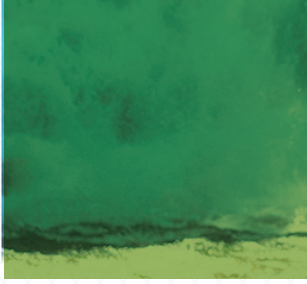


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The rugged beauty of **Rock Island** State Park

by Trisha Sandora

West of the Appalachian Mountains, on the Cumberland Plateau just a few miles out of McMinnville, water pours out of rocky limestone gorge walls and creates a spectacular display of nature. Twin Falls, located in Rock Island State Park, begins 80 feet above the Caney Fork River and builds into a powerful force of falling water that cumulates into a pool of tumbling white-water waves. A short distance upstream, Great Falls, a 30-foot horseshoe cascading waterfall allows for yet another awe-inspiring waterfall view.

Established in 1969, Rock Island State Park is an 883-acre park located on the headwaters of Center Hill Lake at the confluence of the Caney Fork, Collins, and Rocky Rivers. Even if you don't have a lot of time, taking a short detour through Rock Island State Park is well worth the effort. Although the park is known for its rugged and rocky terrain, many of its natural and historic features are easily accessible. From parking lot areas and overlooks, visitors of all ages will enjoy seeing a 19th-century cotton textile mill and a spring house built to look like a tiny castle, along with fantastic views of the waterfalls. Damon Graham, Rock Island State Park Manager, says, "A lot of our parks have waterfalls, but it's very rare that you can access them without having to walk."

For those who want to do some hiking, the park has seven trails that lead through lush forests, along riverbeds and pools, above and below waterfalls and to rocky bluffs where you can see for miles. The trails range in difficulty from moderate to strenuous and may involve a bit of rock-hopping. "If I get out on the trail, the Downstream Trail is probably my favorite," Damon says. For a trail map and more inside information stop by the park office. Know that many sections of the park are incredibly rugged with bluffs, slick rocks, and swift water. Therefore, good hiking shoes are essential and don't forget to pack along some drinking water.

Under the Stars

Of course, when it comes to experiencing the great outdoors in all its fullness, there is nothing like camping. The smell of a campfire wafting through the air, the sound of children laughing, the sticky, gooey goodness of the perfect s'more, and fireflies flickering outside the tent make for memories that last a lifetime. Rock Island State Park offers two campgrounds, a tent-only campground with ten sites, and the main campground with 50 sites--all equipped with electric and water hookups, grill, fire ring, and picnic table. There are also three modern

continued on next page







bathhouses with hot water showers, lavatories, and commodes located throughout the two campgrounds. For those who do not care to rough it quite so much, there are ten very nice cabins available to rent. The identical cabins are open year round and feature three bedrooms, two baths. “I’ve stayed in about every cabin in the Tennessee State Park system, and I may be a little biased, but these are some of the nicest in the state,” Damon says. Be sure to check availability on cabins and campsites during the busy summer months. Reservations are always recommended and taken up to one year in advance. To make a reservation go to tnstateparks.com. If you just want to

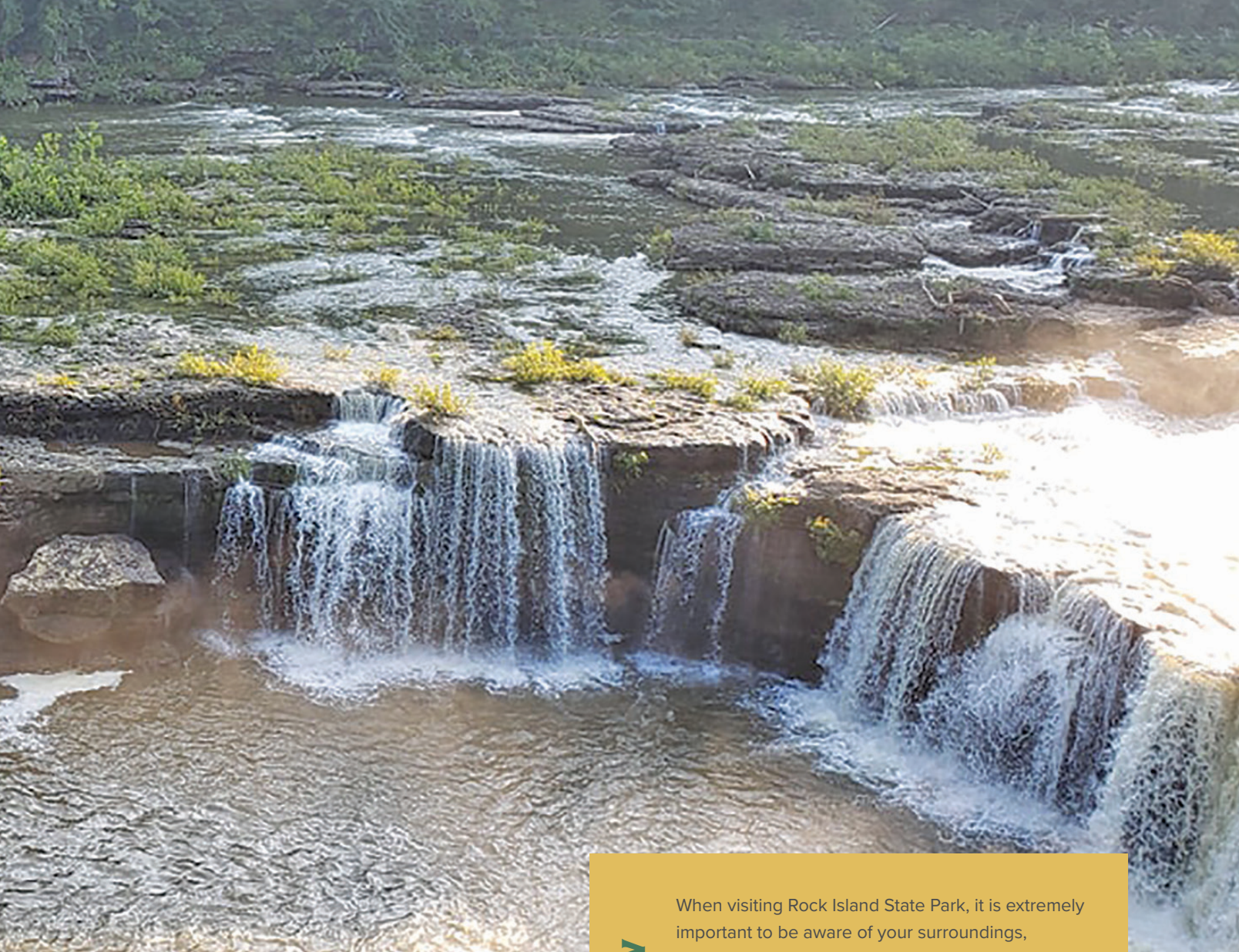
make a day of it, there are several picnic areas as well as two large covered pavilions which are available to rent for special occasions. A natural sand beach provides hours of fun whether you enjoy swimming, treading water, floating in the water or just playing in the sand.

