Welcome to Nashville!

Whether you are visiting and learning about the Vanderbilt University Medical Center community or are already planning a relocation to the "Athens of the South," we’re confident that you’ll soon be happy to call Nashville and Vanderbilt your new home.

The Vanderbilt community is warm and friendly with multiple avenues of support available to you. If you are relocating to be part of the Vanderbilt Medical Center house staff, one of these supports is Vanderbilt Housestaff Alliance ("VHA"). VHA is a nonprofit social and philanthropic organization. Membership is open to the spouses and significant others of the Vanderbilt house staff and alumni. Our mission is a simple one: to promote friendship among members, foster a supportive environment, and serve the Nashville community. We provide numerous opportunities to meet and socialize with other resident families -- forging friendships and offering support during a particularly difficult time of medical training. We also do various service projects throughout the year and have numerous groups for our members to join. We hope you’ll inquire further about VHA and ultimately join our organization!

One of VHA service projects is to generate this guide to life in Nashville, the "Newcomer's Guide." Our members update this guide annually, and many of us have continued to draw upon it throughout our stay here in Nashville. It contains information you will need for relocating (including information on real estate agents who sponsor the VHA) as well as information about fun things to do. You’ll quickly discover what many of us already have – that Nashville is a great city and community and a wonderful place to call home.

If you are interested in receiving more information about the VHA or have questions, please feel free to e-mail us at president@vhalliance.org or vp@vhalliance.org, or visit the VHA website at http://vhalliance.org/. We look forward to meeting you!

Sincerely,

Taylor Santarelli and Kenzie Sandoval
Vanderbilt Housestaff Alliance President and Vice President, 2021-2022
Spouses and significant others, we are here for you! We are a group of people who have something in common: a resident or fellow! When you join the VHA, you will have opportunities to explore Nashville and get connected with others in the Vanderbilt community. We look forward to meeting you along the way!

**MONTHLY EVENTS**

Date Night In (themed dinners), Virtual Wine Tastings, Wine and Tacos at Arrington Vineyards, Breakfast with Santa, Easter Egg Hunt, “Sendoff” Brunch at Loveless Café, Kayaking the Cumberland, and more!

**GROUPS**

VHA Kids Club (playgroup), Hiking Club, Nondenominational Bible Study Club, Book Club, Wine Club, and more! Our clubs are recommended and led by members. You can start your own within VHA today!

**MATTERS OF THE HEART**

"Matters of the Heart" you and your spouse or significant other can enjoy a night out with Matters of the Heart - dinner, drinks, and childcare are provided. Event is sponsored by VUMC and the GME Office.

**JOIN THE VHA TODAY!**
**WHERE TO LIVE**

**VANDERBILT/ BELMONT/SYLVAN PARK/WEST END**

This area has many well-constructed older homes (predominantly 1920s-1960s), as well as a number of apartments, town homes, and condominiums. These in-town neighborhoods are pedestrian-friendly, near Vanderbilt and Hillsboro Village, convenient to downtown, and loaded with amenities. This area has coffee houses, brew pubs, good restaurants, banks, and unique shopping. The biggest advantage to living in this area is its proximity to Vanderbilt. Some residents live close enough to even walk or ride a bike. Of course, this close proximity has a price. Housing in the Vandy/West End area can be expensive, but some reasonably priced housing is available if you’re willing to do some fixing up.

**GREEN HILLS**

Green Hills is an upscale area about five miles southwest of downtown Nashville. Consisting of mostly older homes and newer condominium complexes, this area offers safety, good neighborhoods, quiet streets for walking and running, as well as good schools. Green Hills is convenient to both Vanderbilt and the interstates. The Mall at Green Hills is a favorite of Nashville shoppers because of its variety of stores. The two main disadvantages to the Green Hills area are that the housing is very expensive and the traffic in the area can be heavy.

