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THE MANY SEASONS OF

Rock Island

State Park

EVERY SEASON IS A GREAT TIME TO VISIT
ONE OF WARREN COUNTY'S GEMS.

BY DONNA COPELAND

PHOTOS CONTRIBUTED BY MCMINNVILLE CHAMBER OF COMMERCE



Every season has something unique to offer the Rock Island visitors, but Park Manager Damon Graham's favorite season is spring. The profusion of wildflowers, including some rare orchids, as well as migrating birds, make Rock Island feel magical.

Have you ever seen an osprey, with its six-foot wingspan, pulling its sushi dinner out of the river right in front of you? That is a sight to behold and something to put on your bucket list. In addition to osprey, eagles call the park home year-round, and visitors can see a wide variety of songbirds, some rare, at the park. Birds are most likely to be seen during spring and fall during migration when the park has fewer visitors. The quiet surroundings make bird sightings more common.

Spring

Spring rains make the park water levels change drastically. The roar of the water and awe-inspiring churning help one to appreciate the power and strength in all of those individual droplets merging in the rivers. While not all trails and areas are accessible with high water, it is a sight to behold.

Be aware of potential water release by the Tennessee Valley Authority (TVA). If you hear sirens or notice rising water, retreat immediately to higher ground.

The centerpiece of the 883-acre Rock Island State Park is the beautiful Center Hill Lake along with three rivers: Caney Fork, Collins, and Rocky River.

Summer

Summer brings an influx of visitors for the variety of outdoor activities available. Weekends are often overflowing, so be sure to arrive early or plan to visit mid-week to enjoy the park. Families enjoy swimming at the sandy beach on Center Hill Lake and taking advantage of the

three boat launches. Fishing is always popular at Rock Island; be sure you have your license if you are 13 years or older. Camping and picnicking help to extend the outdoor experience. Eating outdoors gives you a million-dollar view and enhances the flavor of your food.

Seasonal ranger-led activities include kayaking, nature walks, and animal presentations, among others. Check the park's website for schedule information.

Fall

The coolness of fall brings fewer visitors and a return of migrating birds. It is a wonderful time to lose yourself in the oasis of Rock Island. Enjoy the crunchy leaves as you hike or the beauty of the fall colors as you kayak around Center Hill Lake.

People who have mobility challenges love seeing an amazing waterfall from the parking lot. At Rock Island beauty is available to people with all levels of health and fitness.

Immerse yourself at Rock Island by staying for a few days. RV hookup sites are available year-round while tent camping can be done March 15 - October. Camping is a wonderful way to get back in touch with nature, but if a few more luxuries are your preference, there are lovely rental cabins available.

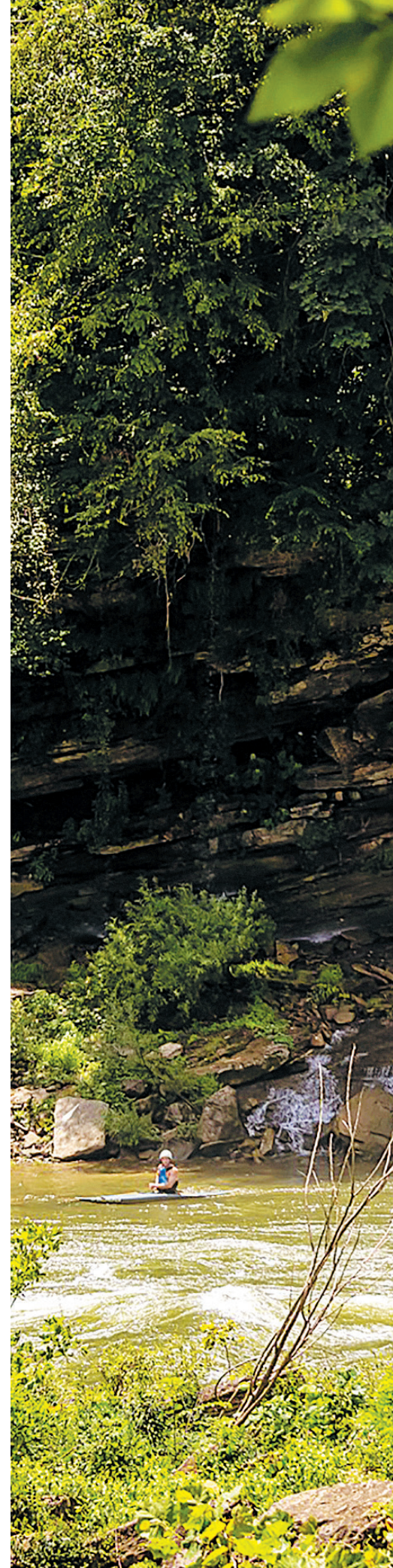
Winter

Winter at Rock Island can have a magic of its own. The leaves have fallen so you can see the views more clearly with the fewest visitors. A vigorous walk in a beautiful place warms both body and soul.

