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### **Table of Contents**

**O8** Explore McMinnville's Waterways

> 15 Top 10 must-see places in Warren County

**22** Explore McMinnville's thriving arts and music scene

#### 28

Your ultimate guide to McMinnville's hiking trails

#### 32

Rock Island: Something for everyone

**34** Smooth Rapids: A river adventure to remember **36** Visit Cumberland Caverns

**38** Christmas in McMinnville

> **40** Calendar of events

> > **44** Where to stay

**48** Local tastes

52 Shopping

56 Antiques

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#### **McMinnville-Warren County**

VISITØRS GUIDE 2023

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### Enjoy, explore, and protect MCMinnville's Waterways

Warren County offers the most miles of usable waterways in Tennessee

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PHOTOS BY ASHLEIGH NEWNES I STORY BY KALI BATES

MERNEK

A State Rich





CMinnville is home to many waterways that offer numerous benefits to those who access them. The rivers and streams play an essential role in the health and well-being of communities, as they provide multiple benefits. For example, these waterways serve as a source of drinking water for millions of people, making their quality and cleanliness crucial for human health. They also provide a habitat for various plant and animal species, including fish, birds, and mammals. This biodiversity is essential for the overall health of ecosystems and contributes to the area's cultural and recreational value.

Area rivers and streams such as the Collins River and Caney Fork offer economic benefits to communities by supporting industries and businesses such as fishing, tourism, and recreation.

The following are some of the area's most well-known and most user-friendly waterways in Warren County:

#### **Rock Island State Park**

The 883-acre park is known for its rugged beauty and impressive waterfalls. It includes the Caney Fork River Gorge, which is a popular location for

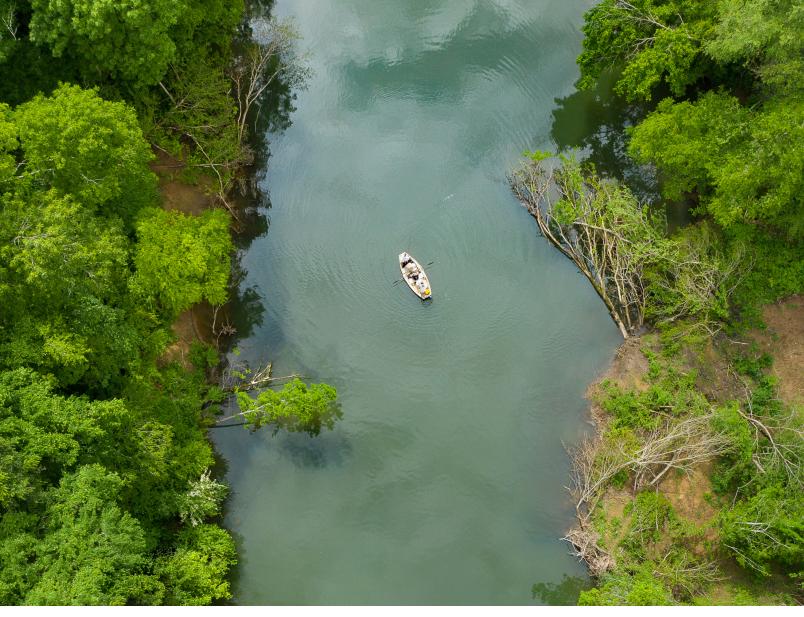


hiking and swimming, offering deep-blue pools, scenic trails, and cascades — including Great Falls, a 30-foot waterfall located below the 19th-century cotton textile mill that it powered more than 100 years ago.

Those looking to swim will find multiple opportunities to take a dip. The park has a natural sand beach and boating access on Center Hill Lake. Fishermen and boaters can enjoy a day on the boat with a launch ramp on Center Hill Lake. Other ramps on the Caney Fork and Collins Rivers also offer access to great recreational boating. The park's whitewater sections attract professional freestyle kayakers from around the world. Rock Island is known for its whitewater kayaking and has hosted international freestyle kayaking events.

#### **Caney Fork River**

The Caney Fork River spans approximately 144 miles (232 km), originating in Cumberland County, six miles northwest of Crossville. It flows northwest and eventually converges with the Collins River and Rocky River at Great Falls Lake, the site of the Great Falls Dam. Thanks to water release from the Center Hill Lake



reservoir, sourced from the Center Hill Dam, the river maintains a constant flow throughout the year, inviting visitors to engage in canoeing, kayaking, and trout fishing activities. Rainbow and brown trout are stocked yearly, making the experience even more rewarding.

#### **Pepper Branch Park**

Located at the Frank G. Clement Bridge, Barren Fork Dam offers water access for canoers, kayakers, and fishing enthusiasts. Pepper Branch is also a trailhead for the Barren Fork Greenway, a 1.8-mile round-trip walking trail along the Barren Fork River. Keep your eyes peeled for a glimpse of the Barren's topminnow, which is only found in the Barren Fork River and is considered endangered. The park includes picnic tables and benches, a 6-hole Disc Golf course, and a gazebo.

#### **Riverfront Park**

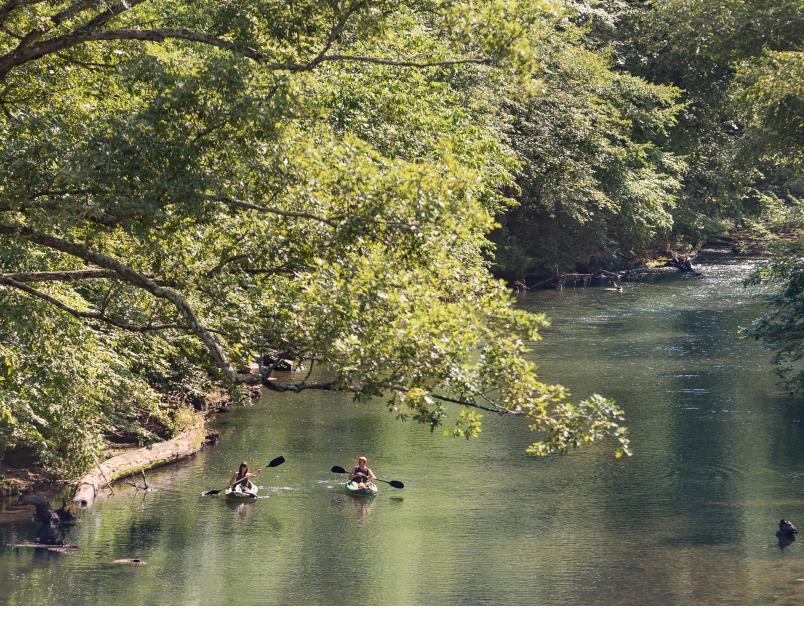
The park acts as an additional water access point for families, fishermen, and kayakers. Along with Pepper

Branch Park, it also serves as a trailhead for the Barren Fork Greenway, a 1.8-mile round-trip walking trail along the Barren Fork River. The park also includes picnic areas, a pavilion, a playground, and a volleyball court.