**BELLEVUE**

With plentiful housing in the rolling hills west of downtown Nashville, it’s easy to see what makes Bellevue so popular. This area has a lot of apartments, condos and subdivisions that are affordable. If you’re looking for a big yard or an older house, this isn’t the suburb for you. The Bellevue area is quiet and safe, making it a good place to raise children. The area offers easy access to Interstate 40, but requires at least a 20-minute drive to Vanderbilt. Bellevue also has a good public grade school, Harpeth Valley Elementary, and a relatively new YMCA. The downside is that, being on the western edge of Nashville, it is a longer drive to get any other part of town, especially areas south of Nashville like Cool Springs.

**THE CAPITOL DISTRICT**

The area just North of downtown but inside the urban interstate loop has grown and changed dramatically in the past few years. Best known for Germantown, home to well-known Nashville eateries Mad Platter, Monell’s, Germantown Café, City House, and Rolf & Daughters, other nearby neighborhoods include Salemtown, Hope Gardens, and Historic Buena Vista. Located at the Eastern end of Nashville’s legendary Jefferson Street, this area provides convenient access to downtown, Vanderbilt, and most of the rest of the city. Other points of interest include Nashville’s brand new minor league ballpark at Sulphur Dell, the Nashville Farmer’s Market, and the Bicentennial Mall State Park.

**EAST NASHVILLE**

If you enjoy urban living, East Nashville’s got the right stuff. It sits right across the Cumberland River from downtown and was Nashville’s first urban neighborhood, full of beautiful historic homes offering everything from Victorian cottages built before the turn of the century, and quaint 1920’s bungalows to modern homes and condos. Its low-key vibe, neighborly feel, and down-to-earth personality make this community a great place to escape the city without leaving town. Shelby Park offers a 16-mile run/bike path, several playgrounds, two golf courses and a dog park. Walk from your house to a variety of unique shops, art galleries, coffee shops, and eateries in East Nashville, or cross the pedestrian bridge to stroll through downtown!

**CRIEVE HALL/NIPPERS CORNER**

Residents are attracted to the Crieve Hall area for its modest housing prices and prime location. From here, almost any destination in the area is a short (10 to 15 minute) drive. The area is full of subdivisions built in the early 1960s. It is a quiet and relatively safe area where you can buy an older house (predominantly ranch-style) with a nice yard for an affordable price. Crieve Hall has several good public grade schools (but some that are less desirable, so be sure to do some research when looking at homes) and a beautiful new public library. This centrally located area is about 8 miles from Vanderbilt and has great access to I-65, making a trip to Vanderbilt about 12-15 minutes.
HERMITAGE/MOUNT JULIET
From Vanderbilt, go east on I40 or I440. Right past the airport, you will find Hermitage (Davidson County) and Mount Juliet (Wilson County). Both areas are still more affordable; Mount Juliet is a great option for families because of the excellent Wilson County school district (and lower property taxes). Expect commute times to Vanderbilt to be 25-45 minutes, depending on traffic.

BRENTWOOD/COOL SPRINGS/FRANKLIN
From Vanderbilt, go South on I-65 and you will find the areas of Brentwood, Cool Springs, and Franklin (in that order as you travel south). These three areas are located in Williamson County and provide a fantastic school system and a booming local economy. The Cool Springs area, which has grown significantly in recent years, has many movie theaters, restaurants and strip malls. Traffic during rush hour can be heavy and housing costs more than in the most areas in Davidson County.
**Elementary Schools**

Williamson County has the state’s number one rated school system. VHA families recommend the following elementary schools: Lockeland Elementary and Harpeth Valley Elementary.

**Preschools and Daycares**

Every licensed child care agency must undergo an annual evaluation and post a report card of the results. The best facilities will have a three star rating from the state. A VHA family favorite is: Priestly Miller Preschool in Brentwood.

