



# Louisville Staycation Itinerary (Locals Taking a Break)

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Length: 3 Days

Location: Louisville, Kentucky

Pace: Light (designed to rest, wander & rediscover your city)

Themes: Art, Dining, Nature, Local Escapes



## Day 1: Check-In & Creative Luxury

Theme: 21c Arts Vibes + Local Flavor

You're not leaving town, but you're definitely getting out of your routine. Settle into 21c Hotel downtown for art, ambiance, and a launchpad to NuLu's best bites.

### Morning

- 10:00 AM – Drop kids at sitter or set email OOO message
- 11:00 AM – Check in to 21c Museum Hotel and explore the galleries

### Lunch

- 12:30 PM – Lunch at Proof on Main (Southern with a twist—inside 21c)

### Afternoon

- 2:00 PM – Wander through NuLu shops or sip cocktails at Nouvelle Wine Bar
- Optional: book a massage at Omni spa or relax in the soaking tub

### Evening

- 5:30 PM – Dinner at Le Moo (go for a themed booth for fun)
- 7:30 PM – Headliners for live music or catch a downtown show



## Day 2: Nature, Bikes & Bourbon

Theme: Move + Sip + Chill

Shake off the city by spending the day in parks and local gems. This is about slow exploration—by bike, foot, or flight of bourbon.

### Morning

- • 9:00 AM – Coffee & pastries at Wiltshire Pantry Bakery (Frankfort Ave.)
- • 10:00 AM – Bike ride through The Parklands or easy walk through Cherokee Park

### Lunch

- • 12:30 PM – Lunch at El Mundo (colorful Mexican spot with house margaritas)

### Afternoon

- • 2:00 PM – Visit Waterfront Botanical Gardens or Frazier History Museum
- • Optional: Bourbon tasting at Neat or a flight at The Pearl

### Evening

- • 5:30 PM – Dinner at River House (great riverfront views and fresh seafood)
- • 7:30 PM – Sunset walk along the Riverwalk or unwind back at hotel

## Day 3: Wind Down With Simple Joys

Theme: Reset, Reflect, Refuel

Wrap your staycation with intentional slowness—familiar comforts, nature, and space to ease back into daily life. This day is all about joy in the simple stuff.

### Morning

- • 9:00 AM – Brunch + vinyl browsing at Please & Thank You (NuLu or Frankfort Ave.)

### Midday

- • 11:00 AM – Stroll through Bernheim Forest or check out rotating exhibits at KMAC Museum
- • 1:00 PM – Return home, unpack, and journal the weekend

### Evening

- • 5:30 PM – Dinner at Ten20 Brewery (casual pizza & beer to close things out)

## Packing Tips for Families

- • Comfy layers and walking shoes for parks + galleries
- • Notebook or journal to reflect during the weekend
- • Rehydration drinks or vitamins (because spa + bourbon combo!)
- • Bring one outfit that makes you feel \*awesome\*