

## CHATTANOOGA INSIDER GUIDE

Welcome to Chattanooga! These links can help you explore the Scenic City during your rotation. You can find more info (including an events calendar) at [VisitChattanooga](http://VisitChattanooga.com).

### WHERE TO EAT & DRINK...

#### ASIAN:

- [Attack of the Tatsu](#) (downtown)
- [Kai Bistro](#) (Southside)
- [Shangri-La](#) (downtown) – *affordable Chinese*
- [Two Ten Jack](#) (Southside) – *great ramen*

#### BBQ:

- [Barque BBQ](#) (Main St.)
- [Chatt Smoke House](#) (downtown/MLK) – *huge portions*
- [Sticky Fingers](#) (downtown)
- [Sugar's Ribs](#) (Missionary Ridge)

#### BREWERIES:

- [Chattanooga Brewing Co.](#) (downtown)
- [Five Wits Brewing](#) (Southside)
- [Mad Knight Brewing](#) (St. Elmo)
- [OddStory Brewing](#) (Southside)
- [The Taphouse](#) (St. Elmo)
- [WanderLinger](#) (Southside)



#### BREAKFAST/BRUNCH:

- [Aretha Frankenstein's](#) (North Shore) – *worth the long wait on weekends; go early & get the pancakes!*
- [Bluegrass Grill](#) (Southside) – *family-style seating; amazing food*
- [The Daily Ration](#) (North Shore)
- [Frothy Monkey](#) (Southside)
- [Niedlov's](#) (Southside) – *bakery w/great lunch menu (also Friday night pizza); has a cool outdoor patio*

#### BURGERS:

- [Hoppy's North River Corner Market](#) – *a tiny shop with a killer burger & also great breakfast biscuits!*
- [Main Street Meats](#) (Southside) – *full-service butcher & restaurant*
- [Tremont Tavern](#) (North Shore) – *voted Chattanooga's best burger*

#### COFFEE SHOPS:

- [BeCaffeinated](#) (multiple locations)
- [Mean Mug](#) (Southside & North Shore) – *good food; great place to study*
- [Rembrandt's](#) (Art District) – *the outdoor courtyard is a relaxing study spot*
- [Sleepyhead Coffee](#) (downtown) – *super chill vibe; lots of vegan options (& plants!)*
- [Velo Coffee Roasters](#) (Southside) – *coffee shop & espresso bar*



#### DELI:

- [River Street Deli](#) (North Shore) – *Chattanooga's best deli since 1998; legit NY-style deli*

#### FRIED CHICKEN:

- [Champy's](#) (downtown, East Ridge, Lee Hwy)

#### ICE CREAM:

- [Clumpies](#) (North Shore, Southside & St. Elmo) – *inventive flavor combos!*
- [Milk & Honey](#) (North Shore) – *best gelato in town; also has fantastic breakfast food*
- [The Ice Cream Show](#) (Art District)
- [Scoop Around Ice Cream Bar](#) (Southside)



#### INDIAN:

- [Sitar Indian Cuisine](#) (downtown)

#### ITALIAN:

- [Giardino](#) (Missionary Ridge) – \$\$
- [Il Primo](#) (North Shore & Ooltewah) – \$\$
- [Provino's](#) (E. Ridge) – *endless salad & rolls!*
- [Tony's Pasta](#) (downtown/Art District)

#### KOREAN:

- [Han-Mi](#) (Southside)

#### LATE NITE:

- [City Café Diner](#) (downtown & Lee Hwy.) – *24-hour diner; huge portions/great prices!*
- [Pickle Barrel](#) (downtown) – *bar w/a full menu & rooftop patio; affordable food & open until 3AM*

#### MEXICAN:

- [Amigo](#) (multiple locations in Chattanooga)
- [La Altea Taqueria](#) (Southside) – *affordable & filling!*
- [Mexiville](#) (downtown & North Shore) – *tasty & affordable, esp. the lunch combos*

#### MEDITERRANEAN/MIDDLE EASTERN:

- [Acropolis](#) (Hamilton Place Mall)
- [Ankar's Hoagies](#) (Hwy. 58) – *one of Chattanooga's oldest family-owned restaurants*
- [The Hummus Bowl](#) (St. Elmo/Southside)
- [University Pizza & Deli](#) (UTC campus) – *not just pizza; great Mediterranean food; affordable & filling*

#### PIZZA:

- [Community Pie](#) (downtown)
- [Crust Pizza](#) (Southside, Red Bank) – *known for their cracker-thin crust*
- [Honey Seed](#) – *wood-fired pizza; also known for their Montreal-style bagels*
- [Lupi's Pizza](#) (downtown, Hixson, Ooltewah) – *try the football-sized calzone!*
- [Southside Pizza](#) (Southside)



#### SEAFOOD:

- [Boathouse Rotisserie & Raw Bar](#) (Riverside)
- [Scottie's on the River](#) (downtown)

#### SOUTHERN/HOME COOKING:

- [Bea's Restaurant](#) – *an all-you-can-eat Chattanooga institution since 1950; each table is a buffet!*

#### SUSHI:

- [Sushi Nabe](#) (North Shore)
- [Totto Sushi](#) (North Shore)

#### TACOS:

- [Taco Mamacita](#) (North Shore & Hamilton Place Mall)
- [TacoNooga](#) (North Shore)
- [Taqueria Jalisco](#) (Southside)
- [Taqueria La Antigua Guatemala](#) (Main St.)
- [White Duck Taco](#) (Highland Park)

#### THAI:

- [Rain Thai Bistro Express](#) (Southside)
- [Sawasdee](#) (St. Elmo) – *hidden gem!*
- [Thai Esan](#) (East Ridge) – *sooo good!*
- [Yummy Thai](#) (North Shore) – *\$\$ but excellent*

#### VEGETARIAN/VEGAN:

- [Cashew](#) (North Shore) – *vegan*
- [Sluggo's Vegetarian Café](#) (North Shore) – *vegetarian w/vegan options*

## WHERE TO PLAY...

### ARTS/CREATIVITY & ENRICHMENT:

- [The Chatterry](#) – offers variety of instruction from arts & cooking to coding, dancing & yoga
- [Chattanooga Library](#) – offers free use & rentals of equipment & tools (including 3D printers!)