#### **The Collins River**

The Collins River is a 67-mile-long stream. It is a tributary of the Caney Fork and is part of the Cumberland, Ohio, and Mississippi watersheds. The river drains the scenic Savage Gulf area, located just below the river's source, and empties into Great Falls Lake at Rock Island State Park.

As a part of the state's Scenic Rivers Program, most of the Collins River was designated a "scenic river," however, the lower 42 miles (68 km) of the river were removed from this designation in 1983. Today, the scenic designation applies only to the upper section of the river at Savage Gulf. The Savage Gulf area is protected by a 15,590-acre scientific state natural area, which is also included in South Cumberland State Park. Offering scenic views of the



river is the Collins Gulf Trail, which descends from the Cumberland Plateau.

The lower portion of the Collins River and its confluence with the Caney Fork River is Great Falls Lake. Moreover, the Oxbow peninsula, between the Collins and Caney Fork, is a part of Rock Island State Park. The Collins River is also one of Tennessee's rare rivers with a substantial muskie population.

The river also has fascinating aquatic biodiversity. Amongst the many species that inhabit the watershed, Barbara's Buttons can be found on the rocky, wet banks of area streams, and slender glass lizards inhabit sandy soils near streams and ponds. The subterranean waters of this watershed's unique cave systems provide a home in the dark to translucent Southern cave crawfish.

#### **Barren Fork River**

The Barren Fork is a 23.4-mile-long tributary of the Collins River. Via the Collins River, the Caney Fork, and the Cumberland and Ohio Rivers, it is part of the Mississippi River watershed. The river is a favorite of fishermen and is home to various fish, including bream, bluegill, rainbow trout, rock bass, walleye, smallmouth bass, and catfish. It also attracts many kayakers and canoers for its slow-moving current.

Whether setting out for a few hours or enjoying the whole day on the river, Smooth Rapids will set you up for a most memorable adventure along the river. They offer three float adventures to suit everyone's needs. The Barren Fork also serves as the primary water source for McMinnville and its residents.

McMinnville's waterways also play a vital role in controlling flooding and erosion, protecting wetlands, and supporting agriculture. Investing in the protection and restoration of rivers and streams is crucial to ensure their sustainability and resiliency.

By supporting local conservation efforts and promoting sustainable practices, individuals and communities can help ensure that future generations can continue to enjoy the benefits of area local rivers and streams.







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### EXPLORE Warren County

#### The top 10 must-see places for a trip to Warren County

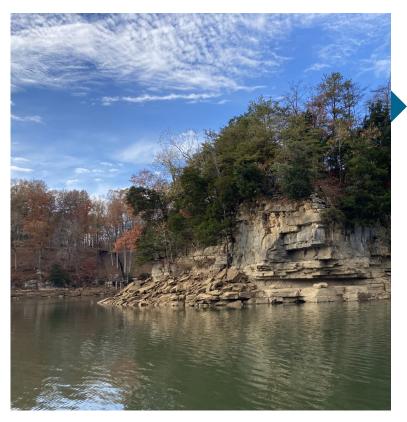
STORY BY KALI BATES

Whether staying for the weekend or making a memorable day trip with the family, Warren County has something for everyone to enjoy. Here are the top 10 places to visit in the county. Enjoy the well-maintained parks and waterways, countless outdoor activities, and many recreational offerings to complete any trip to Warren County.



#### Enjoy a picnic at Riverfront Park

Whether you've just got an hour for lunch or are enjoying an afternoon with the family, a picnic at Riverfront Park lets you enjoy a meal surrounded by nature's beauty. Once you've wrapped up your meal, enjoy some of the park's other amenities, including a playground, volleyball court, and fishing pier. Riverfront Park is located at 120 Riverfront Park St.





#### **Enjoy the majestic Great Falls Lake**

Nestled in the picturesque landscape of McMinnville, Tennessee, is a captivating natural gem that enchants visitors with its serene beauty and recreational offerings. Surrounded by lush forests and rolling hills, the lake's sparkling waters stretch across a vast expanse, creating a haven for outdoor enthusiasts and nature lovers alike. Its scenic shoreline invites visitors to indulge in activities such as fishing, boating, and picnicking while soaking in the tranguil ambiance. The majestic Great Falls, after which the lake is named, cascades gracefully nearby, adding to the allure of the area. Whether one seeks a peaceful retreat, a chance to reconnect with nature, or an adventure-filled getaway, Great Falls Lake stands as an enchanting destination that never fails to leave a lasting impression on those fortunate enough to experience its splendor.



#### Explore the depths at Cumberland Caverns

Cumberland Caverns, Tennessee's largest show cave and a U.S. National Natural Landmark, boasts some of the country's grandest underground chambers and breathtaking formations. Learn more about the cave on their daily scenic walking tour that is held year-round. The Underground Ballroom, famously known as the Volcano Room, has a seating capacity of over 600. Schedule your trip by visiting cumberlandcaverns.com.

#### **Kayaking at Smooth Rapids**

Whether setting out for a few hours or enjoying the whole day on the river, Smooth Rapids will set you up for a most memorable adventure along the river. They offer three float adventures to suit everyone's needs. Stop by the Smooth Rapids Grill when you're done for the day and have worked up an appetite. Smooth Rapids is located at 245 Durham St. in McMinnville and can be reached at (931) 452-9251.





#### Enjoy a game of Disc Golf at Pepper Branch Park

Disc Golf is a sport that welcomes all skill levels and almost all ages. Known as a Disc Golf destination in Tennessee, McMinnville has a fun nine-hole Disc Golf course at Pepper Branch Park. This course has concrete tee pads and signs at every hole, and according to participants, it is well-maintained. The park has nine alternative tee locations allowing you to play 18 holes. Stop by and enjoy a game.

120 Old Morrison Rd., McMinnville, TN







#### Aim for fun at Mountain Top Gun, and Archery

Are you looking for a fun afternoon activity for the whole family? Mountain Top Gun includes a wood course and rental equipment to make your experience enjoyable. Whether you want to improve your aim or just have fun with friends and family, the target practice will deliver a memorable experience. Fun is just a short trip away, located at 11564 Harrison Ferry Rd. in McMinnville.

#### Celebrate a musical legend with Dottie West Music City Pathway Marker

McMinnville is the hometown of country music legend Dottie West. A leading lady in the country music scene for three decades, she blazed a trail through the industry with more than 60 hits and mentored a generation of singers. She was a model of resilience in the face of crises and was one of the most widely-admired vocalists of her generation. See where her remarkable career started at the historical marker located at 110 S. Court Square.





#### Enjoy nature at the Barren Fork Greenway

The Greenway is another opportunity to get an up-close encounter that McMinnville offers. Take a leisurely walk around the 1.8-mile loop trail along the Barren Fork River. Keep your eyes peeled for a glimpse of the Barrens topminnow, which is only found in the Barrens Fork River and is considered endangered. The Greenway is located at 201 Morrison St.

