Cosmopolitan Country Fun in Nashville

The Vibe:
Is Monday morning too early to start dancing? Not in Nashville, where you can boogie to live music in Lower Broadway’s honky tonks while other folks are still sipping their coffee. There are no cover charges, but please do tip the hard-working musicians.

Play:
Two-step, swing, and rock out on dance floors all around downtown. And there’s so much more to do. You can get plenty of exercise dashing between downtown venues such as the new Patsy Cline Museum, Johnny Cash Museum, Country Music Hall of Fame, Musicians Hall of Fame and Museum, and Ryman Auditorium, a Victorian Gothic Revival-style building that opened 1892 as a church, and is the long-time home to the Grand Ole Opry. A favorite jog: downtown, over the river on the pedestrian bridge, then to the happenin’ hood of East Nashville.

Stay:
A two-minute walk from the honky tonks and next to the terrific Frist Center for the Visual Arts, Union Station Hotel has been restored to its original glory, with 125 contemporary guest rooms added to its upper floors. The 1900 building’s features include a grand Gothic façade, marble floors, huge fireplaces and a sky-high 65-foot stained-glass lined barrel-vaulted ceiling.

Eat:
The Wild Cow is a casual place dedicated to delicious, healthy vegan fare that celebrates fresh flavors. Vegan options fill menus at Grille, Graze, Sunflower Cafe, and Coco Greens. Nibble on plant-based yums day and night at Pinewood Social, an old trolley barn turned into a food-drink emporium, complete with karaoke, shuffleboard, ping pong, an outdoor swimming pool and a bowling alley with reclaimed 1950s-era wood lanes. At Prima, a classy-cool new space, nibble veggie plates filled with pickings from the chef’s garden. Tanishu has several delectable vegan and vegan-able selections such as Schuan Cucumber Salad and Tofu Gratin with Mushrooms.

Info:
www.VisitMusicCity.com
www.unionstationhotelnashville.com
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Union Station with Mercury Statue

Union Station Lobby

Prima: Carrots

Pinewood Social

Union Station Gym

Fun art abounds!

About the author
Robin Tierney travels to places rich in beauty, culture, creativity and plant-based dining. She stays fit by doing yoga, running, swimming and bicycle touring every day, encountering great people and animals along the way. Reach her at travelveg@live.