As John Burroughs said, "I go to nature to be soothed and healed, and to have my senses put in order." Rock Island State Park is nearby in every season to assist with our mental and physical health.

Rock Island State Park is located at 82 Beach Road, Rock Island.

www.tnstateparks.com/parks/rock-island





Keeping the Gorge Safe and Accessible

One of the highlights for many of Rock Island's visitors is exploring the gorge. The gorge is only accessible when there hasn't been a TVA water release for the dam or significant rainfall. The TVA has information on their website about scheduled releases, including an app for your phone. Go to www.tva.com/environment/lake-levels/Great-Falls

While exploring the gorge, it is critical to stay vigilant for a possible water release. Watch for rising water levels and listen for warning sirens. If you notice either rising water or hear sirens, immediately move to higher ground. The water can rise quickly and without warning.

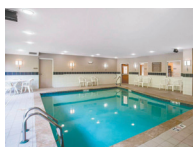
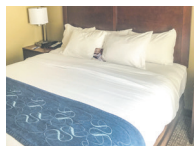
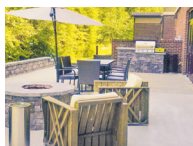
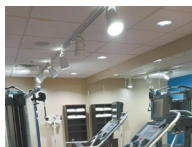
If you're planning to go into the gorge and you are driving a long-distance, call the Park Office (931) 837-4770 to determine if the gorge is accessible.

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The Coolest Concert Venue in McMinnville

Adventure and beauty await you above and below ground. Release your inner explorer.

BY DONNA COPELAND

PHOTOS CONTRIBUTED BY MCMINNVILLE CHAMBER OF COMMERCE

Where is the coolest place to see a concert in Middle Tennessee? Yep. Cumberland Caverns. As a concert venue, it is literally the coolest place to see a concert with a year-round temperature of 56 degrees. Plus, it is a space that rivals other unique concert experiences like Red Rock Amphitheater in Colorado or Dalhalla Amphitheatre in Sweden.

Did you know that people come from all over the United States and the world to explore Cumberland Caverns? At 32 miles long, it is the second-longest cave in Tennessee and makes the list of longest cave systems in the world. It has been open for exploring since 1956. Even on the shortest walking tour, explorers will be fascinated by the history of the cave while getting to see an underground waterfall, gleaming pools of water, and some of the largest rooms inside the cave system. This is truly something that must be experienced first-hand.

Concerts aren't the only offerings at Cumberland Caverns. Weddings and other events happen regularly inside the cave.

If you like staying above ground and shopping, there is a delightful gift shop. When you've finished your browsing and purchases, sit a spell in the rocking chairs on the front porch and admire the view.

If you want an all-out intensive cave experience, you can release your inner spelunker. The Legacy Tour is the most extreme tour at Cumberland Caverns with rock climbing, crevasses, and a canyon. The trip includes areas of the cave not previously permitted to the public and will give you a true taste of adventure. There are even 20,000 year-old lynx bones that you will view. You must be at least 16 years old to participate in the Legacy Tour.

There are other less intense spelunking tours, depending on your age and desired level of adventure.

If you want the coolest campout ever, you've got to try one of the overnight caving adventure packages. Technically, it will be a "camp in" since you get to camp overnight inside the cave and go exploring. If you have a lot of friends who want to join you, not to worry,

continued on next page







groups of 200 can stay overnight. The campouts are paired with a cave tour, so you can enjoy the level of challenge and adventure that feels right for you.

If you want a small taste of caving before committing to a bigger adventure, try the Discovery Walking Tour. This 90-minute tour is an excellent opportunity to see a sampling of Cumberland Caverns' jaw-dropping beauty. They offer this tour daily, departing every hour, on the hour beginning at 9 AM until 5 PM Central Time so there are plenty of opportunities to take a tour.

If hiking is for you, but caves don't appeal, there are hiking trails above ground you can explore. Wear sturdy shoes, and experience following trail blazes or markers is suggested. Spring is a particularly beautiful time to go hiking and admire the wildflowers.

Cumberland Caverns was discovered in 1810 by surveyor Aaron Higgenbotham who made the mistake of venturing into

the cave alone. He was stranded for three days on a ledge after his torch went out. Local legend says that his hair turned completely white while waiting to be rescued.

Not to worry, the experts at Cumberland Caverns are professionals, and, rest assured, you will have a safe adventure. No food, drinks, tobacco, or gum are permitted on the tour. Yes, there are restrooms in the cave as well as electricity in select areas. It truly is something to experience firsthand.

Cumberland Caverns is open 9 a.m. – 5 p.m. central time, 362 days a year (closed on Thanksgiving Day, Christmas Eve, and Christmas Day; Easter Sunday they open at 1 p.m.). They are located at 1437 Cumberland Caverns Road in McMinnville. Whatever pleases you, you can find it at Cumberland Caverns.