#### Have some fun at the Milner Recreation Center

Get the kids out and burn some energy with a trip to the Milner Rec Center. The center offers activities and facilities for all ages, including a gym, exercise classes, basketball courts, tennis courts, volleyball courts, a walking track, and more! The center is located at 500 Garfield St.





## 10

#### Have a blast at Detention at the Elementary

The family entertainment center offers parents an entertainment outlet for their children and themselves. Located at 615 School St. in Morrison, the center provides everything from an arcade full of games to a two-story laser tag arena, miniature golf, and even a rockclimbing wall and golf simulators..

Whether you're a nature lover, sports enthusiast, kid at heart, or want to try these activities for the first time, Warren County welcomes you to enjoy all it has to offer.





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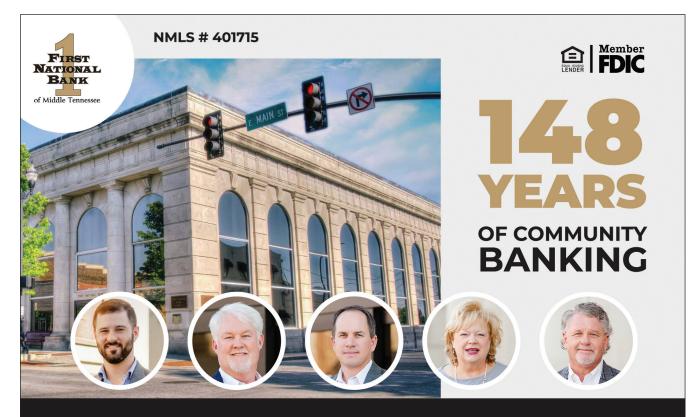
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### Explore McMinnville's thriving arts and music scene

Black History Museum



### Unveiling McMinnville's rich culture and history

STORY BY JERIAH BRUMFIELD

Welcome to the vibrant world of arts and music in McMinnville. This enchanting town in the heart of Warren County offers a thriving arts community, diverse musical events, and unique historical experiences, making it an ideal destination for art and music enthusiasts. Stroll through the charming streets adorned with vibrant murals like "Magnolia" and "Hebe," and enjoy the town's live music venues hosting regular performances.

#### Warren Arts Center

Founded by passionate artisans and admirers, Warren Arts became a center for creativity, collaboration, and community engagement. Supporting new and established artists in various disciplines, the organization offers a platform for showcasing talent, idea exchange, and inspiration through events and exhibitions. Contributing to the region's cultural richness, Warren Arts hosts diverse performances and emphasizes education with workshops and classes for all ages, fostering future artists and maintaining Warren County's creative spirit.

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

#### Create new memories in the Volcano Room

For those seeking more unconventional experiences, the Volcano Room, 333 feet below ground at Cumberland Caverns, provides a unique setting for concerts and performances, creating unforgettable memories for all who attend. And if you're worried about temperatures, the Volcano Room remains at a consistent 56 degrees. The Volcano room will not be hosting concerts for the remainder of 2023 due to renovations being made.

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



#### Take a look at history

McMinnville features remarkable cultural landmarks like the esteemed Black History Museum. Located at 203 W. Main St., this extraordinary institution honors and protects Warren County's rich African American legacy. Committed to promoting cultural dialogue and community unity, the museum offers diverse initiatives. Experience the region's remarkable history by visiting this exceptional establishment.

Contact the museum at (931) 304-8851.

#### Southern Museum and Gallery

The Southern Museum and Gallery is an institution that provides valuable insight into the area's history, allowing visitors to immerse themselves in the stories and heritage of McMinnville and its surroundings.

(931) 507-8102 210 E. Main St., McMinnville, TN 37110

#### Sip & Savour

Sip & Savour art events offer even more opportunities to experience the best of McMinnville's arts and music scene. These free public gatherings unite the community to celebrate local talent and creativity in a festive atmosphere. Enjoy the new Sip & Savour art event, held in September, by the Junior Auxiliary. Sip & Savour is a fund raising event put on by Junior Auxiliary of McMinnville.

Jamcmcminnville@gmail.com

#### Heritage Alliance Center

Discover Warren County's captivating history at The Heritage Alliance, a visionary 501(c)(3) museum celebrating the community's legacy. Engaging exhibits and passionate historians invite you on an enthralling journey through time. Embrace the past, unite with the community, and create unforgettable memories as you explore this beacon of culture and heritage. Join us for an extraordinary adventure into the heart of Warren County's timeless legacy!

Contact the museum at Wcheritagealliance@gmail.com



Photo provided by Dayron Deaton-Owens

#### Shop from local vendors

In downtown McMinnville, live music in restaurants is an electrifying experience that sets the perfect tone for a memorable night out. As you step into these vibrant eateries, the delicious smells of mouthwatering dishes mix with the dynamic sounds of talented musicians, creating a lively and energetic atmosphere. Local artists, with their raw and passionate performances, bring an authentic touch to the scene, entertaining diners as they savor their meals. Whether it's a solo act strumming catchy tunes or a lively band belting out crowd-pleasers, the musicians inject a healthy dose of excitement into the dining experience. The combination of good food and live music fosters a sense of camaraderie, making it easy for strangers to strike up conversations and share in the enjoyment. These musicians are a cherished part of the local community, adding to the town's unique charm and creating an enticing environment where fun and great memories are always on the menu.

#### Admire the vibrant murals

Bringing life and color to the historic towns of McMinnville and Viola are the largerthan-life murals, "Magnolia" and "Hebe," an



experience for all to enjoy. As part of the "Walls for Women" mural project, they can be seen at Viola's Pizza Co., located at 7 Lynn St. in Viola, and the Security Federal Savings Bank at 306 W. Main St. in McMinnville.

Pack your bags and get ready to discover all that this Tennessee gem has to offer!



#### The Park Theater,

originally constructed in May 1939, underwent a comprehensive renovation and reopened its doors in May 2015. With its rich history, the venue showcases stunning sloped epoxy floors adorned with 378 theater-style seats on the main floor and an additional 181 seats in the balcony, ensuring a delightful experience from every vantage point. A diverse range of performances, spanning from musical acts of all genres to theatrical, comedy, dance, and children's programs, awaits the audience's pleasure. The team at The Park Theater extends a warm invitation to all, eager to earn their valued patronage and offer exceptional service. For further inquiries or reservations, kindly contact them at 931-506-2787, and they eagerly await the opportunity to welcome you to the Park!

