



LIVING IN CHATTANOOGA

**Resources for Medical and PA Students,
Residents, and Fellows (Updated May 2024)**

We know how important your education and career are, but we want you to have a balanced life. There's plenty to do in and around Chattanooga. If you like it, we've got it: Food, Sports, Art, Music. To make life in Chattanooga even sweeter, you can get from our downtown to a hiking trail on a ridge in 10 minutes. Chattanooga's ever-changing, magnificent views always surprise visitors and Chattanooga natives. Best of all -- Chattanooga enjoys all four seasons. We hope you find this resource booklet from our GME staff and some of our Medical Students helpful. Welcome to Chattanooga – a place where we hope you will quickly feel “at home!”

RECOMMENDED CHATTANOOGA ACTIVITIES ...

- **CHA Guide (online)** <https://www.cha.guide/> (At least look at the topics below)
 - Best Pizza in Chattanooga <https://www.cha.guide/explore/national-pizza-month-experience-best-pizza-in-chattanooga>
 - Guide to Pet-Friendly Places in Chattanooga <https://www.cha.guide/explore/pet-friendly-places-in-chattanooga>
 - 10 Things to do next weekend in Chattanooga <https://www.cha.guide/explore/10-things-to-do-next-weekend>
 - 26 Things to Do In Chattanooga <https://www.cha.guide/explore/26-things-to-do-in-chattanooga>
- **Walnut Street Bridge – The Walking Bridge** (one of the world’s longest pedestrian bridges and pet friendly) (free to walk around)
- **4 Must-Visit Waterfalls Chattanooga** (free) <https://www.visit Chattanooga.com/blog/post/4-must-visit-waterfalls>
- **Chattanooga Riverwalk** (free to walk but \$ for bike rentals) (rent bikes or take a nice walk!)
- **Chattanooga Ducks** (\$) – Best duck boat ride in Chattanooga <https://chattanoogaducks.com/>
- Stand up **Paddleboarding - Coolidge Park** \$ <https://chattanooga.gov/parks/our-signature-parks>
- **Carousel at Coolidge Park** \$ <https://www.visit Chattanooga.com/listing/coolidge-park-antique-carousel/891/>
- **Renaissance Park (far side of the Coolidge Park)**, including “Cardboard Hill” where children and adults can bring a cardboard box to ride down the hill
- **Rock Climbing Gym (High Point)** \$ <https://www.highpointclimbing.com/>
- **Tennessee Aquarium** \$ on the Riverfront in downtown Chattanooga <https://tnaqua.org/>
- **Lookouts Baseball Games at the AT & T Park** \$ (near Highway 27 and Downtown Chattanooga) <https://www.milb.com/chattanooga>
- **Chattanooga Futbol Club (Professional Soccer)** \$ <https://www.chattanoogafc.com/>
- **Incline Railway** \$ (goes up and down Lookout Mountain from St. Elmo)
- **Sunset Rock** (atop Lookout Mountain) (free) 405 W Brow Rd, Lookout Mountain, TN 37350 Rocky cliff overlooking a valley & Battle of Wauhatchie site with a steep hiking trail
- **Point Park** \$ (atop Lookout Mountain) 110 Point Park Rd, Lookout Mountain, TN 37350 <https://www.visit Chattanooga.com/listing/point-park-battlefield/1112/>
- **Reflection Riding Arboretum and Nature Center** \$ (Lookout Mountain, TN) <https://reflectionriding.org/>
- **Ruby Falls** \$ (going up Lookout Mountain)
- **Rock City Gardens** \$ (Lookout Mountain, GA) https://www.seerockcity.com/?utm_source=gmb&utm_medium=organic
- **Lookout Mountain Flight Park** \$ <https://www.flylookout.com/> free to watch -- 7201 Scenic Hwy, Rising Fawn, GA 30738. Phone: [\(706\) 383-1292](tel:7063831292)
- **Signal Point and Julia** (Signal Mountain): Breathtaking views, especially at sunset from atop Signal Mountain. Cumberland Trail, Signal Mountain, TN 37377.

