



2025-2026

DISCOVER THE JOYS OF TALLAHASSEE

FSU

INSTITUTE FOR TRAUMA
& RESILIENCE STUDIES
COLLEGE OF SOCIAL WORK

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ART HISTORY CULTURE

◆ FSU MUSEUM OF FINE ARTS

MoFA has a history of exciting exhibitions—from lush painting to dynamic sculpture, from challenging installations to provocative photography.

◆ FOSTER-TANNER FINE ARTS GALLERY

The Foster-Tanner Fine Arts Gallery at Florida A&M University showcases diverse visual art with a strong focus on Black artists and the African Diaspora. Through dynamic exhibitions and public programs, it celebrates artistic expression and hosts everything from student work to international group shows.

◆ LEMOYNE ARTS

Explore regional art and unique gifts at the historic Meginnis-Munroe House (1854), a Tallahassee gem in the Park Avenue Historic District. Stroll sculpture gardens and enjoy a self-guided audio tour.

◆ RAILROAD SQUARE ART DISTRICT

Railroad Square Art Park, Tallahassee's vibrant Art District, features over 50 studios, galleries, and eclectic shops. From vintage finds to local goods, plus a pinball arcade and climbing gym, it's a creative hub with something for everyone.



◆ TALLAHASSEE STATE COLLEGE FINE ARTS GALLERY

TSC's Fine Art Gallery showcases permanent works by Ralph Hurst and hosts seven rotating exhibits each year. Visitors enjoy a rich mix of professional and student art from across the community.

◆ THEATRE TALLAHASSEE

For over 50 years, this theater has staged everything from Peter Pan to Angels in America, plus cozy Coffeehouse shows and original collaborations. It also features visual art in its on-site gallery.

◆ VENVI ART GALLERY

Venvi Art Gallery showcases vibrant contemporary art and offers exclusive original works that elevate everyday living.

◆ BELLEVUE PLANTATION AT TALLAHASSEE MUSEUM

Catherine Murat, a relative of George Washington and French princess by marriage, lived at Bellevue from 1854 to 1867. Visitors can explore the lives of both the Murats and the 25 enslaved African descendants who lived and labored there, through the house, kitchen, and slave cabin.

ART HISTORY CULTURE

◆ FLORIDA HISTORIC CAPITOL MUSEUM

The Historic Capitol, restored to its 1902 glory, features a stained-glass dome and rich political history exhibits. Explore former chambers, the Supreme Court, and the Governor's suite in this iconic landmark.

◆ GOODWOOD MUSEUM & GARDENS

A beautifully preserved 1830s estate in Tallahassee, featuring antique-filled rooms and 19 acres of historic gardens. It offers guided tours and honors the lives of those enslaved on the property through thoughtful interpretation and memorial.

◆ KNOTT HOUSE MUSEUM

Built in 1843, the Knott House is where Florida's Emancipation Proclamation was read on May 20, 1865. Restored to its 1928 elegance, it now serves as a museum.

◆ MEEK-EATON BLACK ARCHIVES RESEARCH CENTER & MUSEUM

Leading center for African American history, preserving over 500,000 artifacts and documents. It celebrates Black heritage and engages the community through rich historical collections and educational outreach.

◆ MISSION SAN LUIS

Tallahassee's only National Historic Landmark, brings Apalachee and Spanish history to life with reconstructed buildings and live demonstrations. Enjoy 64 acres of history, plus picnic spots and a top-notch dog park.

◆ THE GROVE MUSEUM

Built in the 1830s by enslaved African Americans, is one of Florida's best-preserved antebellum homes. Once home to the Call and Collins families, it now invites visitors to explore Florida's rich and complex history.

◆ UNION BANK MUSEUM

Built in 1841, the Union Bank Museum is Florida's oldest bank building. It has served many roles—from planter's bank to Freedman's Savings, and later, a hub for local businesses and community groups.