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# Hiking Inail

#### Your ultimate guide to McMinnville's hiking trails

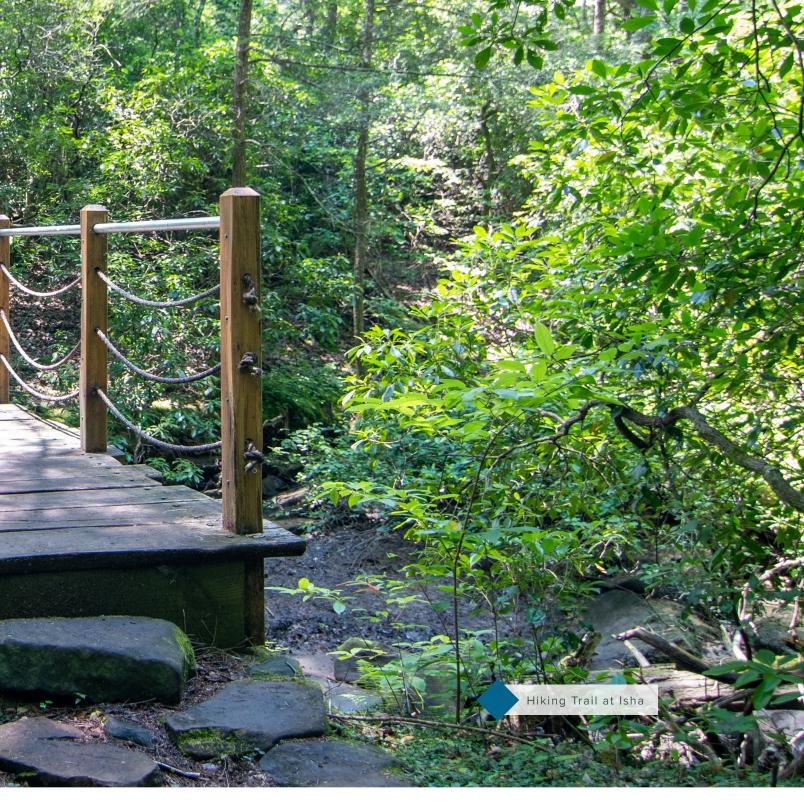
STORY BY JERIAH BRUMFIELD

Ave you been itching to get out of your house and into the great outdoors? There's no better way to explore nature than hiking some of the most breathtaking trails. From lush forests to rugged terrain, lace up your boots, grab your backpack, and prepare to embark on an adventure you won't forget. Explore some of the best hiking trails for both beginners and experienced hikers alike.

#### Hike or mountain bike the trails at Isha

The Isha trails form an ever-growing network spanning over 15 miles of picturesque hiking and biking routes, highlighting magnificent waterfalls, a gently winding creek sustained by natural springs, and spectacular cliff-side vistas.

931 Isha Lane, McMinnville, TN www.isha.sadhguru.org



#### Hike wandering trails at Cumberland Caverns

If you're looking for an adventure in McMinnville, look no further than the Cumberland Caverns. These sprawling underground caves offer visitors a unique hiking experience that they won't soon forget. With over 32 miles of underground trails and scenic views above ground, there's something for every level of adventurer. Explore beautiful rock formations, underground waterfalls, and even experience an exquisite light show deep in the caverns. Above ground, visitors can enjoy hiking trails with stunning views of the surrounding forest. With guided tours available, visitors can explore the cavern's spectacular rock formations and deep crevices and learn about the rich history of the caves. The hiking paths range in difficulty, so both experienced hikers and beginners can enjoy all that the Cumberland Caverns offer. So don't hesitate — grab your hiking boots and head to McMinnville for an unforgettable experience in the heart of Tennessee.





#### Watch the falling water at Rock Island State Park

The Downstream Trail, a 1.6-mile round-trip exploration of Twin Falls, karst stone, and verdant forest, will surely captivate the intrepid hiker and the novice alike. After viewing the largest waterfall in the park, venture over and rub shoulders with Eastern Hemlocks and stroll through cool coves on the Eagle Trail just across the Caney Fork River. Are you looking to go with the flow? Then step foot on the rugged slope of the Blue Hole Trail as you navigate your way downstream through flowing water to the edge of the rocky point called the Blue Hole.

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

#### Walk on the Bigbee River Trail

The Bigbee River Trail in McMinnville is a tranquil hidden gem featuring lush forests and scenic Barren Fork River banks. This picturesque trail offers hiking, cycling, and wildlife spotting along well-maintained paths adorned with native flora and fauna. Its peaceful ambiance and stunning landscapes make the Bigbee River Trail an essential destination for outdoor enthusiasts visiting McMinnville and nearby areas.

#### Stroll the Barren Fork Greenway

The well-paved, 1.8-mile circular walking path meanders alongside the picturesque Barren Fork River. The trail commences at River Front Park on one end and concludes at Pepper Branch Park on the other.

120 Riverfront Park St., McMinnville, TN

# Rock Island

#### PHOTOS BY ASHLEIGH NEWNES | STORY BY KALI BATES

Gather up the family, set off with your significant other, or enjoy an epic solo trip to Rock Island. This historic area is known for its natural beauty of Rock Island State Park, plentiful and varied shopping options, and truly special tourist destinations for all to enjoy.

Take the whole family to Rock Island Trolley for a tasty and unique frozen treat, enjoy a dinner for two at the eclectic and delicious Fog Light Food House, or enjoy a solo outing with a day of shopping at shops such as The Rustic Touch. There's so much to do that you'll have to make a reservation at The Happy Yaker to spend the night and then spend the rest of the weekend discovering all that Rock Island has to offer.

#### A Shopper's Utopia

Whether you are looking for the perfect gift, that must-have item for yourself, or a rare antique find, Rock Island has got you covered. The area offers a variety of shops for every shopper. The Lazy Daisy has unique vintage and new items for both you and your home. The store is located at 96 Great Falls Road and can be reached at (931) 686-5299. Antique lovers should stop by Rock Island Treasures and check out the 40-plus vendors and all they have to offer. The shop is located at 11287 Sparta Highway, Rock Island and can be reached by calling (931) 686-1000. Whether you're just stopping in or spending the day, Rock Island invites you to shop local.

#### Lake time at the Cotten

Family-owned and operated for over 20 years, Cotten's Marina is

a must-stop destination for a perfect day out on Great Falls Lake. Stop by the shop and grab lake essentials such as sunglasses, sunscreen, and some bait for fishing. Before you head out on the lake, make sure to grab some lunch at the marina. Then head on out and make memories on the water by renting one of the pontoon or fishing boats that are available. With your boat rental, enjoy the Caney Fork and Collins Rivers that offer 40 miles of waterway for cruising, fishing, relaxing, and swimming. The marina is located at 1967 Rock Island Road and can be reached at (931) 686-2373.

#### **Explore the Park**

Located on the headwaters of the Center Hill Lake, Rock Island State Park offers its visitors 883 acres of nature, perfect for a number of outdoor activities. Grab a kayak and try out the park's whitewater kayaking. Hit the trail on one of the park's nine hiking trails. Grab a fishing pole and catch bass, walleye, or crappie at Blue Hole on Center Hill Lake.

