

Experience MEMPHIS

YOUR SAMPLE ITINERARY
(Visit memphistravel.com/trip-ideas
for additional itineraries.)

DAY 1

TURN UP THE VOLUME

BREAKFAST

DOWNTOWN (1 hour)
Take your pick from diners specializing in Southern-style breakfast platters to coffee shops that serve house-made pastries.

ROCK 'N' SOUL MUSEUM (1 hour)

Hear the complete Memphis music story at this Smithsonian-curated museum.
memphirocknsoul.org

SUN STUDIO (1 hour)

Take a guided tour through the tiny studio where you will experience outtakes from recording sessions and touch Elvis' first microphone.
sunstudio.com

EDGE MOTOR MUSEUM

Showcases the American sports car from "postwar to '74". 2 min. walk from Sun

GRACELAND (4 hours)

Welcome to the home of Elvis Presley. See how a rock 'n' roll legend lived and relaxed with family and friends.
graceland.com

DINNER DOWNTOWN AND BEALE STREET

With celebrity chefs, buzzy outdoor spaces and breweries and distilleries serving food truck fare and more, you'll find diverse dining options downtown.

DAY 2

HISTORY MEETS CULTURE

BREAKFAST

MIDTOWN (1 hour)

NATIONAL CIVIL RIGHTS MUSEUM (2 hours)

In the historic Lorraine Motel, site of the assassination of Dr. Martin Luther King, Jr., this museum interprets 400 years of the civil rights movement.
civilrightsmuseum.org

SOUL FOOD LUNCH (1 hour)

From downtown to Soulsville, discover iconic soul food restaurants for authentic home-cooking.

STAX MUSEUM OF AMERICAN SOUL MUSIC (1 hour)

In the Soulsville neighborhood, learn about (and dance to!) Memphis Soul music through 2,000 artifacts and pieces of memorabilia.
staxmuseum.com

SLAVEHAVEN/BURKLE ESTATE (1 hour)

This home, a former stop on the Underground Railroad, reveals secrets hidden for more than 100 years.
slavehavenmemphis.com

BBQ FOR DINNER (1 hour)

With more than 100 barbecue restaurants citywide, follow your nose to indulge in Memphis' culinary signature.

DAY 3

EXPLORE THE OUTDOORS

BREAKFAST

DOWNTOWN (1 hour)

BIG RIVER CROSSING (30 min.)

SHELBY FARMS

PARK (3 hours)

This 4,500-acre outdoor wonderland can outfit you for trail rides by bike, horseback, zip line adventures and more. Onsite dining coming soon.
shelbyfarmspark.org

GOLF (9 OR 18 HOLES)

Whether you want to play 9 or 18 holes, choose from a variety of Memphis courses, including historic and award-winning greens. Grab a clubhouse lunch where served.
memphistravel.com/trip-ideas/golf-getaways-memphis

SHELBY FOREST

STATE PARK (2 hours)

Hike trails through 13,000 acres of hilly forest or rent a paddleboard to enjoy the lake.

MIGHTY LIGHTS (15 min. show)

This nightly light show highlights two iconic bridges over the Mississippi River.

DINNER IN OVERTON SQUARE (1.5 hours)

This entertainment district packs a variety of restaurants to please your whole group, plus theaters, shops and live music venues to explore after dinner.

Memphis

HOME OF BLUES,
SOUL & ROCK 'N' ROLL

NEW HOTELS

Memphis has some new digs. **Brand new hotels are open and taking reservations**, making 2022 the perfect time to visit Memphis. Let's take a look at what's new, what's in the works and what's unique as ever to help you book your perfect stay.

ARRIVE Memphis

The Central Station
Memphis

Canopy by Hilton
Memphis Downtown

Hyatt Centric Beale
Street Memphis

Hu. Hotel

The Memphian

MOXY Memphis
Downtown

Hotel Indigo
Memphis Downtown

Hilton Garden Inn
Memphis East
Germantown

Hilton Garden Inn
Memphis Downtown

Fairfield Inn & Suites

SEE ALL OF THE ACCOMMODATIONS MEMPHIS HAS TO OFFER:

memphistravel.com/memphis-hotels

ROADTRIPPING TO MEMPHIS

*Atlanta to Memphis:	5 hrs., 37 mins. — 384 miles / 636 km
*Birmingham to Memphis:	3 hrs., 31 mins. — 238 miles / 383 km
Chicago to Memphis:	8 hrs., 12 mins. — 534 miles / 859 km
Dallas to Memphis:	6 hrs., 56 mins. — 453 miles / 729 km
Houston to Memphis:	8 hrs., 34 mins. — 567 miles / 912 km
*Little Rock to Memphis:	2 hrs., 8 mins. — 138 miles / 222 km
Louisville to Memphis:	5 hrs., 55 mins. — 385 miles / 620 km
*Nashville to Memphis:	3 hrs., 18 mins. — 212 miles / 341 km
New Orleans to Memphis:	6hrs., 6 mins. — 395 miles / 636 km
St. Louis to Memphis:	4hrs., 20 mins. — 284 miles / 636 km
Tupelo to Memphis:	1hr., 45 mins. — 109 miles / 175 km
*Jackson, MS to Memphis:	3hrs., 2 mins. — 210 miles / 338 km

*CIVIL RIGHTS TRAIL ROADTRIP

LET US DEVELOP A CUSTOM ITINERARY
FOR YOUR GROUPS AND FIT!

