Rhythms of the South Itinerary – All About Music

Rhythms of the South isn't one single, official place—it's a theme for a trip (and a way people describe the American South) that focuses on the region's most influential music traditions and the cities where they were shaped.

Day 1 – Nashville arrival + Broadway lights

Warm welcome to "Music City" with an easy first night of live music

🌞 Morning: Arrive in Nashville → settle in and take it slow with a neighbourhood wander

🌤️ Afternoon: Check-in at Aloft Nashville West End → head towards Downtown Nashville for your first taste of the scene

🌙 Evening: Dinner at Skull's Rainbow Room → honky-tonk hopping at Tootsies Orchid Lounge (classic Broadway energy)

Day 2 – 🎙️ Studios & "Nashville Sound" classics

Behind-the-scenes history by day, iconic stages by night

🌞 Morning: Explore Downtown Nashville → browse record shops and Music Row vibes

🌤️ Afternoon: Tour Historic RCA Studio B → relax back at your hotel before the evening show

🌙 Evening: Catch a performance at Ryman Auditorium (the "Mother Church" atmosphere is unmatched) → late-night stroll and live music spillover around Downtown Nashville

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Day 3 – 🚗 To Memphis: blues beginnings & Beale Street

Shift from country roots to blues, soul, and rock 'n' roll history

🌞 Morning: Drive from Nashville → Memphis (allow a relaxed travel window)

🌤️ Afternoon: Check-in at Moxy Memphis Downtown → head straight to Beale Street for an easy first look

🌙 Evening: Dinner at McEwen's → live blues crawl around Beale Street

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Day 4 – 🎼 Memphis deep dive: rock, soul & the city's sound

Museums that connect the dots between gospel, blues, soul, and early rock

🌞 Morning: Visit Memphis Rock 'n' Soul Museum → walk to nearby landmarks and soak up the downtown vibe

🌤️ Afternoon: Explore more of Beale Street in daylight → optional detour to Overton Square for a different local feel

🌙 Evening: Dinner at **The Lobbyist** → post-dinner music and nightcap in Midtown or back downtown (depending on what's on)

Day 5 – 🚙 To New Orleans: jazz, brass bands & the French Quarter

Gulf Coast rhythms, late nights, and a totally different musical flavour

🌞 Morning: Drive from **Memphis** → **New Orleans** (make it an unhurried travel day)

🌤️ Afternoon: Check-in at **Hotel Provincial** → first wander through **Bourbon Street** (go early before peak crowds)

🌙 Evening: Dinner at **Pêche** → live music hunt in the **French Quarter** (jazz clubs and street performers)

Day 6 – 🎺 New Orleans classics: culture, food, and a jazz-forward finale

Iconic Creole dining and a final night of music

🌞 Morning: Slow morning in **New Orleans** → coffee and courtyard wandering around the **French Quarter**

🌤️ Afternoon: Explore beyond the Quarter at an easy pace → rest up for a big final evening out

🌙 Evening: Dinner (or jazz brunch if timing works) at **Commander's Palace** → one last walk through **Bourbon Street** to catch final sets

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Day 7 – ✈️ Departure day

One last bite and an easy exit

🌞 Morning: Pack up → short final stroll for souvenirs in **New Orleans**

🌤️ Afternoon: Check-out from **Hotel Provincial** → head to **Louis Armstrong New Orleans International Airport** for your flight

🌙 Evening: Travel onwards