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U.S. SERIES
SOUTHERN CHARM & COASTAL VIBES

Greetings from NASHVILLE

48 hours, solo, at your own pace

POCKET EDITION · 2027

Welcome to Nashville

Nashville is Music City, and the music is not confined to one street. It lives in the honky-tonks of lower Broadway, the listening rooms of the Gulch, and the churches and studios of the neighborhoods beyond. The pace is warm, the welcome is easy, and the hot chicken is serious.

Traveling alone here works because live music is built for listeners, and a single seat at a bar or a listening room is welcome. Strangers talk easily, bartenders know the players, and a Tuesday night in a small room can be the best ticket in town.

HOW TO USE THIS GUIDE

Read through once before you go. Day One covers Broadway, the Country Music Hall of Fame, and the Ryman. Day Two covers hot chicken, the Grand Ole Opry or a listening room, and the neighborhoods of 12 South and the Gulch. Section 03 is the new-for-2027 story of Nashville hot chicken. Summers are hot, and Broadway is crowded on weekends, so weekdays and mornings are calmer.

ESSENTIAL QUICK FACTS

CURRENCY
US dollar (cards accepted nearly everywhere)

TRANSIT
WeGo buses · about $2 a ride

TIME ZONE
Central (UTC–6; UTC–5 in summer)

EMERGENCY
911 · city services 311

TIPPING
18–20% in restaurants · tip bands in cash

MUSIC
Most Broadway bars have no cover and play all day

01 DAY ONE

Broadway · The Country Music Hall of Fame · The Ryman

The first day stays downtown, where the museums, the mother church, and the honky-tonks sit within a few blocks.

MORNING · 9:00 AM – 1:00 PM

9:00 AM

Country Music Hall of Fame and Museum

A sleek museum with guitars, costumes, and recordings from a century of country music. Allow two hours or more.

Book timed tickets ahead for busy days.

11:30 AM

The Ryman Auditorium

The former church that became the Grand Ole Opry's home for decades. Walk the stage, sit in a pew, and read the stories on the walls.

Check tour and show times before you go.

12:30 PM

Lunch downtown

Many restaurants near the Ryman have counters and bar seats. Order a plate lunch of meat and three sides.

Ask for the daily special.

AFTERNOON · 2:00 PM – 6:00 PM

2:00 PM

Walk across the Cumberland

The John Seigenthaler Pedestrian Bridge links downtown to East Nashville with views of the skyline.

It is a long walk in the sun, so carry water.

4:30 PM

Lower Broadway

Honky-tonks with live music from morning to night, often without a cover. Pop into Tootsie's Orchid Lounge or Robert's Western World.

Tip the band, and stay for a song or two.

EVENING · 7:00 PM – 11:00 PM

7:00 PM

Dinner

Pick a restaurant near the Gulch or SoBro with bar seating. Southern cooking, from catfish to barbecue, is easy to order for one.

Reserve ahead on weekends.

9:00 PM

A listening room

Nashville's listening rooms, such as the Station Inn for bluegrass, are built for people who want to hear the music. Check who is playing, and buy tickets ahead.

Respect the room. Listening is the point.

02 DAY TWO

Hot Chicken · The Opry · 12 South

The second day mixes the city's signature dish, its most famous stage, and a stroll through a favorite neighborhood.

MORNING · 9:00 AM – 1:00 PM

9:00 AM

The Parthenon at Centennial Park

A full-scale replica of the Greek temple in a city park, built for the 1897 Tennessee Centennial. Inside is a statue of Athena.

Check opening days; admission is modest.

11:00 AM

Hot chicken for lunch

Order a breast or a quarter at a hot chicken spot, with white bread and pickles underneath. Choose a heat level carefully. Section 03 tells the story.

Start mild. Hot chicken gets hotter than you expect.

12:30 PM

12 South

A walkable neighborhood of boutiques, coffee shops, and murals, including the "I Believe in Nashville" wall.

A good place for a coffee and a stroll.