***You can make reservations on their website:
www.CumberlandCaverns.com or by calling (931) 668-4396.***



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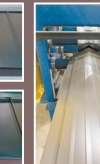
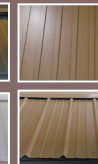
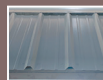
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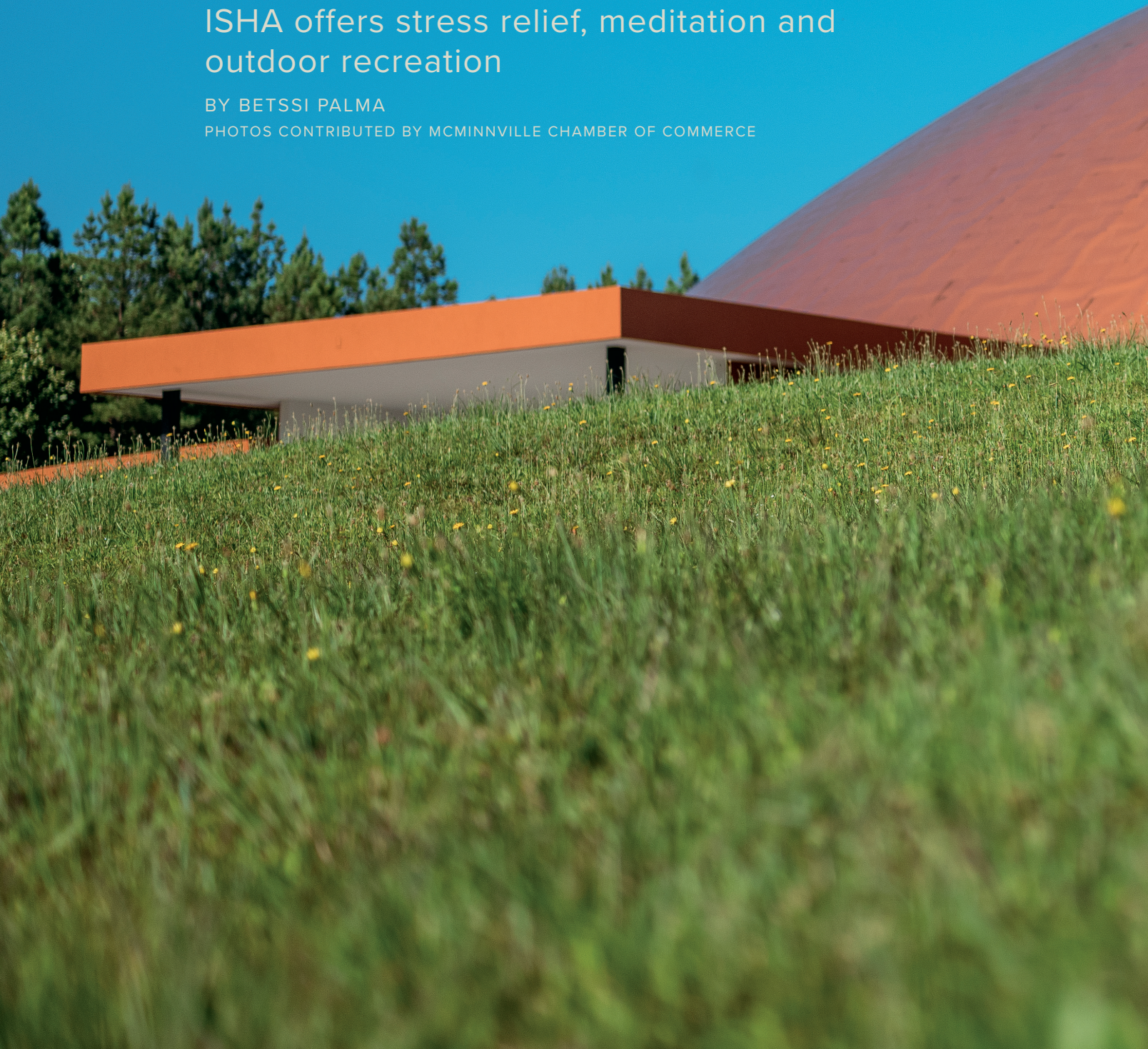
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ISHA offers stress relief, meditation and
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BY BETSSI PALMA

PHOTOS CONTRIBUTED BY MCMINNVILLE CHAMBER OF COMMERCE







The Isha Institute of Inner-Sciences is a world-class retreat center that focuses on stress relief, meditation, and outdoor recreation. It was founded by Sadhguru, a visionary yogi dedicated to helping people enhance their inner well-being. You will find that Sadhguru is not just any yogi. This man is also a guru, poet, cook, consultant, author, and even an architect. He's combined all of these skills to create a facility in which his teachings can help people from all over the world improve their mental and physical well-being. This beautiful holistic institute can be found nestled in the mountain valley of Tennessee, about 45 minutes northwest from Chattanooga. It offers experiential classical yoga; meditation classes; hiking trips; tours; a variety of programs; and even overnight retreats for those looking to reflect, relax, and reconnect with nature.

