>

### *UNKNOWN CALLER*

Exuding a quasi-speakeasy vibe, Unknown Caller is the dimly-cornered, soft-cushioned home of elegantly crafted cocktails and a vibrant social scene. Call (423) 541-3199. Located at 715 Cherry Street, Chattanooga, TN 37402.

<https://www.unknowncallerbar.com/>



## SPAS

### *AMA SPA CHATTANOOGA*

Offering massage, prenatal care, skin care, wellness treatments, body treatments and customized treatments, Ama Spa Chattanooga provides deep wellness experiences inside a cozy, intimate setting. Call (423) 269-8530. Located at 102 Walnut St. Chattanooga, TN 37403.

<https://www.amaspachattanooga.com/>

### *LUCIDITY FLOAT & WELLNESS CENTER*

Lucidity's floating tanks provide guests with an experience isolated from a busy, noisy world. Each 90-minute session provides intense relaxation, detox benefits, and stress relief. Call (423) 903-4138. Located at 1405 Cowart Street, Suite 115, Chattanooga, TN 37408.

<https://www.luciditychattanooga.com/>

### *MOUNTAIN ESCAPE SPA*

Providing a tranquil atmosphere far away from the stress of everyday life, each experience at Mountain Escape Spa is uniquely customized. Located on top of Lookout Mountain, this spa is female-owned, and has been since 1997. Call (423) 821-1772. Located at 818 Scenic Hwy, Lookout Mountain, TN 37350.

<https://www.mountainescapespa.com/>

### *THE SPA AT THE CHATTANOOGAN*

The Spa at the Chattanooga features a private couples treatment room and an extensive range of body, nail, and skincare treatments. "Image Skincare" products are exclusively used for treatments, and its eco-friendly natural nail services feature "Dazzle Dry" nail products. Call (423) 424-3779. Located at 1201 Broad Street Chattanooga, TN, 37402.

<https://www.hilton.com/en/hotels/chabsqq-the-chattanooga-hotel/spa/>

## FITNESS & YOGA

### *PEACE. STRENGTH. YOGA*

Peace. Strength. Yoga. is a one-stop-shop for yoga and barre. Offering a holistic approach to traditional practices, as well as a schedule designed to provide classes accessible to participants of all levels, Peace. Strength. Yoga. provides an inviting and relaxing space to deepen one's practice. Call (423) 708-2779. Located at 3800 St Elmo Ave, Suite 122 Chattanooga, TN 37409.

<http://www.peacestrengthyoga.com/>

### *PILATES TONIC*

Improve strength, flexibility and body alignment at Pilates Tonic on the North Shore of Chattanooga. Each session will help improve other activities, including golf, yoga, running, cycling, walking and even standing. Call (423) 702-5233. Located at 401 North Market Street Suite B, Chattanooga, Tn 37405.

<https://www.pilatestonic.com/>

### *SOUTHERN SOUL YOGA*

Southern Soul Yoga's 2,700 square foot studio offers a variety of classes and specializes in heated power yoga. Arrive to the studio at least 15 minutes before your desired class to get signed up. Call (423)643-9642. Located at 313 Manufacturers Road Suite 203C, Chattanooga, TN 37405.

<https://www.southernsoulyoga.com/>

### *YOGA LANDING*

Yoga Landing offers a balanced schedule of heated and room temperature practices with a variety of styles, including Ashtanga, Vinyasa, Kundalini, Hatha and prenatal. Call (423) 531-6977. Located at 2414 Sidney St, Chattanooga, TN 37408.

<https://www.yogalanding.net/>

## HAIR SALONS

### *EVI*

EV1 offers hair services that rival salons in Knightsbridge, Brooklyn or Buckhead. Ownership hails from Manchester, London and Glasgow with creative leadership at Vidal Sassoon Atlanta and New York, as well as Ludlow Blunt in Brooklyn. Call (423) 803-9800. Located at 1301 Cowart Street Chattanooga TN 37402.

<https://www.ev1salon.com/>

### *KALEIDOSCOPE SALON*

Kaleidoscope is a full service Aveda Concept Salon offering a menu consisting of color, cuts, waxing, deep conditioning and blow outs. Call (423) 321-8056. Located at 901 Cherokee Boulevard, Chattanooga, TN 37405.

<https://kaleidoscopesalon.com/>

### *THE STRAND SALON*

The Strand Salon provides cuts, color and styling, from blowouts and updos to highlights and balayage. Call (423) 760-8399. Located at 833 Chestnut Street, Chattanooga, TN 37402.

<https://www.chestnutstrand.com/>

## NAIL SALONS

### *BLUSH NAIL AND SPA*

Open Monday through Saturday, Blush Nail and Spa provides customers manicures, pedicures. Call (423) 498-5897. Located at 300 Cherokee Blvd. #115, Chattanooga, TN 37405.

<https://blush-nail-and-spa.business.site/>

### *SCENIC CITY NAILS SPA*

Open Monday through Saturday, Blush Nail and Spa provides customers manicures, pedicures. Located next door to EV1 Salon. Call (423) 541-6040. Located at 1301 Cowart St #103, Chattanooga, TN 37402.

<https://sceniccitynailsspallc.business.site/>

## BEAUTY

### *GOOD FORTUNE SOAP*

Offering an assortment of soaps, lotions and scents, Good Fortune Soap also offers massages, facials and waxing using natural and organic ingredients. Call (423) 473-6727. Located at 2644 Broad Street Chattanooga, TN 37408.

<https://www.goodfortunesoap.com/>



## SHOPPING

### *ALICE BLUE BOUTIQUE*

A women's retail boutique, Alice Blue offers clothing and accessories from trendy to traditional. Call (423) 531-2120. Located at 1100 Hixson Pike, Chattanooga, TN 37405.

<https://thebluecollection.com/>

### *ANTHROPOLOGY*

Anthropologie remains a destination for women wanting a curated mix of clothing, accessories, gifts and home décor that reflects their personal style and fuels their lives' passions, from fashion to art to entertaining. Call (423) 668-5422. Located at 1110 Market St., Chattanooga, TN 37402.

<https://www.anthropologie.com/>

### *ANTIBES*

An eclectic assortment of women's clothing and accessories alongside additional services, including personal styling and shopping. Call (423) 680-7971. Located at 813 Chestnut St, Chattanooga, TN 37402.