- **Edwards Point** (Signal Mountain): Wonderful trail up to Edwards Point on Signal Mountain <https://www.trgt.org/edwards-point> . The trail leads to Rainbow Lake.
- **Rainbow Falls** (Signal Mountain) <https://www.theoutbound.com/tennessee/hiking/hike-to-rainbow-falls> You can drive directly to Rainbow Lake and park in a provided area. Gently descend down a path to a beautiful rushing stream and a swinging bridge over it. The rainbow is incredible!
- **Southern Belle Riverboat (Ross' Landing)** \$ – free to go into the gift shop and look around https://chattanoogariverboat.com/?utm_medium=organic&utm_source=gmb+listing/
- **Chattanooga Zoo** \$ <https://www.chattzoo.org/>
- **Bessie Smith Cultural Center** \$ <https://www.bessiesmithcc.org/>
- **Chattanooga Ballet** \$ <https://www.chaballet.org/>
- **Chattanooga Symphony and Opera** (\$) <https://chattanoogasympphony.org/>
- **Creative Discovery Museum** (\$) (families and children) <https://www.cdmfun.org/>
- **Nightfall Chattanooga 2023 (May 26 – Sep 1, 2023)** **Free** concert series in downtown <https://www.nightfallchattanooga.com/>
- **Music & Movies in Miller Park – free** (center of downtown Chattanooga) – Sat, Jul 29, 2023, 6 – 11 pm. Enjoy vendors, music, & games along with a big movie screen under the stars –“Jumanji” <https://www.visitchattanooga.com/event/music-%26-movies-in-miller/18585/> and <https://www.rivercitycompany.com/events/music-amp-movies-in-miller-2>
910 Market St, Chattanooga, TN 37402
- **Bluff View Art District** <https://bluffviewartdistrictchattanooga.com/> (including walking through the **Sculpture Gardens**) (no \$ to just look around)
- **Hunter Museum of American Art** \$ (part of the Bluff View Art District) <https://www.huntermuseum.org/>
- **Time to Escape – The Best Escape Room Experience in Chattanooga** \$ <https://itstimetoescape.com/downtown-chattanooga/>
- **Tennessee Valley Railroad** \$ <https://www.tvrail.com/>
- **Chattanooga Whiskey Tours** \$ <https://chattanoogawhiskey.com/>
- **Sing It or Wing It (food and karaoke)** \$ <http://www.singitorwingitchattanooga.com/>
- **Warehouse Row**: located downtown (near Southside), great atmosphere, unique restaurants, Anthropologie, J. Crew, etc. <https://warehouserow.com/directory>
- **Chattanooga Choo Choo –free to walk around** (near Southside): Railroad inspired hotel with replica trains, stores, the **Frothy Monkey** coffee bar, and neat restaurant called **Stir** <https://www.choochoo.com/>
- **Songbirds** \$: guitar and pop culture museum with live music/concert venues now relocated to West Main Street. Website: <https://songbirdsfoundation.org/>
206 West Main Street, Chattanooga, TN 37408
phone: 423.531.2473
- **Southside Social (food, and karaoke)** \$ <https://www.thesouthsidesocial.com/>
- **The Signal** \$ (located within the Choo Choo Complex) a large live music/concert venue <https://www.thesignaltn.com/tickets>
20 Choo Choo Ave, Chattanooga, TN 37402
phone: 423.498.4700

- **Rob's Restaurant and Lounge (food and karaoke) (\$)**
5308 Dayton Blvd, Chattanooga, TN 37415
phone, 423.875.6164
- **Chattanooga Market (Farmers and Craft Market) (free to walk through)**
<https://chattanoogamarket.com/>
 - **Chattanooga River Market (Saturday's)** at the Tennessee Aquarium Plaza, 10 am – 5 pm
 - **Sunday Funday Chattanooga Market (Sunday's)** at the First Horizon Pavilion in Downtown Chattanooga 11 am – 4 pm
 - **Chattanooga Market at Erlanger (Wednesday's)** – year round in the Erlanger Medical Mall Lobby, 10:30 am – 1:30 pm
- **Naughty Cat Café (\$)** <https://www.naughtycatcafe.com/about-us-1> (foster home for cats and adoption center) --3742 Tennessee Ave, Suite 100, Chattanooga, TN 37409 in St. Elmo (phone 423.451.4316)
- Frazier Ave in the North Shore area: Walk along this street in North Shore that runs along the river. It has many unique restaurants and eclectic, retro shops and boutiques.
- **Chattanooga Visitors Guide and Magazine Summer 2023**
<https://www.visitchattanooga.com/magazine/>
- **White Water Rafting on the Ocoee River (\$)** -- about an hour outside of Chattanooga.
<https://occoeewatersports.com/>
This is a must do at least once while you in training in Chattanooga. Make it a whole day's adventure!
- Lots of **Music Concerts at the Memorial Auditorium (\$)** on McCallie Avenue throughout the year
<https://www.ticketmaster.com/soldiers-and-sailors-memorial-auditorium-tickets-chattanooga/venue/222564>
- Lots of **Off-Broadway plays and concerts at the Tivoli Theater (\$)** in Downtown Chattanooga throughout the year <https://www.tivolichattanooga.com/soldiers-sailors-memorial-auditorium>
- Lots of **area festivals in the spring and fall** (usually no fee to get into the venue)
- Lots and lots of **hiking trails and waterfall adventures** (no fees)

