

# **Living in Chattanooga**

**Resources for UT Medical & PA Students,  
Residents, & Fellows**



**June 2023**



**RECOMMENDED CHATTANOOGA ACTIVITIES ...**

- **CHA Guide (online)** <https://www.cha.guide/> (At least look at the topics below)
  - Best Pizza in Chattanooga <https://www.cha.guide/explore/national-pizza-month-experience-best-pizza-in-chattanooga>
  - Guide to Pet-Friendly Places in Chattanooga <https://www.cha.guide/explore/pet-friendly-places-in-chattanooga>
  - 10 Things to do next weekend in Chattanooga <https://www.cha.guide/explore/10-things-to-do-next-weekend>
  - 26 Things to Do In Chattanooga <https://www.cha.guide/explore/26-things-to-do-in-chattanooga>
- **Walnut Street Bridge – The Walking Bridge** (one of the world’s longest pedestrian bridges and pet friendly) (free to walk around)
- **4 Must-Visit Waterfalls Chattanooga** (free) <https://www.visitchattanooga.com/blog/post/4-must-visit-waterfalls>
- **Chattanooga Riverwalk** (free to walk but \$ for bike rentals) (rent bikes or take a nice walk!)
- **Chattanooga Ducks** (\$) – Best duck boat ride in Chattanooga <https://chattanoogaducks.com/>
- Stand up **Paddleboarding - Coolidge Park** \$ <https://chattanooga.gov/parks/our-signature-parks>
- **Carousel at Coolidge Park** \$ <https://www.visitchattanooga.com/listing/coolidge-park-antique-carousel/891/>
- **Renaissance Park (far side of the Coolidge Park)**, including “Cardboard Hill” where children and adults can bring a cardboard box to ride down the hill
- **Rock Climbing Gym (High Point)** \$ <https://www.highpointclimbing.com/>
- **Tennessee Aquarium** \$ on the Riverfront in downtown Chattanooga <https://tnaqua.org/>
- **Lookouts Baseball Games at the AT & T Park** \$ (near Highway 27 and Downtown Chattanooga) <https://www.milb.com/chattanooga>
- **Chattanooga Futbol Club (Professional Soccer)** \$ <https://www.chattanoogafc.com/>
- **Incline Railway** \$ (goes up and down Lookout Mountain from St. Elmo)
- **Sunset Rock** (atop Lookout Mountain) (free) 405 W Brow Rd, Lookout Mountain, TN 37350 Rocky cliff overlooking a valley & Battle of Wauhatchie site with a steep hiking trail
- **Point Park** \$ (atop Lookout Mountain) 110 Point Park Rd, Lookout Mountain, TN 37350 <https://www.visitchattanooga.com/listing/point-park-battlefield/1112/>
- **Reflection Riding Arboretum and Nature Center** \$ (Lookout Mountain, TN) <https://reflectionriding.org/>
- **Ruby Falls** \$ (going up Lookout Mountain)
- **Rock City Gardens** \$ (Lookout Mountain, GA) [https://www.seerockcity.com/?utm\\_source=gmb&utm\\_medium=organic](https://www.seerockcity.com/?utm_source=gmb&utm_medium=organic)
- **Lookout Mountain Flight Park** \$ <https://www.flylookout.com/> free to watch -- 7201 Scenic Hwy, Rising Fawn, GA 30738. Phone: [\(706\) 383-1292](tel:7063831292)
- **Signal Point and Julia** (Signal Mountain): Breathtaking views, especially at sunset from atop Signal Mountain. Cumberland Trail, Signal Mountain, TN 37377.