**Y-Play at the YMCA**

Enjoy up to nine hours of free child care per week when you join the YMCA. Get discounts on youth classes and programs and enjoy their indoor swimming pool/water slides. Ask about the Vanderbilt employee discount!

**Vanderbilt Child & Family Center**

Full-time Vanderbilt employees are eligible to apply. The Acorn School has three locations. Tuition reductions are available for those that earn less than $100k. Expecting parents should apply as soon as possible because the waitlist is very long and spots fill quickly!

**VUMC Back-Up Childcare**

VUMC employees are eligible for up to 20 days of subsidized back-up childcare through Care.com. Rates will vary based on income. You must enroll at vumc.care.com.

**Peace, Love and Paws**

VHA families love this East Nashville doggie day care. Leave your pets while you work or while you go on vacation.

**1221 Brick Church Pike, Nashville**

**Bark Public House**

Check your pets in for the day, get them groomed, or leave them here while you vacation. This is a go to for some VHA families.

**609 9th Ave S, Nashville**

**Edwin Warner Dog Park**

Centrally located, Edwin Warner and Percy Warner parks are always a hit. Bring your pooch and enjoy the views!

**50 Vaughn Rd, Nashville**

**Two Rivers Dog Park**

Enjoy a paved walking path while your puppers play at this friendly dog park.

**3150 McGavock Pk, Nashville**

**Frankie Pierce Dog Park and Playground**

130 Lifeway Plaza, Behind Capitol View Apartments
PLAY GROUNDS

RED CABOOSE PARK
A crowd favorite, Red Caboose park is located in Bellevue. Grab lunch from the nearby Chic-fil-A and make it a picnic!
684 Colice Jeanne Rd, Nashville, TN

WOODMONT PARK
912 Estes Rd, Nashville

GREEN HILLS PARK
1200 Lone Oak Rd, Nashville

FANNY MAE DEES PARK
Conveniently located right across the street from VUMC, this cute park is perfect for a quick play date with Dr. Dad/Mom.
2400 Blakemore Ave, Nashville, TN 37212

GRANNY WHITE PARK
610 Granny White Pike, Brentwood

SEVIER PARK
610 Granny White Pike, Brentwood

CUMBERLAND PARK
592 S 1st St, on the East bank of the riverfront, Nashville

NASHVILLE PUBLIC LIBRARY
Nashville Public Library puts on fabulous live shows and story times for children, concerts, Lego competitions, and community picnics. Library cards are free and can be used at any NPL branch. Join the summer reading challenge and earn prizes such as free ice-cream, tickets to sporting events and free kids’ meals!

NASHVILLE SHORES
Located on Percy Priest Lake, enjoy the beach, waterslides, a lazy river, ziplines, or the kiddie pool. It’s a great way to cool off in the summer!

FLOAT THE HARPETH
Rent a kayak at Foggy Bottoms or throw in your tube anywhere along the Harpeth, but one of the prettiest spots to float is through The Narrows of the Harpeth. During the summer, the river is very gentle and easy for the whole family to float.

NATURE’S WATER SLIDE
Fall Hallows Falls is right off the scenic Natchez Trace Highway. The falls feature a natural, sloping slide of slick rock. Beneath, the whole family can cool off in the gentle shaded pools. Busy on weekends and an easy hike for little ones.

CHEEKWOOD-TRAINS!
The botanical gardens are always a hit, but your kids will love the year-round exhibit: TRAINS! Enjoy the beautiful scenery while your kids chase tons of tiny trains.
Hikes and Parks

PERCY WARNER PARK
A VHA crowd favorite! This park features beautiful grounds, miles of paved paths that are perfect for a run, a bike ride or a stroller. This park also has hiking paths, look outs, and a nature center.
50 Vaughn Rd, Nashville