Grocery Stores in the Chattanooga Area:

Food City Market

Multiple locations

3636 Ringgold Rd, Chattanooga, TN 37412
East Ridge (corner of Ringgold Rd and South Moore Rd)
phone: 423.493.4050

Delivery and Curbside available: Instacart at <https://www.foodcitydelivers.com> or Doordash <https://www.doordash.com/store/food-city-prepared-foods-chattanooga-1061497/>

(Food City Markets – Continued)

- 3901 Dayton Blvd, Red Bank, TN 37415
phone: 423.877.1515
Delivery and Curbside available: Instacart at <https://www.foodcitydelivers.com> or Doordash <https://www.doordash.com/store/food-city-prepared-foods-chattanooga-1061467/>
- 703 Signal Mountain Blvd, Chattanooga, TN 37405
phone: 423.757.4670
Delivery and Curbside available: Instacart at <https://www.foodcitydelivers.com> or Doordash <https://www.doordash.com/store/food-city-prepared-foods-chattanooga-1061517/>
- 6951 Lee Highway, Chattanooga, TN 37421
(near Lee Highway and Shallowford Rd)
phone: 423.855.3072
Delivery and Curbside available: Instacart at <https://www.foodcitydelivers.com> or Doordash <https://www.doordash.com/store/food-city-prepared-foods-chattanooga-1061483/>
- 5604 Hixson Pike, Chattanooga, TN 37415
phone: 423.842.3500
Delivery and Curbside available: Instacart at <https://www.foodcitydelivers.com> or Doordash <https://www.doordash.com/store/food-city-prepared-foods-chattanooga-1061470/>
- 4510 Highway 58, Chattanooga, TN 37416
phone: 423.855.3020
Delivery and Curbside available: Instacart at <https://www.foodcitydelivers.com>
- 10161 Dayton Pike, Soddy Daisy, TN 37379
phone: 423.332.3413
Delivery and Curbside available: Instacart at <https://www.foodcitydelivers.com>

Fresh Market

2288 Gunbarrel Rd, Chattanooga, TN 37421
Near Shallowford Road in East Brainerd
phone: 423.499.4223

Delivery and Curbside available: www.thefreshmarket.com; and www.instacart.com

Publix Super Market

Five locations:

- 400 N. Market Street, Chattanooga, TN 37405
phone: 423.755-7901
North Chattanooga/North Shore
Note: This Publix location has a Kosher Section.
Delivery via Instacart: <https://delivery.publix.com>
- 3535 Broad Street, Chattanooga, TN 37409
Downtown Chattanooga at Mount Vernon Point, near St. Elmo and the foot of Lookout Mountain
phone: 423.668.5233
Delivery via Instacart: <https://delivery.publix.com>

(Publix Super Markets – Continued)

- 5928 Hixson Pike, Suite 112, Hixson, TN 37343
phone: 423.847.8461
Creek Plantation Village in Hixson
Delivery via Instacart: <https://delivery.publix.com>
- 7326 McCutcheon Rd, Chattanooga, TN 37421
phone: 423.855.1376
Village at Waterside just off Shallowford Rd and slightly north of Hamilton Place Mall
Note: This Publix location has a Kosher Section.
Delivery via Instacart: <https://delivery.publix.com>
- 8644 East Brainerd Rd, Chattanooga, TN 37421
phone: 423.296.1903
Near entrance to Hurricane Creek subdivision and approaching Ooltewah, TN
Note: This Publix location has a Kosher Section.
Delivery via Instacart: <https://delivery.publix.com>

Whole Foods Market

Two locations

- 301 Manufacturers Rd, Chattanooga, TN 37405
phone: 423.702.7300
North Shore area
Delivery available through www.amazon.com and zip code
- 1814 Gunbarrel Rd, Chattanooga, TN 37405
phone: 423.425.9133
East Brainerd area in the Target/Kohl's shopping area mall
Delivery available through www.amazon.com and zip code

RESTAURANTS RECOMMENDED TO US ...