<https://antibesclothing.com/>

### *EMBELLISH*

Embellish highlights clothing from the timeless classic style of Kate Spade, Tory Burch or L.K. Bennett to the very cutting edge fashion of designers like Pedro Garcia, Rag&Bone and Tibi. Call (423) 752-7463. Located at 1110 Market St., Chattanooga, TN 37402.

### *L2 OUTSIDE*

One of the things that makes Chattanooga great outdoor town is the water sports. L2 Outside is the first dedicated paddle board and skate shop in the city, and provides easy, safe, paddle board and kayak rentals and sales. Call (423) 531-7873. Located at 131 River St, Chattanooga, TN 37405.

<https://www.mountainescapespa.com/>

### *MADWELL*

Owned by parent company, J. Crew, Madewell specializes in denim, t-shirts, bags, jewelry and footwear. Call (423) 509-0338. Located at 1110 Market St., Chattanooga, TN 37402.

<https://www.madewell.com/>

### *ONWARD RESERVE*

Featuring traditional and collegiate men's clothing, Onward Reserve is a uniquely Southern brand with a sporty gentlemanly edge. Call (423) 362-5714. Located at 1110 Market St., Chattanooga, TN 37402.

<https://onwardreserve.com/>

### *BRUCE BAIRD*

Bruce Baird carries the most recognized names in fine men's clothing: Oxford Clothes, Hickey Freeman and Southwick. Other well-known lines include: Alden Shoes, Gitman Bros., Brax, R. Hanauer, Carrot & Gibbs, Torino Belts, Robert Jensen, Royal Highnies, JZ Richards, Bills Khakis, Barbour, and W. Kleinberg. Call (423) 265-8821. Located at 813 Chestnut St, Chattanooga, TN 37402.

<https://www.brucebaird.com/>

### *REVIVAL*

Revival is a purveyor of antiques, home furnishings, luxury gifts and the most uncommon housewares items. Call (423) 265-2656. Located at 1110 Market St., Chattanooga, TN 37402.

<https://revivalhome.com/>

### *RIVER GALLERY*

Paintings, sculpture, ceramics, wood, jewelry and even more media in abstract, conceptual, realistic, and representational forms are found throughout the several rooms in an early 1900's former home located in the Bluff View Arts District. Call (423) 682-1287. Located at 400 East Second Street, Chattanooga, TN 37403.

<https://river-gallery.com/>

### *WAREHOUSE ROW*

Warehouse Row is a collection of boutique retail brands set inside of a beautifully restored manufacturing building. Here, you will find J.Crew, Anthropology, Tupelo Honey, Public House and Goodman's Coffee Roasters, among many other shops. Located at 1110 Market St., Chattanooga, TN 37402.

<https://warehouserow.com/>

### *WINDER BINDER MERCANTILE*

A unique store for shopping and serious browsing, get lost in Winder Binder's collection of used and antiquarian books, old records and cds, tin toys and collectibles, folk art, photography, pottery, games and anything else you might think up. Call (423) 413-8999. Located at 40 Frazier Ave, Chattanooga, TN 37405.

<https://shopwinderbinder.com/>

### *YACoubians*

Since opening its doors in November of 1969 Yacoubian Tailors has been Chattanooga's premier destination for exclusive clothing. John Yacoubian began his career after training as a master tailor for thirteen years. He then received degrees in tailoring from "Ecole Professionnelle de Coup de Couture" in Paris, France and Gentleman's Garment Design in Chicago, Illinois. Call 423-265-0187. Located at 629 Broad St, Chattanooga, TN 37402.

<https://yacoubians.com/>



## SOME OF OUR FAVORITE THINGS TO SEE & DO

From time to time it's good to head down the mountain for a change of scenery. This collection of favorite sights and activities will provide you with weeks of exploration and fun with your family and friends. Curated by the staff at McLemore, each of these places has been selected for their distinct quality and experience.

### EXPERIENCES

#### *THE CHATTANOOGA ZOO AT WARNER PARK*

The Chattanooga Zoo is a non-profit organization and relies on community support to flourish and grow. Support received from the community allows the Zoo to provide excellent animal care, improve facilities, and educate thousands of children each year. Call (423) 697-1322. Located at 301 N Holtzclaw Ave, Chattanooga, TN 37404.

<https://www.chattzoo.org/>

#### *COOLIDGE PARK*

Coolidge Park is a park located on the North Shore of Chattanooga, Tennessee along the Tennessee River. It has an interactive water fountain, rock climbing, a pavilion, picnic amenities, a military memorial, and a 100-year old restored antique carousel. There are also docking facilities. Call (423) 643-6311. Located at 150 River St, Chattanooga, TN 37405.

<https://www.visitchattanooga.com/listing/coolidge-park/1271/>

#### *CREATIVE DISCOVERY MUSEUM*

The idea for CDM was born in 1989 as the board of the Hunter Museum of American Art evaluated the viability of developing a children's wing. The board recommended a separate children's museum be created as part of the revitalization of downtown. CDM was incorporated in 1992 and opened in 1995. It quickly evolved into a multi-disciplinary, educational institution, utilizing interactive programs and exhibits to explore art, music, science and technology. In 2005, the Museum completed a major renovation which included the installation of the RiverPlay exhibit, an outdoor rooftop exhibit focusing on simple machines, and Buzz Alley exploring the world of bees. Call (423) 756-2738. Located at 321 Chestnut St, Chattanooga, TN 37402.

<https://www.cdmfun.org>

#### *HIGH POINT CLIMBING AND FITNESS*

From bouldering, lead climbing and yoga to outdoor walls and Kid Zone, High Point Climbing & Fitness has something great for everyone. Get to know all the activities and features the Chattanooga gyms have to offer. The location features 45ft rope walls in the pit, 100+ boulder problems of all grades, and of course the iconic blue outdoor walls that soar high above Broad Street. The Kid Zone offers exciting climbing walls, auto belays, top rope routes, and a boulder wall, all designed for young climbers. Call (423) 602-7625. Located at 219 Broad St, Chattanooga, TN 37402.

<https://www.highpointclimbing.com/>

#### *LOOKOUT MOUNTAIN INCLINE RAILWAY*

The Incline opened in November of 1895 and was constructed by John Crass and the Lookout Mountain Incline Railway Company. The cars originally operated on coal-burning steam engines, which were upgraded to two 100-horsepower motors in 1911. The Incline Railway has been transporting eager passengers

up Lookout Mountain for over 125 years! Call (423) 821-4224. Located at 3917 St Elmo Ave, Chattanooga, TN 37409.

