

# WANDER WITH *Soul*



**McMinnville**  
WARREN CO. | TN



# THE SOUL OF THE PLACE

Welcome to McMinnville, Tennessee, a small-town gateway to waterfalls, caverns, and soulful adventure. Here, we're all about following your curiosity, taking your time, and letting the place show you what matters.

Pick a direction. Follow what feels right. Leave space for the unexpected—the roadside stop, the extra walk, the place you didn't plan to stay so long.

This is a field guide for wandering without urgency, without expectation, and always with soul.

ISHA INSTITUTE OF INNER-SCIENCES



CUMBERLAND CAVERNS

# EAT, DRINK, SHOP, STAY

Between trailheads and cave entrances, Downtown McMinnville fills in the rest of our story.

Meals are unhurried. Craft matters. Shops feel personal because the people we love run them. Conversations last longer than planned, and that's kind of the point around here. From homemade breakfast favorites to vegan and upscale dining, our flavors give the gift of surprise.

## Barren Fork Brews

Barren Fork Brews pairs small-batch beer and craft cocktails with an easygoing atmosphere that encourages conversation and community.

## Collins River BBQ

Slow-smoked and rooted in tradition, Collins River BBQ delivers comfort the way it should—honest, generous, and best enjoyed without checking the clock.

## Flat Foot Records

Part music haven, part time capsule, this local record shop invites you to flip, listen, and rediscover the joy of slowing down long enough to find something unexpected.

## Southern Traditions Gifts & Interiors

A mainstay of the historic district for four decades, this curated showroom anchors the square with a sophisticated collection of heirloom-quality home interiors, fine fragrances, and a legacy of gifting that defines Highland hospitality.

## Lemon

Bright, thoughtfully curated, and effortlessly wearable, Lemon offers refreshing styles with a relaxed sensibility. It's the kind of boutique where pieces feel personal and chosen with care.

## The Park Theater

A longtime fixture downtown, The Park Theater serves as a cornerstone of music and culture. It's proof that shared experiences still matter, especially when they happen in places with history.

## Southern Blue

Southern Blue brings together thoughtful design and a sense of place. Upstairs, luxury lofts give visitors the chance to stay right in the rhythm of town with breathtaking views of the mountains around McMinnville.



**BARREN FORK BREWS**



**COLLINS RIVER BBQ**



**LEMON**



**FLAT FOOT RECORDS**



**THE PARK THEATER**



**SOUTHERN TRADITIONS  
GIFTS & INTERIORS**



**SOUTHERN BLUE**

# BREATHE DEEP. ROAM FAR.

Hiking trails wind through forests that encourage an unhurried pace. Bikes follow quiet roads where the journey matters as much as the destination. Anglers find still water and long stretches of time, places where casting a line feels as meditative as the waiting itself.

Water shapes the landscape here—over falls, along riverbanks, and through the forests of Rock Island State Park. Trails don't rush you. Overlooks don't compete for attention. Everything feels steady, grounded, and quietly alive.

And then there are the places that invite you to slow even further. Beneath the surface at Cumberland Caverns, or in moments of guided stillness at Isha Institute of Inner-sciences, the outside world fades—and what's left feels calm, focused, and present.



EXPLORE



KAYAK



HIKE



FISH



MEDITATE



RELAX



CYCLE

# MAKE A WEEKEND OF IT

A weekend here doesn't need to be packed. Pick a starting point. Leave room for the unplanned. The best parts usually happen there.

## THE BACKPACKER

- McMinnville Retreat w/ Hot Tub Near Rock Island
- Cumberland Biscuit Co.
- Cumberland Caverns



- Collins River BBQ
- The Hitch Outfitters
- Rock Island State Park



- Foglight Foodhouse
- The Well at Tree City

## THE ARTS LOVER

- Mr. Blue's Suite
- Public Art Walk



- Barren Fork Brews
- Falcon Rest Mansion & Gardens
- Pottery Arts Cafe
- Flat Foot Records



- Begonia's
- The Well at Tree City

## THE SOUL SEARCHER

- Home Away from Home in Downtown McMinnville
- Isha Institute of Inner-sciences



- Wink Skincare Studio
- Juicy's Wellness Cafe
- Rock Cliff Farm Market
- The Local on Morford



## THE SHOP HOPPER

- Olive Branch Villa by the River
- The Vanilla Bean Baking Co.