- **Edwards Point** (Signal Mountain): Wonderful trail up to Edwards Point on Signal Mountain <https://www.trgt.org/edwards-point> . The trail leads to Rainbow Lake.
- **Rainbow Falls** (Signal Mountain) <https://www.theoutbound.com/tennessee/hiking/hike-to-rainbow-falls> You can drive directly to Rainbow Lake and park in a provided area. Gently descend down a path to a beautiful rushing stream and a swinging bridge over it. The rainbow is incredible!
- **Southern Belle Riverboat (Ross' Landing)** \$ – free to go into the gift shop and look around [https://chattanoogariverboat.com/?utm\\_medium=organic&utm\\_source=gmb+listing/](https://chattanoogariverboat.com/?utm_medium=organic&utm_source=gmb+listing/)
- **Chattanooga Zoo** \$ <https://www.chattzoo.org/>
- **Bessie Smith Cultural Center** \$ <https://www.bessiesmithcc.org/>
- **Chattanooga Ballet** \$ <https://www.chaballet.org/>
- **Chattanooga Symphony and Opera** (\$) <https://chattanoogasympphony.org/>
- **Creative Discovery Museum** (\$) (families and children) <https://www.cdmfun.org/>
- **Nightfall Chattanooga 2023 (May 26 – Sep 1, 2023)** **Free** concert series in downtown <https://www.nightfallchattanooga.com/>
- **Music & Movies in Miller Park – free** (center of downtown Chattanooga) – Sat, Jul 29, 2023, 6 – 11 pm. Enjoy vendors, music, & games along with a big movie screen under the stars –“Jumanji” <https://www.visitchattanooga.com/event/music-%26-movies-in-miller/18585/> and <https://www.rivercitycompany.com/events/music-amp-movies-in-miller-2>  
910 Market St, Chattanooga, TN 37402
- **Bluff View Art District** <https://bluffviewartdistrictchattanooga.com/> (including walking through the **Sculpture Gardens**) (no \$ to just look around)
- **Hunter Museum of American Art** \$ (part of the Bluff View Art District) <https://www.huntermuseum.org/>
- **Time to Escape – The Best Escape Room Experience in Chattanooga** \$ <https://itstimetoescape.com/downtown-chattanooga/>
- **Tennessee Valley Railroad** \$ <https://www.tvrail.com/>
- **Chattanooga Whiskey Tours** \$ <https://chattanoogawhiskey.com/>
- **Sing It or Wing It (food and karaoke)** \$ <http://www.singitorwingitchattanooga.com/>
- **Warehouse Row:** located downtown (near Southside), great atmosphere, unique restaurants, Anthropologie, J. Crew, etc. <https://warehouserow.com/directory>
- **Chattanooga Choo Choo –free to walk around** (near Southside): Railroad inspired hotel with replica trains, stores, the **Frothy Monkey** coffee bar, and neat restaurant called **Stir** <https://www.choochoo.com/>
- **Songbirds \$:** guitar and pop culture museum with live music/concert venues located within the Choo Choo Complex <https://songbirdsfoundation.org/>  
25 Station St, Chattanooga, TN 37408  
phone: 423.531.2473
- **Southside Social (food, and karaoke)** \$ <https://www.thesouthsidesocial.com/>
- **The Signal** \$ (located within the Choo Choo Complex) a large live music/concert venue <https://www.thesignaltn.com/tickets>  
20 Choo Choo Ave, Chattanooga, TN 37402  
phone: 423.498.4700

- **Rob's Restaurant and Lounge (food and karaoke) (\$)**  
5308 Dayton Blvd, Chattanooga, TN 37415  
phone, 423.875.6164
- **Chattanooga Market (Farmers and Craft Market) (free to walk through)**  
<https://chattanoogamarket.com/>
  - **Chattanooga River Market (Saturday's)** at the Tennessee Aquarium Plaza, 10 am – 5 pm
  - **Sunday Funday Chattanooga Market (Sunday's)** at the First Horizon Pavilion in Downtown Chattanooga 11 am – 4 pm
  - **Chattanooga Market at Erlanger (Wednesday's)** – year round in the Erlanger Medical Mall Lobby, 10:30 am – 1:30 pm
- **Naughty Cat Café (\$)** <https://www.naughtycatcafe.com/about-us-1> (foster home for cats and adoption center) --3742 Tennessee Ave, Suite 100, Chattanooga, TN 37409 in St. Elmo (phone 423.451.4316)
- Frazier Ave in the North Shore area: Walk along this street in North Shore that runs along the river. It has many unique restaurants and eclectic, retro shops and boutiques.
- **Chattanooga Visitors Guide and Magazine Summer 2023**  
<https://www.visitchattanooga.com/magazine/>
- **White Water Rafting on the Ocoee River (\$)** -- about an hour outside of Chattanooga.  
<https://ocoeewatersports.com/>  
This is a must do at least once while you in training in Chattanooga. Make it a whole day's adventure!
- Lots of **Music Concerts at the Memorial Auditorium (\$)** on McCallie Avenue throughout the year  
<https://www.ticketmaster.com/soldiers-and-sailors-memorial-auditorium-tickets-chattanooga/venue/222564>
- Lots of **Off-Broadway plays and concerts at the Tivoli Theater (\$)** in Downtown Chattanooga throughout the year <https://www.tivolichattanooga.com/soldiers-sailors-memorial-auditorium>
- Lots of **area festivals in the spring and fall** (usually no fee to get into the venue)
- Lots and lots of **hiking trails and waterfall adventures** (no fees)