<https://ridetheincline.com>

#### *RUBY FALLS*

Discover wonder at Ruby Falls - the tallest and deepest underground waterfall open to the public in the United States! The breathtaking falls were accidentally discovered by Leo Lambert in 1928 deep within Lookout Mountain in Chattanooga, Tennessee. Lambert named the falls after his wife, Ruby, and opened the Chattanooga attraction to the public in 1929. Descend 260 feet by glass-front elevator to explore the underground cavern, see ancient rock formations, and experience the thundering cave waterfall. Take in amazing views of the Tennessee Valley, Cumberland Plateau, and Tennessee River from high atop Lookout Mountain Tower and enjoy the beautiful scenery and mountain breeze from the front porch of the historic Cavern Castle. Experience adrenaline-pumping fun at High Point ZIP Adventure, featuring soaring zip lines and a 40-foot climbing tower located in the treetops of Lookout Mountain.

<https://www.rubyfalls.com>

#### *ROCKTOWN*

Rocktown resides in the Crockford Pigeon Mountain Wildlife Management Area. Rocktown is arguably one of the best bouldering locations in the Southeast, known for its amazing sandstone and bomber slopers, crimpers, huecos, rails, and its intense top outs. A hunting or fishing license is required to visit any area within the WMA (Lost Wall, Rocktown, Zahnd). You can buy daily or annual licenses.

<https://walkercountyga.gov/discover/recreation/crockford-pigeon-mountain-wildlife-management-area/rocktown/>

#### *SEE ROCK CITY*

Located atop Lookout Mountain, just 6 miles from downtown Chattanooga, Rock City is a true marvel of nature featuring massive ancient rock formations, gardens with over 400 native plant species, and breathtaking "See 7 States" panoramic views. Take an unforgettable journey along the Enchanted Trail where each step reveals natural beauty and wonders along the woodland path. Experience the magic of Fairyland Caverns and Mother Goose Village, visit one of our regional gift shops and dine at the Big Rock Grill.

<https://www.seerockcity.com>

#### *TENNESSEE AQUARIUM*

Celebrate the rich biodiversity of the Southeast through our exhibits and are actively engaged in preserving and restoring that biodiversity through our work in the field. The Aquarium's research arm, the Tennessee Aquarium Conservation Institute, has a focused expertise in restoring freshwater ecosystems and helping people appreciate the need for environmental health in our region. Call (423) 265-0695. Located at 1 Broad St, Chattanooga, TN 37402.

<https://tnaqua.org>



## PARKS

### *CHICKAMAUGA NATIONAL MILITARY PARK*

Congress established Chickamauga and Chattanooga National Military Park in order to preserve and protect the battlefields here and to provide for the study of military history within the park. Today nearly 10,000 acres of preserved and uninhabited landscape encompass the park, making it one of the largest outdoor green spaces in the Chattanooga area. Much of the park can be explored through a variety of outdoor activities. Chickamauga Battlefield contains around 50 miles of hiking trails, and the Lookout Mountain Battlefield has around 30 miles of trails. Many of these trails follow historic road traces that were present at the time of the battles, roads set up by the military in the early 20th century, or take you to monuments and markers located deep within the battlefield. As a result, hiking or jogging are great ways to explore the historic resources of Chickamauga and Chattanooga National Military Park.

<https://www.nps.gov/chch/index.htm>

### *CLOUDLAND CANYON STATE PARK*

Backpacker Magazine designated Cloudland Canyon one of the top 20 hiking destinations in the country. The rugged geology of the trail system includes waterfalls, caves and 1000-foot sandstone cliffs. The park trails are accessible for both day hikers and backpackers. The trail system now connects the Cloudland Canyon Connector Trail system and the Lula Lake Land Trust, adding an additional 40 miles of hiking, mountain biking and equestrian trails.

<https://gastateparks.org/CloudlandCanyon>

### *CROCKFORD-PIGEON MOUNTAIN WILDLIFE MANAGEMENT AREA*

Home to Rock Town and Ellison's Cave, the Crockford-Pigeon Mountain Wildlife Management Area is a geological finger jutting northeast from the Lookout Mountain escarpment. The tabletop contains sinkholes, rock formations, meadows and forest, as well as rocky gorges that cut through the sides of the mountain. This State Wildlife Management Area contains approximately 100 miles of trails and forest service roads that are open to hikers and equestrians.

<https://georgiawildlife.com/crockford-pigeon-mountain-wma>

### *DESOTO STATE PARK*

DeSoto State Park protects some of the most unique ecosystems in the United States. The Little River, the west fork of which flows through the park, is one of the only rivers in the world that flows almost entirely on a mountain top. DeSoto State Park also offers miles of hiking trails, beautiful bluffs and rock formations and a number of small waterfalls.

<https://www.alapark.com/parks/desoto-state-park>

### *FALL CREEK FALLS STATE PARK*

Fall Creek Falls State Park is one of Tennessee's largest and most visited state parks. The park encompasses more than 26,000 acres sprawled across the eastern top of the rugged Cumberland Plateau. Laced with cascades, gorges, waterfalls, streams and lush stands of virgin hardwood timber, the park beckons those who enjoy nature at her finest. Fall Creek Falls, at 256 feet, is one of the highest waterfalls in the eastern United States. Other waterfalls within the park include Piney Falls, Cane Creek Falls and Cane Creek Cascades.

<https://tnstateparks.com/parks/fall-creek-falls>

### *LITTLE RIVER CANYON NATIONAL PRESERVE/PARK*

Little River Canyon National Preserve is a United States National Preserve located on top of Lookout Mountain near Fort Payne, Alabama, and DeSoto State Park. Created by an Act of Congress in 1992, the 15,288-acre (6,187 ha) preserve protects what is sometimes said to be the nation's longest mountaintop river, the Little River. The Little River flows for almost its entire length along the middle of Lookout Mountain in northeast Alabama. Over eons of geologic time, Little River has carved out one of the Southeast's deepest canyons as it winds its way from headwaters in Georgia before exiting the mountain and emptying into the Coosa River (Weiss Lake impoundment) near Leesburg, Alabama. Legend has it that a minor Civil War skirmish occurred on the rim.