Learn Something New

Throughout the year, Rock Island State Park hosts a variety of ranger-led programs where you can learn to build a campfire, make cobbler in a dutch oven, learn about bees, snakes, and pollinators, or participate in dozens of other fun activities. The park also offers guided kayak trips and the opportunity to snorkel in the gorge.

The Fish are Calling

And then there is the fishing. “We’re known as a great fishing destination. At one time we had the world record walleye,” Damon says. A picture of the former world champion fish along with a mounted replica hangs on the wall at the park office for all to admire. Rock Island State Park is also the host site for the Pan Am Kayak Bass Fishing Championship that draws anglers from all over the world. Along with the walleye, there are many other fish swimming in the waters, including muskellunge, bluegill, crappie, and catfish. A valid Tennessee fishing license is required for anyone over 13 years of age.



Rock Island State Park is a fun, accessible place to get some exercise, relax, and enjoy the company of friends and family. It also provides an opportunity for us to get back to nature and experience a world that we don't often think about—a world that is beautiful, full of life, and just outside the door.

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WHAT YOU NEED TO KNOW

When visiting Rock Island State Park, it is extremely important to be aware of your surroundings, especially rising water. Water releases from the Great Falls Dam or Powerhouse operated by the Tennessee Valley Authority (TVA) are always a possibility. In a matter of seconds, dangerous fast-rising water can make the river unsafe. To check the TVA daily water release schedules visit TVA.gov online, get the app on your mobile device, or call (800) 238-2264. The information is under Great Falls on the Lake Levels link. Also, know that TVA release schedules are subject to change and may be made without warning. "There is always a chance of water release. If there are sirens that means they are going to release water," Damon says. Always have a quick exit planned and head for higher ground if you hear the warnings, see flashing lights, or notice the water beginning to rise.

Something good is brewing

at Depot Bottom Brewery

by Trisha Sandora

For Chris Weitzel, one of the founders of Depot Bottom Brewery, it all started with a home brewing kit. It was a Christmas present from his wife, Becky. But even before that, Chris was acquiring a taste for craft beer. “It’s actually my wife’s fault. She’s the one who got me into drinking craft beer,” Chris says with a smile. Becky convinced him that there was more to a great tasting beer than what was on sale at the local convenience store. Of course, at the time, neither Becky nor Chris had any idea how that simple gift would take them on a craft beer adventure that continues to gain momentum. Along with business partner Jacob Bozarth, Chris and Becky opened the doors of Depot Bottom Brewery in 2018. And apparently, the timing was perfect, because McMinnville’s first brewery is rapidly gaining a loyal following.

All three partners have full-time day jobs and tag-team evenings and weekends at the brewery located in downtown McMinnville. They measure and mix, check sugar, yeast, and fermentation readings, taste-test and painstakingly craft their brew in small batches in a one-barrel system. So far they have brewed over 30 different beers, each a unique recipe formulated to bring out specific attributes and flavors. Where do they dream up the recipes for these

new, inventive beers? According to Chris, the ideas come from out of the blue. Their customers also have some great ideas as well. Earlier this year they were approached by the organizers of the Hardly Strictly Musky fishing tournament to create a Kölsch—the German version of a pilsner. It’s a light, refreshing beer that’s great on a hot day and even better when you’re on the river. “If we’re going to commission a beer we ask for two months, especially if it’s a beer we’ve never done before,” Chris says. Some things can’t be rushed and when it comes to fermentation, “well, you’ve just got to let mother nature do her thing,” he adds.

Depot Bottom Brewery pays homage to its McMinnville roots by naming their brews named after the people, places, and events of the area. “Most of our names are drawn from things in McMinnville and Warren County,” Chris says. Depot Bottom came from an area close to downtown that was an industrial hub after the Civil War, and home to a train depot. High Rock Red and Hickory Mountain Nut Brown are named after natural features. The Triple Hanging is named after the last public execution in McMinnville, and the 1810 Amber is a toast to the year McMinnville was founded.

continued on next page







If you are new to craft beer, no worries, Chris has a few suggestions for an easy introduction in the world of craft beer. “We try to get a feel for what you like—IPA, Stout, Porter. We don’t do flights, but we let you try all six beers if you want, to make sure you are getting what you want,” he says.

Several times a month, the brewery frequently has a food truck on Fridays and Saturdays. You can also have a pizza delivered, or you can bring food from home. Smooth Rapids also makes deliveries. Future plans include an outdoor patio area. As for Chris’s favorite brew? “For me, it changes, depending on the weather, I don’t necessarily

have one particular that’s my favorite,” he says. Stay informed about special events, what’s on tap, and what’s brewing in the barrel on Facebook & Instagram @depotbottombrewery

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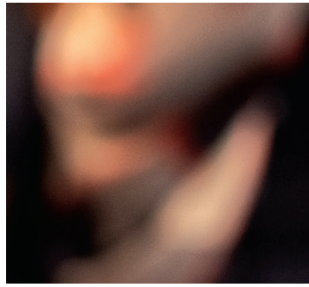
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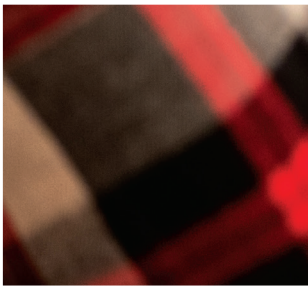
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Ales include Belgian style, brown ales, India pale ales, pale ales, porters, stouts, and wheat beers.

Lager styles have German and Bavarian roots and include Oktoberfest and pilsners.



Something tasty & different

Gather together at these fun and unique downtown eateries, and you'll know why they are quickly becoming destinations.

by: Trisha Sandora

A red pinstriped awning shades the large glass windows of the Cumberland Biscuit Company, adding a splash of color to downtown McMinnville. Inside, diners sit at a counter behind the windows enjoying their coffee, watching cars pass by and taking in the view of the historic Park Theater across the street. While upbeat Americana music plays in the background, friends and families congregate around wooden tables. It's a warm and inviting atmosphere, one that makes you want to pull up a chair and stay awhile.

