



Cooks, Kitchens and Food Galore Family Tour

Looking for the best fun? Follow the fantastic food and create memories with family and friends in Western Kentucky and West Tennessee.

DAY 1

5:00 PM – Choose lodging in Henry or Stewart County, Tennessee, for this four day, food based adventure!

Here are some recommendations from the National Geographic Mapguide that explores the Tennessee River Valley:

[Buchanan Resort](#)

[Dixieland Cabins](#)

[Eagles Nest Park](#)

[Home Sweet Home Bed and Breakfast](#)

[Mammy and Pappy's Bed and Breakfast](#)

[Paris Landing State Park](#)

[Swan Bay](#)

Need help finding accommodations or a campsite? Visit the local Chambers of Commerce:

www.paristnchamber.com

www.stewartcountychamber.com

(Note - The gorgeous, new Lodge at Paris Landing State Park overlooks the scenic Tennessee River, home to anglers, campers and skilleters in search of a catfish! **OPENS FALL 2021**)

6:00 PM – Get settled in, then head out for supper at a local eatery. Our delicious suppers (Southern for “dinner”) will put you in hog heaven. If you’re feeling more continental, we’ve got those restaurants, too!

(HOG HEAVEN – noun – 1. A state of complete happiness.)

Here are some recommendations from the National Geographic Mapguide that explores food and drink in this area of the Tennessee River Valley:

[Mama Mea’s Pizza & More](#)

[Dover Grille](#)

[PerryLodgic Brewing Company](#)

[Sweet Jordan’s Baked Goodies & Ice Cream](#)

Need more dining assistance, visit the local Chambers of Commerce:

www.paristnchamber.com

www.stewartcounty-chamber.com

7:30 PM – Take a walk down to the water, hike the wooded trails, or stroll around the town square. Get a good night’s sleep; tomorrow will be a busy day.

DAY 2

7:00 AM - As Southern mamas are known to say, “Rise and shine, it’s time for a biscuit and gravy breakfast!”

7:30 – Depart for Black Family Farms. Something is always ready to be picked or cannedlet’s find out what!

8:15 AM - Arrive at [Black Family Farms](#). Operated by three generations, the Bagwells have forgotten more about farming than most folks will ever know. There's plenty to discover, lots of photo ops and the tastiest seasonal fruits, veggies and sorghum molasses you ever put in your mouth!

10:00 AM – Say “farewell” to this 21st Century farm and “hello” to a 19th Century farm as you head to the Homeplace 1850s - A Working Farm & Living History Museum.

10:30 AM – Arrive at [Homeplace 1850s](#), where docents clad in period clothing care for the animals, barns, cabins and a big garden. The caretakers would love some help with their chores - just ask! And you can get plenty of old timey cooking tips from the knowledgeable Homeplace interpreters.

11:45 AM – Depart for Cadiz, KY

12:45 PM – A classic western Kentucky meal is “burgoo,” a thick stew which includes a variety of meats and vegetables. The [Cadiz-Trigg County Tourism](#) folks can help you find a great bowl of this deliciousness, some fine Trigg County Country ham, or any other Southern delicacy that you've got a hankering for.

(HANKERING - noun - 1. A strong desire to have.)

2:00 PM – Take a stroll through historic, downtown Cadiz, enjoy the [Janice Mason Art Museum](#) or order your favorite flavor at the Pig's Tale Ice Cream Shop. Did we mention the [antique shops](#): Cherokee Antiques, The Cadiz Antique Mall, Purple Pig, Cranberry Creek, 13 Marion, and the Cadiz Comfort Zone. (Open Tuesday-Sunday)

3:00 PM – Depart for Kuttawa, Kentucky (pronounced - kuh ta' wah)

3:30 PM – Arrive at Kuttawa, home of the award-winning Broadbent's Meats. Have a snack at the deli while shopping for sausage, bacon, ham and gifts. In business for more than 100 years, Broadbent's knows a thing or two about meat.

4:15 PM – Enjoy a stroll through Silver Cliff Park, a hike up to the cliff, or a refreshing swim, then take a walk among the stately homes on Victorian Row, an area known as Old Kuttawa.

5:00 PM – There's nothing better than dinner on the water. Check out Hu-B's or Buzzard Rock. (Both are seasonal and offer boat rentals.)

6:30 PM – Depart for your lodging via Land Between the Lakes National Recreation Area on Woodlands Trace, a National Scenic Byway that traverses Kentucky and Tennessee. There's a 700 acre [Elk and Bison Prairie](#) drive-through loop (small fee) and a smaller roadside enclosure featuring bison further south (free).