<https://www.nps.gov/liri/index.htm>

### *LOOKOUT MOUNTAIN NATIONAL MILITARY PARK*

In late October, Union and Confederate forces clashed at Wauhatchie in the valley to the west of Lookout Mountain and Union troops successfully opened up a supply route known as the Cracker Line. On November 24, 1863, Union troops under the command of General Joseph Hooker swept the northern slopes of Lookout Mountain in what became known as the "Battle Above the Clouds." For the rest of the Civil War, Lookout Mountain was a tourist destination for Union soldiers and civilians, and a photographer even established a studio to capture portraits of soldiers on the point. Today there are several areas of Lookout Mountain that are part of Chickamauga and Chattanooga National Military Park.

<https://www.nps.gov/chch/learn/lookout-mountain.htm>

### *LULA LAKE LAND TRUST*

The Lula Lake Land Trust consists of 1,200 acres surrounding Lookout Mountain's Lula Lake and protects over 8,000 adjacent acres. When hiking at the core preserve at Lula Lake, there are several must-see locations. One is the upper falls and Lula Lake itself, viewed from an old railroad bed dating back to the 1800s. Another is the lower falls, best viewed from the bottom after descending either a steep and rugged trail, or the new, easier trail. Most anyone capable of a short hike can find something to like about Lula Lake.

<https://www.lulalake.org>

### *MCLEMORE COVE*

McLemore Cove is named from Robert and John McLemore, sons of a white trader and a Cherokee mother. Along with its scenic beauty, McLemore Cove is known for antebellum structures, vast farmlands and houses dating back into the 1890's. See this marvel of mother nature for yourself. The cove is located about three miles south of Chickamauga, in an area roughly bounded by Lookout and Pigeon Mountain.

<https://walkercountyga.gov/discover/attractions/historic-sites/mclemores-cove/>

### *MOCCASIN BEND NATIONAL ARCHEOLOGICAL DISTRICT*

Moccasin Bend is one of the most unique units found in the entire National Park Service system, spanning 12,000 years of continuous human habitation. The Paleo-Indian Period (10,000 B.C.- 8000 B.C.) witnessed the first human inhabitants on Moccasin Bend. These nomadic tribes moved into the area due to the rich resources located in the valley. There are three areas for visitors to access Moccasin Bend National Archeological District. The "Gateway Site," is a grassy meadow located along Hamm Road. The site is an open green space that overlooks the Tennessee River, and can be reached by taking the Manufacturers Road exit off of Highway 27 and turning left. Then turn left onto Hamm Road, and



## PARKS *(continued)*

the Gateway Site will be on your left. Additionally there are two developed trails on Moccasin Bend: The Brown's Ferry Federal Road and the Blue Blazes Trail. <https://www.nps.gov/chch/learn/historyculture/moccasin-bend-national-archeological-district.htm>

### *POINT PARK*

Point Park is a ten acre memorial park that overlooks the Lookout Mountain Battlefield and the city of Chattanooga. There is a paved walking path around the park that takes visitors by several historic tablets, monuments, Confederate artillery positions, and scenic overlook. The largest monuments in Point Park is the New York Peace Memorial, which was erected by the state of New York as a tribute to peace and reconciliation between Union and Confederate veterans after the war. Inside Point Park, at the point of the mountain, is the Ochs Memorial Observatory. Inside are exhibits on Civil War signaling, photography, and Moccasin Bend, which is visible below the point.

<https://www.visitchattanooga.com/listing/point-park-battlefield/1112/>

### *PRENTICE COOPER STATE FOREST*

Prentice Cooper State Forest is located in southeastern Tennessee, in Marion County. The forest is approximately 10 miles west of Chattanooga and is heavily utilized by the public. It is situated on the scenic Tennessee River Gorge. There are 35 miles of hiking trails, including the south end of the Cumberland Trail State Park. There are also two designated camping areas. Other recreational activities include OHV use in designated areas, rock climbing, hiking, Mountain biking, horseback riding, bird watching, and camping.

<https://www.tn.gov/agriculture/forests/state-forests/prentice-cooper.html>

### *ROCKTOWN*

Rocktown resides in the Crockford Pigeon Mountain Wildlife Management Area. Rocktown is arguably one of the best bouldering locations in the Southeast, known for its amazing sandstone and bomber slopers, crimpers, huecos, rails, and its intense top outs. A hunting or fishing license is required to visit any area within the WMA (Lost Wall, Rocktown, Zahnd). You can buy daily or annual licenses.

<https://walkercountyga.gov/discover/recreation/crockford-pigeon-mountain-wildlife-management-area/rocktown/>

### *ZAHND WILDLIFE MANAGEMENT AREA*

Zahnd is a 1,387 acre Wildlife Management Area located in Walker County, Georgia. The location provides a wonderful assortment of fine grained sandstone boulders ranging from vertical slabs and textured slopers to cavernous overhangs. The actual boulder field is approximately 163 acres, containing over 100 established boulder routes.

<https://georgiawildlife.com/zahnd-wma>

## CHILDREN & FAMILY PARKS

### *COOLIDGE PARK*

Coolidge Park is a park located on the North Shore of Chattanooga, Tennessee along the Tennessee River. It has an interactive water fountain, rock climbing, a pavilion, picnic amenities, a military memorial, and a 100-year old restored antique carousel. There are also docking facilities. Call (423) 643-6311. Located at 150 River St, Chattanooga, TN 37405.

<https://www.visitchattanooga.com/listing/coolidge-park/1271/>

### *TENNESSEE RIVER PARK*

The park includes over 150 acres along the Tennessee River with unique scenic vistas, naturalized areas, open green spaces, playgrounds, public art, recreational areas, fishing piers, historical sites, and facility rentals. One of the most popular amenities of the Riverpark is the Riverwalk, which offers a 13-mile family friendly paved multi-use greenway. Beginning north of Chattanooga at TVA's Chickamauga Dam and stretching south 13 miles along the Tennessee River through downtown Chattanooga to St. Elmo, the Riverwalk leads to multiple parks amenities and offers breath-taking views along the river. The path is used for bicycling, in-line skating, walking, jogging, and fitness pursuits. It also includes the Chattanooga Rowing Center and several canoe and kayaking launches. Call (423) 209-5370. Located at 4301 Amnicola Highway Chattanooga, TN 37402.