Over 90 species of birds, including the Acadian flycatcher, yellow-billed cuckoo, and Eastern wood-pewee can be seen and heard around the park. Don't forget to take a break at one of the park's four picnic areas equipped with tables, grills, and drinking water. The park is located at 82 Beach Road and can be reached at (800) 713-6065.

#### Sweet Treats for All

This local ice cream shop has made a name for itself with its unique location and eccentric frozen creations for a much-be-

#### Something for everyone to enjoy

loved summer treat. From the traditional sundae and banana splits to bizarre concoctions called "Freak Shake," the Rock Island Trolley Stop will satisfy any sweet tooth. Operating out of a renovated trolley, owners Arthur and Cindy Morgan invite ice cream lovers of all ages to stop by their shop. They are located at 1189 Rock Island Road in Rock Island and can be reached at (931) 259-4747.

#### **Out-of-the-Box Dining**

For those who are looking for a truly special dining experience, look no further than Fog Light Food House. Located along the Caney Fork River, the restaurant offers a dining experience like no other. An eclectically-decorated dining space gets its patrons ready for an even more eclectic menu that features Cajun cuisine, fresh seafood, steaks, and nightly specials. Desserts are always homemade and new each day. The restaurant is located at 275 Power House Road in Walling and can be reached by calling (931) 657-2364.

#### A Weekend Getaway

Enjoy a weekend getaway in a most aesthetically-pleasing environment. Conveniently located close to Rock Island State Park, the Happy Yaker offers three artistically-decorated cabins that will brighten your senses and make you feel welcome. Visitors will also enjoy easy access to Caney Fork River Gorge and Twin Falls located just down the road. The cabins are conveniently located near the rivers, lakes, waterfalls, swimming holes, and hiking trails of Rock Island. Also, check out the plethora of restaurants, the local shops, and a marina located within a mile. Book your stay by calling (615) 884-1047. They are located at 120 Power House Road in Walling.

#### **Rustic but Classic**

Pelicas

Shopping for a statement piece to add to your home decor or maybe a special piece of jewelry just for you? Stop by The Rustic Touch and explore the store's exceptional, country-inspired inventory. From elegant antiques to one-of-a-kind handcrafted furniture pieces, artistic home accents, and more. The shop also carries clothing and jewelry that is perfect for every day but stylish enough to make a statement. If you are looking to give your cabin or home just the rustic touch it needs, this shop has you covered. Give them a call at (931) 686-4438. The Rustic Touch is located at 961 Rock Island Rd., Rock Island TN

#### A Must-Eat Meat-and-Three

Whether you're stopping by to fill up the car, stock up on some fishing supplies, or enjoy a home-cooked meal, Rock Island Market has it all.

Known for their delicious and popular meat-andthree, the menu changes each day and is always freshly prepared. The market also cooks up unique culinary offerings of Mexican and Indian cuisines with dishes such as steak tacos and Pav Bhaji. Conveniently located close to Rock Island State Park, the store is a must-see. The store is located at 1231 Rock Island Road. They can be reached by calling (931) 686-2007.



#### PHOTOS BY ASHLEIGH NEWNES | STORY BY KALI BATES

Leave your worries behind and take a day to relax on the water while enjoying the best that nature has to offer. Kayaking is one of McMinnville's best ways to do both. Whether you only have a few hours or the whole day, McMinnville has a river adventure waiting for you.

Known as one of the best rivers in the state for kayaking, Barren Fork is one of the last tributaries of the Collins River. At just over 23 miles long, it flows from west to east. The river meanders its way through an area that's both beautiful and lush in the summertime. If you're looking for a smooth, steady current that lends itself to a lazy float, the Barren River is your spot. Before you set out on your river adventure, preparing yourself is key for a successful day on the river. Check out the following to make sure you're full, stocked up, and ready for a most memorable day on the river.

The most important and delicious meal of the day Breakfast is really the most important meal of the day when you're heading out on the water. Thankfully, for The Vanilla Bean Baking Co. it will also be the most delicious. Started by mother-daughter team, Sally and Kayla, the bakery/coffee shop offers the best in breakfast. The shop's bakers are up with the sun preparing freshly baked cinnamon rolls, muffins, pastries, donuts, and more. If a sweet start to the day isn't your thing, check out the delicious and savory breakfast muffin that includes bacon, cheese, green onion, and garlic, with a boiled egg in the middle. Or really give your taste buds an experience with the shop's own jalapeno sausage biscuit. The shop also has an impressive and full-service espresso bar that will give you that much-needed caffeine boost. Stop by on your way to enjoy a day on the water. The store is located at 224 E. Main Street and can be reached by calling (931) 507-2253.

#### Stock up on essentials

Preparing for a day out on the water can be a daunting task. Whether it's just you, a few friends, or the whole family, the right amount of preparation is key. Helping their customers make the most of their day on the river is The Hitch Outfitters. Family-owned and operated, the staff will make sure you OF OF RUC OR YDJ GPT 842 SMC

### A river adventure to remember.

have the essentials such as sunscreen, sunglasses, water, and snacks. You can also do some shopping and pick up a new pair of sandals, as the shop carries well-known brands such as Teva. Or you could pick up a new Kavu bag to tote all of your river-exploring essentials in. The store has been recently renovated and welcomes everyone from the novice to the most experienced adventurer to come about and check out all that the shop has to offer. The Hitch Outfitters is located at 123 East Main St. in McMinnville and they can be reached at 931-474-4482.

#### An exploration of the river

Whether you are setting out for a few hours or enjoying the whole day on the river, Smooth Rapids will set you up for a most memorable adventure along the river. They offer three float adventures to suit everyone's needs. There are no notable differences between the three routes, in terms of conditions, but choosing the length of your route is key. Families will enjoy their shortest



E

float that starts at the city park where there are plenty of family activities available. A medium float is available and gives kayakers between four and five hours on the river. Those looking to really explore should check out their longest float where you will spend the day admiring the views and exploring beyond the river. When you're done for the day and have worked up an appetite, stop by the Smooth Rapids Grill. Choose from the variety of options on their tasty, authentic menu. Smooth Rapids is located at 245 Durham Street in McMinnville and can be reached at (931) 452-9251.

# Cumberland Caverns



# Head to Cumberland Caverns for a memorable spelunking trip.

PHOTOS BY ASHLEIGH NEWNES | STORY BY KALI BATES

ew people can say they have spent the night in a cave, been more than 20 miles underground, or laid eyes on a beautiful underground waterfall. However, opting to visit Cumberland Caverns inside of Cardwell Mountain in McMinnville, Tennessee, presents visitors with the opportunity for each of these experiences.

Cumberland Caverns, one of McMinnville's most unique land features, was discovered in 1810 by a local surveyor. The cave consists of 27 underground miles of passageways, rock formations, beautiful underground waterfalls, and gleaming pools. Visitors of all ages and skill levels adventure into the cold, damp cave and come out with brilliant memories that last a lifetime.

