



### CUP RUNNETH OVER COFFEE HOUSE AND SWEET STATION BAKE SHOP

Cup Runneth Over's Crimson Cup Coffee will delight coffee lovers! Or, try a frozen hot chocolate, tea, or smoothie and enjoy a fresh, homemade pastry or egg dish to accompany your drink. This spot, situated inside a beautiful historic building, is a local favorite with the perfect ambiance as well as local art on display, a fireplace, live music on Friday nights, and group games for all to enjoy.

### VITTORINO'S CUCINA ITALIAN RESTAURANT

Try Vittorino's Cucina Italian Restaurant in downtown Sweetwater. Our newest restaurant specializes in authentic Italian cuisine from calzones to pasta dishes, pizza with homemade dough and sauces, and more. Draft beer, wine, and desserts round out their menu. Chef Rosa will cook any dish to order to meet all dietary needs for her guests. You can taste the love in her cooking.



### SWEETWATER DEPOT AND VISITOR'S CENTER

Stop in at the Sweetwater Depot and Visitor's Center to enjoy our beautiful replica of Sweetwater's original train depot. The Visitor's Center hosts tourism information,

a bus parking area, public restrooms and photos of historic Sweetwater. While there, pick up a Sweetwater Visitor's Guide and take the historic walking tour featured inside, which includes a Civil War Trails Marker, Appalachian Quilt Trail Square and the historic train car and fountain at Circle Park.



### SWEETWATER HERITAGE MUSEUM

Head to the Sweetwater Heritage Museum at the corner of North and High Streets. Sweetwater Heritage Museum was founded as a Transportation museum, celebrating the heritage of Sweetwater and the

role the railroad played in its founding. The museum has been recently updated with artifacts of interest including an oral history DVD, an antique gun display, the history of education and industry in our area, Tennessee Military Institute and Tennessee Meiji Gakuin and their impact on East Tennessee, and the tools and implements exhibit.

### SWEETWATER PUBLIC LIBRARY & JONES PARK

After lunch, walk down Mayes Avenue to Sweetwater Public Library and Jones Park for a peaceful outdoor setting. Take a picture on the Jones Park bridge or read a book under the gazebo. The residential historic district along Mayes Avenue features many beautiful historic homes with notable lush trees and garden areas.



### BRADLEY'S PIT BAR-B-QUE

Finish your trip to Sweetwater at Bradley's Pit Barbeque & Grill who has been serving up hearty portions of ribs, bbq and delicious homemade sides for years. For dessert, order off the menu or walk next door to Bradley's Sweet Side featuring Mayfield Ice Cream.



### DINNER BELL RESTAURANT

For breakfast, try the Dinner Bell Restaurant. This hometown favorite features a large breakfast buffet with fruit, yogurt, oatmeal, bacon, pancakes, southern biscuits and gravy, hashbrown casserole, sausage, and a wide variety of traditional southern breakfast foods. The restaurant features a gift shop and plenty of southern hospitality. Sure to please even the pickiest eater!



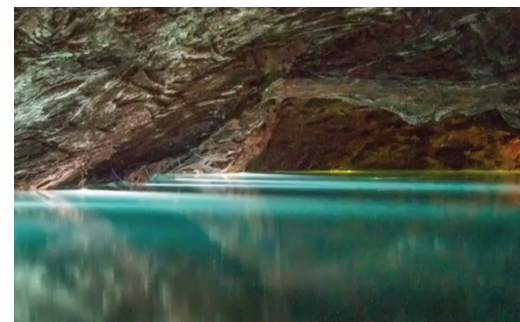
### SWEETWATER'S HISTORIC SHOPPING DISTRICT

Spend your morning browsing **Natural Elements Home Interiors**, **Pennington Home**, and **Linda's Creative Accents**. These stores showcase beautiful collections of home décor, artwork, furniture, and interior design consultant services. If you love shopping for clothes, Sweetwater features shops for every size and budget. Our cornerstone retailer, **The Lily Pad Boutique**, hosts a large variety of upscale women's clothing, jewelry, and accessories to outfit any lady beautifully from head to toe. **Her Majesty's Boutique**, **Honeysuckle Hollow**, **Sassy but Classy**, **Southeastern Mercantile**, and **Dogwood Lane Boutique** have trendy designs for women and children and a great collection of gifts. Sweetwater is famous for its Antique Shopping District. Stores like **Sister's Sunflower Patch**, **Sweetwater Antiques**, **Antiques at the Mill**, **Cones Cupboard Antiques** and **Main Street Antiques** feature gallery-style shopping with multiple indoor vendors. Each shop features unique items in every price range. See our map for a complete listing of all of our retailers.



### THE LOST SEA ADVENTURE

Venture up Highway 68, around 5 miles from downtown, to The Lost Sea, the world's largest underground lake. Visit "Old Sweetwater Village" for the General Store, wishing well, glass blower and blacksmith shop, gem mine, nature trail, and snack



bar. Take the cave tour, complete with a boat ride in the cavern and view the famous Rainbow trout. Open year-round, this attraction is world-famous and something everyone should experience at least once in their lifetime. (Group Rates available for parties over 15) Visit [www.thelostsea.com](http://www.thelostsea.com) for more information.