- **Pizza**
- **Pizzeria Cortile (Red Bank)-** <https://www.pizzeriacortile.com/>
- **Community Pie (Downtown)-** <https://www.communitypie.com/>
- **Lupi's Pizza (Downtown, Hixson, Hamilton Place)** <https://lupi.com>

Sushi/Ramen

- **Totto Sushi (Northshore)** <https://tottonooga.com>
- **Two Ten Jack (Downtown)-** <https://twotenjackson.com/chattanooga/>

Brazilian Steakhouse

- **Rodizio Grill** (downtown & Hamilton Place Mall)
<https://www.rodiziogrill.com/chattanoogahamiltonplace/> and
<https://www.rodiziogrill.com/chattanoogadowntown/>

Italian Dining

- **Alleia Restaurant** <http://alleiarestaurant.com/>
- **Giardino** <https://www.giardinochattanooga.com/visit>
- **Tony's Pasta Shop and Trattoria** <https://bluffviewartdistrictchattanooga.com/tonys-pasta-shop>

A little Finer Dining

- **Wooden City Chattanooga** (Downtown)- <https://www.woodencitychattanooga.com/menu>
- **Calliope** (Downtown)- <https://www.callioperestaurant.com/>
- **Easy Bistro** (Downtown) <https://www.easybistro.com>

Good Burgers

- **Main Street Meats** (Southside)- <https://www.mainstreetmeatschatt.com/>
- **Tremont Tavern** (Northshore)- <http://www.tremonttavern.com/>
- **Parkway Pourhouse** (Downtown)- <https://www.parkwaypourhouse.com/>

Mexican

- **Agave and Rye** (Downtown)- <https://agaveandrye.com/>
- **Taco Mamacita** (Northshore and Hamilton Place Mall)- <https://www.tacomamacita.com/>
109 North Market St, Chattanooga, TN 37405 (phone: 423.648.6262)
2031 Hamilton Place Blvd, Chattanooga, TN 37421 (phone: 423.521.6262)
- **Tacqueria Jalisco** (Southside)- <https://www.taqueriacha.com/>

Desserts

- **Rembrandt's Coffee House**
<https://bluffviewartdistrictchattanooga.com/rembrandtscoffeehouse>
- **Clumpie's Ice Cream** (Downtown, St. Elmo) <https://www.clumpies.com/>
- **Ice Cream Show** (Downtown)
<https://www.visitchattanooga.com/listing/the-ice-cream-show/1428/>
- **Ben and Jerry's (Downtown)** <https://www.benjerry.com/chattanooga>
- **Milk and Honey (Downtown)** <https://www.milkandhoneychattanooga.com/>

Vegetarian

- **Sluggo's (Northshore)** <https://sluggos.weebly.com/>
- **Cashew (Northshore)** <https://www.cashewchattanooga.com/>
- **Southern Squeeze (Northshore)** <https://www.southernsqueeze.com/>

Seafood, Oysters, and Cocktails

- **The STIR Chattanooga** <https://stirchattanooga.com/> (part of the Choo Choo complex)
1444 Market Street, Chattanooga, TN 37402
phone: 423.531.7847
- **Boathouse Chattanooga Rotisserie and Raw Bar** <https://www.boathousechattanooga.com/>
1415 Riverside Dr, Chattanooga, TN 37406
phone: 423.622.0122
- **Bonefish Grill** <https://locations.bonefishgrill.com/tennessee/chattanooga/2115-gunbarrel-road>
2115 Gunbarrel Rd, Chattanooga, TN 37421
phone: 423.892.3175

Rooftop Lounge

- **Chattanooga Whiskey Bar** (specialty whiskeys, signature drinks, snacks, food, and late-night bites) – Atop the Edwin Hotel in Chattanooga <https://www.whiskeythiefchattanooga.com/>
902 Walnut Street, Chattanooga, TN 37403
Note: We've heard that Peyton Manning is an occasional guest on the rooftop!

Local Faire/Farm Fresh Cuisine

- **The Feed Table and Tavern** (Southside) <https://www.feedtableandtavern.com/>
201 W. Main St, Chattanooga, TN 37408
phone: 423.708.8500
- **The Public House** (Warehouse Row) <https://www.publichousechattanooga.com/>
1110 Market St, Chattanooga, TN 37402
phone: 423.266-3366

Latin American Cuisine

- **State of Confusion** (Southside) <https://www.soconfusion.com/>
301 E. Main St, Chattanooga, TN 37408
phone: 423.760.3473

German-American Food

- **Brewhaus** (North Shore) Restaurant and Pub (amazing according to some of our students)
<https://brewhausbar.com/>
224 Frazier Ave, Chattanooga, TN 37402
phone: 423.531.8190
- **Chattanooga Brewing Company** (Southside) – German Beer, food, and fun. Pet friendly, too.
<https://www.chattabrew.com/>
1804 Chestnut St, Chattanooga, TN 37408

