

# Nashville in a Day: What to Do If You Have 1 Day in Nashville

Music City, U.S.A. has a lot of [fun attractions](#) to offer visitors. If you're only coming to visit for a day, it can be hard to choose which activities to do in your limited time.

That's why we've created this awesome guide. You can experience the very best that Nashville has to offer in just one day by following this jam-packed, fun-filled itinerary.



## 7:30AM – Loveless Café

Start your day off right with a delicious breakfast at this Nashville landmark, which offers Southern food that's so delectable it'll put your mama to shame.

The [Loveless Café](#) has been serving classic Southern food to hungry tourists for more than 60 years. The restaurant first went into business way back in 1951 when Lon and Annie Loveless started selling home-cooked food to travelers who were passing through. Their home was located near the end of the Natchez Trace, making this an ideal location.

Word of the Loveless' delicious food soon spread. With menu items like juicy Southern fried chicken, flaky biscuits, and tasty smoked ham, it's no wonder the café became so popular.

And that popularity continues today. Loveless Café is a favorite of locals and visitors alike, so it's best to get there early to try and avoid long lines.

For breakfast options, the Loveless Café has something to satisfy anyone's taste. For those who are looking for the authentic Southern food experience, try the famous Loveless country ham with two eggs and red-eye gravy.

If you're not much of a ham-lover, you can always go for the chicken and waffle. Or you could try an omelet, French toast, grits, the biscuit sampler, fried pork chop with eggs, or homemade granola. The choice is yours!

## 9:00AM – The Johnny Cash Museum

After you've stuffed yourself full at the Loveless Café, head over to the [Johnny Cash Museum](#) to learn everything there is to know about The Man in Black.

Located downtown at 119 3<sup>rd</sup> Avenue South, the Johnny Cash Museum is one of the top attractions in Nashville.

Fans will love taking a trip through Cash's life. Officially endorsed by the Cash family, the museum holds the world's largest collection of Johnny Cash memorabilia. You'll find a variety of artifacts including costumes, letters, film, photos, furniture, and other personal items.

Even non-fans will enjoy learning about the life behind the legend. The story of Johnny Cash's life is a moving one; find out how he came from humble beginnings in Arkansas, faced tragedy at a young age, struggled with addiction, found love, and became a country music icon.

### **10:30AM – Country Music Hall of Fame**

While you're still in music appreciation mode, head on over to the [Country Music Hall of Fame](#) to explore their extensive collection.

First founded in 1967, the museum boasts more than 2.5 million artifacts. That means there's more than enough to keep any visitor entertained. The museum's wide-ranging collection includes sound recordings, photographs, musical instruments, clothing, sheet music, iconic vehicles, and more.

There are numerous permanent and temporary exhibits throughout the museum. The primary exhibition is an interactive look at the origins and development of country music called *Sing Me Back Home: A Journey Through Country Music*.

If you're more interested in today's country music artists, don't worry – there's plenty for you to enjoy! There are exhibits that focus specifically on contemporary musicians. Past exhibits have included artists such as Blake Shelton, Keith Urban, Trisha Yearwood, Brad Paisley, and Reba McEntire.

### **12:00 Noon – Hattie B's**

After immersing yourself in country music and its rich heritage, you're going to need some sustenance; head to [Hattie B's](#) for some of the best-tasting Nashville-style hot chicken around.

Hattie B's is a family run restaurant that has earned a reputation for serving up deliciously spicy chicken at a reasonable price. You can grab a white meat quarter for \$9.00 or a dark meat quarter for just \$8.50.

If you can't stand the heat, you can still eat at Hattie B's. They offer five different levels of spiciness ranging from "Southern," which is no heat at all, to "Shut the Cluck Up" for people who enjoy sweat streaming from every pore of their body.

Each plate comes with your choice of two sides plus bread and pickles. Sides are more than just the standard chips and French fries. You can choose from yummy sides such as black-eyed pea salad, southern greens, red skin potato salad, and pimento mac & cheese.

### **1:00PM – The Escape Game**

Now that your brain has been refueled, it's time to put it to the test; stop by [The Escape Game](#) and have a ball while solving a challenging, interactive mystery.