A little later in the day, a few doors down, under a black and white striped awning, it's a similar scenario. At Metro Deli, 70s rock music has customers humming along as they dine. In the adjacent room, at Topz Frozen Yogurt, wide-eyed adults and kids fill cups to the brim with soft-serve frozen yogurt, piling spoonfuls of berries, chocolate candies & nuts on top. All three eateries are part of a business venture that began over five years ago by Matt and Anna Sands, and Anna's brother Josh. Although opening a food establishment wasn't something any of them had on their minds, sometimes an opportunity presents itself, and so goes

the story that began with Topz Frozen Yogurt and now includes Cumberland Biscuit Company and Metro Deli. "Our goal was and still is to create a family-friendly, fun environment that people want to come to," Anna says.

All three eateries have one thing in common, atmosphere. It's something that can make or break a dining experience, and it begins when you walk in the door. The atmosphere was a key ingredient when the trio started their trek into the business of food. However, it didn't come easy. Each business began by gutting the historic space, uncovering old walls and floors, and refurbishing the salvaged materials. From the lighting and artwork (several pieces which came from their homes) to the table spacing and the music, every detail was carefully thought out and put into place. Here is a quick overview of the delicious offerings waiting behind the doors of these three establishments.

Dessert First

Topz Frozen Yogurt is a self-serve frozen yogurt buffet with flavors such as Strawberry Cupcake, Pomegranate Raspberry, French Vanilla, Sweet Pickle Italian Ice, Wild Blackberry,

continued on next page





*Many of our sandwiches
are named after people in the family*





White Chocolate Cherry, Dreamsicle, & Tangy Orange Sorbet. The toppings include candy sprinkles in all colors, gummy worms, blueberries, strawberries, and just about anything you could imagine. It's fun, it's easy, and it's a delicious treat. They also host a karaoke night monthly.

Craving a slice of pizza or a sandwich?

Metro Deli is the perfect place to grab a freshly prepared meal. "Many of our sandwiches are named after people in the family," Anna says. "The Big Jerry is named after my dad, and the Mama Louisa is named after my husband's Cuban grandmother." The deli also has a great selection of signature salads, brick oven pizza, soups, and salads. And don't forget the pickle. Both Metro Deli and Topz Frozen Yogurt are in the same building and are open seven days a week from 11 am to 8 pm, and until 9 pm on Fridays and Saturdays.

But what about breakfast?

Both Anna and her brother are breakfast eaters, so when additional space opened up, it was time for breakfast. Continuing in the vein of offering something different, they enlisted the help of a family friend who is a chef. Together they decided to highlight the menu with Benedicts and

handmade crab cakes along with their spin on a good ole' southern favorite, biscuits and gravy. Cumberland Biscuit Company is open for breakfast, brunch, and lunch, Thursday through Sunday 7:00 am to 1:30 pm.

As word-of-mouth travels, all three eateries are finding a place on the itineraries of travelers, and into the hearts of the locals. "We see a lot of tourists on the holidays," Anna says. "I have also learned that certain shows at Cumberland Caverns pull different crowds." So she keeps a close eye on the show schedule, knowing that some return guests will be in for breakfast and will bring a few friends along,—quite a few. Also, keep an eye out for the Metro Food Wagon, the deli shop on wheels, at Main Street Live on Fridays and also at the Del Monaco Winery in August. Food, glorious food, and the best part? According to Anna, "I love the guests and the employees."

Cumberland Biscuit Company is located at 114 West Main Steet in McMinnville. Metro Deli and Topz Frozen Yogurt are just a few doors down at 104 West Main. www.cumberlandbiscuitcompany.com www.topzfrozenyogurt.com

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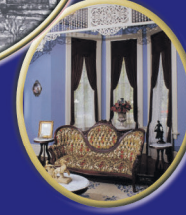


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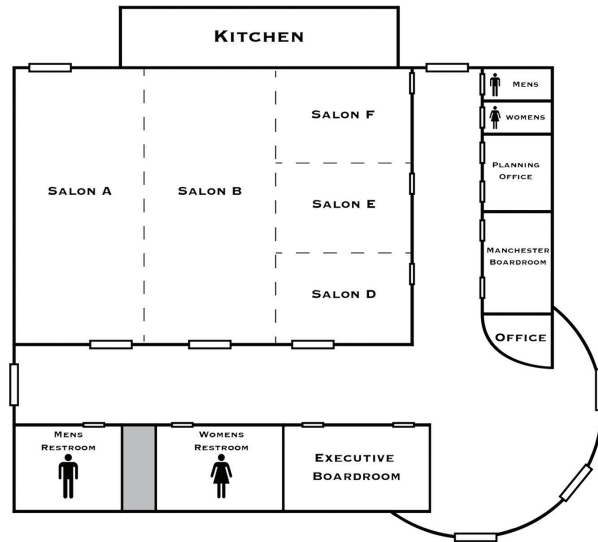
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The Catch & Release of the year

The Hardly Strictly Musky fishing tournament brings anglers from all across the nation in search of the elusive Musky and gives back to the local community in a big way.

by Trisha Sandora

Founded in 2012 by McMinnville's Todd Gregory, the Hardly Strictly Musky fishing tournament is the event of the year for a dedicated group of fishing enthusiasts. They come from Minnesota, Wisconsin, New York, Montana, and other faraway places, on the 2nd weekend of May and gather on the banks of the Collins River for a long weekend of fishing, food, craft beer, art, and music. They share a common bond, the challenge of catching a giant finicky fish with a fly rod. The long, slender fish with a mouth full of teeth is similar in appearance to the Northern Pike and can grow to be 50 inches or more in length. The natural range of the Musky, short for Muskellunge, stretches up through Ontario, New York, and Minnesota. In Tennessee, they are only found in certain bodies of water.

continued on next page







“

We get together, raise some
money for local charities,
and have a great time doing it.
We try to do good things



Hardly Strictly Musky isn't your ordinary fishing tournament, as Sam Bailey, one of the event organizers explains, "It's a group of likeminded individuals who love to punish ourselves by trying to catch a fish that doesn't want to eat." Repeatedly casting an oversized fly rod, much like the ones used in surf fishing, is a workout, and then, if you are lucky enough to catch one, reel it in, snap a few photos for proof, and release it back into the water, you have definitely put in a day's work. However, in between casts and at the end of the day, there's always enough time and energy to tell a good fish story—and there are plenty, especially the ones about the Musky that got away and the look in its eyes as it snubbed the deer hair fly.