OUTDOORS

PARKS & RECREATION

◆ **ALFRED B. MACLAY GARDENS STATE PARK**

\$6 per vehicle (general admission); additional \$6 per adult for garden access Jan–Apr

◆ **A.J. HENRY PARK**

◆ **CASCADES PARK**

◆ **DOROTHY B. OVEN PARK**

◆ **J.R. ALFORD GREENWAY**

◆ **LAKE ELLA**

◆ **LEON SINKS GEOLOGICAL AREA HIKING TRAIL**

\$3 per vehicle

◆ **MICCOSUKEE GREENWAY TRAIL**

◆ **PARK AVENUE HISTORIC CHAIN OF PARKS**

◆ **ST. MARKS RIVER PRESERVE STATE PARK**

◆ **TOM BROWN PARK**

◆ **BRADFORDVILLE DOG PARK**

◆ **WAKULLA SPRINGS STATE PARK**

\$6 per vehicle; \$4 for single occupant; \$2 per pedestrian/cyclist. Boat tours extra

FISHING

◆ **HARRY SMITH OUTDOORS**

Guided eco-tours and fishing trips are paid experiences

◆ **LAKE JACKSON**

Free to access and use public boat ramps

◆ **LAKE TALQUIN STATE PARK**

\$3 per vehicle, \$2 for pedestrians or cyclists

◆ **PINEY Z LAKE**

Free entry via Lafayette Heritage Trail Park

◆ **ST. MARKS OUTFITTER**

Guided fishing and kayak trips are paid services

BIRDING

◆ **APALACHICOLA NATIONAL FOREST**

Free to enter and explore

◆ **ELINOR KLAPP-PHIPPS PARK**

Free to enter and explore

◆ **ST. MARK'S NATIONAL WILDLIFE REFUGE & LIGHTHOUSE**

Entry is \$5 per vehicle or \$1 per pedestrian/bike

OUTDOORS

RACQUET SPORTS

- ◆ **FOUR OAKS PARK**
- ◆ **LAFAYETTE PARK**
- ◆ **MYERS PARK**
- ◆ **WINTHROP PARK**

GOLF

- ◆ **CAPITAL CITY COUNTRY CLUB**

Public play available on select days; 18-hole round costs around \$75

- ◆ **GOLF CLUB AT SUMMERBROOKE**

Green fees range from \$25 to \$62, depending on day and time

- ◆ **HILAMAN GOLF COURSE**

Public course; walking rounds \$20–\$25, with cart \$30–\$45

- ◆ **JAKE GAITHER GOLF COURSE AND TENNIS COURTS**

Public course; walking \$10, with cart \$20

- ◆ **SEMINOLE LEGACY GOLF CLUB**

Private; guest play starts at \$125, “Member for a Day” rate is \$195

- ◆ **SOUTHWOOD GOLF**

Public course; green fees vary, cart rental is \$25 for 18 holes

DISC GOLF

- ◆ **BUCK LAKE DGC AT MORNINGSIDE**
- ◆ **JACK MCLEAN PARK**
- ◆ **MILLSTONE DGC**

Private course with a \$5 per round/day fee. You must call ahead to schedule a tee time

- ◆ **TOM BROWN DGC**

SWIMMING SPOTS

- ◆ **FSU LAKEFRONT PARK**

Free for FSU students with valid ID \$5 for guests ages 16+, \$2 for ages 7–15, free for kids 6 and under. Additional fees for rentals (e.g., kayaks \$10, sailboats \$15)

- ◆ **MORCOM AQUATICS CENTER**

\$4 for general admission, \$3 for seniors (age 62+)

DAY TRIPS

- ◆ **BEAR PAW ADVENTURES**

fees vary by activity (kayak, canoe, tube rentals)

- ◆ **DR. JULIAN G. BRUCE ST. GEORGE ISLAND STATE PARK**

\$6 per vehicle, \$4 single occupant, \$2 per pedestrian

OUTDOORS

DAY TRIPS CONT.