The first thing you'll notice when walking upon the grounds of Isha is the magnificent Mahima dome, the largest meditation hall in North America. It is a copper dome that stands at the center of the institute, surrounded by rolling mountain sides and green foliage. Meditation classes start at 8:30 in the morning and continue throughout the day at various times. After a relaxing meditation, visitors can expect to embark on a hike that takes them across more than 1,000 acres of untouched land that surrounds the facility. The beautiful land contains seven waterfalls, endless green forests, and a bluff from which one can fully enjoy the green lands of the Cumberland Plateau.

For those visiting overnight or for a couple of days, the facility serves two vegetarian meals and a snack each day. Cooking



classes are also among one of the many classes Isha offers to its visitors. Some of the programs offered are the Bhuta Shuddhi program, Samyama Sadhana for both men and women, and Inner Engineering Completion, among others. These programs all vary in technique, but all strive to reach a state of harmony and balance through purifying breathing techniques. The classes and programs vary in experience so there is something for everyone, whether you are a beginner or an experienced visitor.

The Isha foundation is mostly run by more than 11 million volunteers from all kinds of backgrounds worldwide. Many of these volunteers are previous visitors that have become inspired by their own experience at Isha and now seek to share Sadguru's teachings.

The Isha foundation is so committed to helping people obtain a deep sense of well-being that once a month, they offer a free yoga day. During this special event, visitors can expect a yoga class of at least fifteen minutes and a quick cooking class that is healthy and supports the liveliness of the body. These free yoga classes do not require physical agility or previous experience, therefore making it suitable for everyone.

For inquiries on how to book a visit, overnight stay, or even how to volunteer, you can visit their website at www.isha.sadhguru.org and book and experience like no other.

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BY WESLEY BRYANT

PHOTOS CONTRIBUTED BY

MCMINNVILLE CHAMBER OF COMMERCE







Sitting around the campfire surrounded by the echoing cicadas in the trees. The water feels just right, perfect for floating down the river. These moments of nature are what Smooth Rapids is all about. The outdoor experience was inspired by the love of lazy river floats. Spend days camping in one of the many options provided by Smooth Rapids, located at 245 Durham Street. A delicious restaurant, kayak rentals, river excursions, campgrounds, an event venue, and catering are just a few of the things Smooth Rapids has to offer.

After spending a day on the Barren Fork River or at the campgrounds, treat yourself to a meal. There's nothing like spending time in nature; feeling tired but healthy; having a touch of sun making your skin a little red; and then finishing the day with a delicious meal with the people you love. That is exactly what Smooth Rapids wants to provide to you and your family. The restaurant has an amazing view that can't be beat. You'll need to go out and experience it for yourself. The one-of-a-kind homemade food options will be perfect for an empty stomach after a long day.

continued on next page



**A river seems a
magic thing. A magic,
moving, living part of
the very earth itself.**

– Laura Gilpin





Smooth Rapids is perfect by yourself, as a couple, with the family, or with a large group. In fact, they offer an event venue for several different types of occasions. Weddings, class reunions, corporate outings, and other outdoor events are common for this outdoor space. With Smooth Rapids, you're able to bring a large group of people and connect to nature for an affordable price. See their website for more information, including demo videos to see some of their favorite events. But planning an event can be stressful, right? Smooth Rapids also offers that. If it's doable, they are happy to make the arrangements for you. Give them a call to get started.

The local rivers in McMinnville provide a perfect river experience for adults, kids, beginners, and those with more experience floating the river. Smooth Rapids specializes in high-quality kayak rentals to make your time getting on the river as easy as possible. Their goal is to make sure you have a stress-free experience.

If you want to stay a little longer and experience the outdoors to the fullest, you can bring your tent and rent a space in the 10-acre campground. Don't want to bring your tent? Smooth Rapids has campers, tents, and other options available to rent. The fire pits around camp are the perfect size to keep everyone warm. You can purchase additional firewood on-site. Bring your hammock, a good book, and relax.

*You can reach Smooth Rapids on their website:
<http://smoothrapids.com/> or on Facebook.*

CELEBRATING

BLACK

HISTORY

MUSEUM

LOCAL FAMILIES

A new museum in the heart of downtown preserves
and displays the history of its local black community.

BY BETSSI PALMA

There's a new museum in town looking to share McMinnville's rich history with its residents and visitors, and that's the Museum of Black History of Warren County.

Founded by Wayne R. Wolford, the museum opened its doors at the start of 2021 and is located in the heart of downtown McMinnville. This unique museum not only features the nation's Black history, but it primarily strives to preserve and display the history of its local black community.