In 2018, Hardly Strictly Musky organizers decided to gain official nonprofit status to help steer the efforts of the growing organization for the greater good. The change also opens up the doors for significant sponsors to participate in an even bigger way. In 2019, the event saw an increase in support from national and local sponsors. The Vice President of

Patagonia, a long-time sponsor, even came out to attend the event. Hardly Strictly Musky is also very conservation oriented. The tournament allows only 100 registrants, and although they want to grow the overall benefits the festival has on local charities, they also want to keep it small and manageable with minimal impact on the fish and rivers. In reality, the festival is much more than catching the biggest fish. It's about bringing people together for a good time and a good cause. "We get together, raise some money for local charities, and have a great time doing it. We try to do good things," Sam says.

What is the secret to catching a Musky? "Persistence," Sam laughs. "Fishing for Musky is like baseball. It's a game of failures. You've got to have a good sense of humor, you've got to like to see your flies swim, and you've got to like to spend time with your friends." For more information about Hardly Strictly Musky—The Southern Classic, visit www.hardlystrictlymuskyflyfishing.com

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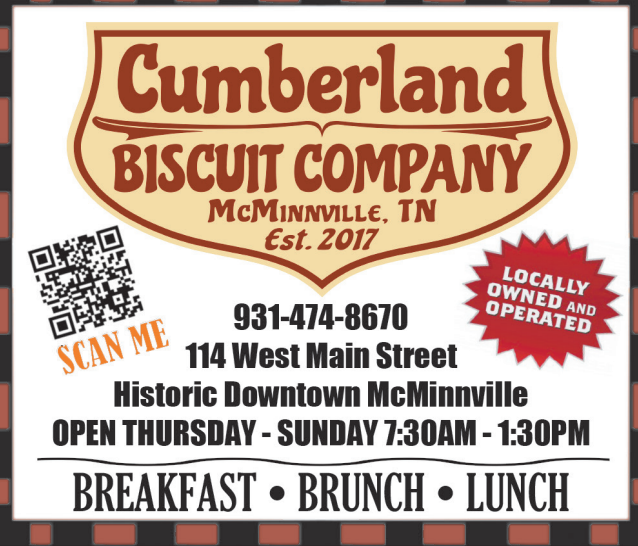
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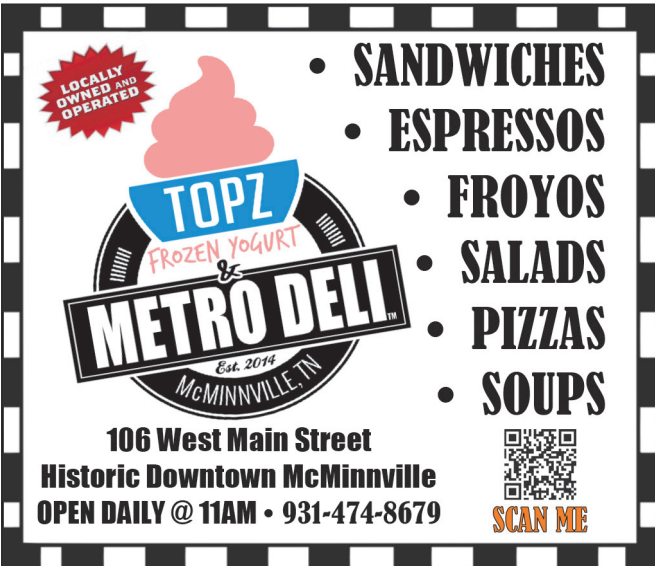


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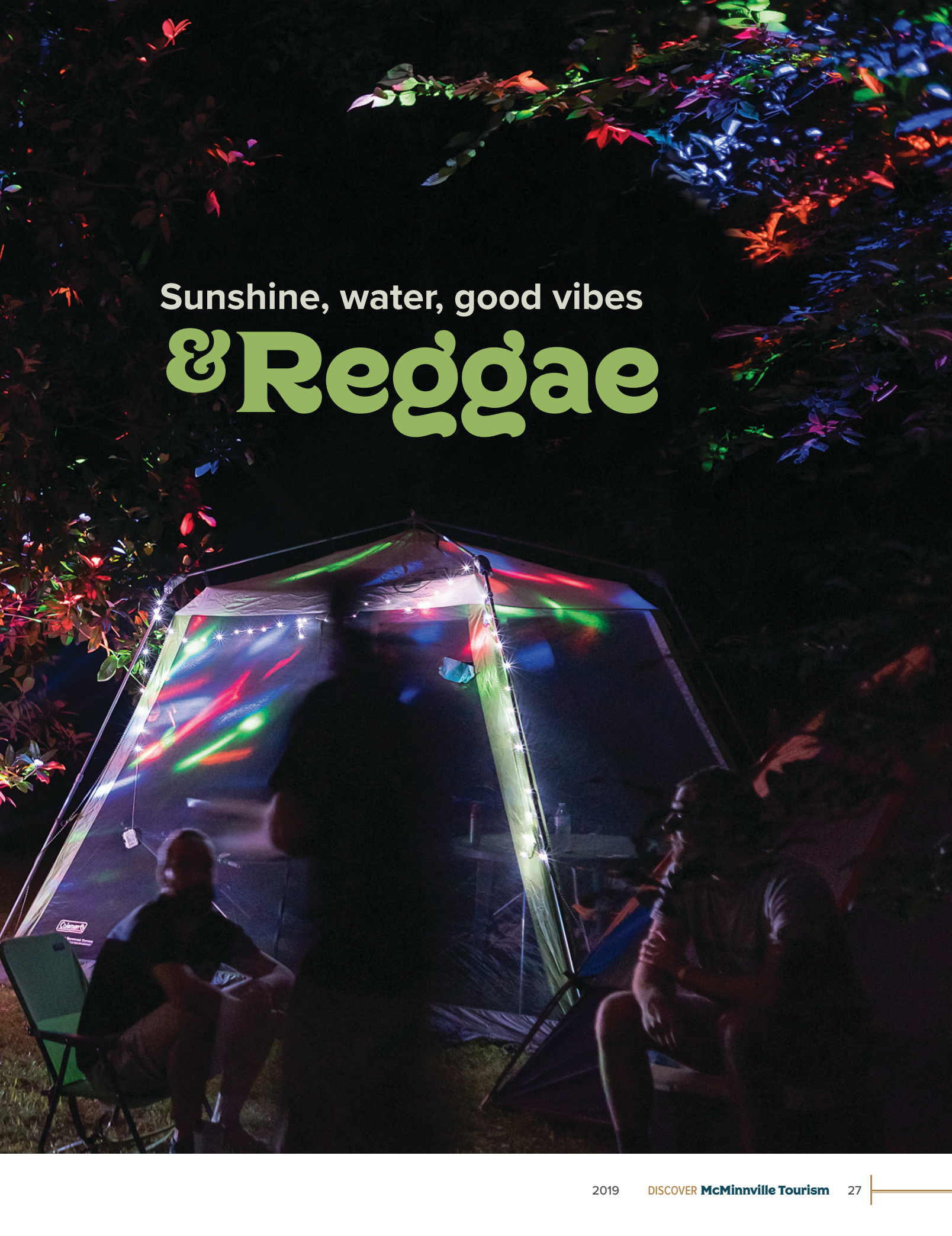