The Adventure tours, offered by the cavern staff, fall within two different levels of difficulty: moderate, and extreme. There is also an easy trip which lasts around 11/2 hours and requires no climbing or crawling on this walking tour. The moderate tour ranges between 2 1/2 to 3 hours and does feature a few tight squeezes and areas where crawling is necessary. The moderate tour is geared toward the more adventurous crowd, as participants will likely get their hands and clothes dirty. Prior experience is not needed. The extreme adventures are, on average, anywhere from 4 to 6 hours long. These trips are recommended only for experienced explorers and those in good physical shape. Participants will have to climb twisting rocks and high ladders, step over crevasses, and more.

The cave itself is consistently 56 degrees with a 99% humidity rating year-round. So if you do choose to adventure here, it is recommended that you wear layers of comfortable, durable clothing. All explorers are required to wear lace-up shoes or boots and gloves. If needed, helmets and headlamps are available upon entering the cave and do not need to be brought from home. For more information about the longest show cave in Tennessee and for details on how to plan your trip, visit cumberlandcaverns.com.



STORY BY AMANDA E. WEST

unforgettable memories.

Something is endearing about the magic of Christmas hereSmall Business Saturday: November 25in McMinnville. Maybe it's the sparkling ice skating rink or the<br/>ambiance of candles flickering in the windows of our historic<br/>buildings as you shop late into the cool evenings. Maybe it'sBusinesses downtown will be open late and offer special<br/>promotions. Stop in and stay for "Flip the Switch" as the mayor<br/>lights up the town square.

#### **Christmas Parade: December 2**

Hosted by the city of McMinnville. For more information, go to: www.mcminnvilletn.gov

A Photo provided by Shelby Durham Photography

#### Christmas In The Park: December 5

Step into the phone booth and call the elves at the North Pole. Create Christmas cards, luminaries, and coloring sheets. Enjoy the antics of the Balloon Guy, the poignant live Nativity scene, or have your picture taken with the big guy himself, Santa. Shops downtown will offer extended hours. The Junior Auxiliary and several local businesses sponsor this magical night.

#### Thirteenth Annual Wonderland of Trees: November 13–18

the laughter bubbling from the phone booth as children ring the North Pole. Perhaps it's Christmas carols mixed with the warmth

of hot cocoa and gooey toasted marshmallows. Whatever

your reason, join us for these spectacular events and create

Kickstart your holiday shopping at the Three Star Mall and bid on your favorite decorated Christmas tree, wreath, and gingerbread house donated by individuals, nonprofits, and local businesses. Proceeds go toward Caring Hearts United. Admission is free.



▲ Photo provided by the McMinnville Tourism Development Board ▲

#### McMinnville On Ice: www.visitmcminnvilletn.com

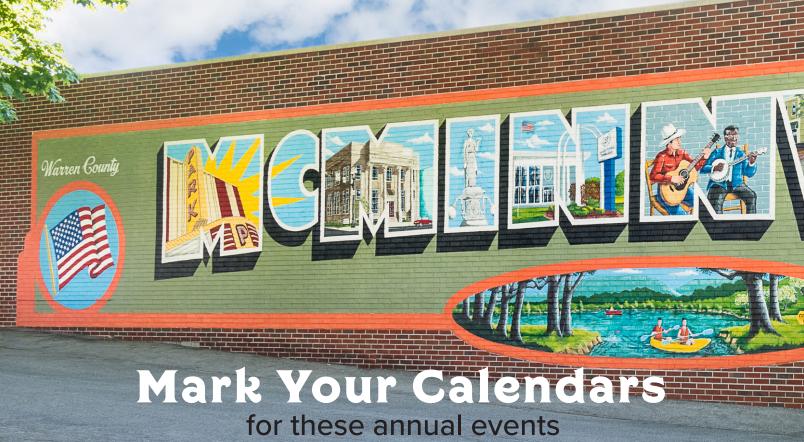
We are excited to announce McMinnville On Ice! The McMinnville Tourism Development Board in partnership with the McMinnville Parks and Recreation Department is bringing an ice rink to Downtown McMinnville. The rink is located on the Grassy Lot accross from City Hall. The opening date is December 2nd. Those interested in skating can skate for 45 minutes for \$5.00, which does include skate rental. The rink will typlically be open on Fridays from 5:00 to 9:00 and Saturdays and Sundays from 2:00 to 8:00. Participants will have to sign a waiver prior to skating.

#### Main Street McMinnville's Second Saturday: December 9

Take your family on a horse-drawn carriage ride from The Cannon County Mule Skinners to fully experience our nostalgic holiday celebrations. Enjoy the angelic voices of Christmas carolers and open your heart to the spirit of Christmas all around you. Businesses downtown are open late, so check off your holiday shopping list. Santa will be available for pictures. First National Bank of Middle Tennessee and Evelyn Taylor Avenue will sponsor live music. www.mainstreetmcminnville.org

#### Hark at the Park: "A Harvey Family Christmas" December 16 at 7 p.m.

There will be live variety show performances by local favorites Steve Harvey and family, the Hamilton Street Ballerinas, and other musical talent. Proceeds go toward the Magness Library and Hamilton Street Activity Center. Tickets go fast. Book yours today. www.mcminnvilleparktheater.com



# February

"Second Saturday" Mainstreet
 Downtown shops open late/live music
 mainstreetmcminnville.org/secondsaturday

### March

- Bologna Day: A Day on the Hill Citizens are encouraged to attend this tradition of visiting the state Capital to meet with Tennessee lawmakers
- Spring Hike at Rock Island State Park
   tnstateparks.com/parks/events
- Patriot Half Marathon & 5K facebook.com/patriot-half-marathon
- "Second Saturday" Mainstreet
   Downtown shops open late/live music
   mainstreetmcminnville.org/secondsaturday
- Annual Chamber Banquet

# April

- Rock & Row Triathlon at Rock island State Park raceentry.com/rock-and-rowtriathlon/race-information
- "Second Saturday" Mainstreet
   Downtown shops open late/live music
   mainstreetmcminnville.org/secondsaturday

## May

- Hardly, Strictly, Musky
   Fly Fishing Tournament
   hardlystrictlymuskyflyfishing.com
- "Second Saturday" Mainstreet
   Downtown shops open late/live music
   mainstreetmcminnville.org/secondsaturday



### June

- Main Street Live! Free concert series every Friday night in June www.mainstreetmcminnville.org
- "Second Saturday" Mainstreet McMinnville's monthly party downtown



For More Information: www.warrentn.com www.mainstreetmcminnville.org

www.facebook.com/McMinnvilleParks www.mcminnvilletn.gov







### July

- Main Street Live! Free concert series Friday nights in July www.mainstreetmcminnville.org
- Stars & Stripes Fun Day in downtown McMinnville Typically held on July 4, unless holiday falls on a Sunday
- "Second Saturday" Mainstreet
   Downtown shops open late/live music
   mainstreetmcminnville.org/secondsaturday