### BIKING:

- [Outdoor Chattanooga](#) – resources for bike rentals, trails, local cycling clubs & more

### CLIMBING GYMS:

- [High Point Climbing](#) – students get 20% off after 4pm on Fridays
- [Synergy Climbing & Ninja](#) (Main St.)

### DISC GOLF:

- [The Corbettas at Enterprise South](#) – public disc golf course
- [The Sinks](#) – public disc golf course

### HIKING:

- [Chattanooga hiking trails](#) – links via AllTrails.com

### KARAOKE:

- [Sing It or Wing It](#)
- [Southside Social](#) – restaurant also has indoor bowling, an outdoor fire pit & lots of other games

### LIVE MUSIC:

- [Barrelhouse Ballroom](#)
- [Nightfall](#) summer concert series – free live music every Friday night @ Miller Plaza downtown
- [The Signal](#) – major touring artists perform here; located on the Chattanooga Choo Choo campus
- [Tivoli Theatre](#) – operates 3 music venues in downtown Chattanooga

### PARKS:

- [Camp Jordan](#) (East Ridge)
- [Chester Frost Park](#) (Hixson) – on Chickamauga Lake
- [Cloudland Canyon](#) (Lookout Mtn, GA) – 60 miles of trails!
- [Coolidge Park](#) (North Shore) – carousel rides are only \$1
- [Harrison Bay State Park](#) (Harrison) – on Chickamauga Lake
- [Miller Park](#) (downtown) – has live music & free movie nights
- [North Chickamauga Creek Gorge State Park](#) (Soddy Daisy)
- [Point Park](#) (Lookout Mountain) – great scenic photo spots
- [Renaissance Park](#) (North Shore) – where everyone goes sledding year-round on “Cardboard Hill”
- [Tennessee Riverpark](#) – 16.1 miles of cycling/walking trails from Chattanooga State to St. Elmo



### PADDLEBOARD & KAYAKING:

- [L2 Outside](#) – outdoor gear rentals

### PICKLEBALL:

- [Chattanooga Pickleball Leagues](#)

### SPORTS:

- [Chattanooga FC](#) (MLS)
- [Chattanooga Lookouts](#) (MLB)
- [Chattanooga Red Wolves](#) (MLS)
- [Chattanooga Roller Derby](#)



### SWIMMING:

- [Swimming holes/waterfalls](#) – North Chick Blue Hole, Foster Falls & Big Soddy Creek Gulf

### TOURISM ATTRACTIONS:

- [Bessie Smith Cultural Center](#)
- [Bluff View Art District](#) – several museums + sculpture gardens
- [Chattanooga Choo Choo](#)
- [Chattanooga Ducks](#) – boat tour
- [Chattanooga Zoo](#)
- [Classic Arcade Pinball Museum](#) – play vintage arcade games
- [Hunter Museum of Art](#)
- [Incline Railway](#) – train ride up to Lookout Mountain; great views
- [Lake Winnepesaukah](#) – amusement park in business since 1925
- [Naughty Cat Café](#) – Chattanooga's only cat café; visitors can chill w/30+ adoptable cats + free drink
- [Reflection Riding Arboretum & Nature Center](#) – 300 acres of nature only 10mins from downtown
- [Rock City](#) – Chattanooga's #1 tourist attraction since 1932; great scenic views from Lookout Mtn.
- [Tennessee Aquarium](#)
- [Tennessee Riverwalk](#)



### WHITEWATER RAFTING:

- [Ocoee river rafting](#) – multiple outfitters offer trips on the Ocoee River (about an hour from Chattanooga)

### YOGA:

- [Southern Soul Yoga](#) (St. Elmo)
- [Yoga Landing](#) (Southside)



### WHERE TO SHOP...

- [The Book & Cover](#) – Chattanooga's best indie bookstore
- [Chattanooga Market](#) – Sunday farmer's market w/live music & food trucks; also a smaller version on Wednesdays in Erlanger Medical Mall & Saturdays at the Aquarium
- [The Gear Closet](#) – great deals on used outdoor gear, esp. refurbished Bonnaroo camping supplies!
- [Main Street Farmers Market](#) – local vendors every Wednesday 4-6pm @ Finley Stadium
- [McKay's](#) – Chattanooga's best place to buy/sell/trade used books, movies, music & games
- [Nooga Paws](#) – North Shore pet store & custom bakery
- [Yellow Racket Records](#) – excellent source for new & used vinyl; frequently hosts listening parties
- [Winder Binder Mercantile](#) – North Shore shop w/Chattanooga-themed gifts; also sells books & music

### HOW TO GET AROUND...

- [Bike Chattanooga](#) (bike & scooter rentals)
- [CARTA free electric shuttle](#) – runs every 10 minutes daily from the Aquarium to the Southside