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A night scene of a tent illuminated with colorful lights. The tent is a dark-colored, possibly black or dark blue, with a mesh front. It is lit from within and around with a variety of colors including red, green, blue, and purple. The lights create a vibrant, festive atmosphere. Several people are visible around the tent. One person is sitting on a green folding chair in the foreground on the left. Another person is standing in the center, facing the tent. A third person is sitting on the right side, looking towards the tent. The background is dark, with some foliage visible, including leaves that appear to be lit with red and blue light. The overall mood is relaxed and social.

Sunshine, water, good vibes

& Reggae



Smooth Rapids sets the stage for a weekend of fun.

by Trisha Sandora

Reggae, it's not just the music of the islands. There's something about hearing Bob Marley sing One Love that makes the world a better place, wherever you may be. It's feel-good music that can make us believe that "everything's going to be alright." Reggae's catchy rhythm has the power to make even the smallest toddler bounce in unabashed joy. In August, the music of the islands makes it way to McMinnville for the annual Reggae at Smooth Rapids, with plenty of good vibes for all to enjoy.

The festival is a colorful celebration of the things that make life beautiful. It's Hula Hoops, glow in the dark necklaces, tie-dye shirts, hammocks, lounge chairs, a rainbow of kayaks, dancing, playing in the water, sleeping out under the stars, and grooving to the music. It's the perfect antidote for a summer season that passes all too quickly.

2019 marks the fifth anniversary of the annual two-day festival. Over a dozen bands will take the stage throughout the fun-filled weekend. On-site vendors will have everything you might need or want, including ice, beer, food, drinks, tie-dye t-shirts, and even a few camping supplies. Head on down to the river, and don't forget to bring your swimming suit and your dancing shoes. Bring your kayak, or rent one from Smooth Rapids and let the fun begin. For more information, visit www.smoothrapids.com/reggae-at-smooth-rapids or @ReggaeAtSmoothRapids on Facebook.

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 - Bob Marley





Art is everywhere.

For an up-close look at McMinnville's growing art scene, check out these creative spaces and places.



Rock Island Pottery and Marketplace plus Antiques

A sense of awe strikes you from the moment you step through the front doors of Rock Island Pottery and Marketplace plus Antiques. Walls filled with driftwood sculptures, photographs, mixed media paintings, and other stunning art pieces welcome visitors into this living breathing community of artists. In tall windows, light plays off wine bottle chimes and glass suncatchers. Beautiful and useful pottery pieces, including a dish for baking cornbread and one for crushing garlic, are thoughtfully arranged in displays that weave throughout the space. It's a feast for the eyes and warms the heart to see all the one-of-a-kind treasures created by local and regional artists. Located in the former Levi Strauss factory building built in 1966, the expansive space showcases the work of over 70 artists. There are also pottery classes available

for those ready to take a seat at the potter's wheel and transform a piece of clay into a work of art. For owners and potters, Robb Rutledge and Scott Williams, the new space is part of an unfolding dream of supporting and encouraging a vibrant arts community. Get an authentic glimpse inside McMinnville's growing art scene at this one-of-a-kind gallery and marketplace. To stay informed about the latest happenings, follow @RockIslandLocalArtisans on Facebook.

11287 Sparta Hwy. | Rock Island, TN 38581
 Wednesday-Saturday: 11AM to 7PM
 (931)686-2000

The Doodle Fish Studio

Make your own art at this fun paint your own pottery, canvas, and wood studio in downtown McMinnville, TN. For current classes, visit @downtownmcmminville on Facebook.

Murals

Visit beautiful displays of public art at the Security Federal building on 306 West Main and La Cazona Mexican Restaurant on 231 Northgate Dr.

Recreation/Outdoors

Get outside, unplug, and enjoy nature. The stunning views and exhilarating experiences will make you fall in love with our little corner of the world.

1

Watch the falling water at Rock Island State Park

See the breathtaking Twin Falls and Great Falls at Rock Island State Park. 82 Beach Rd, Rock Island, TN tnstateparks.com/parks/rock-island

2

Camp under the stars at Fall Creek Falls State Park

Fall Creek Falls State Park is Tennessee's largest and most visited state park. The park encompasses more than 26,000 acres sprawled across the eastern top of the rugged Cumberland Plateau.

2009 Village Camp Rd. | Spencer, TN 38585
tnstateparks.com/parks/fall-creek-falls

3

Paddle a kayak at Smooth Rapids

Rent a kayak or tube from Smooth Rapids Outfitters and float the lazy river through McMinnville.

245 Durham St. | McMinnville | smoothrapids.com

4

Explore a cave at Cumberland Caverns

Cumberland Caverns has more than 32 miles of caves and underground passageways, incredible underground rock formations, beautiful underground waterfalls, and gleaming pools.

1437 Cumberland Caverns Rd. | McMinnville
cumberlandcaverns.com

5

Hike or mountain bike the trails at Isha

The trails at Isha are part of an expanding network of over 15 miles of hiking and biking trails featuring beautiful waterfalls, a meandering spring-fed creek, and breathtaking bluff overlooks.

951 Isha Lane | McMinnville

6

Play a game of disc golf at Pepper Branch Park

Pepper Branch Park amenities include picnic tables and benches, great fishing sites, canoe and kayak launch, a six-hole Disk Golf Course, and a Gazebo.

120 Old Morrison Rd. | McMinnville

7

Picnic at Riverfront Park

Riverfront Park features fishing piers, picnic areas, a pavilion, restrooms, boat docks, ramp access, a playground, and volleyball court.

120 Riverfront Park St. | McMinnville

8

Walk on the Bigbee River Trail

The 2-mile wooded trail connects Ramsey Park, Rocket Park, and Hobbs Park.