The Family Exhibit, for example, features photos, artifacts, stories, uniforms, and other memorabilia donated or loaned by many of the local families whose heritage is entwined with that of McMinnville's. The museum also offers a peek into the community's past musicians, athletes, and groups that helped shape the town's history.

Tours are always available, but if you're looking to learn more, the museum also organizes events such as Decoration Day and the Autumn Street Fair, in which you can expect to meet locals, indulge in food, and listen to music.

The museum is open Tuesday-Friday 12:00 p.m to 4:00 p.m and Saturday 12 p.m to 2 p.m.



Recreation/Outdoors

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2

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2009 Village Camp Rd., Spencer, TN
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.

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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, TN
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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, TN
www.isha.sadhguru.org

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, TN

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, TN

8

Walk on the Bigbee River Trail

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

612 Cedar St., McMinnville, TN

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, TN

continued on next page





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

12

The Milner Recreation Center

Formerly the Civic Center, the Milner Recreation Center has undergone a massive renovation/expansion. It has not only updated the utilities in the building, but has increased the number and variety of activities that McMinnville Parks and Recreation can offer.

500 Garfield St., McMinnville, TN
www.mcminnvilletn.gov

11

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

Enjoy an afternoon of target practice and paintball at a safe and friendly shooting range. Facility includes a woods course and rental equipment to make it fun for the entire family.

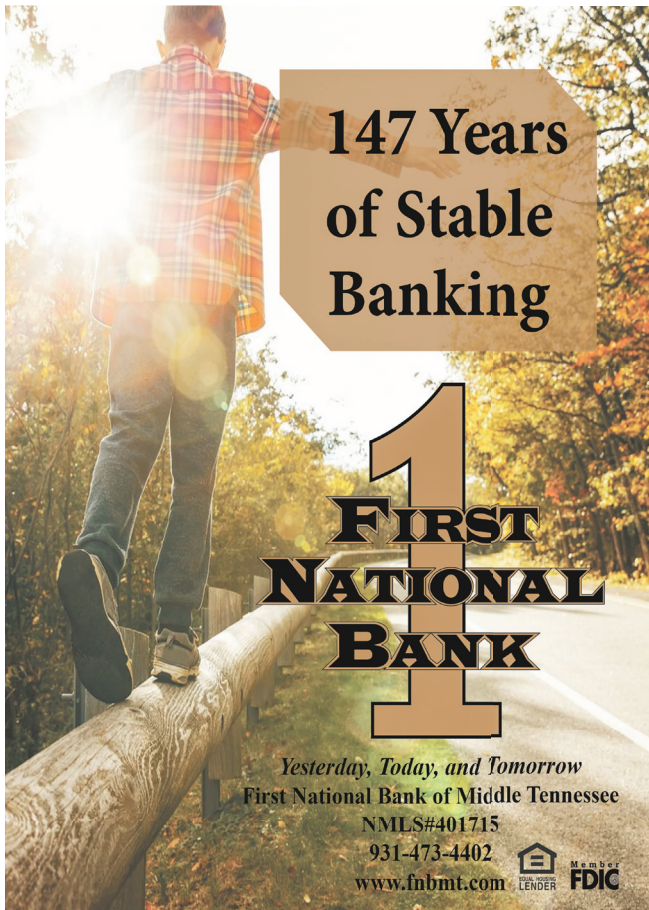
11564 Harrison Ferry Rd., McMinnville, TN
mttoprangeandpaintball.com
Milner Recreation Center

13

Tee Time @ The Elementary

Tee Time offers three virtual golf simulators, as well as concessions and private events in Morrison, TN. Their state-of-the-art golf simulators offer unbelievable gameplay that will rival your days on the real-life green. Book your next game – rain or shine 365 – with Tee Time's golf simulators using their online booking tool.

587 School St., Morrison, TN
www.teetimetn.com



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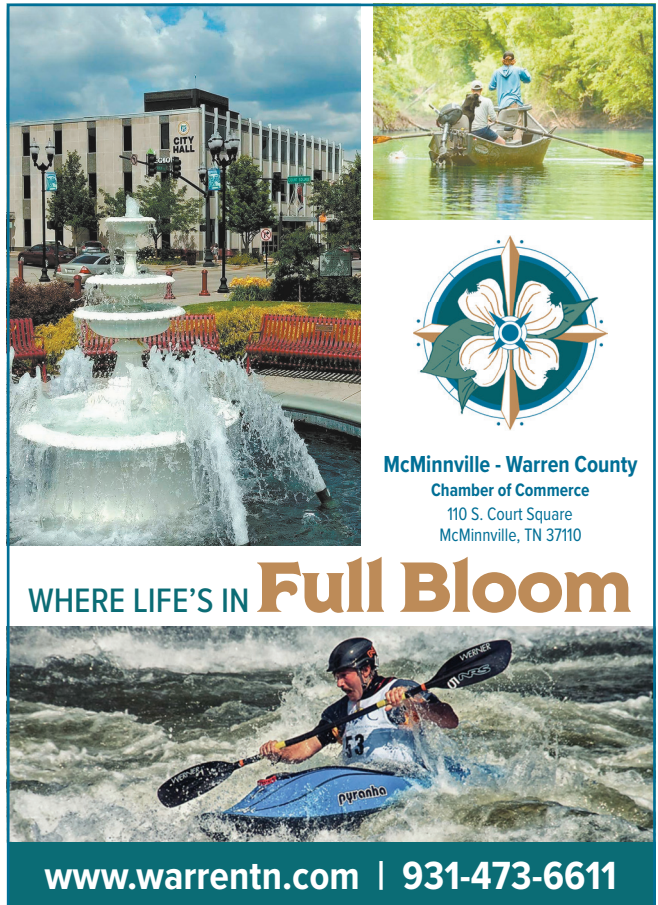