<https://parks.hamiltontn.gov/196/Tennessee-Riverpark>

### *ENTERPRISE SOUTH NATURE PARK*

Enterprise South Nature Park is situated on 2,800 wooded acres that were previously a part of the Volunteer Army Ammunition Plant property. The property's heritage has been preserved in the concrete magazines used to store explosives during the days TNT was manufactured on the site. The Park offers miles of walking paths, bicycle paths and off-road biking trails. Call (423) 209-5350. Located at 190 Still Hollow Loop Chattanooga, TN 37416.

<https://parks.hamiltontn.gov/148/Enterprise-South-Nature-Park>

### *CHESTER FROST PARK*

Located on Chickamauga Lake, one of Tennessee's largest lakes, Chester Frost Park includes lands formerly identified as the first county seat – Dallas Hill – 1822. Today with its amenities of camping, beach area, shelters, and a variety of open space for day-use recreation Chester Frost Park continues the commitment of maintaining a public recreational park. Call (423) 209-6894. Located at 7872 Causeway Road Hixson, TN 37343.

<https://parks.hamiltontn.gov/148/Enterprise-South-Nature-Park>





## THE ARTS

### *CHATTANOOGA SYMPHONY & OPERA*

The Chattanooga Symphony and Opera highlights live performances of iconic classical pieces of music. From Tchaikovsky, Mozart and Brahms to crowd pleasures like The Nutcracker and Peter and the Wolf, lovers of classical performances will enjoy the offerings of the CSO. Call (423) 265-6520. Located at 736 Georgia Ave, Suite 101 Chattanooga, TN 37402.

<https://chattanoogasympphony.org/>

### *HUNTER MUSEUM OF AMERICAN ART*

The Hunter Museum of American Art is an art museum in Chattanooga, Tennessee. The museum's collections include works representing the Hudson River School, 19th century genre painting, American Impressionism, the Ashcan School, early modernism, regionalism, and post-World War II modern and contemporary art. Call (423) 267-0968. Located at 10 Bluff View Ave, Chattanooga, TN 37403.

<https://www.huntermuseum.org/>

### *RIVER GALLERY*

Paintings, sculpture, ceramics, wood, jewelry and even more media in abstract, conceptual, realistic, and representational forms are found throughout the several rooms in an early 1900's former home located in the Bluff View Arts District. Call (423) 682-1287. Located at 400 East Second Street, Chattanooga, TN 37403.

<https://river-gallery.com/>

### *SONGBIRDS GUITAR MUSIEM*

Songbirds is an acclaimed guitar museum featuring exhibits of rare and vintage instruments with two stages for concerts. The Songbirds collection includes the guitars of Don Rich, Roy Orbison, Chuck Berry, B.B. King, Buddy Holly, Al Caiola and Jimmy Page, among many others. Call (423) 531-2473. Located at 35 Station Street, Chattanooga, TN 37408.

<https://songbirdsfoundation.org/>

### *TIVOLI THEATRE*

The Tivoli Theatre, known as "The Jewel of the South" has entertained Chattanoogaans for over 90 years, offering everything from silent movies to Broadway shows. The Tivoli opened in March of 1921, following two years of construction at a cost of nearly \$1 million. The interior reflects the Beaux Arts style popular for movie palaces of the 1920s. Its high domed ceiling, grand lobby, crystal chandeliers and elegant foyer were designed by the Chicago firm of Rapp & Rapp. Tivoli guests can enjoy everthing from a performance by the Chattanooga Symphony to a concert by Lyle Lovett & His Large Band. Call (423) 757-5580. Located at 709 Broad St, Chattanooga, TN 37402.

<https://www.tivolichattanooga.com/>

## BOTANICALS & GARDENS

### *CRABTREE FARMS OF CHATTANOOGA*

The Crabtree Community garden is a space for all to learn and grow together. Participants can rely on the guidance and support of fellow gardeners, staff and experienced advisors. The Community Garden space hosts 30, four foot by eight foot beds filled with quality organic soil and additional shared plots for larger plants like corn, squash, watermelons and more. Hand tools, irrigation, soil, plants and some seeds are also provided for community use as well. Monthly potlucks are held and allow for community connection through the sharing of meals. Gardeners of all skill levels are welcome to participate. Call (423) 493-9155. Located at 1000 E 30th St., Chattanooga, TN 37407.

<https://crabtreefarms.org/>

### *LOOKOUT LAVENDER FARM*

Exactly what you expect, Lookout Lavender Farm is acres of all things lavender located a few miles south of McLemore on Lookout Mountain. Lookout Lavender Farm offers soaps, balms, oils, sprays and scrubs in its retail shop, as well as educational, family-friendly experiences on the farm. Call (706) 993-1145. Located at 1039 North Moore Road, Rising Fawn, GA 30738.

<https://www.lookoutlavender.com/>

### *THE POCKET*

The Pocket at Pigeon Mountain in Walker County, Georgia is considered to be among the finest areas for wildflowers in Georgia. It is a part of the Crockford-Pigeon Mountain Wildlife Management Area, and is home to the Shirley Miller Wildflower Trail, a short down and back trail that features a boardwalk, waterfall and nearly 50 varieties of wildflowers. This area is frequented in March and April, when wildflowers are in bloom. Some of the wildflowers include the bloodroot, blue cohosh, bluebells, four-leaved milkweed and dozens more.

<https://walkercountyga.gov/discover/recreation/crockford-pigeon-mountain-wildlife-management-area/the-pocket/>

### *REFLECTION RIDING ARBORETUM & NATURE CENTER*

Reflection Riding Arboretum and Nature Center is a nonprofit arboretum, botanical garden, nature center and historical site located at 400 Garden Road, Chattanooga, Tennessee. The facility includes the 317-acre arboretum, 15 miles of trails, live animals indoor and outdoors, and a treehouse. Call (423) 821-1160. Located at 400 Garden Rd, Chattanooga, TN 37419

<https://reflectionriding.org/>



## ROCK CLIMBING

### *HIGH POINT CLIMBING AND FITNESS*

From bouldering, lead climbing and yoga to outdoor walls and Kid Zone, High Point Climbing & Fitness has something great for everyone. Get to know all the activities and features the Chattanooga gyms have to offer. The location features 45ft rope walls in the pit, 100+ boulder problems of all grades, and of course the iconic blue outdoor walls that soar high above Broad Street. The Kid Zone offers exciting climbing walls, auto belays, top rope routes, and a boulder wall, all designed for young climbers. Call (423) 602-7625. Located at 219 Broad St, Chattanooga, TN 37402.