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**Grocery Stores in the Chattanooga Area:**

**Food City Market**  
**Multiple locations**

3636 Ringgold Rd, Chattanooga, TN 37412  
East Ridge (corner of Ringgold Rd and South Moore Rd)  
phone: 423.493.4050

**Delivery and Curbside available:** Instacart at <https://www.foodcitydelivers.com> or Doordash  
<https://www.doordash.com/store/food-city-prepared-foods-chattanooga-1061497/>

**(Food City Markets – Continued)**

- 3901 Dayton Blvd, Red Bank, TN 37415  
phone: 423.877.1515  
**Delivery and Curbside available:** Instacart at <https://www.foodcitydelivers.com> or Doordash <https://www.doordash.com/store/food-city-prepared-foods-chattanooga-1061467/>
- 703 Signal Mountain Blvd, Chattanooga, TN 37405  
phone: 423.757.4670  
**Delivery and Curbside available:** Instacart at <https://www.foodcitydelivers.com> or Doordash <https://www.doordash.com/store/food-city-prepared-foods-chattanooga-1061517/>
- 6951 Lee Highway, Chattanooga, TN 37421  
(near Lee Highway and Shallowford Rd)  
phone: 423.855.3072  
**Delivery and Curbside available:** Instacart at <https://www.foodcitydelivers.com> or Doordash <https://www.doordash.com/store/food-city-prepared-foods-chattanooga-1061483/>
- 5604 Hixson Pike, Chattanooga, TN 37415  
phone: 423.842.3500  
**Delivery and Curbside available:** Instacart at <https://www.foodcitydelivers.com> or Doordash <https://www.doordash.com/store/food-city-prepared-foods-chattanooga-1061470/>
- 4510 Highway 58, Chattanooga, TN 37416  
phone: 423.855.3020  
**Delivery and Curbside available:** Instacart at <https://www.foodcitydelivers.com>
- 10161 Dayton Pike, Soddy Daisy, TN 37379  
phone: 423.332.3413  
**Delivery and Curbside available:** Instacart at <https://www.foodcitydelivers.com>

**Fresh Market**

2288 Gunbarrel Rd, Chattanooga, TN 37421  
Near Shallowford Road in East Brainerd  
phone: 423.499.4223

**Delivery and Curbside available:** [www.thefreshmarket.com](http://www.thefreshmarket.com); and [www.instacart.com](http://www.instacart.com)

**Publix Super Market**

**Five locations:**

- 400 N. Market Street, Chattanooga, TN 37405  
phone: 423.755-7901  
North Chattanooga/North Shore  
**Note: This Publix location has a Kosher Section.**  
**Delivery via Instacart:** <https://delivery.publix.com>
- 3535 Broad Street, Chattanooga, TN 37409  
Downtown Chattanooga at Mount Vernon Point, near St. Elmo and the foot of Lookout Mountain  
phone: 423.668.5233  
**Delivery via Instacart:** <https://delivery.publix.com>

**(Publix Super Markets – Continued)**

- 5928 Hixson Pike, Suite 112, Hixson, TN 37343  
phone: 423.847.8461  
Creek Plantation Village in Hixson  
**Delivery via Instacart:** <https://delivery.publix.com>
- 7326 McCutcheon Rd, Chattanooga, TN 37421  
phone: 423.855.1376  
Village at Waterside just off Shallowford Rd and slightly north of Hamilton Place Mall  
**Note: This Publix location has a Kosher Section.**  
**Delivery via Instacart:** <https://delivery.publix.com>
- 8644 East Brainerd Rd, Chattanooga, TN 37421  
phone: 423.296.1903  
Near entrance to Hurricane Creek subdivision and approaching Ooltewah, TN  
**Note: This Publix location has a Kosher Section.**  
**Delivery via Instacart:** <https://delivery.publix.com>

**Whole Foods Market**

**Two locations**

- 301 Manufacturers Rd, Chattanooga, TN 37405  
phone: 423.702.7300  
North Shore area  
**Delivery available through [www.amazon.com](http://www.amazon.com) and zip code**
- 1814 Gunbarrel Rd, Chattanooga, TN 37405  
phone: 423.425.9133  
East Brainerd area in the Target/Kohl's shopping area mall  
**Delivery available through [www.amazon.com](http://www.amazon.com) and zip code**