- Lemon
- The Vintage Market
- Southern Traditions Interior & Gifts
- The Local on Morford
- Blue Bow Boutique
- Red Door Boutique
- Smooth Rapids Outfitters & Grill

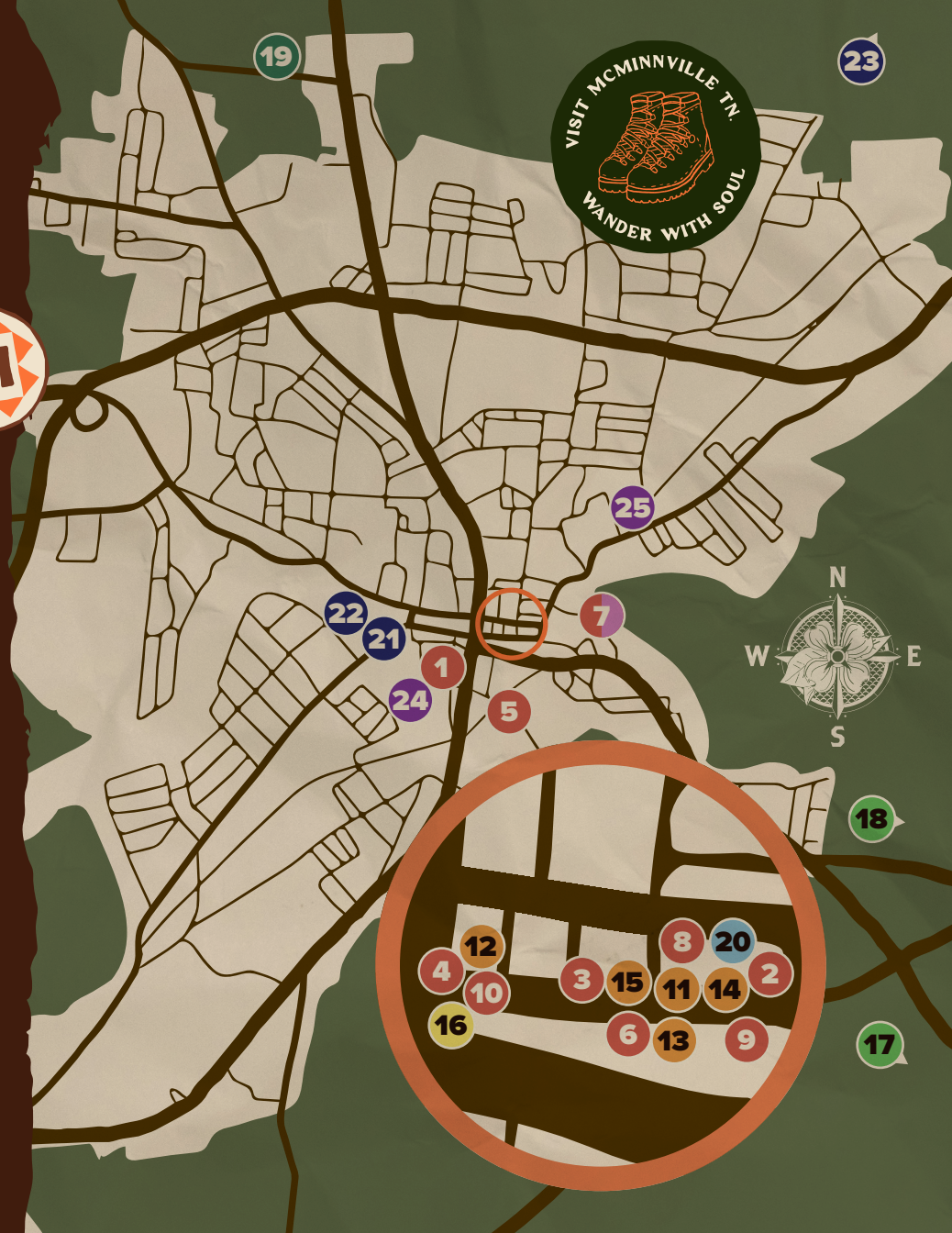


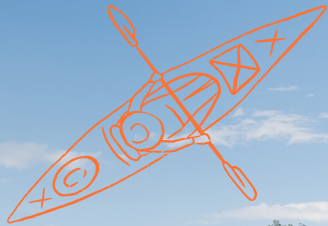
# CLOSE ENOUGH FOR A SPONTANEOUS ESCAPE. FAR ENOUGH TO FEEL LIKE SOMETHING NEW.

- 1** Barren Fork Brews
- 2** Begonia's
- 3** Collins River BBQ
- 4** Cumberland Biscuit Co.
- 5** Depot Bottom Country Store
- 6** Juicy's Wellness Cafe
- 7** Smooth Rapids Outfitters
- 8** The Local on Morford
- 9** The Vanilla Bean Baking Co.
- 10** Topz Frozen Yogurt & Metro Deli
- 11** Blue Bow Boutique
- 12** Flat Foot Records
- 13** Lemon
- 14** Southern Traditions Gifts & Decor
- 15** The Hitch Outfitters
- 16** The Park Theater
- 17** Isha
- 18** Cumberland Caverns
- 19** Falcon Rest Mansion & Gardens
- 20** Wink Skincare Studio
- 21** Barren Fork Greenway
- 22** Riverfront Park
- 23** Rock Island State Park
- 24** Southern Blue
- 25** The Inn at Tree City

	Restaurant		Historical Attraction
	Kayaking Outfitter		Spa
	Boutiques & Antiques		Park
	Music Venue		Lodging
	Attraction		

**PLAN YOUR TRIP**



[VisitMcMinnvilleTN.com](http://VisitMcMinnvilleTN.com)

# McMinnville

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