RADNOR LAKE
1160 Otter Creek Road, Brentwood

TIMBERLAND PARK
Mile Marker, 437.2 Natchez Trace Pkwy, Franklin, TN

SHELBY BOTTOMS
1900 Davidson Street, Nashville

CUMMINS FALLS
Located just outside of Nashville, these beautiful falls will not disappoint! This great swimming spot gets busy on weekends!
390 Cummins Falls Ln, Cookeville

BURGESS FALLS
4000 Burgess Falls Drive, Sparta

PERCY PRIEST LAKE
VHA families love to hike around Percy Priest Lake and it’s also a great spot for a family picnic!
3737 Bell Rd, Nashville

FALL CREEK FALLS
Two hours from Nashville, Fall Creek Falls State Park is a great hiking and camping spot. Fall Creek Falls is one of the highest waterfalls in the country!
2009 Village Camp Road,

FOSTER FALLS
A great swimming hole for summer, rock climbers and campers alike will like this spot! Foster Falls is an hour and a half from Nashville.
498 Foster Falls Road, Tracy Highway 41, Sequatchie

OLD STONE FORT ARCHAEOLOGICAL PARK
This spot is great if you’re hiking with littles or just want a more laid back hike. Camping is available here!
732 Stone Fort Dr, Manchester

CENTENNIAL PARK
25th Ave. S. and West End Ave., Vanderbilt area
SPOrTS

Nashville Predators
Professional ice hockey team in the NHL

Nashville SC
Major League Soccer Team in the USL.

Nashville Sounds
Nashville’s baseball team is an AAA affiliate of the Oakland Athletics.

Tennessee Titans
Professional football team in the NFL

Vanderbilt Commodores
A variety of male and female collegiate sports.

SHOPPING

Opry Mills
433 Opry Mills Drive, Nashville

Cool Springs Galleria
1800 Galleria Blvd., Brentwood

Mall at Green Hills
2126 Abbott Martin Rd, Green Hills

The Factory at Franklin
230 Franklin Rd., Franklin

Nashville West
Charlotte Pike (Approximately 1 mile off I-40 near exit 201

100 Oaks
719 Thompson Lane, Nashville

Fifth and Broadway
500 Broadway Nashville
RESTAURANTS

TAILGATE BREWERY
7300 Charlotte Pike, Nashville

SLIM & HUSKY’S
5th & Broadway, Nashville

SUPERICA
605 Overton St, Nashville

BUTCHERTOWN HALL
1416 4th Ave N, Nashville

HENRIETTA RED
1200 4th Ave N, Nashville

GREENERY CO.
1705 21st Ave S, Nashville

HONEYFIRE BBQ
8127 Sawyer Brown Rd #304

HATTIE B’S
5209 Charlotte Ave, Nashville

CITY HOUSE
1222 4th Ave N, Nashville

MUSEUMS

BELLE MEADE PLANTATION & WINERY
5025 Harding Rd., Nashville

CARTER HOUSE
1140 Columbia Ave., Franklin

TENNESSEE STATE MUSEUM
Tennessee State Museum, Nashville

FRIST ART MUSEUM
919 Broadway, Nashville

THE HERMITAGE: HOME OF PRESIDENT ANDREW JACKSON
919 Broadway, Nashville

COUNTRY MUSIC HALL OF FAME & MUSEUM
222 5th Ave S., Nashville

GRAND OLE OPRY & MUSEUM
919 Broadway, Nashville

CARNTON PLANTATION
1354 Carnton Lane, Franklin

BELMONT MANSION
1900 Belmont Blvd, Nashville

MUSEUM OF AFRICAN AMERICAN MUSIC
510 Broadway, Nashville

PUCKETT’S GROCERY & RESTAURANT
120 4th Ave S, Franklin

MAPLE STREET BISCUIT COMPANY
203 Franklin Road, Brentwood

EMMY SQUARED
404 12th Avenue South

LOVELESS CAFE
8400 TN-100, Nashville
ATTRACTIONS

Opryland Hotel Indoor Gardens
2800 Opryland Dr., Nashville

Ryman Auditorium
116 Fifth Ave., N., Nashville

Nashville Zoo at Grassmere
3777 Nolensville Rd, Nashville

The Parthenon
Centennial Park, 2500 West End Ave

Cheekwood Botanical Gardens
1200 Forrest Park Dr., Nashville

The Bluebird Cafe
The Bluebird was the starting point for many local greats, so it's really popular - be sure to call ahead for reservations!
4104 Hillsboro Rd, Brentwood