◆ **FLORIDA CAVERNS STATE PARK**

\$5 per vehicle, \$4 single occupant, \$2 per pedestrian; cave tours extra

◆ **GRAYTON BEACH STATE PARK**

\$5 per vehicle, \$4 single occupant, \$2 per pedestrian

◆ **MADISON BLUE SPRINGS STATE PARK, 66 MILES**

\$4–\$5 per vehicle, \$2 per pedestrian

◆ **PROVIDENCE CANYON STATE PARK**

\$5 Georgia State Park daily pass per vehicle

◆ **TORREYA STATE PARK**

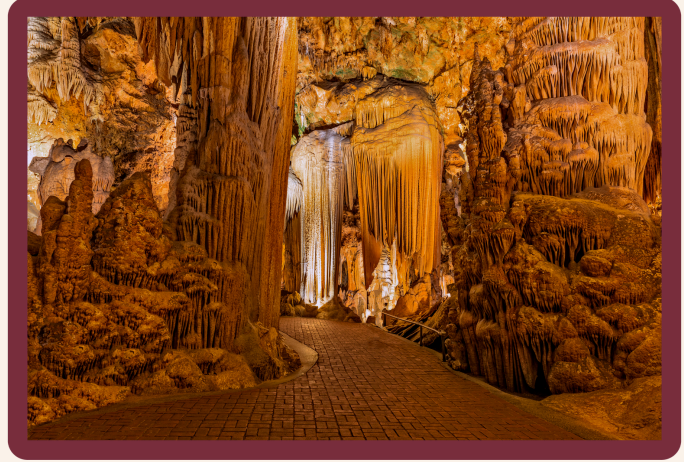
\$3 per vehicle, \$2 per pedestrian

◆ **ROSEMARY BEACH**

Private beach — access restricted to residents and overnight guests

◆ **SEASIDE BEACH**

Public town center is accessible, but beach access may be restricted to guests staying in Seaside rentals or nearby accommodations



FOOD & DRINK

ASIAN

- ✦ **AZU – A LUCY HO’S RESTAURANT**
- ✦ **CHOW TIME GRILL & BUFFET**
- ✦ **CHOW WON K-BBQ BUFFET & SUSHI**
- ✦ **IZZY PUB & SUSHI**
- ✦ **KYOTO JAPANESE CUISINE**
- ✦ **MASA**
- ✦ **ROBOTO TOKYO GRILL**
- ✦ **SIAM SUSHI**
- ✦ **LAO JIA HOT POT & BBQ**
- ✦ **LEMONGRASS**

MEXICAN

- ✦ **EL JALISCO**
- ✦ **EL RAY TACOS & BEER**
- ✦ **EL TIO MEXICANO**
- ✦ **LA TIENDITA MEXICAN RESTAURANT**
- ✦ **MARIA MARIA**
- ✦ **PEPPER’S MEXICAN GRILL & CANTINA**



LATIN / PERUVIAN / CARIBBEAN

- ✦ **CAFE DE MARTIN (PERUVIAN)**
- ✦ **VENEBITES (VENEZUELAN)**
- ✦ **HABANA’S BOARDWALK (CUBAN)**
- ✦ **HALISI AFRICA (AFRICAN & CARIBBEAN FUSION)**

ITALIAN

- ✦ **BELLA BELLA**
- ✦ **IL LUSO**
- ✦ **MOM & DAD’S ITALIAN RESTAURANT**
- ✦ **TOUR OF ITALY**
- ✦ **VILLAGE PIZZA & PASTA**

PIZZA

- ✦ **DAVE’S PIZZA GARAGE**
- ✦ **GAINES STREET PIES**
- ✦ **MOMO’S PIZZA & BREWPUB**

FOOD DRINK &

AMERICAN/SOUTHERN

- ✦ **BACKWOODS CROSSING**
- ✦ **KOOL BEANZ CAFE**
- ✦ **MIDTOWN CABOOSE**
- ✦ **MIMI'S TABLE**
- ✦ **SAGE**
- ✦ **TABLE 23**
- ✦ **THE BLU HALO**
- ✦ **THE EDISON**
- ✦ **THE HUNTSMAN**
- ✦ **HAYWARD HOUSE**
- ✦ **EARLEY'S KITCHEN**
- ✦ **JOELLEN'S**
- ✦ **JERI'S AT MARKET PLAZA**
- ✦ **LEMON AND THYME**
- ✦ **LEON'S AT LAKE ELLA**
- ✦ **PINEAPPETIT**



MEDITERRANEAN / MIDDLE EASTERN / INDIAN

- ✦ **ESSENCE OF INDIA**
- ✦ **MAYURI INDIAN
RESTAURANT**
- ✦ **SAHARA CAFE**
- ✦ **YASOU FRESH
MEDITERRANEAN**

VEGETARIAN/VEGAN

- ✦ **BLACK RADISH BAR &
RESTAURANT**
- ✦ **SWEET PEA CAFE**
- ✦ **THE BARK**

CAFÉS & COFFEE

- ✦ **ARGONAUT**
- ✦ **BLACK DOG CAFÉ**
- ✦ **CATALINA CAFE**
- ✦ **LA FLORIDA**
- ✦ **LUCKY GOAT COFFEE**
- ✦ **LOGY COFFEE CO.**
- ✦ **PIEBRARY**
- ✦ **PAPER FOX**
- ✦ **TALLY CAT CAFE**
- ✦ **THE FROTHER'S
DAUGHTER**

