Hello!

The VPA Executive Committee would like to welcome you to Vanderbilt and Nashville. While living in Nashville we have all discovered favorite neighborhoods, restaurants, parks, activities, etc. that we wanted to share with you. We hope you enjoy living in Nashville as much as we do! Even during times of social distancing there is still so much to do around the city so check out some of our favorites included on the following pages. We also know that finding the perfect place to live in a new city can be difficult, so we’ve made sure to include some tips for that as well.

Make sure to watch for emails from VPA, check out our website for news and events, and join the VPA Slack channel. Please reach out to us with any questions you may have about being a postdoc here or getting involved with VPA.

Website: vanderbilt.edu/vpa
To join VPA slack go to: vandypostdoc.slack.com/signup

--VPA Executive Committee
Our Nashville Recommendations

Check out do615.com and nashvilleguru.com for information on what is going on around Nashville. Nashvilleguru even has a guide for social distancing activities.

Outdoor areas and activities:
- Mid State Sports League (MSSL) – offers a variety of reasonably priced adult sports leagues and tournaments in the greater Nashville area; https://midstatesportsleagues.com
- Centennial Park – large park with walking paths, exercise trails, gardens, and a full-scale Parthenon (art museum)
- Fannie Mae Dees Park/Dragon Park – across Blakemore Avenue from Vandy
- Elmington Park – food trucks on some weekends, check StreetFoodFinder app to find food trucks in the area
- Sevier Park – 12 South Farmers Market and Food Trucks, Tuesdays 4:00-7:00pm from May through October
- Richland Park – Richland Park Farmers Market, Saturdays 10:00am to noon year-round
- Percy Warner Park – great for hiking, biking, or running
- Beaman Park – beautiful scenery
- Shelby Bottoms Park – great for hiking, biking, or running
- Stones River Greenway – gorgeous and peaceful location
- Radnor Lake – most trails for hiking, photography, wildlife observation only; pets, jogging, and bicycles are only allowed on the Otter Creek Road trail
- Hidden Lake – 2.1-mile trail, great scenery
- The Land Between the Lakes – 1.5-2 hours away, great spot for hiking and seeing wildlife

Museums and Arts Center:
- Tennessee State Museum – FREE museum, open with COVID-19 precautions in place
- Frist Art Museum – FREE with Vandy ID card on the first full weekend of every month
- OZ Arts Nashville – local arts center that puts on dance performances, music shows, and art exhibits

Eat and Drink:
- L&L Market – Thai Ni Yom, PennePazze, Bold Patriot Brewing Co., Five Daughter’s Bakery, Honest Coffee Roasters, and Gracie’s Milkshake Bar along with many other small shops
- Franklin Farmers Market at the Factory – open Saturdays 8:00am to noon
- K&S World Market – excellent spot for Asian groceries
- Fat Bottom Brewing Co. (The HopYard) – spaced out seating, curbside pickup, and limited delivery
- Honeytree Meadery – selling to-go drinks during limited hours, Wednesdays 5-7pm and Saturdays 2-6pm
- The Fox Bar & Cocktail Club – to-go cocktails available with small food purchase
- Swett’s – family owned, historic cafeteria with great soul food
- Nada – Mexican food right across from Vandy campus
- Baja Burrito – takeout and limited dine-in options including outdoor seating
• Bombay Palace Restaurant – Indian food with great lunch buffet price
• Chaatable – amazing Indian food with a modern flare and fun atmosphere
• Patterson House – speakeasy, cocktail lounge, close to campus
• LA Jackson – rooftop bar on top of a hotel in the Gulch with a great view of the city
• Miss Saigon – awesome Vietnamese food
• VN Pho & Deli – great spot for pho, family-run, cash-only
• Nashville Jam Co. – great for breakfast and homemade biscuits and jam
• Parsons Chicken & Fish – good stop for cocktails, appetizers, and oysters
• Arrington Vineyards – about a 30-minute drive but good outdoor place to hang out socially distanced, picnic tables, hillside views
• Greek Café – in Green Hills, across the street from the mall, perfect for quick takeout
• Tacos with a Twist – fun spot with great specials throughout the week
• Jack Brown’s – several locations including one close to campus, great local spot for burgers and brews
• Old Glory – hidden cocktail bar close to campus
• Three Brothers Coffee – local coffee shop on West End
• Dose Coffee – two locations in Nashville, currently offering to-go and limited outdoor seating
• Adele’s – good farm-to-table restaurant for a nicer dinner out with family/friends
• The Smiling Elephant – best Pad Thai in Nashville
• Slim & Husky’s – amazing custom built pizzas
• Labybird Taco – serving breakfast and lunch tacos modeled after the Austin, TX taco scene
• MAFIAoZA’s – casual eatery with a classic pizzeria menu and patio seating
• The Filling Station – great beer selection; cans, bottles, and on tap
• Fido – great place near campus for breakfast and lunch
• Frothy Monkey (multiple locations) – local coffeehouse chain, limited dine-in, curbside pickup available
• Kay Bob’s Grille & Ale – good happy hour spot near campus
• Tailgate Brewery (multiple locations) – dine-in, takeout, curbside, and delivery

Housing and Roommate Search Recommendations:
• Vanderbilt off-campus housing website – https://offcampushousing.vanderbilt.edu/login
• HotPads – search apartments and houses at https://hotpads.com/nashville-tn/apartments-for-rent
• Zumper – find houses and apartments for rent at https://www.zumper.com/apartments-for-rent/nashville-tn
• Blackstone Apartments – apartments near West End with shuttle service available; http://blackstonefairemont.com
• The Grove Whitworth & Richland Apartments – gated community offering newly renovated 1, 2, & 3-bedroom apartments, fun community events, quick 5-minute drive to Vanderbilt; https://www.ntsgrovewhitworth.com/
• The Metropolitan Apartments – great apartment complex, reasonably priced, excellent location close to Vandy and shopping centers; https://themetropolitanapartments.com
• Cortland Bellevue – nice, affordable, pet friendly apartment complex, 10-minute commute to campus; https://cortland.com/apartments/cortland-bellevue/