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Where English Elegance Meets Southern Charm

BY BETSSI PALMA

Kimmi's Tea Room is a restaurant unlike any that you will find in Tennessee, thanks to its unique sense to combine delicacies from England and a taste of Southern food favorites. Kimmi and Mark were living in England, Mark's homeland, until they decided to move back to McMinnville to be closer to their grandchildren. It is then that they came up with the idea to open a restaurant that captured the essence of England, but still maintained that Southern charm.

For all of those faithful fans of good quality tea, this tea room offers up to 35 different types of loose leaf teas imported from no other than England itself. You will find that their tea is not served in tea bags, but is traditionally brewed to perfection, one of the main reasons they've

garnered such a loyal fan base. Yet people don't come flocking here just for the tea, the desserts themselves will have you addicted and coming back for more. They offer a variety of treats such as gelato; cupcakes; cookies; scones; cakes; brownies; pies; and many other desserts that are baked by Kimmi herself.

Even though their desserts and tea are a staple, that's not the only thing their menu offers. It also includes salads, classic sandwiches, soups, and even platters perfect for lunch. Kimi's Tea Room is a favorite not only due to their wonderful food, but also because the owners and employees are described as a delight by visitors and are widely known for being friendly and attentive to all of their customers.

*The restaurant is located on 110 N Spring Street | McMinnville
They are open Monday- Friday 11:00 a.m. to 3:00 p.m. and Saturday 11:00 a.m. to 2:00 p.m.*





Be Our Guest

Cumberland Biscuit Company provides a full sensory dining experience.

BY DONNA COPELAND

“I never imagined I would find this here,” is something owners Anna and Matt Sands don’t tire of hearing from their first-time guests at McMinnville’s Cumberland Biscuit Company (CBC). The company designed the entire experience to let customers take in all of the senses to nourish the body and soul.

From the artful décor and nighttime view of the Park Theater to the amazing staff that views their workspace as a sanctuary and community, CBC provides a unique dining experience. Starting with just breakfast service, they recently expanded into a unique dinner menu on Friday and Saturday evenings. Try the voodoo pasta or crab cakes with one of their beer-on-tap offerings. If you’re there for breakfast, the Billy Nelson (a spicy version of eggs benedict) is a huge hit—as is the veggie omelet.

Coming in from some of the myriad outdoor activities available in the area, hungry hikers, cavers, and kayakers find their hearts and bellies content after service by the exceptionally trained staff of CBC. Their goal is to have every guest experience their warmth and hospitality while enjoying a meal that is made from scratch.

Guests come regularly from Nashville and Chattanooga to enjoy the nourishment they receive from the Cumberland Biscuit Company. If you haven’t had the pleasure, be sure to stop in one day soon. You’ll love it!

See CumberlandBiscuitCompany.com for more information on menus and hours. They are located at 114 West Main Street in downtown McMinnville.



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.

Begonia's

Downtown McMinnville's newest dining addition, specializing in handmade pizza, pasta, sandwiches and more!

239 E Main St. | McMinnville, TN
(931) 507-4174 | www.facebook.com/BegoniasMcMinnville
Tuesday-Thursday: 5:00PM-10:00PM
Friday & Saturday: 5:00PM-12:00AM

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, TN
(931) 474-8670
Thursday-Sunday: 7:30AM-1:30PM
Friday & Saturday dinner: 4:30PM-9:30PM

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
(931) 507-3663 | www.collinsriverbbq.com
Tuesday-Saturday 11:00AM-9:00PM
Closed Sunday & Monday

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 sandwiches; potato soup; in addition to their daily specials.

215 Bridge St. | McMinnville, TN
(931) 507-3366
www.facebook.com/Depot-Bottom-Country-Store
Monday-Friday 7:00AM-2:00PM; 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
(931) 657-2364 | www.foglight-foodhouse.com
Tuesday-Friday: 5:00PM-8:00PM; Friday: 5:00PM-9:00PM
Saturday: 4:00PM-8:00PM; 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
(931) 474-2233
www.facebook.com/pg/Juicys-Wellness-Cafe
Tuesday - Friday: 8:00AM-4:30PM
Saturday: 9:00AM-2:00PM

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 and daily specials, as well as a variety of delectable desserts.