### August

- "Second Saturday" Mainstreet McMinnville's monthly party downtown
- Farm to table dinner featuring our local farms & restaurants. mainstreetmcminnville.org

# September

- Sip n Saveur Wine & Art Crawl facebook.com/sip-saveur
- World Peace Day at ISHA Isha.sadhguru.org
- Blooms & Brews Craft Beer Festival facebook.com/bloomsbrewstn
- Warren County Agriculture
   & Livestock Fair
   Only free fair in TN
   www.warrencountyalfair.org
- Warren County High School Homecoming Parade

### October

- Autumn Street Fair
   First Saturday of October
   autumnstreetfairtn.com
- Middle Tennessee Nursery Association Trade Show First Friday and Saturday in October
- "Second Saturday" Mainstreet
   McMinnville's monthly
   party Downtown

### November

- Small Business Saturday Held Saturday following Thanksgiving
- Warren County Arts & Crafts Fair
- "Second Saturday" Mainstreet McMinnville's monthly party Downtown

### December

- Christmas Parade
   First Saturday in December
- "Second Saturday" Mainstreet McMinnville's monthly party Downtown
- Christmas in the Park Celebration
   Presented by the Junior Auxiliary
   facebook.com/jamcminnville
- Wonderland of Trees, Ice rink and Hark at the Park







# 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.



# **Falcon Rest Mansion & Gardens**

Bed-and-Breakfasts (B&B) 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 B&B 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. 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 square foot "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.

#### Airbnb

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

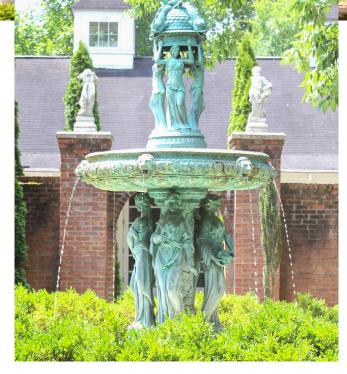
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www.airbnb.com

#### **Best Western Tree City Inn**

Sometimes a nice motel room is just the ticket for some muchneeded 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 Road | McMinnville, TN (931) 815-3838 | www.bonnieblueinn.com

#### Hampton Inn

All rooms in the hotel are equipped with a TV with cable channels. At Hampton Inn Mcminnville, Tn, the rooms have air conditioning and a private bathroom. The reception at the accommodation can provide tips on the area. The nearest airport is Nashville International Airport, 70 miles from Hampton Inn Mcminnville, Tn.

1560 Sparta St. | McMinnville, TN (931) 473-0009 | www.hilton.com

#### 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 Road | Walling, TN (615) 504-9549 | www.thehappyyaker.com

#### Falcon Manor Bed-and-Breakfast

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

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

#### lsha

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, Phelps Farm 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

#### **Smooth Rapids Campground**

Smooth Rapids Campground includes an on-site restaurant and bathhouse as well as kayak and tube rentals

245 Durham St. | McMinnville, TN (931) 452-9251 | www.smoothrapidsrentals.com



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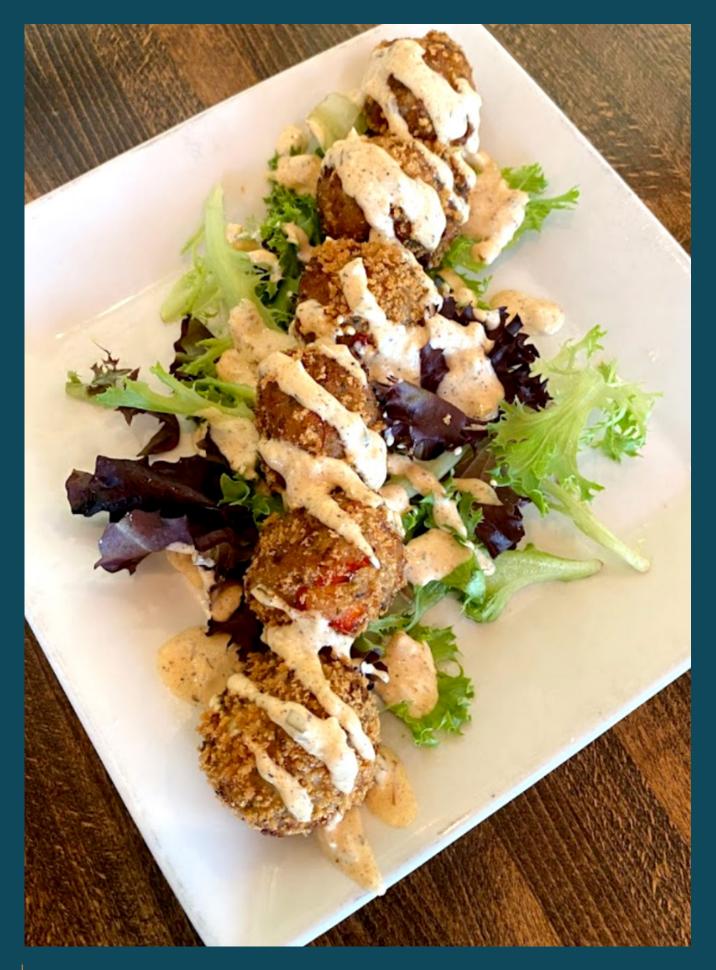
DailyLunchSpecial Ion-Fil11:00Am-2:00Pm



620 Woodbury Hwy. Manchester, TN 37355 **931-954-5377** Hours: 11:00 A.M. -9:00 P.M.

9576 Manchester Hwy. Morrison, TN 37357

**931-635-2259** Hours: 10:30 A.M. -8:30 P.M.



# 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 p.m. - 10 p.m. Friday & Saturday: 5 p.m. - 12 a.m.

#### **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 W. Main St. | McMinnville, TN (931) 474-8670 Thursday-Sunday: 7:30 a.m. - 1:30 p.m. Friday & Saturday dinner: 4:30 p.m. - 9:30 p.m.

#### 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 a.m. - 9 p.m. 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, and potato soup, in addition to their daily specials.

215 Bridge St. | McMinnville, TN (931) 507-3366 www.facebook.com/DepotBottom-Country-Store Monday-Friday 7 a.m. - 2 p.m. Closed Saturday & 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 Road | Walling, TN (931) 657-2364 www.foglight-foodhouse.com Tuesday-Friday: 5 p.m. - 8:00p.m. Friday: 5 p.m. - 9 p.m. Saturday: 4 p.m. - 8 p.m. Closed Sunday & 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 a.m. - 4:30 p.m. Saturday: 9 a.m. - 2 p.m.

