

Nashville, Memphis & the Cumberland

History, music and local cuisine

Experience a slice of Americana as you wind your way along the Mississippi and Cumberland Rivers, journeying through more than two centuries of culture and history. Sample Kentucky's famous bourbon, discover the history of the Cherokee people and gain insight into frontier settler life. Overnight stays in Nashville and Memphis give you more time to immerse yourself in the sounds of rock 'n' roll and country music and savor a taste of Southern barbecue.



Day 1 — Memphis, United States

Embark your ship and settle into your stateroom. Situated on the Chickasaw bluffs overlooking the Mississippi River, Memphis is revered for its blues music and barbecue. Some of the most famed names in blues, including B.B. King, got their start in Memphis, and the city has a well-deserved reputation as the home of this classic American music genre. Memphis is also celebrated for its culinary heritage and is renowned for its traditional barbecue restaurants serving flavorful dry rub ribs. Rich in history and culture, Memphis's many notable museums include the National Civil Rights Museum and Elvis Presley's Graceland.

Day 2 — Memphis, United States

The "Queen City of the South" is the birthplace of Memphis blues, popular in vaudeville shows of the early 20th century. With its strong trade in agricultural goods and other natural resources, it grew into one of the South's largest commercial centers. Memphis famously boasts a wealth of civil rights history, much of it along Beale Street and at the Lorraine Motel, site of Dr. Martin Luther King, Jr.'s assassination. It is also the home of Graceland, the mansion where Elvis Presley, "the King of Rock 'n' Roll," lived.

Day 3 — Scenic Sailing: Mississippi River

The rich and varied landscape along the Mississippi River is characterized by wide floodplains, rocky outcroppings and sandy beaches nestled between fertile farmland and bustling bankside cities. Indigenous peoples used the river for thousands of years before Europeans began exploring the region during the 16th and 17th centuries. It became an important trade route during the 19th century, with the rise of steamboats and river commerce. Today, the river is an important ecological region, with diverse wildlife and habitats, including wetlands and forests.

Day 4 — Cape Girardeau, United States

The largest city between St. Louis and Memphis, Cape Girardeau has a long and storied history. It was an important site during the Civil War and once housed a number of forts, including Fort D, which remains a well-preserved historic site to this day. Fondly referred to as “The Cape” by locals, this riverside destination is also popular with visitors who come to enjoy nature. The Cape Girardeau Conservation Nature Center is a stunning facility with verdant landscapes and picturesque trails to explore, as well as an abundance of flora and fauna.

Day 5 — Paducah, United States

Located at the confluence of the Tennessee and Ohio rivers, Paducah is one of Kentucky’s hidden gems. A UNESCO Creative City, Paducah is famed for its preserved 19th-century architecture and historic buildings that line the main street. The city’s Downtown streets are a delight to explore on foot. The National Quilt Museum houses a superb collection of contemporary style quilts by artists from around the globe. Paducah is also famed for its “Wall to Wall” murals, colorful paintings by different artists that document the heritage and history of the city and the region.

Day 6 — Clarksville, United States

Clarksville is a city steeped in history and rich in culture. Nestled along the shores where the meandering Cumberland River meets the Red River, it was established in 1785 and named after General George Rogers Clark, a Revolutionary War soldier and frontiersman. The city has evolved from its agrarian beginnings into a center of education and the arts, home to Austin Peay State University and a vibrant arts scene. The river itself, a vital artery for the city’s development, offers stunning vistas and recreational opportunities, such as kayaking, boating and fishing.

Day 7 — Nashville, United States

Nestled in the Central Basin of Middle Tennessee, Nashville is beloved as one of the South’s most influential country music cities. With its location on the Cumberland River, it experienced a rapid rise after its founding in 1779. In the 19th century, the arrival of the railroad bolstered its economy further. But this dynamic city found its cultural footing in the 1920s when “hillbilly music” made its mark. Today, the rhythm of Nashville centers on the famed Grand Ole Opry, founded in 1925, and the neon-lit clubs that line Lower Broadway.

Day 8 — Nashville, United States

Nashville’s diverse landscape offers a dynamic blend of historic charm and vibrant districts. The city is known as the “Athens of the South” and is renowned for its replica of the Parthenon, classical architecture, and many educational institutions, including Vanderbilt University, founded in 1873. Downtown features an abundance of lively music venues, boutique shops and eateries serving tasty fare. Spanning the Cumberland River, the Cumberland Pedestrian Bridge offers stunning views of this scenic waterway and the city’s skyline. Bid farewell to your fellow guests and journey home. Or spend more time exploring, perhaps joining one of our extensions.

** One shore excursion included per port; all others available at an extra charge.*

Travel By DeSIGN
www.travelbydesign.com
info@travelbydesign.com