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**RESTAURANTS RECOMMENDED TO US ...**

- **Pizza**
- **Pizzeria Cortile (Red Bank)-** <https://www.pizzeriacortile.com/>
- **Community Pie (Downtown)-** <https://www.communitypie.com/>
- **Lupi's Pizza (Downtown, Hixson, Hamilton Place)** <https://lupi.com>

**Sushi/Ramen**

- **Totto Sushi (Northshore)** <https://tottonooga.com>
- **Two Ten Jack (Downtown)-** <https://twotenjackson.com/chattanooga/>

**Brazilian Steakhouse**

- **Rodizio Grill (downtown & Hamilton Place Mall)**  
<https://www.rodiziogrill.com/chattanoogahamiltonplace/> and  
<https://www.rodiziogrill.com/chattanoogadowntown/>



### Italian Dining

- **Alleia Restaurant** <http://alleiarestaurant.com/>
- **Giardino** <https://www.giardinochattanooga.com/visit>
- **Tony's Pasta Shop and Trattoria** <https://bluffviewardistrictchattanooga.com/tonys-pasta-shop>

### A little Finer Dining

- **Wooden City Chattanooga** (Downtown)- <https://www.woodencitychattanooga.com/menu>
- **Calliope** (Downtown)- <https://www.callioperestaurant.com/>
- **Easy Bistro** (Downtown) <https://www.easybistro.com>

### Good Burgers

- **Main Street Meats** (Southside)- <https://www.mainstreetmeatschatt.com/>
- **Tremont Tavern** (Northshore)- <http://www.tremonttavern.com/>
- **Parkway Pourhouse** (Downtown)- <https://www.parkwaypourhouse.com/>

### Mexican

- **Agave and Rye** (Downtown)- <https://agaveandrye.com/>
- **Taco Mamacita** (Northshore)- <https://www.tacomamacita.com/>
- **Tacqueria Jalisco** (Southside)- <https://www.taqueriacha.com/>

### Desserts

- **Rembrant's Coffee House** <https://bluffviewardistrictchattanooga.com/rembrandtscoffeehouse>
- **Clumpie's Ice Cream** (Downtown, St. Elmo) <https://www.clumpies.com/>
- **Ice Cream Show** (Downtown)  
<https://www.visitchattanooga.com/listing/the-ice-cream-show/1428/>
- **Ben and Jerry's (Downtown)** <https://www.benjerry.com/chattanooga>
- **Milk and Honey (Downtown)** <https://www.milkandhoneychattanooga.com/>

### Vegetarian

- **Sluggo's** (Northshore) <https://sluggos.weebly.com/>
- **Cashew** (Northshore) <https://www.cashewchattanooga.com/>
- **Southern Squeeze** (Northshore) <https://www.southernsqueeze.com/>

### Seafood, Oysters, and Cocktails

- **The STIR Chattanooga** <https://stirchattanooga.com/> (part of the Choo Choo complex)  
1444 Market Street, Chattanooga, TN 37402  
phone: 423.531.7847
- **Boathouse Chattanooga Rotisserie and Raw Bar** <https://www.boathousechattanooga.com/>  
1415 Riverside Dr, Chattanooga, TN 37406  
phone: 423.622.0122



**(Seafood, Oysters, and Cocktails – Continued)**

- **Bonefish Grill** <https://locations.bonefishgrill.com/tennessee/chattanooga/2115-gunbarrel-road>  
2115 Gunbarrel Rd, Chattanooga, TN 37421  
phone: 423.892.3175

**Rooftop Lounge**

- **Chattanooga Whiskey Bar** (specialty whiskeys, signature drinks, snacks, food, and late-night bites) – Atop the Edwin Hotel in Chattanooga <https://www.whiskeythiefchattanooga.com/>  
902 Walnut Street, Chattanooga, TN 37403  
Note: We've heard that Peyton Manning is an occasional guest on the rooftop!