#### 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.

1123 Sparta St. | McMinnville, TN (931) 474-2253 kimmistearoom.com Tuesday & Wednesday: 11 a.m. - 5 p.m. Thursday: 11 a.m. - 8 p.m. Friday & Saturday: 11 a.m. - 9 p.m. Sunday & Monday: Closed

#### Mud Bums

Sports grill featuring wings, steaks, oysters, burgers, and more! Voted best wings and sandwiches in town!

231 Northgate Dr., Suite 400 McMinnville, TN (931) 507-2867 www.facebook.com/mudbums Weekdays: 11 a.m. - 10 p.m. Weekends: 11 a.m. - 11 p.m. Sunday: 11 a.m. - 5 p.m.

#### **Oh Sugar**

A bakery which offers delicious cakes, cupcakes, cake pops, and cookies. Whatever the treat you will not be disappointed.

111 N. Spring St. | McMinnville, TN (931) 507-5555

#### **Prater's BBQ**

Known to many as the "best in the South," Prater's BBQ 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: 10:30 a.m. - 8:30 p.m. 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. I Rock Island, TN (931) 686-2007 Tuesday-Thursday: 5 a.m. - 6:30 p.m. Friday-Saturday: 5 a.m. - 7:30 p.m. Sunday: 6 a.m. - 3 p.m.

#### **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: 11:30 a.m. - 7 p.m. Friday & Saturday: 11:30 a.m. - 9 p.m. Sunday: 11:30 a.m. - 8 p.m.

#### **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 a.m. - 9 p.m. Sunday: 11 a.m. - 3 p.m.

#### 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 W. Main St. | McMinnville, TN (931) 474-8679 www.topzfrozenyogurt.com Sunday-Thursday: 11 a.m. - 7 p.m. Friday & Saturday: 11 a.m. - 8 p.m.

#### 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 Wednesday - Saturday: 7 a.m. - 4 p.m. Closed Sunday - Tuesday

#### 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. I Viola, TN (931) 635-5000 www.facebook.com/ ViolasPizzaCompany Thursday-Saturday 4 p.m. - 8 p.m.

#### Wild Bill's BBQ and Grill

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

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

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celebrating Dairy s father Steve, his and his wife Kara mily started dairy been in Tennessee nth is a way to obbehind the scenes, riculture. ht on mary people e-energy, high-profarmers do a lot of a terms of raising care of cartle, being care of cartle, being moberns, and wear-

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# Amanda Cox

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# 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 a whole lot more!

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

#### **Chantilly Boutique and Gifts**

Chantilly proudly offers a delightful array of high-quality fashion items such as T-shirts, baseball caps, and handbags, alongside the alluring scents of Cheerful Giver candles.

121 W. Main St. | McMinnville, TN

#### **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

#### Handsome Jack's Mercantile

HJM is a local and family-owned men's retail store offering apparel, footwear, and gifts.

110 N. Spring St. | McMinnville, TN www.handsomejacksmercantile.com

#### **Hitch Outfitters**

Grab the perfect gift for your family back home at this retail store.

121 E. Main St. | McMinnville, TN

#### Intrigue

This shop carries one of the town's largest and most unique selections of ladies' accessories, home décor, gifts, and, to top it off, they also have a gourmet pantry!

410 N. Chancery St. | McMinnville, TN www.facebook.com/intrigue

#### 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

#### 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! Bike rentals available.

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



#### **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.

108 W. Main St. | McMinnville, TN www.reddoorboutiquetn.com

#### **Red Door Kids**

McMinnville's newest children's boutique, Red Door Kids, carries clothes and accessories for newborns through tween for both boys and girls. They also specialize 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

#### **The Western Farmgirl**

Specially curated for those who love all things western, boho & farmhouse inspired.

thewesternfarmgirl.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! They are 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



# ANTIQUES

Step back in time with a visit to one of our local shops. Who knows what treasure awaits you?

#### **Antique Lamp Supply**

Antique Lamp Supply carries a full collection of lamp parts to renew and restore your antique and vintage lamps.

843 Old Morrison Hwy. | McMinnville, TN www.antiquelampsupply.com

# Highway 8 Furniture and Treasures

Lots of treasures and furniture. You never know what you will find!

15918 State Route 8 | McMinnville, TN 423-949-4500

#### **McMinnville Antiques and More**

McMinnville Antiques and More offers a variety of vintage, antique, and current home decor with an ever-changing inventory. New items are added daily.

1123-B Sparta St. | McMinnville, TN facebook.com/mcminnvilleantiquesandmore

#### **Renewed Creations of McMinnville**

Renewed Creations of McMinnville offers custom-painted furniture, Blackberry house paints, home decor, gifts, and seasonal items. They also carry products from local artisans and vendors.

213 E. Main St. | McMinnville, TN facebook.com/renewedcreationsofmcminnville

#### **Rock Island Treasures**

Everything you never knew you wanted! Antiques, gifts, and more.

11287 US 70 | Rock Island, TN 931-668-1000 facebook.com/rockislandtreasures

#### The Vintage Market on Main

The Vintage Market on Main is a beautifully curated space filled with one-of-a-kind vintage and antique stock and lovely furniture.

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

# **Advertiser's Index**

| Belk Grocery & Sporting Goods14               |
|---|
| Citizens Tri County Bank McMinnville7         |
| Detention @ The Elementary                    |
| Evelyn Taylor Avenue 2                        |
| Exchange Media Group 27, 51                   |
| First National Bank McMinnville21             |
| Four Corners Bulk Food & Deli20               |
| H&R Agri Power - McMinnville3                 |
| Holiday Inn Express - Manchester5             |
| Hoover & Son20                                |
| Jim Oliver's Best Western Smoke House Lodge14 |
| Manchester Coffee County Conference Center 5  |

| Middle Tennessee Natural Gas Utility District | 47  |
|---|-----|
| Paul Holder Realty & Auction Co.              | 58  |
| Praters BBQ Morrison                          | 47  |
| Quick Shop/Hempnotic/Subway                   | 59  |
| Randall Walker Farm                           | . 6 |
| Rock Island Market & Cafe                     | 21  |
| Somewhere Liquors                             | 14  |
| Sonic Drive-In - Manchester                   | 20  |
| Spin City Laundromat                          | 47  |
| Tree City Realty                              | 60  |
| Tree City Wine & Spirits                      | 58  |
| Willowbrook Golf Club                         | 21  |





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# Fill up your tank. Fill up your Cup!



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(931) 318-1114 Mon - Sat: 4:00 а.м. - 12:00 а.м. Sun: 4:00 а.м. - 11:00 р.м. quickshop-gasstation.business.site/



(931) 304-8388 Mon. - Sat: 10:00 а.м. - 9:00 р.м. www.whichwich.com

7824 Manchester Hwy., Morrison, TN 37357

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Glenda Taylor Ionathan I. Iones Broker/Owner Broker/Owner 931.273.0962 Cell 931.273.1130 Cell









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