FOOD DRINK &

BREAKFAST

- ✦ **BADA BEAN**
- ✦ **BRUEGGER'S BAGELS**
- ✦ **CANOPY ROAD CAFE**
- ✦ **HAWTHORN BISTRO & BAKERY**
- ✦ **MA'S DINER**
- ✦ **THE EGG CAFE & EATERY**
- ✦ **WOODCHUCK'S CAFE**

BARS & BREWERIES

- ✦ **AMICUS BREWING VENTURES**
- ✦ **BAR 1903**
- ✦ **CHARLIE PARK**
- ✦ **CORNER POCKET BAR & GRILL**
- ✦ **EVE ON ADAMS**
- ✦ **LIBERTY BAR AND RESTAURANT**
- ✦ **LEVEL 8 LOUNGE**
- ✦ **LOGY BREWING CO. TAP ROOM**
- ✦ **PROOF BREWING COMPANY**

BARS & BREWERIES CONT.

- ✦ **STIX POOL & BAR**
- ✦ **THE BLUE TAVERN**
- ✦ **THE BRASS TAP - MIDTOWN**
- ✦ **THE MONROE**

DESSERTS & SWEETS

- ✦ **AU PÉCHÉ MIGNON**
- ✦ **BARB'S GOURMET BRITTLES**
- ✦ **BIG EASY SNOWBALLS**
- ✦ **LOFTY PURSUITS**
- ✦ **SNEAUXBALL CATERING CO.**
- ✦ **TASTY PASTRY BAKERY & CATERING**
- ✦ **THE CAKE SHOP**



FAMILY FRIENDLY

FUN FOR ALL AGES

◆ **TREE-TO-TREE ADVENTURES AT TALLAHASSEE MUSEUM**

Tightropes, crab walks, jungle bridges, nets, and best of all, zip lines! Cost varies (\$11-15; free for children under 3)

◆ **FLIPPIN' GREAT PINBALL**

A family-friendly arcade that offers over 70 pinball and arcade games to play by the hour or all day — no quarters required! Price varies (\$6.99-9.99)

◆ **NATIONAL HIGH MAGNETIC FIELD LABORATORY (MAGLAB)**

The largest and highest-powered magnet lab in the world! The lab hosts free public tours of the facility on the third Wednesday of each month at 11:30 a.m. Show up wearing close-toed shoes and check in at the reception desk.

◆ **CHALLENGER LEARNING CENTER OF TALLAHASSEE**

Offers the general public and tourists a unique experience through its IMAX Theatre and Planetarium.

◆ **FUNSTATION**

An arcade plus outdoor mini-golf, go-karts, batting cages & more! Prices vary per activity.



◆ **TALLAHASSEE AUTOMOBILE MUSEUM**

The museum's collection includes over 170 automobiles, plenty of artifacts, and memorabilia! Cost varies (\$10-22; free for children under 4)

◆ **SKATE WORLD**

Roller Skating, Super Playground, Arcade, Cafe and more! Prices vary per day and activity.

◆ **CAPITAL LANES**

Bowling alley featuring 40 cosmic lanes, automatic scoring, a large game room, laser tag and a full-service bar and grill! Prices vary per day and activity.

◆ **HANGAR 38**

Hangar 38 is home to 79 arcade games and bowling lanes. Zeppelin's at Hangar 38 is a premier full-service restaurant and sports bar.



FAMILY FRIENDLY

FUN FOR ALL AGES CONT.

◆ **DISTRICT 850**

On-site restaurant with many activities to offer, such as laser tag, axe-throwing, bowling, arcade games, escape rooms, and more!

◆ **THE PICKLE PAD**

On-site restaurant with indoor Pickleball courts and many social games/activities to choose from. Courts can be reserved ahead of time! Prices vary per hour.

◆ **URBAN AIR TRAMPOLINE & ADVENTURE PARK**

Urban Air is the ultimate indoor adventure park and a destination for family fun. Features attractions perfect for all ages and offers the perfect destination for kids' birthday parties, exciting special events, and family fun.

◆ **SECRET ESCAPE ROOMS**

An experience built by a team of industry-leading theme builders, prop makers, painters, artists, and designers. We're proud to present three state-of-the-art Escape Rooms for you and your friends and family to explore.

