

CHATTANOOGA INSIDER GUIDE

Welcome to Chattanooga! Use these links to 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
- [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; can have long wait times on weekends
- [The Daily Ration](#) (North Shore)
- [Hungry Mother](#) (downtown/MLK) – amazing bagels, breakfast sandwiches & coffee drinks; open Wed-Sun
- [Frothy Monkey](#) (Southside) – great coffee; upstairs space is great for studying (or people watching)
- [Niedlov's](#) (Southside) – bakery w/great lunch menu (also Friday night pizza); has a cool outdoor patio

BURGERS:

- [Hoppy's North River Corner Market](#) (North Shore) – a tiny shop with great burger & 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) – best fried chicken in town; also a very popular sports bar

ICE CREAM:

- [Clumpies](#) (North Shore, Southside & St. Elmo) – *unique 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) – *\$\$ but tasty*
- [Il Primo](#) (North Shore & Ooltewah) – *\$\$*
- [Provino's](#) (E. Ridge) – *endless salad & garlic 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](#) (Brainerd, E. Ridge & Hixson) – *Chattanooga's Best Mexican Food for 13yrs; each location has specials*
- [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) – *excellent food; chill vibes on the patio; free parking*
- [Scottie's on the River](#) (downtown) – *good food & cool patio, but you have to pay for parking*

SOUTHERN/HOME COOKING:

- [Bea's Restaurant](#) – *an all-you-can-eat Chattanooga institution since 1950; each table is its own buffet!*
- [Wally's](#) – *Chattanooga's oldest restaurant (since 1937!); affordable & tasty; 1.5 miles from Erlanger*

SUSHI:

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

TACOS:

- [Amigo's](#) (East Ridge) *\$1.35 tacos on Mondays*
- [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 VegetarianCafé](#) (North Shore) – *has 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 (incl. 3D printers!) for members

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/bar with indoor bowling, lots of other games & outdoor fire pits

LIVE MUSIC:

- [Barrelhouse Ballroom](#)
- [Nightfall](#) summer concert series – **free** live music Friday nights from May–July @ Miller Plaza downtown
- [The Signal](#) – major touring artists perform here; located on the Chattanooga Choo Choo campus
- [Tivoli Theatre](#) (+Memorial Auditorium & Walker Theatre) – primary performance venues in 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 you can go sledding year-round on “Cardboard Hill”
- [Tennessee Riverpark](#) (Riverside) – **free**; 16 miles of cycling/walking trails from Chatt. 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](#) – student admission only \$7
- [Bluff View Art District](#) – several museums + sculpture gardens
- [Chattanooga Choo Choo](#) – *free* to walk around the venue
- [Chattanooga Ducks](#) – boat tour
- [Chattanooga Zoo](#)
- [Classic Arcade Pinball Museum](#) – play vintage arcade games
- [Hunter Museum of Art](#) – *free* admission after 4pm on the 1st Thursday of the month; Student memberships are only \$15/year for students who live within 50 miles of Chattanooga
- [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.
- [Ruby Falls](#) – Discovered in 1928; largest underground waterfall; cave tours available year-round & ziplines seasonally (Mar-Nov); also offers [treehouse](#) lodging
- [Tennessee Aquarium](#)
- [Tennessee Riverwalk](#) – *free* outdoor paved path with recreation/picnic areas



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](#) (North Shore) – Chattanooga's best indie bookstore
- [Chattanooga Market](#) – Sunday farmer's market w/live music & food trucks; also
 - Wednesdays in Erlanger Medical Mall (smaller version, no live music)
 - Saturdays at the Aquarium
- [Gaining Ground Grocery](#) (Highland Park) – non-profit; affordable local produce, meat, dairy & more
- [The Gear Closet](#) – great deals on used outdoor gear (including refurbished Bonnaroo camping supplies)
- [Main Street Farmers Market](#) – local vendors every Wednesday 4-6pm @ Finley Stadium
- [McKay's](#) (Lee Hwy) – best place to buy/sell/trade books, movies, music, games & more; HUGE!
- [Nooga Paws](#) (North Shore) – locally owned pet store & custom bakery
- [Yellow Racket Records](#) (Main St.) – excellent source for new & used vinyl; frequently hosts listening parties
- [Winder Binder Mercantile](#) (North Shore) – Chattanooga-themed gifts; also sells books & music



HOW TO GET AROUND...

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