<https://www.highpointclimbing.com/>

### *LEDA & STONE FORT AT MOWBRAY MOUNTAIN*

Mowbray Mountain, located 25 minutes north of Chattanooga, is chalk full of world-class sandstone begging to be climbed, trails waiting to be hiked and creeks offering a reprieve from Southeast Tennessee's summer heat. The drive up the winding mountain road alone offers spectacular views, but hikers along the Cumberland Trail and climbers topping out on sport routes know that their views are unique and well earned. Whether you're into hiking, bouldering, sport climbing, or just looking for a place to cool off, Mowbray has a something for everyone.

<https://outdoorchattanooga.com/category/mowbray-mountain/>

### *ROCKTOWN*

Rocktown resides in the Crockford Pigeon Mountain Wildlife Management Area. Rocktown is arguably one of the best bouldering locations in the Southeast, known for its amazing sandstone and bomber slopers, crimpers, huecos, rails, and its intense top outs. A hunting or fishing license is required to visit any area within the WMA (Lost Wall, Rocktown, Zahnd).

<https://walkercountyga.gov/discover/recreation/crockford-pigeon-mountain-wildlife-management-area/rocktown/>

### *SUNSET ROCK*

Stretching along the western face of Lookout Mountain in Chattanooga, Sunset Park is home to some of Tennessee's finest single-pitch trad climbing. The hard sandstone provides great climbing and spectacular views of the valley below. Routes are plentiful in a wide range of difficulty, and the northwest-facing cliff offers a cool, shady alternative to other climbing areas during the summer months. Sunset has a long and interesting history, both for climbers and Civil War buffs. A part of Lookout Mountain Battlefield in Chickamauga and Chattanooga National Military Park, it is highly respected and protected by the local climbing community and the National Park Service as a place of historical significance.

<https://outdoorchattanooga.com/sunset-rock/>

### *ZAHND WILDLIFE MANAGEMENT AREA*

Zahnd is a 1,387 acre Wildlife Management Area located in Walker County, Georgia. The location provides a wonderful assortment of fine grained sandstone boulders ranging from vertical slabs and textured slopers to cavernous overhangs. The actual boulder field is approximately 163 acres, containing over 100 established boulder routes.

<https://georgiawildlife.com/zahnd-wma>

## EQUESTRIAN

### *HIDDEN HILLS FARM & SADDLE CLUB*

Hidden Hills offers the best quality horseback riding experience in the Chattanooga area. Rides are about an hour long and meander through beautiful open fields and pastures and along the wooded trails of historic Grindstone Mountain. Beginner to advanced riders are welcome. Rides will maintain a walking pace. Sunday through Friday by appointment only. Call (423) 488-3993. Located at 5900 Edgmon Road, Ooltewah, TN 37363.

<https://www.chattanoogahorsebackriding.com/>

### *PEAVINE CREEK FARM*

Peavine Creek Farm offers horsback riding lessons, horse camps, horse boarding, and miles of trails. Call (423) 710-5747. Located at 1065 Baggett Rd, Ringgold, GA 30736

<http://www.saddlebred-horses.com/>

## ADVENTURE

### *LOOKOUT MOUNTAIN FLIGHT PARK*

Lookout Mountain Flight Park offers multiple packages for hangliding instruction from bunny hills to 1,500 feet and 3,000 feet. Lookout Mountain Flight Park also offers paragliding tandem flights which take off directly from a 1,340 foot mountain launch. It is also perfectly fine to watch from a safe distance if heights aren't your thing. Call (706) 383-1292. Located at 7201 Scenic Highway, Rising Fawn, GA.

<https://www.flylookout.com/>

### *CUMBERLAND CAVERNS*

Today, Cumberland Caverns is known far and wide as a place many first fall in love with caves and the hobby of caving. Over 65 years of privately-owned stewardship, Cumberland Caverns continues it's mission of both sharing the world of caves and caving with the public as well as protecting and conserving the cave for all future generations. It is the longest show cave in Tennessee and makes the list of longest caves in the United States and the world. Call (931) 668-4396. Located at 1437 Cumberland Caverns Rd, McMinnville, TN 37110.

<https://cumberlandcaverns.com/>



## MULTI-DAY FAMILY & FRIENDS RECOMMENDATIONS

McLemore is a resort destination offering access to numerous activities on Lookout Mountain and beyond. We have organized a list of activities by day based on recommendations from our staff and friends below. As you will discover, there is far more to experience than golf at McLemore.

### 3-DAY FAMILY ACTIVITIES

#### *DAY ONE – DISCOVER LOOKOUT MOUNTAIN*

- Breakfast at The Creag at McLemore
- Morning hike at [Cloudland Canyon State Park](#)
- Picnic lunch provided by The Creag at McLemore
  - Please contact The Creag for more details.
- Afternoon hike at [DeSoto State Park](#)
- Dinner at The Creag at McLemore

#### *DAY TWO – EXPLORE CHATTANOOGA*

- Breakfast at The Creag at McLemore
- Explore the [Tennessee Aquarium](#)
- Lunch at [Main Street Meats](#)
- Explore the [Hunter Museum of American Art](#)
- Stroll across the [Walnut Street Bridge](#)
- Dinner at [Alleia](#)
- Bowling at [Southside Social](#)

#### *DAY THREE – TREAT YOURSELF*

- Breakfast at The Creag at McLemore
- Tour the [Lookout Lavender Farm](#)
- Lunch at The Creag at McLemore
- Take a float at [Lucidity Float & Wellness Center](#)
- Get a massage at [Ama Spa Chattanooga](#)
- Dinner at [Easy Bistro & Bar](#)
- Dessert at [Frothy Monkey](#)

### 5-DAY FAMILY ACTIVITIES

#### *DAY ONE – ROAM THE MOUNTAIN*

- Breakfast at The Creag at McLemore
- Morning hike at [Cloudland Canyon State Park](#)
- Picnic lunch provided by The Creag at McLemore
  - Please contact The Creag for more details.
- Afternoon hike at [DeSoto State Park](#)
- Dinner at The Creag at McLemore

#### *DAY TWO – HISTORY LESSONS*

- Breakfast at The Creag at McLemore
- Tour [Lookout Mountain National Military Park](#)
- Lunch at [Taco Mamacita](#)
- Tour the [Moccasin Bend National Archeological District](#)
- Enjoy a whiskey tasting at [Chattanooga Whiskey](#)
- Dinner at [STiR](#)