◆ **NORTH FLORIDA WILDLIFE CENTER**

Organization dedicated to the conservation of wildlife through public education, propagation, and projects in the field. Offers tours to the public from Wednesday to Sunday, 10 am - 4 pm.



◆ **ALCHEMY CLIMBING**

Alchemy Climbing provides Tallahassee and the surrounding communities with a place to learn and practice the sport of indoor rock climbing while offering challenges for both beginners and experienced climbers.

◆ **AUNT LOUISE'S FARM**

Aunt Louise's Farm is the perfect place for family fun and traditions. Meet our friendly animals and explore North Florida's family farm.

◆ **GADSDEN ARTS ARTISTS GUILD**

An innovative arts center and museum that endures, alive with art experiences for every individual of the community, and widely acclaimed for its excellence and positive impact.

◆ **GULF SPECIMEN MARINE LABORATORY**

Located less than an hour away from Tallahassee, the Gulf Specimen Marine Laboratory is a popular attraction offering marine biology experiences through interactive touch aquariums and a variety of demonstration programs.

SHOPPING

COMMERCIAL

◆ **GOVERNOR'S SQUARE MALL**

Governor's Square is the only regional mall in the Tallahassee market. Anchor stores include Sears, Macy's, Dillard's, and JCPenney. Other popular stores include H&M, Pandora, Sephora, and Victoria's Secret!

◆ **MARKET SQUARE SHOPPING CENTER**

Located in Midtown Tallahassee, it offers a charming mix of shops, dining, and services, from Lucky Goat Coffee to Sage Spa, all in one easygoing, open-air plaza.

◆ **MIRACLE PLAZA**

A modern, walkable hub anchored by Trader Joe's, offering specialty groceries, stylish boutiques, self-care services, and standout eats like Blaze Pizza and Little Paris, all in one convenient Midtown spot.

LOCAL

◆ **BRADLEY'S COUNTRY STORE**

Bradley's Country Store, just 12 miles from Tallahassee, is a historic, family-run gem known for homemade sausage and stone-ground grits—still made on-site since 1927.

◆ **MIDTOWN READER**

Tallahassee's only general-subject indie bookstore, offering new books, author events, and kids' reading programs.

LOCAL CONT.

◆ **NIC'S TOGGERY**

Outfitting Tallahassee since 1950, offering timeless men's fashion from its original downtown shop and two Market District locations. Still family-run and rooted in quality!

◆ **THE MARKET PLACE**

Fun and eclectic gathering of local artists displaying and selling their high-quality art and essential oil products for all of your occasions!

◆ **TALLAHASSEE FARMERS MARKET**

One of Florida's oldest markets, it runs year-round every Saturday from 8AM to noon at Cornerstone Presbyterian Church, offering fresh goods from 25+ local vendors.

◆ **DOWNTOWN MARKET**

Every Saturday from March to November, 9AM to 1PM, Ponce de Leon Park buzzes with live music, local art, fresh produce, and family-friendly activities. It's a vibrant celebration of Tallahassee's creative spirit.



SHOPPING

ANTIQUES

◆ **MEMORY LANE ANTIQUES**

Carries quality antiques, collectables, and vintage items ranging from the 18th century to mid-modern 20th century.

◆ **RABBIT CREEK MARKET**

Tallahassee's upscale indoor market, featuring 100+ artisans with handmade and vintage finds, a cozy coffee shop, high tea parties, and creative workshops.

◆ **THE OTHER SIDE VINTAGE**

Founded 25 years ago and locally owned and operated, The Other Side Vintage is a place for the curious shopper looking for unique items of all kinds.

GARDENING

◆ **ESPOSITO GARDEN CENTER**

Tallahassee's go-to for lawns, gardens, and landscaping for over 40 years, offering expert advice, quality supplies, and everything you need to make your yard shine.

◆ **NATIVE NURSERIES**

Go-to for native plants, wildlife gardening, and birding essentials!

◆ **ORCHARD POND**

A diverse, family-owned, organic farm located in the Red Hills Region of Tallahassee, Florida. The farm sells organic vegetables, honey, grass-fed beef, and locally produced items.

◆ **TALLAHASSEE NURSERIES**

The city's oldest and largest garden center, offering a vast selection of quality plants, gardening tools, and products.





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