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f [facebook.com/memphis.internationalme](https://www.facebook.com/memphis.internationalme)

☎ Use the WeChat QR code above.

RIVER RAIL ROAD RUNWAY

AIR SERVICE

VISIT
memphistravel.com/air
to see new direct flights to Memphis.

AMTRAK

Memphis Tennessee
Central Station
amtrak.com

RIVER CRUISES

americancruiselines.com
[americanqueen
steamboatcompany.com](http://americanqueensteamboatcompany.com)
vikingrivercruises.com



HEAR THE MUSIC

memphistravel.com/music

Take Selfies Around Town & Tag Us
#MUSTBEMEMPHIS

FESTIVALS & EVENTS

memphistravel.com/events

ASK ME HOW TO TUNE YOUR ITINERARY TO GOSPEL & ROCK

ASK ME ABOUT ONLINE TRAINING OPPORTUNITIES

What's NEW IN MEMPHIS

Stylish hotels. Outdoor venues for live music. Restaurants and breweries you'll want to try. New experiences at attractions you already know and love. We're welcoming visitors and new opportunities for making memories in 2022 & 2023, so visit us whenever you're ready.

JUSTIN FOX BURKS

FLY MEMPHIS

Memphis International Airport (MEM) is in the midst of its plan to **modernize and consolidate** airline and retail operations, adding space for live entertainment and several new restaurants.

CONNECT TO MEMPHIS
WITH YOUR INTERNATIONAL TRAVEL
[FLYMEMPHIS.COM/MODERNIZATION](https://flymemphis.com/modernization)

JAMES WESSELS

- Eat SHOP & PLAY LIKE A LOCAL**
- THE EDGE**
Shopping • Dining • Craft Beer
- CROSTOWN**
Dining • Arts • Brewery
- THE PINCH**
St. Jude • Shopping • Dining
- OVERTON SQUARE**
Theatre District • Live Music • Dining
- SOUTH MAIN DISTRICT**
Arts • Dining • History
- BROAD AVENUE**
Arts • Shopping • Dining
- HIGHLAND STRIP**
Shopping • Dining • University
- COOPER-YOUNG DISTRICT**
Dining • Shopping • Bars • Live Music

ALEX SHANSKY, PHILLIP VAN ZANDT, CRAIG THOMPSON, ANDREA ZUCKER, ALLEN GILLESPIE

MemphisTravel.com @memphistravel MORE REASONS THAN EVER TO VISIT MEMPHIS #MustBeMemphis #ILoveMemphis

DON'T MISS 2022 & 2023 EVENTS

- JAN:** International Blues Challenge
- JAN:** Elvis' Birthday Celebration
- APR - SEPT:** Bike Night on Beale (Wed.)
- MAY:** Memphis in May
Beale Street Music Festival
World Champ. BBQ Contest
- AUG:** St. Jude FedEx Cup Playoff
- AUG:** Elvis Week
- OCT:** Memphis Music Month
- OCT:** Mempho Music Festival
- DEC:** St. Jude Memphis Marathon

FOR A FULL LIST OF MEMPHIS EVENTS VISIT
[MEMPHISTRAVEL.COM/EVENTS](https://memphistravel.com/events)

ALEX SHANSKY

GREAT OUTDOORS

It's going to be a gorgeous day outside in Memphis, and **here are nearly a dozen ways to enjoy it.**

CRAIG THOMPSON

THE GROVE AT GPAC

GPAC

The Grove at Germantown Performing Arts Center features **theater, dance, orchestras and every genre of music** in a lush and shady setting.

FOR A FULL LIST OF EVENTS VISIT
[THE GROVE'S WEB PAGE](https://thegrovetheatre.com)

RIVER GARDEN PARK

ALEX SHANSKY

ELVIS PRESLEY'S MEMPHIS AT GRACELAND

ANDREA ZUCKER

Elvis Presley's Memphis at Graceland has unveiled ten all-new **interactive experiences** that allow fans to get closer to the King than ever through **virtual and augmented reality** activities. Prepare to be inspired, entertained and informed while creating sharable moments to treasure forever!

- MEMPHIS GRIZZLIES**
At The FedExForum on Beale Street
- MEMPHIS REDBIRDS**
At Autodome Park
- ST. JUDE IRONMAN 70.3**
At Shelby Farms Park
- 901FC**
At AutoZone Park
- MEMPHIS TIGERS**
At Liberty Bowl Memorial Stadium

PHILLIP VAN ZANDT, ALLEN GILLESPIE, CRAIG THOMPSON, ANDREA ZUCKER