

# PERFECT WEEKEND

presented by

PERFECT  
WEEKEND



## Saturday:

**Catch a Sunrise**—The best way to start your Chattanooga Perfect Weekend is to take in some great views atop Lookout Mountain. Your best bets are Rock City's seven state panoramic view or the Mountain Beautiful Trail (see Hiking Adventures, page 16) will take you around the cliffs of Lookout Mountain. **Info:** Rock City / 1400 Patten Rd. / Lookout Mountain, GA / 706-820-2531 / [www.seerockcity.com](http://www.seerockcity.com)

**Picnic at Cloudland State Park**—This state park is one of the hidden gems of the area (see Hiking Adventures, page 16). Pack a picnic and hike to the bottom of the gorge to discover two impressive waterfalls. For extra fun count the steps on the 600-step staircase. **Info:** Cloudland Canyon State Park / 122 Cloudland Canyon Park / Rising Fawn, GA / 706-657-4050 / [www.gastateparks.org/info/cloudland](http://www.gastateparks.org/info/cloudland)

**Bird's Eye View**—Now that you have your morning inspiration, time to take in a real view of the Chattanooga area. Head over to the Lookout Mountain Flight Park, the largest and most successful full time hang gliding school in the US, to learn to soar like an eagle. They have several flying options for beginners including their tandem flights and introductory experience. Call ahead to make reservations. **Info:** Lookout Mountain Flight Park / 7201 Scenic Hwy. / Rising Fawn, GA / 800-688-5637 / [www.hanglide.com](http://www.hanglide.com)

**Catch a Sunset**—Before dinner, head over to Sunset Rock to catch a stellar sunset. A short hike from the parking area will reward you with a nice view of the sunset atop 80 foot cliffs. **Info:** See Hiking Adventures page 16 for detailed directions.

**World Class Dinner**—People drive from all over to have the culinary experience of Canyon Grill. Their menu changes daily boasting fresh food and flavors. BYOB—Dade County is a dry county so feel free to bring your own beer or wine—no corkage fee. **Info:** Canyon Grill / 28 Scenic Hwy. / Rising Fawn, GA / 706-398-9510

## Sunday:

**Go Underground**—The Chattanooga area is not short on geological wonders. We recommend exploring the numerous caves and caverns found nearby. Highlights include Cumberland Caverns and Ruby Falls. Cumberland Caverns, Tennessee's largest show cave, offers day tours as well as overnight spelunking adventures. Ruby Falls includes the nation's highest underground waterfall that is open to the public. **Info:** Cumberland Caverns / 1437 Cumberland Caverns Rd. / McMinnville / 931-668-4396 / [www.cumberlandcaverns.com](http://www.cumberlandcaverns.com) • Ruby Falls / 1720 S. Scenic Hwy. / Chattanooga / 423-821-2544 / [www.rubyfalls.com](http://www.rubyfalls.com)

**Eat & Drink Local**—After going underground, time to sample some local beer and grub. Head on over to The Terminal Brewhouse which boasts six handcrafted brews and a solid selection of food. These folks do things right, as in green, from using local ingredients, growing herbs on their grass rooftop, to using all reclaimed wood for their table-tops. **Info:** The Terminal Brewhouse / No. 6 14th St. / Chattanooga / 423-752-8090 / [www.terminalbrewhouse.com](http://www.terminalbrewhouse.com)

**Mountain Bike at Raccoon Mountain**—After sampling the local fare, time to get on the bike. With almost 18 miles of single-track atop the Tennessee River Gorge, Raccoon Mountain is THE mountain bike destination in Chattanooga. If dirt and two wheels is your thing, don't skip this adventure. **Info:** See Biking Adventures page 4 for detailed directions.

**Game On**—Now that Raccoon Mountain got your adrenaline going, time to get your game on with some paintball. Just a few minutes from downtown Chattanooga, Insane Paintball offers an indoor and outdoor course. Ask for Jared for a hook-up. **Info:** Insane Paintball / 1200 Wisdom St. / Chattanooga / 423-624-2121 / [www.insanepaint.com](http://www.insanepaint.com)

## More Perfect Weekend Ideas

Stretch It Out: ClearSpring Yoga / 17 N. Market St. / Chattanooga / 423-266-3539 / [www.clearspringyoga.com](http://www.clearspringyoga.com)

Trail Riding in Fort Mountain State Park: Fort Mountain Stables / 548 Cliff Mine Rds. / Chatsworth, GA / 706-517-4906 / [www.fortmountainstables.net](http://www.fortmountainstables.net)

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