### UPSTAIRS AT THE MANSION

Stop for lunch at Upstairs at The Mansion restaurant, located above Sweetwater Flower Shop. Be sure to browse the lovely gifts, décor, and apparel downstairs at Sweetwater Flower Shop before traveling up to the beautiful dining room, complete with a baby grand piano. If you're lucky, shop owner Jack Wilson may play a little something for you. (Reservations recommended- 423-351-0080). A southern dining experience with fresh salads, sandwiches, hot plate specials, and homemade desserts prepared daily. Can accommodate up to 55 diners. View the menu at [www.upstairsatthemansion.com](http://www.upstairsatthemansion.com)

### TSALI NOTCH VINEYARD

After your cave adventure, travel approximately one mile east on Highway 68 to tour Tsali Notch Vineyard, the largest Muscadine vineyard in Tennessee. This picturesque vineyard is nestled in the valley of the Smokey Mountains and features a tasting room, the event barn, the Jackson House, and miles of Muscadine vines.



### EL JACAL MEXICAN RESTAURANT

For dinner, relax with a margarita at El Jacal Mexican Restaurant. Enjoy fresh salsa, guacamole and your favorite Mexican dishes. Salads, wings, and chicken dishes will satisfy the pickiest eaters. Sit at the bar and catch the game while you wind down.



### HUNTER'S CAFE' & HUNTER'S COURTYARD

Hunter's Cafe is a great lunch or dinner stop! Famous for their chicken salad, this local eatery also serves up excellent sandwiches, hearty steak and seafood dishes, homemade soups and more. Be sure to save room for their Big Kid Cookies, brownies and many other exceptional baked goods. Hunter's Cafe, featured in Southern Living Magazine, is an institution in Sweetwater. If you're in town on a Friday night, be sure to check out Hunter's Courtyard for live music, beer and BBQ.



### SWEETWATER VALLEY CHEESE FARM

After lunch, travel ten minutes north of downtown on Highway 11 to the world-famous Sweetwater Valley Cheese farm, a working dairy you can tour. Their gift shop features over 30 flavors of fresh cheese made onsite, local honey, jams and jellies, and their delicious cheese curds. Watch the process and sample to your heart's content and take the taste of Sweetwater Valley home with you.





## SAMPLE ONE DAY ITINERARY

### DAY 1

- Cup Runneth Over Coffee House and Sweet Station Bake Shop
- Antique Shopping District
- Lunch at Hunter's Cafe'
- Sweetwater Depot & Visitor's Center
- Dinner at El Jacal Mexican Restaurant or Vittorino's Italian Cucina

## SAMPLE THREE DAY ITINERARY

### DAY 1

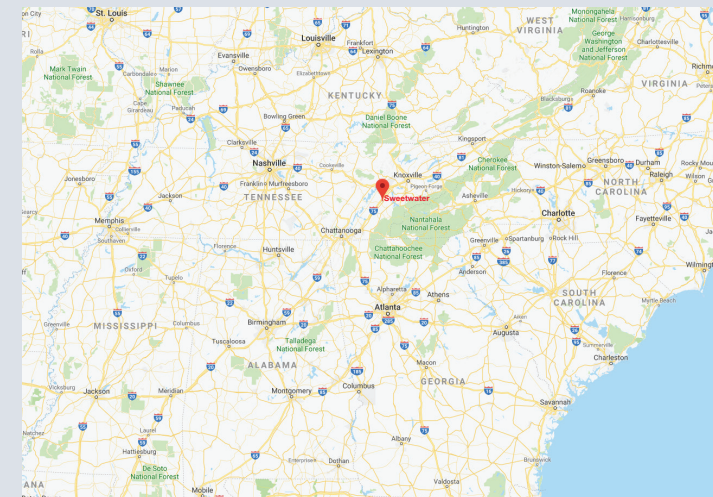
- Cup Runneth Over Coffee House and Sweet Station Bake Shop
- Sweetwater Depot & Visitor's Center
- Antique Shopping District
- Lunch at Hunter's Cafe'
- Sweetwater Valley Cheese Farm
- Dinner at El Jacal Mexican Restaurant

### DAY 2

- Breakfast at Dinner Bell Restaurant
- The Lost Sea Adventure
- Tsali Notch Vineyard
- Dinner at Vittorinos Cucina Italian Restaurant

### DAY 3

- Breakfast at Tastee Kings Donuts
- Sweetwater Heritage Museum
- Lunch at Upstairs at the Mansion
- Public Library & Jones Park
- Dinner at Bradley's Pit Barbecue & Grill



**Sweetwater is located between Knoxville and Chattanooga on I-75, right off the interstate at exits 60 or 62.**



## Upcoming Events

- First Friday in the month - All shops are open until 8:00pm
- Sweetwater Marketplace Fall Frenzy - First week in October
- Small Town Christmas - Saturday after Thanksgiving
- Blooms, Bluegrass, BBQ - First weekend in May
- 4th of July Downtown Celebration and Fireworks



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