612 Cedar St. | McMinnville

9

Stroll the Barren Fork Greenway

The paved, 1.8-mile round trip, walking trail follows along the Barren Fork River. The trailhead is at River Front Park on one end, and Pepper Branch Park on the other.

120 Riverfront Park St. | McMinnville

10

Row a boat at Canoe The Caney

Featured in Southern Living magazine, the Travel Channel, and Lifetime's reality show, "Little Women of Atlanta," Canoe the Caney offers the largest fleet of canoes and kayaks in Middle Tennessee. Take a trip down the Caney River for an enjoyable and affordable day of family fun.

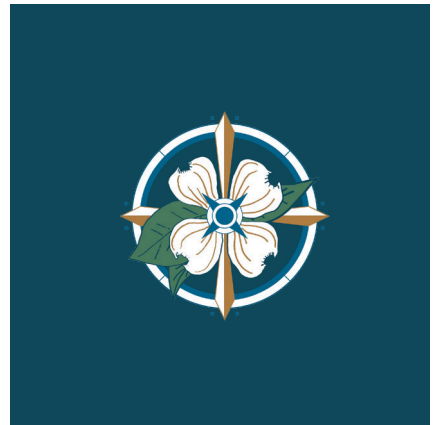
17055 Smithville Hwy. | Silver Point, TN
canoethecaney.com

11

Have a Blast at Mountain Top Gun, Archery, and Paintball

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11564 Harrison Ferry Rd. | McMinnville
mttoprangeandpaintball.com



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Local tastes

Hungry? Stop by one of these unique eateries for a cold drink and a meal so delicious that you'll be planning a return trip sooner than you thought.

Cumberland Biscuit Company

Open for breakfast, brunch, and lunch, Cumberland Biscuit Company features eggs Benedict, crab cakes, beignets, omelets, biscuits and gravy, burgers, and much more.

114 West Main St. | McMinnville, Tennessee
(931)474-8670

Thursday-Sunday: 7AM-1:30PM

Collins River BBQ & Café

Collins River BBQ & Café is located in downtown McMinnville and is a local favorite for great food, cold craft beers, friendly service, and live music. Serving up classic pulled pork, smoked wings, huge salads, delectable desserts, and much more.

117 E Main St. | McMinnville, TN 37110
(931)507-3663 | www.collinsriverbbq.com

Tuesday - Thursday 10:30AM-9:00PM

Friday - Saturday 10:30AM-9:30PM

Closed Sunday & Monday

Cotton's Marina - The Island Grille

Enjoy scenic dining overlooking the water at Cotton's Marina just 20 minutes out of McMinnville. The menu features shrimp, fish, pizza, burgers, and more.

1967 Rock Island Rd. | Rock Island, TN 38581
Friday, Saturday: 11AM-9PM; Sunday: 11AM-6PM
(931)686-2373 | www.facebook.com/cottensmarina

Depot Bottom Brewery

McMinnville's first brewery serves a variety of seasonal brews in a cozy atmosphere that makes you feel right at home. Although they do not serve food, you are welcome to bring in your own or have it delivered.

303 East Main St. | McMinnville, TN 37110
www.depotbottombrewery.com
Friday 4:30-10PM; Saturday: 11AM-11PM
Sunday: 1PM-6PM

Depot Bottom Country Store

Featured on Tennessee Crossroads, Depot Bottom Country Store is a small country store and deli located in Depot Bottom across from Riverside cemetery. Menu items include burgers, hot pimento cheese sandwich, potato soup in addition to daily specials.

215 Bridge St. | McMinnville, TN
(931)507-3366

www.facebook.com/Depot-Bottom-Country-Store

Monday - Friday 5:30AM-2PM

Closed Saturday and Sunday

Foglight Foodhouse

A quaint out of the way restaurant located on the bank of the Caney Fork River about 20 minutes out of McMinnville. The menu offers a large variety of items, including fresh seafood, pasta, steaks, and Cajun fare. There is also an outdoor seating area overlooking the river.

275 Powerhouse Rd. | Walling, TN, 38587
(931)657-2364 | www.foglight-foodhouse.com

Tuesday - Thursday: 5PM to 8PM; Friday: 5PM to 9PM

Saturday: 5PM to 9PM; Closed Sunday and Monday

Juicy's Wellness Cafe

A 100% plant-based café and juice bar. The menu features mouthwatering vegan soups, salads, sandwiches, desserts, juice, and smoothies in a hip southern atmosphere.

110 E. Main St. McMinnville, TN 37110
(931)474-2233

www.facebook.com/pg/Juicys-Wellness-Cafe

Tuesday - Friday: 8:00AM-4:30PM

Saturday: 9AM-2PM

continued on next page

Kimmi's Tea Room

Fresh, authentic English tea served in beautiful teapots and teacups in a charming, intimate atmosphere. The menu includes sandwiches, salads, soups & daily specials as well as a variety of delectable desserts.

(931)474-2253

www.facebook.com/Kimmis-Tea-Room

Monday-Friday: 10:30AM - 5PM

Saturday: 11:30AM - 2PM

Closed Sunday

Praters BBQ

Known to many as the "best in the South," Prater's Bar-B-Que can feed thousands at a company picnic or provide a tasty half-rack of ribs for your work-day lunch. That's not to mention the ribeye steaks, specialty sandwiches, burgers, catfish and hand-battered fried chicken.

9576 Manchester Hwy. | Morrison TN 37357

(931)635-2259 | www.pratersbbq.com

Monday Through Saturday: 10:30AM-8:30PM

Closed Sunday

Rock Island Market

One side of the building is a country store, bait and tackle shop, and the other end is the restaurant. The menu offers a wide variety of meats and vegetables, deli sandwiches, burgers, pizza, and homemade desserts.

1231 Rock Island Rd. | Rock Island, TN 35851

(931)686-2007

Tuesday-Thursday: 5AM-6:30PM

Friday-Saturday: 5AM-7:30PM

Sunday: 6AM-3PM

Smooth Rapids Outfitters

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245 Durham St. | McMinnville, TN 37110

(931)452-9251 | smoothrapids.com

Wednesday through Saturday: 11AM-9PM

Sunday: 11AM-3PM

Topz Frozen Yogurt & Metro Deli

A welcoming eatery that serves brick oven pizzas, sandwiches, salads, and sweet treats, in a fun atmosphere in historic downtown McMinnville.