AFTERNOON · 2:00 PM – 6:00 PM

2:00 PM

The Gulch

A former rail yard turned into a stylish district of restaurants and shops, with a famous wings mural.

Browse the shops, and stop for a coffee.

4:00 PM

Music Row and a record store

Stroll Music Row, where the city's recording industry has long been based, and browse a local record shop.

Ask the staff what local band to see.

EVENING · 7:00 PM – 11:00 PM

7:00 PM

Grand Ole Opry or a songwriter show

The Opry is a weekly live radio show with a rotating lineup, held in the Opry House. For something smaller, hear songwriters perform their own songs at a listening room such as the Bluebird Cafe.

Buy tickets ahead for either one.

10:00 PM

Late-night bite

Nashville is a good late-night food town. Grab a slice, a sandwich, or a bowl of something warm.

Use rideshare if it is late.

Hot chicken is spicy. Ask for the mildest level if you are unsure.

03 HOT CHICKEN

Nashville Hot Chicken

DID YOU KNOW?

Did you know Nashville's famous hot chicken began as a revenge dish?

The Prince family's story goes that Thornton Prince was served fried chicken with extra hot pepper by a girlfriend who was angry about his late nights out. He liked it so much that he and his brothers developed the recipe, and the family opened a chicken shack that is still going. Details vary, so the exact decade and the full story are partly legend.

THE FAMILY BUSINESS

Prince's Hot Chicken Shack began as a small café and later moved to different parts of Nashville. The family has passed it down for generations, and it has locations around the city today. Check which are open before you go.

HOW TO ORDER

A hot chicken plate comes on white bread with pickles, with heat levels that range from plain to extra hot. Order a level below what you think you want. A glass of milk or a slice of cake helps.

WHERE TO GO

Prince's is the original, and other places across the city have made the dish their own. Try one in the afternoon, when the lines are shorter, and sit at a counter if you can.

04 WHERE TO EAT

Hot chicken, barbecue, and meat-and-three

Nashville cooks big, flavorful food. Many of these spots have counters or bar seating, which suit a solo diner.

BREAKFAST & LUNCH

Prince's Hot Chicken
SEVERAL LOCATIONS · $12–20
The original hot chicken shack. Check which location is open.

Hattie B's
SEVERAL LOCATIONS · $12–20
A hot chicken spot with clear heat levels and sides.

A meat-and-three
VARIOUS · $10–16
A Southern plate lunch: one meat and three sides.

Biscuit House
VARIOUS · $8–14
Biscuits and gravy for a slow morning.

DINNER & LATE NIGHT

Martin's Bar-B-Que
SEVERAL LOCATIONS · $15–30
Whole-hog barbecue with smoky ribs and pulled pork.

Pinewood Social
SOBRO · $20–40
A lively restaurant with bowling, cocktails, and a bar.

Robert's Western World
BROADWAY · $10–20
A honky-tonk with fried bologna sandwiches and live music.

Late-night slice
VARIOUS · $5–10
Pizza and sandwiches for after the show.

05 GETTING AROUND

Navigating Nashville

Downtown is walkable, but the city is spread out. Rideshare and buses cover the rest.

WeGo buses	about $2	Routes serve downtown, 12 South, and East Nashville. Check current fares.
Airport (BNA)	Rideshare or taxi	About 15 to 20 minutes by car to downtown.
Rideshare	by trip	The simplest way to reach neighborhoods and evening venues.
Scooters & bikes	by the minute	Widely available, but be careful on busy Broadway.
Pedestrian bridge	Free	The Seigenthaler Bridge links downtown and East Nashville on foot.
Walking	Free	Broadway, the Ryman, and the Hall of Fame are close together.

Summer temperatures are high. Plan outdoor activities for mornings and evenings, and carry water.

06 BACKUP PLANS

Nashville on a rainy afternoon

Summer storms are common, and the heat drives people indoors. These are good options.

DOWNTOWN
Country Music Hall of Fame
Instruments, costumes, and recordings.