#### *DAY THREE – DISCOVER DOWNTOWN*

- Breakfast at The Creag at McLemore
- Explore the [Tennessee Aquarium](#)
- Lunch at [Main Street Meats](#)
- Explore the [Hunter Museum of American Art](#)
- Stroll across the [Walnut Street Bridge](#)
- Dinner at [Alleia](#)
- Bowling at [Southside Social](#)

#### *DAY FOUR – TIME TO RELAX*

- Breakfast at The Creag at McLemore
- Tour the [Lookout Lavender Farm](#)
- Lunch at The Creag at McLemore
- Take a float at [Lucidity Float & Wellness Center](#)
- Get a massage at [Ama Spa Chattanooga](#)
- Dinner at [Easy Bistro & Bar](#)
- Dessert at [Frothy Monkey](#)

#### *DAY FIVE – SHOP*

- Breakfast at The Creag at McLemore
- Visit the shops at [Warehouse Row](#)
- Lunch at [Tupelo Honey](#)
- Browse artsy creations at [River Gallery](#)
- Take a coffee break at [Rembrandt's Coffee House](#)
- Dinner at [St. John's Restaurant](#)



## MULTI-DAY FAMILY & FRIENDS RECOMMENDATIONS

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### 7-DAY FAMILY ACTIVITIES

#### *DAY ONE – EXPLORE CHATTANOOGA*

- Breakfast at The Creag at McLemore
- Explore the [Tennessee Aquarium](#)
- Lunch at [Main Street Meats](#)
- Explore the [Hunter Museum of American Art](#)
- Stroll across the [Walnut Street Bridge](#)
- Dinner at [Alleia](#)
- Bowling at [Southside Social](#)

#### *DAY TWO – DISCOVER LOOKOUT MOUNTAIN*

- Breakfast at The Creag at McLemore
- Morning hike at [Cloudland Canyon State Park](#)
- Picnic lunch provided by The Creag at McLemore
  - Please contact The Creag for more details.
- Afternoon hike at [DeSoto State Park](#)
- Dinner at The Creag at McLemore

#### *DAY THREE – HISTORY LESSONS*

- Breakfast at The Creag at McLemore
- Tour [Lookout Mountain National Military Park](#)
- Lunch at [Taco Mamacita](#)
- Tour the [Moccasin Bend National Archeological District](#)
- Enjoy a whiskey tasting at [Chattanooga Whiskey](#)
- Dinner at [STiR](#)

#### *DAY FOUR – TREAT YOURSELF*

- Breakfast at The Creag at McLemore
- Tour the [Lookout Lavender Farm](#)
- Lunch at The Creag at McLemore
- Take a float at [Lucidity Float & Wellness Center](#)
- Get a massage at [Ama Spa Chattanooga](#)
- Dinner at [Easy Bistro & Bar](#)
- Dessert at [Frothy Monkey](#)

#### *DAY FIVE – BE A TOURIST*

- Breakfast at The Creag at McLemore
- Take a tour of [Rock City](#)
- Stroll through [Point Park](#)
- Enjoy lunch at [Kenny's](#)
- Explore [The Chattanooga Zoo at Warner Park](#)
- Relax along the Tennessee River at [Coolidge Park](#)
- Dinner at The Creag at McLemore

#### *DAY SIX – NATURE & THE OUTDOORS*

- Breakfast at The Creag at McLemore

- Explore ancient boulder fields at [Rocktown](#)
- Picnic lunch provided by The Creag at McLemore
  - Please contact The Creag for more details.
- Discover the beauty of botanicals at [The Pocket](#) and another expansive boulder field at [Zahnd Wildlife Management Area](#)
- Dinner at The Creag at McLemore

#### *DAY SEVEN – SEE THE PARKS*

- Breakfast at The Creag at McLemore
- Tour the [Little River Canyon National Preserve/Park](#)
- Picnic lunch provided by The Creag at McLemore
  - Please contact The Creag for more details.
- Tour [Fall Creek Falls State Park](#)
- Watch the hanggliders at [Lookout Mountain Flight Park](#)
- Dinner at The Creag at McLemore



## MULTI-DAY KID-FRIENDLY RECOMMENDATIONS

McLemore is a resort destination offering access to numerous kid-friendly activities on Lookout Mountain and beyond. We have organized a list of activities best suited for families with young children by day based on recommendations from our staff and friends below.

### 3-DAY KID-FRIENDLY ACTIVITIES

#### *DAY ONE – CLIMB EVERY MOUNTAIN*

- Breakfast at The Creag at McLemore
- Indoor rock climbing at [High Point Climbing & Fitness](#)
- Lunch at [Community Pie](#)
- Afternoon at [Rock City](#)
- Dinner at The Creag at McLemore

#### *DAY TWO – A DAY OF DISCOVERY*

- Breakfast at The Creag at McLemore
- Explore the [Tennessee Aquarium](#)
- Lunch at [Main Street Meats](#)
- Explore the [Creative Discovery Museum](#)
- Dinner at [Champy's Chicken](#)

#### *DAY THREE – FLOWERS & WILDLIFE*

- Breakfast at The Creag at McLemore
- Tour the [Lookout Lavender Farm](#)
- Lunch at The Creag at McLemore
- Check out the animals at the [Chattanooga Zoo](#)
- Dinner at [Taco Mamacita](#)
- Ice cream at [Clumpies](#)

### 5-DAY KID-FRIENDLY ACTIVITIES

#### *DAY ONE – TRAILS & WATERFALLS*

- Breakfast at The Creag at McLemore
- Morning hike at [Cloudland Canyon State Park](#)
- Picnic lunch provided by The Creag at McLemore
  - Please contact The Creag for more details.
- Afternoon hike at [DeSoto State Park](#)
- Dinner at [Wardlaw's Lucky Eye-Q Barbecue](#)

#### *DAY TWO – HISTORY & ARTIFACTS*

- Breakfast at The Creag at McLemore
- Tour [Lookout Mountain National Military Park](#)
- Lunch at [Niedlov's](#)
- Tour the [Moccasin Bend National Archeological District](#)
- Dinner at [STiR](#) located in the Chattanooga Choo-Choo

#### *DAY THREE – ALONG THE RIVER*

- Breakfast at The Creag at McLemore
- Explore the [Tennessee Aquarium](#)
- Lunch at [Main Street Meats](#)
- Take an art class at the [Hunter Museum of American Art](#)
- Stroll across the [Walnut Street Bridge](#)
- Dinner at [Boathouse Rotisserie & Grill](#)