THE BLUEBIRD CAFE

Boo at the Zoo

St. Jude Rock & Roll Marathon & Half Marathon

Live on the Green

Festivals in Downtown Franklin

ACME FEED & SEED
Nashville is called Music City for a reason! Walk along Broadway and listen to live music from every bar on the street, then stop at this spot for great music and good food!
101 Broadway, Nashville

Bluegrass in the Herb Garden

During the summer months, Cheekwood hosts live music every Thursday night. Pack a picnic and make it a date!
1200 Forrest Park Dr, Nashville

The Listening Room Cafe
Have family in town? This spot is a VHA family favorite!
618 4th Ave S, Nashville

The Lights at Cheekwood

Iroquois Steeplechase

Tomato Art Festival

Nashville Flea Market

Nashville Pride

Live Music & Special Events
The following professionals are all supporters of the Vanderbilt Housestaff Alliance and many have provided services to its members in a variety of areas.

## Banking & Mortgage

### TMA Medical Banking
James Nicholson, Vice President, Relationship Manager  
(615) 573-9812 (cell)  
(615) 777-2173 (office)  
jnicholson@insbank.com  
https://tmamedicalbanking.com/

### Regions Bank
John Whitaker, Mortgage Loan Officer  
(615) 748-1594, (615) 414-1466 (cell)  
https://www.regions.com/MLO/johnwhitaker  
john.whitaker@regions.com

### Truist
Stuart Clamp, Vice President, Senior Loan Officer  
(615) 297-7270, (615) 668-2392 (cell)  
stuart.clamp@truist.com

## Insurance and Financial Services

### Marsh & McLennan Agency, LLC
Long Term Disability  
Marc Flur Senior, Consultant I Executive Benefits  
(919) 786-5605  
marc.flur@marshmma.com  
www.marshmma.com

### Jim Durham CPA
Jim Durham  
(615) 662-2808  
jim@jimdurhamcpa.com  
http://www.jimdurhamcpa.com

### Vanderbilt Credit Union
https://vanderbiltcu.org/  
creditunion@vanderbilt.edu

### MedQuity
Medical Student Loan Refinance  
James Nicholson, Vice President, Relationship Manager  
(615) 573-9812 (cell)  
(615) 777-2173 (office)  
jnicholson@insbank.com
Keri Cannon
Fridrich and Clark Realty
3825 Bedford Avenue, Suite 102, Nashville, 3721
(615) 327-4800, (615) 482-1593 (cell)
http://www.homestheplace.com
keri.cannon@comcast.net

Josh Anderson
Josh Anderson Real estate
(615) 823-1555
josh@joshandersonrealestate.com
www.joshandersonrealestate.com
jnicholson@insbank.com

Game Point Cafe
107 S. 11th Street, Nashville
615-777-3278
www.gamepointcafe.com

Want More?
Visit the Nashville Guru for more local tips!
The information contained in this guide is obtained from numerous sources. We relied heavily on member of Vanderbilt Housestaff Alliance (VHA) to create this guide. These responses, and all other information contained herein, are provided for informational purposes and should not be considered a formal recommendation or endorsement from VHA of services or companies included in this guide.

Taylor Santarelli, President (2021-2022), Kenzie Sandoval, Vice President (2021-2022) and Marisa Maughan, Communications (2021-2022) of VHA, completed the most recent edits to this guide. Any questions or comments should be directed to vp@vhalliance.org.

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