**Local Faire/Farm Fresh Cuisine**

- **The Feed Table and Tavern** (Southside) <https://www.feedtableandtavern.com/>  
201 W. Main St, Chattanooga, TN 37408  
phone: 423.708.8500
- **The Public House** (Warehouse Row) <https://www.publichousechattanooga.com/>  
1110 Market St, Chattanooga, TN 37402  
phone: 423.266-3366

**Latin American Cuisine**

- **State of Confusion** (Southside) <https://www.soconfusion.com/>  
301 E. Main St, Chattanooga, TN 37408  
phone: 423.760.3473

**German-American Food**

- **Brewhaus** (North Shore) Restaurant and Pub (amazing according to some of our students)  
<https://brewhausbar.com/>  
224 Frazier Ave, Chattanooga, TN 37402  
phone: 423.531.8190
- **Chattanooga Brewing Company** (Southside) – German Beer, food, and fun. Pet friendly, too.  
<https://www.chattabrew.com/>  
1804 Chestnut St, Chattanooga, TN 37408

**Comfort Food and Specialty Drinks**

- **Food Works (North Shore)**  
205 Manufacturer's Rd, Chattanooga, TN 37408

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**Cleaning Services (Apartments/Homes)**

- **MaidPro Chattanooga** (<http://www.maidpro.com/chattanooga/>)  
phone: 423.244.0144
- **Merry Maids** (<https://www.merrymaids.com/chattanooga/>)  
phone: 423.954.7443
- **Molly Maids** (<https://www.mollymaids.com/hamilton-county/>)  
phone: 423.829.1033
- **Two Maids Cleaning** (<https://www.twomaidscleaning.com/chattanooga/>)  
phone: 423.927.1146

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**Dry Cleaning Services**

- **Champion Cleaners**  
2301 Hickory Valley Rd  
Chattanooga, TN 37421  
phone: 423.296.1120
- **Gordon Cleaners**  
315 North Market St, #101  
Chattanooga, TN 37405  
phone: 423.266.3252
- **Kleen-A-Matic**  
2129 Gunbarrel Rd, #2608  
Chattanooga, TN 37421  
phone: 423.894.3035
- **White Star Dry Cleaners**  
**3554 Broad Street**  
**Chattanooga, TN 37409**  
phone: 423.267.5856

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**Licensed DayCares**

- **TN Department of Health Website -- Licensed Child Care**  
[https://onedhs.tn.gov/csp?id=tn\\_cc\\_prv\\_maps%20](https://onedhs.tn.gov/csp?id=tn_cc_prv_maps%20)
- **Licensed Child Care Centers in Hamilton County, TN**  
[https://childcarecenter.us/tennessee/chattanooga\\_tn\\_childcare](https://childcarecenter.us/tennessee/chattanooga_tn_childcare)

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Chattanooga has an abundance of worship centers from many different faiths including both small congregations to very large churches.

#### Jewish Worship and Culture in Chattanooga

- **Jewish Federation of Greater Chattanooga** <https://www.jewishchattanooga.com/>
  - **Jewish Cultural Center**  
5461 North Terrace, Chattanooga, TN 37411  
phone: 423.493.0270
  - **Kosher Kitchen [at the Jewish Cultural Center]**  
<https://www.jewishchattanooga.com/kosher-kitchen/>
- **B’Nai Zion Congregation (Conservative)** <https://bnaizioncongregation.com/>  
923 McCallie Avenue, Chattanooga, TN 37403  
phone: 423.894.8900
- **Mizpah Congregation (Progressive Reform)** <https://www.mizpahcongregation.org/>  
923 McCallie Avenue, Chattanooga, TN 3740325  
phone: 423.267.9771
- **Chabad Jewish Center of Chattanooga** <https://www.jewishchatt.com/>  
950 Vine Street, Chattanooga, TN 37403  
phone: 423.490.1106
  - **Chabad Kosher Takeout Order Form**  
[https://www.jewishchatt.com/templates/articlecco\\_cdo/aid/3291390/jewish/Kosher-Order-Form.htm](https://www.jewishchatt.com/templates/articlecco_cdo/aid/3291390/jewish/Kosher-Order-Form.htm)

#### Muslim Culture and Mosques in Chattanooga

- **Islamic Center (Masjid Muhammad) (Mosque)** <https://mmuhammad.org/>  
Oldest Masjid Muhammad in Chattanooga  
1410 Cemetery Rd  
Chattanooga, TN 37408 (near UTC and Erlanger)
  - **Islamic Society of Greater Chattanooga (Mosque and school)** <http://chattislam.com/>  
2533 Gunbarrel Rd, Chattanooga, TN 37421  
phone: 423.894.1637
- Al Kalem BH Islamic Community Chattanooga (Mosque)**

#### Christian Churches in Chattanooga

Church Finder, Church Finder Website: <https://www.churchfinder.com/churches/tn/chattanooga>