104 West Main Street McMinnville, TN 37110

(931) 474-8679 | www.topzfrozenyogurt.com

Sunday through Thursday: 11AM - 8PM

Friday & Saturday: 11AM - 9PM

The Vanilla Bean Baking Company

The Vanilla Bean Baking Co. is a bakery and coffee house located on historic Main St. in McMinnville, TN. The menu includes custom cakes, cupcakes, muffins, scones, cinnamon rolls, mini donuts, cookies, pudding jars, cake pops, and much more.

224 E. Main St. | McMinnville TN 37110

(931)507-2253 | www.facebook.com/VanillaBeanBakingCo

Tuesday-Thursday: 7:30AM-4PM

Friday: 7:30AM-7PM

Saturday: 7:30AM-2PM

Closed Sunday and Monday

Viola's Pizza Company

Hand-crafted dough (made over three days), smooth tomato sauce with hand-crushed tomatoes, a blend of cheese that is shredded in-house and toppings that are prepared right in the shop. Located on the square in Viola.

7 Lynn St. | Viola, TN 37394

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www.facebook.com/ViolasPizzaCompany

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Where to stay

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Happy Yaker

Located near Rock Island State Park, the Happy Yaker has three charming cottages that will make you want to stay a little longer. Open year round.

120 Power House Rd. | Walling, TN 38587
(615)504-9549 | www.thehappyyaker.com

Best Western Tree City Inn

Sometimes a nice motel room is just the ticket for some much-needed rest.

809 Sparta St. | McMinnville, TN 37110
(931)473-2159 | www.bestwestern.com

Falcon Manor Bed & Breakfast

Falcon Manor has four guest suites on the grounds of Falcon Rest Mansion. falconrest.com/guest-rooms

2645 Faulkner Springs Rd. | McMinnville, TN 37110
(GPS address - 85 Bluff Springs Rd.)
(931)273-1688

continued on next page





Bonnie Blue Inn

If you are looking for some peace and quiet, the Bonnie Blue Inn might be just the place. Enjoy this turn of the century farmhouse situated in a rural setting off the beaten path.

2317 Old Smithville Rd. | McMinnville, TN 37110
931-815-3838 | www.bonnieblueinn.com

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Head up the mountain to Isha and stay the night in one of their semi-private lodges, private studios, or deluxe suites. Accommodations include two vegetarian meals per day. Please give at least 24 hours notice before visiting in case of changes to the daily schedule.

951 Isha Lane | McMinnville
(931)668-1900 | info@ishausa.org



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Falcon Manor Bed

Bed and Breakfasts provide an excellent opportunity to get to know some of the local people who call McMinnville home and learn about local history. Situated on the grounds of the historic Falcon Rest Mansion, Falcon Manor B & B has four bed and breakfast style guest suites. The antiques and decor of the suites reflect those of the mansion itself with the addition of modern conveniences including private baths, TV, free wireless internet, individual heat and air controls, irons and ironing boards, coffee pots, microwaves, and compact refrigerators. There is also an optional breakfast available and access to acres of gardens for relaxing outside.



and Breakfast

- Falcon Manor's Honeymoon Suite is located across the breezeway from the Falcon Rest Mansion in its original kitchen and features a king-size brass and marble bed, a gas-log fireplace, and a claw-foot tub.
- Carriage House Room features a 9-1/2 foot tall Victorian Renaissance-style queen-size bedroom suite and a beautiful view of Falcon Rest's grounds.
- General Manager's Cottage is a spacious 2,700 sq. ft. "cottage" next door to the mansion. The cottage houses two suites, the Manager's Suite and the two bedroom Cottage Suite. There is also a patio with a picnic table, an enclosed deck, a kitchenette and a great room with a gas fireplace and antique furnishings that rival those in the mansion.



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All-O-K'Sions Flowers & Gifts offers beautiful fresh, silk, and dried floral arrangements. They also carry an extensive gift line, including gift baskets, candles, and greeting cards.

113 West Morford St. | McMinnville | www.alloksionsflowers.com

Diamond Classics

Diamond Classics offers bridal sets, solitaires, wedding bands, colored stone rings, pendants, earrings, Seiko watches, gold chains, all colors of pearls, and the trendy Zable bracelets and beads.

555 N Chancery St. Suite A | McMinnville
business.facebook.com/Diamond-Classics

Evelyn Taylor Avenue

Evelyn Taylor Avenue is a high-end Boutique serving both men and women with some of the top picks in clothing, shoes, and accessories. There is also a home goods section that carries the top lines in today's Home Interior designs and decor.

211 E Main St. | McMinnville | evelyntayloravenue.com

McMinnville Florist

McMinnville Florist is a full-service flower shop with fresh arrangements or flowers by the stem. They also carry silk arrangements, grapevines, plants, sympathy tributes, memorial flowers along with many gifts for the home.

119 W. Court Square | McMinnville | www.mcminnvilleflorist.com

Randy Jane & Co.

Randy Jane & Company has a little bit of everything, including boutique clothing for kids and adults as well as home decor items such as candles, pictures, pillows, and furniture.

222 E Main St. | McMinnville | facebook.com/andyjaneco

continued on next page

Red Door Boutique

Red Door Boutique is a women's clothing store specializing in one of a kind pieces for all women in sizes 0 to 32. They also carry handbags, makeup, home decor, and more.

1100 Smithville Hwy., Suite 110 | McMinnville
www.reddoorboutiquetn.com

Renewed Creations

Renewed Creations offers antiques, vintage, and refurbished furniture as well as Blackberry House Paint, home decor, seasonal items, gifts, and a selection of boutique items, soaps, candles, and clothes.

213 E. Main St. | McMinnville
facebook.com/renewedcreationsmcminnville

Southern Traditions

Southern Traditions carries home decor, jewelry, candles, women's clothing, chalk paint, framed art, personalized gifts, and much more.

918 Sparta St. | McMinnville
www.southerntraditionstn.com

Tiger Lily Boutique

Tiger Lily Boutique carries trendy and fashionable women's clothing accessories, gifts, and home decor. They also make fresh silk arrangements and have a wide variety of gift items.

1007 Smithville Hwy. | McMinnville
facebook.com/TigerLilyFlorist

Vintage Market

The Vintage Market is a beautifully curated space filled with unique vintage and antique stock and lovely furniture.

208 E Main St. | McMinnville
facebook.com/The-vintage-market-on-main

Weathered Arrow

The Weathered Arrow is a quaint little rustic gift and home goods store.

112 East Main St. | McMinnville
facebook.com/theweatheredarrow

ROCK ISLAND

The Lazy Daisy

The Lazy Daisy is a shopper's wonderland with items from over 23 vendors, including antiques, collectibles, books, clothing, signs, furniture, baked goods, and more.