8:00 - Arrive back at our lodging. *Tip - Before turning in, if you plan to go to Patti's tomorrow night for dinner, consider making a reservation at 270-362-8844.*

Day 3

8:00 AM - Find some local, delicious breakfast.

9:00 AM – Depart for Calvert City and [Kentucky Dam Village State Resort Park](#). Yep, that's a mouthful, so we say KDV.

10:00 AM – Arrive at KDV for sandy beaches, fishing, boating, swimming, mountain biking and a host of outdoor recreation. (Rental

season is March 1 - October 31.) Eagle watching and hiking are favorite winter activities.

12:00 PM – Depart for [Grand Rivers, Kentucky](#)

12:30 PM – Arrive at T. Lawson’s Grill for pub food with a Kentucky flair. The history of Grand Rivers is included in the menu. Check out the loaded tater tots!

1:50 PM – Depart for Downtown Grand Rivers.

2:00 PM – Grand Rivers is a delightful village at the confluence of the Cumberland and Tennessee Rivers. Take some time to enjoy the town’s FREE trolley, unique ambiance, park, ice cream, marinas and extraordinary boutique shopping in and around the Village of Grand Rivers and Patti’s 1880’s Settlement.

5:00 PM – Arrive at [Patti’s 1880’s Settlement](#) for dinner. *Tip - Consider pork chops and pie. The delicious chops are 2” thick and the fabulous pies are topped with Patti’s signature, mile-high meringue!*

6:30 PM – Not ready to head back to your room or camper?

- There are [golf cart drive-in movies](#) the fourth Saturday of each month, June - August at dark. No golf cart required! Just bring a lawn chair or blanket and enjoy this free event on a 17 foot screen with theater sound.
- Enjoy the [street dances](#) featuring the Grand Rivers house band, the Underdogs, second Saturdays, May - September, 7 - 10 PM.

Annual festivals include:

- [Quilt Show](#)
- [Hometown Holiday](#)
- [Festival of Lights](#)

Day 4

8:00 AM – Find some breakfast and get ready for a full day!

9:30 AM – Head to the Southern City of Lights, [Paris, TN.](#)

10:00 AM – Arrive in [Historic Downtown Paris](#). From clothing to gifts, locally made sweets, murals, 19th Century architecture plus the lovely Fountain Plaza, there's something for everyone in Paris.

12:00 PM – With a coffee shop; bakery; candy shop; 50s style diner; bar-be-que stand; sandwich, soup and salad shop; and Chinese takeout, there are lots of delicious options for a downtown meal and dessert. Step over to the fountain plaza for a picnic table under the pavilion and listen to the relaxing, bubbling water. *Tip - Don't miss the history markers on the sidewalk!*

1:00 – Depart for [Eiffel Tower Park.](#)

1:10 – Arrive at the park for a photo op in front of the 70' tall [Eiffel Tower](#). Enjoy a public pool, splash pad, two children's playgrounds, hiking trails, trout pond, tennis, pickleball, Frisbee golf and more. During the season, the city hosts food trucks and free concerts. Every evening, the tower is awash in colorful lights.

2:30 - There's homemade ice cream, cookies or heavier, savory fare at [Sweet Jordan's](#), just a block's walk from the Eiffel Tower. The kiddos will love the creative, indoor play area and you'll enjoy the comfy, relaxing seating.

3:00 – Depart for the [Tennessee National Wildlife Refuge](#)

3:30 – With interactive opportunities in this state-of-the-art Visitor Center and wildlife just off the back patio, the refuge offers *edu-tainment* for all. Visit with the kid-friendly staff, enjoy the activities, browse in the gift shop and use the scope to see what's on the water. At closing time (4:00 pm) take a short hike to the lake or scan the bay for waterfowl at the nearby V.L. Child's overlook. *Tip - At the kiosk, grab a 'Field Checklist of Tennessee Birds' and start birding!*

4:30– Depart for PerryLodgic Brewery.

4:45 - Don't let the facade fool you, [PerryLodgic Brewery](#) is home to locally crafted beers that get rave reviews, intriguing burgers and salads, cool artwork, plus hometown folks who will happily answer your burning questions about their food, their beer and their town!

6:30 PM – Depart for your lodging.

Thanks for visiting the Lakes Region! We look forward to seeing you again soon!