110 N Spring St. | McMinnville, TN
(931) 474-2253 | www.facebook.com/Kimmis-Tea-Room
Monday-Friday: 11:00AM-3:00PM
Saturday: 11:00AM-2:00PM
Closed Sunday

continued on next page

Maple Street Grill at The Club House

Located in the McMinnville Country Club and offers American Southern cuisine with a twist! Enjoy a casual dining experience in a country club setting. Now open to the public. Call to place your order for pickup.

616 Country Club Dr. | McMinnville, TN
(931) 668-4141

www.facebook.com/Maple-Street-Grill-at-The-Club-House
Tuesday-Saturday: 11:00AM-8:00PM

Mud Bums

Family-oriented sports grill featuring wings; steaks; oysters; burgers; and more! Voted best wings and sandwiches in town!

231 Northgate Drive, Ste 400 | McMinnville, TN
(931) 507-2867 | www.facebook.com/mudbums
Weekdays: 11:00AM-10:00PM
Weekends: 11:00AM-11:00PM; Sunday 11:00AM-5:00PM

Prater's 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
(931) 635-2259 | www.pratersbbq.com
Monday-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
(931) 686-2007
Tuesday-Thursday: 5:00AM-6:30PM
Friday-Saturday: 5:00AM-7:30PM; Sunday: 6:00AM-3:00PM

Rock Island Trolley Stop

Delectable ice cream specialty desserts from an authentic repurposed trolley bus. There is outdoor seating and it's open year round to serve you.

1189 Rock Island Rd. | Rock Island, TN
(855) 540-1399 | www.therockislandtrolley.com
Monday, Tuesday, Thursday: 11:30AM-8:00PM
Wednesday: 11:30AM-7:00PM
Friday & Saturday: 11:30AM-9:00PM; Sunday: 11:30AM-8:00PM

Smooth Rapids Outfitters

Enjoy sandwiches, burgers, salads, and more in an inviting and relaxing atmosphere along the river. Watch the kayaks float the river from the porch and enjoy the coldest beer in town.

245 Durham St. | McMinnville, TN
(931) 452-9251 | smoothrapids.com
Wednesday-Saturday: 11:00AM-9:00PM
Sunday: 11:00AM-3:00PM

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 St. | McMinnville, TN
(931) 474-8679 | www.topzfrozenyogurt.com
Sunday-Thursday: 11:00AM-7:00PM
Friday & Saturday: 11:00AM-8:00PM

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, much more.

224 E. Main St. | McMinnville TN
(931) 507-2253 | www.facebook.com/VanillaBeanBakingCo
Tuesday-Friday: 7:30AM-4:00PM
Saturday: 7:30AM-2:00PM
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
(931) 635-5000
www.facebook.com/ViolasPizzaCompany
Thursday-Saturday 4:00PM-8:00PM

Wild Bill's BBQ and Grill

Family-run restaurant serving homemade BBQ and burgers with a friendly atmosphere!

3340 Sparta Hwy | McMinnville, TN
(931) 304-8907 | www.wildbillsbbqgrill.com
Wednesday: 11:00AM-5:00PM; Thursday: 11:00AM-7:00PM
Friday & Saturday: 11:00AM-8:00PM; Sunday: 11:00AM-3:00PM

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Where to stay

Spend a night or two and get to know the area. After a good night's sleep, you'll be ready to discover more of McMinnville's unique attractions.

Airbnb

From campers and tents to bungalows and spacious homes, Airbnb has just the right accommodations to fit your style.

www.airbnb.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
(931)473-2159 | www.bestwestern.com

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
(931) 815-3838 | www.bonnieblueinn.com

continued on next page

Cabin Rentals at Rock Island State Park

Rock Island State Park has some of the finest Tennessee State Park cabins. Ten three-bedroom, two-bathroom cabins are available and located a half-mile from the natural sand beach along the Caney Fork River.

82 Beach Road | Rock Island, TN
(931) 837-4770 | reserve.tnstateparks.com/rock-island/cabins

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
(615) 504-9549 | www.thehappyyaker.com

Falcon Manor Bed & Breakfast

Falcon Manor has four guest suites on the grounds of Falcon Rest Mansion.

2645 Faulkner Springs Rd. | McMinnville, TN
(GPS address - 85 Bluff Springs Rd.)
(931) 273-1688 | falconrest.com/guest-rooms

Isha

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, TN
(931) 668-1900 | info@ishausa.org

Phelps Farm

Located in Viola, Tennessee which has a bunkhouse for short or long-term stays, a loft room that sleeps six, and many activities to enjoy including horseback riding, kayaking, and exploring the great outdoors.