If you've never participated in an escape room, your trip to Nashville is a great chance to try one. Escape rooms are more than just a mere game - they're the perfect blend of detective work, theater, entertainment, brain-teasers, and team-building all rolled into one fun-filled experience.

The basic premise of an escape room is this: you and your companions have one hour to work together and solve a series of puzzles. To win the game, you must complete the puzzles and escape from the locked room in under an hour.

If you like variety, then The Escape Game is definitely the place for you. They have numerous scenarios/rooms to choose from including Prison Break, The Heist, Gold Rush, Mission: Mars, and one designed especially for music-lovers called, appropriately enough, Nashville.

The Escape Game has two Nashville locations, one downtown on 3<sup>rd</sup> Avenue North and the other on the south side of town just off interstate 65 on East Iris Drive. Reservations are highly recommended for either location and can be made online.

### **2:30 PM – Five Daughters Bakery**

Once you have successfully escaped, go grab yourself a sweet snack from Five Daughters Bakery.

[Five Daughters Bakery](#) is owned and operated by Isaac and Stephanie Meek who, not surprisingly, have five daughters. They also have a passion for tasty treats.

Their signature item is the 100 Layer Donut, which takes a full three days to make. It's certainly a decadent treat – rolled in sugar, filled with cream, and topped with a tasty glaze to finish it off. But after straining your brain at The Escape Game, you deserve a bit of indulgence, right?

### **3:30 PM – Opryland Hotel and Gardens**

You'll have a chance to burn off the calories you just consumed when walking through the nine acres of indoor gardens at [the Opryland Hotel](#).

Originally built to accommodate visitors to the now defunct Opryland amusement park, this magnificent hotel has now become one of the top attractions in Nashville. Visitors to the Music City are strongly encouraged to visit, as it is truly a unique experience.

You don't need to stay at the Opryland Hotel in order to visit. In fact, admission is completely free. If you park at the hotel, you'll need to pay a fee but there is nearby parking available at no cost if you're willing to walk a short way.

Once you're in the hotel and gardens, there's a lot to explore. You can stroll through the gardens, watch the various waterfalls, go shopping, see the dancing fountain show, and even take a boat ride on an indoor river.

### **5:15 PM – The Pharmacy**

Walking around the Opryland Hotel gardens will work up an appetite, so you'd better head over to The Pharmacy Burger Parlor & Beer Garden to grab one of the best burgers in town.

[The Pharmacy](#) is more than just your average burger joint. They use only 100% Tennessee-raised beef, so you know you're getting high-quality meat. In addition to serving wonderfully tasty burgers, they also make their own sausages (wurst) including jagerwurst, bockwurst, and currywurst.

If you're not much into red meat, you still have lots of options at The Pharmacy. Just give their falafel burger, black bean burger, fish burger, or turkey burger a try and you'll be hooked. And don't forget, there's also BEER!

## **7:00 PM – The Grand Ole Opry**

In Nashville, music is king. No visit to Music City would be complete without a trip to [the Grand Ole Opry](#).

It all started back in 1925 with a weekly country music concert that was broadcast over the radio. This radio show put Nashville on the map as the country music capital of the world.

Times may have changed, but the Grand Ole Opry is still the best place to see a country music performance. There are shows scheduled throughout the week with line-ups that include a range of musicians from contemporary country music stars to well-known legends.

It's best to check the online calendar for specific show dates and times and order your tickets in advance. If you'd like to take a tour of the Grand Ole Opry, they offer backstage access after the 7:00 PM show, for a price, of course.

## **Late Night – Broadway Bar Hop**

It's been a long day, but it's not over yet! Finish off your Nashville adventure with a few stops on Broadway.

At night, one of the best things to do in Nashville is spend time visiting some of the various watering holes on Broadway. The late-night entertainment options in this part of town are limitless!

You could visit [Tootsies Orchid Lounge](#), which is one of the most popular bars in the city. There you'll find a facility that's three stories high with a different band playing on each level. Or try [Tin Roof](#), a local favorite which serves its shots in paper cups.

## **Now That's a Day to Remember!**

Whew! That's a lot of Nashville attractions to fit in just one day! Now you can see why so many people keep coming back to Music City, U.S.A.