



CYL's GUIDE TO NASHVILLE

PROVIDING YOU THE BEST THE MUSIC CITY
HAS TO OFFER. CURATED JUST FOR YOU.





Virgin



Graduate



Omni



Hilton

WHERE TO STAY

We've gathered some of our favorite hotels and boutique hotels to make your stay in Nashville | one of kind experience.

Virgin Hotel | Music Row

This new hotel in Nashville is making waves with it's Pool Club and Commons Club.

Graduate Nashville | West End

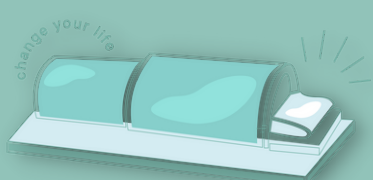
This hotel is like no other. It's funky and fun and has conversation pieces from the ceilings to the floors. Their rooftop restaurant and bar, White Limozeen, is easily one of Nashville's top Instagrammable spots. T

Omni Nashville | Downtown

Omni Nashville Hotel's design is a modern expression of the city's distinct character, incorporating natural materials, exposed steel and regional limestone.

Hilton Inn | Green Hills

A classic hotel right next to the CYL Nashville studio and CYL corporate office! Also around the corner from upscale shopping at The Mall at Green Hills. Within a mile, reach The Bluebird Cafe, the legendary home of up-and-coming songwriters.



TRANSPORTATION

Everyone's got to get around and we're sure you heard horror stories about Nashville traffic, don't worry it's not bad and there's plenty of different ways to get around the city.

By car: (most effective) Uber/Lyft operate in Nashville and there are too many to count. Want to rent? All of the major car rental companies have multiple outlets for renting a vehicle.

By bike: Bike rental shops can be found throughout the city. B-Cycle offers on-demand rentals from various stations.

By scooter: Nashville is full of fun electric scooters! It's a must-try for your first time. Spin/Bird/Lime operate in Nashville

By walking: Nashville is a highly walkable city!



EAT

BREAKFAST	Proper Bagel - Ruby Sunshine - Milk & Honey
BRUNCH	Marsh House - The Goat - Cafe Roze - Tavern
LUNCH	Assembly Food Hall - Greenery Co - True Food Kitchen
DINNER	Virago - Two Ten Jack - Rolf and Daughters - Epice
DESSERT	Baked on 8th - Five Daughters Bakery - Goo Goo Shop
CLASSICS	Prince's Hot Chicken - Biscuit Love - Arnold's Kitchen



change your life

We love to eat here at CYL Nashville. I mean, who doesn't? Below you'll see further details on Nashville favorites.

Hot Chicken: A true Nashville original, hot chicken was born more than 70 years ago at Prince's Hot Chicken Shack. The Ewing Drive location is sadly, now permanently closed, but there's an outpost on the south side and a truck at 6th and Peabody, and the new Assembly Food Hall. still cranking out that familiar fiery fowl.

"True Food Kitchen is the only restaurant fundamentally based on science which ensures all of its craveable dishes and drinks work to increase the longevity of our people and planet." We're not kidding when we say we go OFTEN.



SHOP

Some of our favorite shops in town. If you have time and want to do a little shopping, check them out!

HEMLINE	@hemlinenashville
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CRUE	@cruenashville
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THE PERFECT PAIR	@thepfectpair
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LULULEMON	@lululemon
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WHITE'S MERCANTILE	@whitesmercantile
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LIVING WITH LANDYN	@shoplivingwithlandyn
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THINGS TO DO

We've gathered some of our favorite things to do in Nashville.

Broadway | Downtown

Broadway is the beating heart of downtown Nashville. Covering several neon-lit blocks, it's a neighborhood where there are bars, clubs, restaurants, shops, saloons and honky-tonks as far as the eye can see.

Parthenon | West End

In 1897, builders decided to run with that nickname and raise a full-scale replica of the Parthenon right in the middle of Nashville.

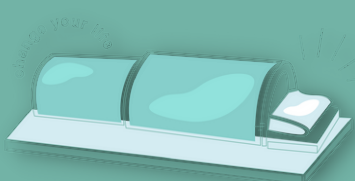
Today, the Parthenon functions as an art museum and cultural center.

Country Music Hall of Fame | Downtown

If you're a fan of country music, you won't want to miss the Country Music Hall of Fame and Museum. It boasts one of the largest musical collections on the planet, so not only is it a worldwide marvel, but it's also a distinctive hallmark of Nashville, Tennessee.

Hatch Show Print | Downtown

Hatch Show Print is another one of those uniquely Nashville destinations. It's a letterpress print shop that has been making posters for local musicians since the turn of the century.





WELLNESS

And last but not least, our favorite wellness spots besides the
CYL Studio!

We recommend:

Yoga Harmony

Lemon Laine

Pure Barre Green Hills

Hot Box

Full Ride Cycling

Barry's Bootcamp



We hope this guide elevates your Nashville experience!
Scan the QR code to see everything we mentioned +
more on Google maps.