1857 Chestnut Grove Road | Morrison, TN
(404) 312-5095 | www.phelpspharm.farm

Scottish Inn

Off Highway 70 S, this humble budget hotel is two miles from Barren Fork Riverfront Park, and nine miles from underground tours of Cumberland Caverns. Laid-back rooms accessed by exterior corridors provide free Wi-Fi, cable TV and coffee makers, as well as mini fridges and microwaves.

1105 Sparta Street | McMinnville, TN
(931) 473-2181



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.





Shopping

These charming independent shops offer a fun, and eclectic shopping experience with lots of one-of-a-kind finds.

All-O-K'Sions

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 W Morford St. | McMinnville, TN
www.alloksionsflowers.com

Ashley's Attic - McMinnville

Warren County's treasured little specialty gift, toy and children's clothing shop – and whole lot more!

301 South High St., Suite F | McMinnville, TN
www.facebook.com/ashleysattictn

Diamond Classics

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

555 N Chancery St., Suite A | McMinnville, TN
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, TN
evelyntayloravenue.com

Lemon Clothing and Cosmetics

Lemon Clothing and Cosmetics is a clothing and cosmetics specialty shop in historic downtown McMinnville, TN. Lemon stocks a thoughtfully selected inventory of premium denim, tops, and dresses for casual occasions. Handmade jewelry and unique handbags are available to add the finishing touch.

126 E Main St. | McMinnville, TN
www.lemon37110.com

Linen and Grace Boutique

Linen and Grace is a charming boutique located in the heart of downtown McMinnville, offering the latest styles in women's fashion and Corky's footwear!

112 E Main St. | McMinnville, TN
www.facebook.com/linenandgraceboutiqueonmain

Mad Cow Running Company & Outfitters, LLC

Mad Cow Running Co. supplies quality outdoor gear and apparel for runners, walkers, and hikers. They also have a deep knowledge of local parks, trails, and greenways where folks can go to test out their gear!

402 N Chancery St. | McMinnville, TN
www.madcowrunning.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; and memorial flowers along with many gifts for the home.

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

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, TN
www.reddoorboutiquetn.com

Red Door Kids

McMinnville's newest children's boutique, Red Door Kids carries clothes and accessories for Newborns through 14/16 Tween for both boys and girls. Also specializing in ear piercing!

102 W Main St. | McMinnville, TN
www.facebook.com/RedDoorKids

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. Suite 2 | McMinnville, TN
facebook.com/renewedcreationsmcminnville

Southern Traditions

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

217 E Main St. | McMinnville, TN
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, TN
facebook.com/TigerLilyFlorist

United Diamond Brokers

Fine quality jewelry and everyday pieces, with an emphasis on customer service! Centrally located in the Plaza Shopping Center.

1100 Smithville Hwy, Suite 109 | McMinnville, TN
www.uniteddiamondbrokers.com

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, TN
facebook.com/The-vintage-market-on-main

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.

961 Rock Island Rd. | Rock Island, TN
facebook.com/rtf.dn123

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, TN
facebook.com/RockIslandCenter

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Entertainment & Attractions

Black History Museum of Warren County

The Black History Museum of Warren County was established to honor and preserve the Black history of the community. Its initiatives not only promote cultural exchange, but encourage a togetherness and highlight the difference local groups and individuals have made in the world.

213 W Main St., Suite 13 | McMinnville, TN
www.bhmwc.org

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.

117 E Main St. | McMinnville, TN
<https://www.facebook.com/events/300979677056851>

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.

1437 Cumberland Caverns Rd. | McMinnville, TN
www.cumberlandcavernslive.com

Detention @ The Elementary

Grab a bite to eat and hit the arcade - the rock wall, bumper cars, or laser tag arena! All kinds of family fun adventures await you at Detention @ The Elementary. Whether it's a birthday party or night out, there's fun to be had for all ages!

615 School St. | Morrison, TN
www.detentiontn.com

Doodle Fish Studio on Main Street

Paint your own pottery, canvas, or wood keepsake at this fun studio in downtown McMinnville. Visit our facebook for a list of our current class offerings.

108 W. Main St. | McMinnville, TN
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
(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, TN
(931) 473-2428 | www.magnesslibrary.org

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., McMinnville, TN

Rock Island Pottery and Marketplace plus Antiques

A sense of awe strikes you from the moment you step through the front doors. 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. 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

continued on next page

one-of-a-kind gallery and marketplace. To stay informed about the latest happenings, follow @RockIslandLocalArtisans on Facebook.

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

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.

115 W Main St. | McMinnville, TN
(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 Sunshine" 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.

113 East Main St. | McMinnville
www.Livelyphotomuseum.com



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Festivals & Events

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!

August

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

Sip and Savor Wine and Art Crawl

Located in historic downtown.

Warren County A&L Fair

Nine days of family-friendly fun and entertainment held annually in September at the Warren County Fairgrounds.

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; and 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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WarrenTn.com

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