DOWNTOWN
The Ryman Auditorium
The mother church of country music.

DOWNTOWN
Frist Art Museum
A beautiful Art Deco building with changing exhibitions.

MUSIC ROW
RCA Studio B
A historic recording studio; check tour availability.

THE GULCH
Boutiques and cafés
Warm, dry browsing.

DOWNTOWN
The Johnny Cash Museum
Cash's life, music, and memorabilia.

07 NEIGHBORHOODS

Know your neighborhoods

HONKY-TONKS
Lower Broadway
Live music from morning until late at night.

RAIL YARD
The Gulch
Restaurants, boutiques, and the famous wings mural.

BOUTIQUES
12 South
Coffee shops, murals, and a walkable strip.

ACROSS THE RIVER
East Nashville
Local restaurants, bars, and music venues.

STUDIOS
Music Row
Recording studios, record labels, and history.

PARKS
Centennial Park
The Parthenon, a lake, and open lawns.

08 GOOD TO KNOW

What nobody tells you

- Honky-tonks have no cover and play music all day. Go in the afternoon for a calmer crowd.
- Tip the bands. A few dollars in the tip bucket is appreciated.
- Hot chicken is genuinely spicy. Order one level below what you think you want.
- Weekends on Broadway are very crowded and loud. Weekdays and mornings are easier.
- Tip 18–20% in restaurants. Sales tax is added at the register.
- Book a listening room or the Opry ahead. The best shows sell out.

WHEN TO GO

Apr–May	Best overall	Warm days, blooming trees, and music festivals.
Sep–Oct	Second best	Mild weather and fall color, with the Americana music scene at its best.
Jun–Aug	Peak heat	Hot and humid, with outdoor concerts and big crowds.
Nov–Mar	Off-season	Cool and quiet, with holiday lights and lower prices.

09 SOLO TRAVELER SAFETY

Is Nashville safe?

Safe, with standard city awareness. Broadway and the downtown core are busy and lit, and the Gulch and 12 South are friendly. The main risks are crowds and alcohol on weekend nights, scooter accidents, and heat in summer. Use rideshare after midnight.

NEIGHBORHOOD SAFETY AT A GLANCE

The Gulch	●●●●○
12 South	●●●●●
Broadway (daytime)	●●●●○
Broadway late at night	●●●○○
Centennial Park (daytime)	●●●●○
East Nashville (evening)	●●●●○
Outside the central core at night	●●○○○

COMMON SCAMS

Street sellers on Broadway may press you to buy a ticket or tip. Decline politely and keep walking. Never leave valuables visible in a parked car.

HEALTH & MEDICAL

Vanderbilt University Medical Center is the main hospital. Drink water, use sunscreen, and pace your drinks. Carry travel insurance.

SOLO TRAVELERS

Share your plan with someone back home, keep your phone charged, and use rideshare late at night. Watch your drink, and stay on lit streets.

EMERGENCY CONTACTS

Police, fire, medical	911
City services and non-emergency	311
Poison Control	1-800-222-1222
Nearest ER (Downtown)	Vanderbilt University Medical Center · 1211 Medical Center Dr.

10 PLANNING CALENDAR

Nashville, month by month

Exact dates shift each year, so confirm before booking.

APR SPRING

- Blossoms, mild weather, and outdoor concerts across the city.

JUN CMA FEST

- Country music fills downtown in early summer, with big crowds and a hot, busy Broadway.

JUL 4 INDEPENDENCE DAY

- A big fireworks show and a concert by the river.

SEP AMERICANA FEST

- A week of roots and Americana music in the clubs and theaters.

OCT FALL

- Cooler weather and music events through the month.

DEC HOLIDAYS

- Lights at the Opryland hotel and downtown, and a decorated city.

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Every Stop, Mapped

Scan the code to open the free interactive Nashville map — every stop in this guide, filterable by day, food, and transport.

goingsolo.life/maps/nashville

TRAVEL ALONE. LIVE FULLY.
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