#### *DAY FOUR – CLIMB EVERY MOUNTAIN*

- Breakfast at The Creag at McLemore
- Indoor rock climbing at [High Point Climbing & Fitness](#)
- Lunch at [Community Pie](#)
- Afternoon at [Rock City](#)
- Dinner at The Creag at McLemore

#### *DAY FIVE – FLOWERS & WILDLIFE*

- Breakfast at The Creag at McLemore
- Tour the [Lookout Lavender Farm](#)
- Lunch at The Creag at McLemore
- Check out the animals at the [Chattanooga Zoo](#)
- Dinner at [Taco Mamacita](#)
- Ice cream at [Clumpies](#)



## MULTI-DAY KID-FRIENDLY RECOMMENDATIONS

McLemore is a resort destination offering access to numerous kid-friendly activities on Lookout Mountain and beyond. We have organized a list of activities best suited for families with young children by day based on recommendations from our staff and friends below.

### 7-DAY KID-FRIENDLY ACTIVITIES

#### *DAY ONE – TRAILS & WATERFALLS*

- Breakfast at The Creag at McLemore
- Morning hike at [Cloudland Canyon State Park](#)
- Picnic lunch provided by The Creag at McLemore
  - Please contact The Creag for more details.
- Afternoon hike at [DeSoto State Park](#)
- Dinner at The Creag at McLemore

#### *DAY TWO – HISTORY & ARTIFACTS*

- Breakfast at The Creag at McLemore
- Tour [Lookout Mountain National Military Park](#)
- Lunch at [Niedlov's](#)
- Tour the [Moccasin Bend National Archeological District](#)
- Dinner at [STiR](#) located in the Chattanooga Choo-Choo

#### *DAY THREE – ALONG THE RIVER*

- Breakfast at The Creag at McLemore
- Explore the [Tennessee Aquarium](#)
- Lunch at [Main Street Meats](#)
- Take an art class at the [Hunter Museum of American Art](#)
- Stroll across the [Walnut Street Bridge](#)
- Dinner at [Boathouse Rotisserie & Grill](#)

#### *DAY FOUR – CLIMB EVERY MOUNTAIN*

- Breakfast at The Creag at McLemore
- Indoor rock climbing at [High Point Climbing & Fitness](#)
- Lunch at [Community Pie](#)
- Afternoon at [Rock City](#)
- Dinner at The Creag at McLemore

#### *DAY FIVE – FLOWERS & WILDLIFE*

- Breakfast at The Creag at McLemore
- Tour the [Lookout Lavender Farm](#)
- Lunch at The Creag at McLemore
- Check out the animals at the [Chattanooga Zoo](#)
- Dinner at [Taco Mamacita](#)
- Ice cream at [Clumpies](#)

#### *DAY SIX – INTO THE WILD*

- Breakfast at The Creag at McLemore
- Explore ancient boulder fields at [Rocktown](#)
- Picnic lunch provided by The Creag at McLemore
  - Please contact The Creag for more details.
- Discover the beauty of botanicals at [The Pocket](#) and another expansive boulder field at [Zahnd Wildlife Management Area](#)

- Dinner at [Wardlaw's Lucky Eye-Q Barbecue](#)

#### *DAY SEVEN – SEE THE PARKS*

- Breakfast at The Creag at McLemore
- Tour the [Little River Canyon National Preserve/Park](#)
- Picnic lunch provided by The Creag at McLemore
  - Please contact The Creag for more details.
- Tour [Fall Creek Falls State Park](#)
- Watch the hanggliders at [Lookout Mountain Flight Park](#)
- Dinner at The Creag at McLemore



## DO-IT-YOURSELF WORKSHEET

Sometimes it's best to take matters into your own hands. That's why we have provided you with the worksheet below. Use it to design the perfect McLemore getaway with your friends and family. We hope you enjoy your experience on Lookout Mountain and beyond!

### DAY ONE

- Breakfast: \_\_\_\_\_
- Morning activity: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Afternoon activity: \_\_\_\_\_
- Dinner: \_\_\_\_\_

### DAY TWO

- Breakfast: \_\_\_\_\_
- Morning activity: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Afternoon activity: \_\_\_\_\_
- Dinner: \_\_\_\_\_

### DAY THREE

- Breakfast: \_\_\_\_\_
- Morning activity: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Afternoon activity: \_\_\_\_\_
- Dinner: \_\_\_\_\_

### DAY FOUR

- Breakfast: \_\_\_\_\_
- Morning activity: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Afternoon activity: \_\_\_\_\_
- Dinner: \_\_\_\_\_

### DAY FIVE

- Breakfast: \_\_\_\_\_
- Morning activity: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Afternoon activity: \_\_\_\_\_
- Dinner: \_\_\_\_\_

### DAY SIX

- Breakfast: \_\_\_\_\_
- Morning activity: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Afternoon activity: \_\_\_\_\_
- Dinner: \_\_\_\_\_

### DAY SEVEN

- Breakfast: \_\_\_\_\_
- Morning activity: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Afternoon activity: \_\_\_\_\_
- Dinner: \_\_\_\_\_

### DAY ONE

- Breakfast: \_\_\_\_\_
- Morning activity: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Afternoon activity: \_\_\_\_\_
- Dinner: \_\_\_\_\_

### DAY TWO

- Breakfast: \_\_\_\_\_
- Morning activity: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Afternoon activity: \_\_\_\_\_
- Dinner: \_\_\_\_\_

### DAY THREE

- Breakfast: \_\_\_\_\_
- Morning activity: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Afternoon activity: \_\_\_\_\_
- Dinner: \_\_\_\_\_

### DAY FOUR

- Breakfast: \_\_\_\_\_
- Morning activity: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Afternoon activity: \_\_\_\_\_
- Dinner: \_\_\_\_\_

### DAY FIVE

- Breakfast: \_\_\_\_\_
- Morning activity: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Afternoon activity: \_\_\_\_\_
- Dinner: \_\_\_\_\_

### DAY SIX

- Breakfast: \_\_\_\_\_
- Morning activity: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Afternoon activity: \_\_\_\_\_
- Dinner: \_\_\_\_\_

### DAY SEVEN

- Breakfast: \_\_\_\_\_
- Morning activity: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Afternoon activity: \_\_\_\_\_
- Dinner: \_\_\_\_\_