Comfort Food and Specialty Drinks

- **Food Works (North Shore)**
205 Manufacturer’s Rd, Chattanooga, TN 37408

Cleaning Services (Apartments/Homes)

- **MaidPro Chattanooga** (<http://www.maidpro.com/chattanooga/>)
phone: 423.244.0144
- **Merry Maids** (<https://www.merrymaids.com/chattanooga/>)
phone: 423.954.7443
- **Molly Maids** (<https://www.mollymaids.com/hamilton-county/>)
phone: 423.829.1033
- **Two Maids Cleaning** (<https://www.twomaidscleaning.com/chattanooga/>)
phone: 423.927.1146

Dry Cleaning Services

- **Champion Cleaners**
2301 Hickory Valley Rd
Chattanooga, TN 37421
phone: 423.296.1120
- **Gordon Cleaners**
315 North Market St, #101
Chattanooga, TN 37405
phone: 423.266.3252
- **Kleen-A-Matic**
2129 Gunbarrel Rd, #2608
Chattanooga, TN 37421
phone: 423.894.3035
- **White Star Dry Cleaners**
3554 Broad Street
Chattanooga, TN 37409
phone: 423.267.5856

Licensed Day Cares

- Erlanger eKids Learning Center (for children 6 weeks to 12 years) -2 locations
website: <https://www.erlanger.org/for-associates/ekids>
 1. 1043 Blackford St, Chattanooga, 37402 (across from the main Erlanger campus)
M –F 6 am – 7:30 pm (closed on weekends). Phone: 423.778.4847
 2. 7372 Volkswagen Drive, Suite 110, Chattanooga, TN 37416
M – F, 5 am – 6 pm (closed on weekends). Phone: 423.800.0210

- TN Department of Health Website -- Licensed Child Care
https://onedhs.tn.gov/csp?id=tn_cc_prv_maps%20

- Licensed Child Care Centers in Hamilton County, TN
https://childcarecenter.us/tennessee/chattanooga_tn_childcare

Chattanooga has an abundance of worship centers from many different faiths including both small congregations to very large churches.

Jewish Worship and Culture in Chattanooga

- Jewish Federation of Greater Chattanooga <https://www.jewishchattanooga.com/>
 - Jewish Cultural Center
5461 North Terrace, Chattanooga, TN 37411
phone: 423.493.0270
 - Kosher Kitchen [at the Jewish Cultural Center]
<https://www.jewishchattanooga.com/kosher-kitchen/>
- B’Nai Zion Congregation (Conservative) <https://bnaizioncongregation.com/>
923 McCallie Avenue, Chattanooga, TN 37403
phone: 423.894.8900
- Mizpah Congregation (Progressive Reform) <https://www.mizpahcongregation.org/>
923 McCallie Avenue, Chattanooga, TN 3740325
phone: 423.267.9771
- Chabad Jewish Center of Chattanooga <https://www.jewishchatt.com/>
950 Vine Street, Chattanooga, TN 37403
phone: 423.490.1106
 - Chabad Kosher Takeout Order Form
https://www.jewishchatt.com/templates/articlecco_cdo/aid/3291390/jewish/Kosher-Order-Form.htm

Muslim Culture and Mosques in Chattanooga

- **Islamic Center (Masjid Muhammad) (Mosque)** <https://mmuhammad.org/>
Oldest Masjid Muhammad in Chattanooga
1410 Cemetery Rd
Chattanooga, TN 37408 (near UTC and Erlanger)
- **Islamic Society of Greater Chattanooga (Mosque and school)** <https://chattislam.org/>
2533 Gunbarrel Rd, Chattanooga, TN 37421
phone: 423.894.1637
- **Al Kalem BH Islamic Community Chattanooga (Mosque)**
<https://prayersconnect.com/mosques/84097926-al-kalem-bih-islamic-community-chattanooga-tennessee-united-states>
5708 Uptain Rd, Chattanooga, TN 37411

Christian Churches in Chattanooga

Church Finder, Church Finder Website: <https://www.churchfinder.com/churches/tn/chattanooga>

Extensive list via this website and link.

North Georgia:

Rock Spring, GA

[Peavine Baptist Church](#)

Please let us know if there is other information about living in Chattanooga you would like us to include.

Also, please contact our Graduate Medical Education Office if you have other questions about Chattanooga life that would be helpful to you and other trainees.

Again – welcome to Chattanooga, the University of Tennessee, and Erlanger. We can't wait to hear about your adventures here.