96 Great Falls Rd. | Rock Island, TN
facebook.com/The-Lazy-Daisy-Rock-Island

The Rustic Touch

The Rustic Touch is a country-inspired shop offering a variety of unique products, from exquisite antiques to one-of-a-kind handcrafted furniture and more, to give your cabin or home just the rustic touch it needs.

931 Rock Island Rd. | Rock Island, TN
facebook.com/The-Rustic-Touch

Rock Island Pottery & Marketplace plus Antiques

Located in the former Levi Strauss factory building built in 1966, the marketplace represents handcrafted items from over seventy artists including pottery, furniture, paintings, photography, driftwood art, jewelry, signs, cedar boxes, and hand-forged hooks.

11287 Sparta Hwy. | Rock Island
facebook.com/rockislandpotteryandmarketplace

Rock Island General Store & Outfitters

The General store has hand dipped ice cream, old fashioned candies, drinks, jams, jellies, and other outdoor accessories such as Eno hammocks, YETI, and more. The Outfitters carries Rock Island souvenirs including shirts and hats, as well as brands like Kavu, TEVA, and Chaco.

896 Rock Island Rd. | Rock Island
facebook.com/RockIslandCenter



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Entertainment AND Attractions





Collins River BBQ's Singer Songwriter Night

Come on out the third Thursday of every month to hang out with Rooster radio live on location and hear some of middle Tennessee's most talented songwriters and musicians.

Cumberland Caverns Live

Attend a concert in the Volcano Room, a natural amphitheater 333 feet below ground at Cumberland Caverns. The acoustically pure natural venue is a concert experience like no other. Regardless of outside temperature, the Volcano Room is a constant 56 degrees.

www.cumberlandcavernslive.com

Doodle Fish Studio on Main Street

Paint your own pottery, canvas, or wood keepsake at this fun studio in downtown McMinnville.

www.facebook.com/downtownmcminnville

Falcon Rest Mansion and Gardens

Step back in time with a guided tour at the 10,000-square-foot mansion built by Clay Faulkner in the late 1800s. Referred to as Tennessee's Biltmore by PBS, the mansion is filled with museum-quality Victorian antiques, and some say it's presided over by a friendly ghost. Open daily year-round, 9-5 pm. Closed on Thanksgiving, Christmas Day, New Year's Eve, and New Year's Day.

2645 Faulkner Springs Rd. | McMinnville, TN 37110
(GPS address - 85 Bluff Springs Rd.)
(931)668-4444 | falconrest.com

Magness Library

The magnificent building dates back to 1913 and is on the National Register of Historic Places. It is also the headquarters for the Civil War Trails in Warren County and has an extensive genealogy research area as well.

118 West Main St. | McMinnville
(931)473-2428 www.magnesslibrary.org

continued on next page

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The Park Theater

The historic Park Theater is a multipurpose performing arts facility located on Main Street in McMinnville, TN. The theater hosts quality, diverse entertainment including live theater, concerts, and more.

(931)506-ARTS (2787)

Tennessee Music Pathways

McMinnville's stop on the statewide, 440-mile TN Music Pathways is the gravesite of Country music star Dottie West, located in Mount View Cemetery. Dottie was born and raised in a small community just outside of McMinnville. Highway 56, the Dottie West Memorial Highway, is dedicated to her memory. Dottie had many country hits including "Country Sun-shine" which became a Coca-Cola jingle.

Warren Arts

Warren Arts is a comprehensive arts center that hosts theatrical productions, murder mysteries, concerts, and art exhibitions.

5482 Manchester Hwy. | Morrison, TN
www.warrenartstn.com

Warren County Heritage Center and South School of Photography Museum

An array of photographs and artifacts that chronicle local history. Currently, museum admission is free, but they gladly accept donations. The museum also hosts special events and movie nights from time to time.

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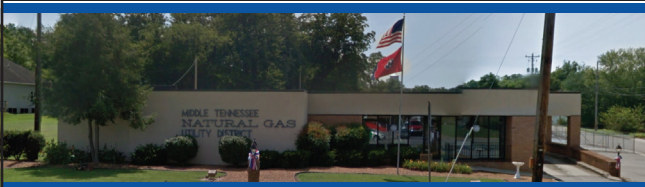
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Festivals AND Events



March/April

Sip and Savor Wine and Art Crawl in historic downtown. Held annually around Easter.

June/July

Mainstreet Live

Main Street McMinnville's Free Outdoor Summer Concert Series on Friday nights in June and July. Held on the west lawn of Security Federal Savings Bank in McMinnville.

4th of July - Stars & Stripes Fun Day

A full day of activities including breakfast, a fun run, a parade, music, booths, and more!

Farm to Table Dinner

Enjoy a farm-fresh, four-course meal & refreshing drinks to celebrate local farmers, producers, and small businesses. Held at the Farmers Market Pavilion in July.

August

Reggae at Smooth Rapids

Two days of camping, music, kayaking, vendors, food, brews, swimming, dancing & good vibes! Located right on the Barren Fork River in McMinnville. August 2nd & 3rd.

Viola Valley Homecoming

Good old fashioned family fun with music on the bandstand, food and games for everyone, a truck and tractor pull and more. Held on the 2nd Friday and Saturday in August in downtown Viola just 11 miles out of McMinnville.

September

McMinnville Mountain Crawl

A race like no other! Grab your team and cave, bike, and kayak amidst the beautiful hills of Tennessee. Held on the 3rd Saturday in September.

Blooms & Brews Craft Beer Festival

Over sixteen different breweries celebrate craft beer at the McMinnville Farmers Market the last Saturday in September.

October

Autumn Street Fair

Enjoy craft booths, children's activities, great food, music and much more on the 1st Saturday in October in downtown McMinnville.

November

Warren County Arts & Crafts Fair

Handmade items including wood workings, pottery, stained-glass, copper/blacksmith items, jewelry, artwork, porcelain, baked & canned goods & much more! Held on the Friday and Saturday before Thanksgiving at the McMinnville Civic Center.

December

Christmas Parade

Themed Christmas parade through downtown with floats, Santa, and lots of holiday spirit. Held on the 1st Saturday in December.

Christmas in the Park

Storytelling, a live nativity scene, musical entertainment, the ever-popular Telephone to Santa's Elves, bounce houses, crafts for children, food, coffee, and hot chocolate. Bundle up for a night of fun on the 1st Tuesday in December.



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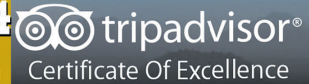
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