

# Interesting Places Outdoor Spaces

### **Veterans Memorial Park & Bicentennial Rose Garden**

A Heartfelt Tribute • Located west of the RP Funding Center near Lake Beulah, this park is dedicated to those who serve our country and community in the Armed Forces, Law Enforcement, Firefighting, and Emergency Medical Services. A Monument honors James Henry Mills, the only Polk County native to be awarded the Medal of Honor during

### **Munn Park**

Central City Park • This oasis of green has been a part of the city's landscape since before there was officially a City of Lakeland. Abraham Munn, the park's namesake, was a Louisville, Kentucky businessman who purchased 80 acres of Polk County land sight unseen in 1892. This land became the heart of Lakeland, the center of which is Munn Park.

### Florida Southern College

Frank Lloyd Wright Architecture • Florida Southern College has the largest concentration of Frank Lloyd Wright - designed structures anywhere in the world. Guided & self-paced tours are available at the welcome center: 750 Frank Lloyd Wright Way. flsouthern.edu

### **Lemon Street Promenade**

A Shady Place to Take a Stroll • This calm, green space stretching from South Florida Avenue to Massachusetts Avenue has seating and is home to the Florida Outdoor Sculpture Competition winners.

New sculptures are installed every Spring.

### **Lake Morton**

Lake Morton Bird Sanctuary • In 1954, Queen Elizabeth graciously donated a pair of mute swans from Richard the Lion-Hearted's flock to the City of Lakeland. The swans, ducks, geese, and other wildlife that now call Lake Morton home enjoy visitors feeding them fresh lettuce or the food provided in the dispensers stationed around the lake. Please do not feed bread or other carbohydrates to the birds.





## **Lake Mirror Park**

### Frances Langford Promenade at Lake Mirror

Lake Mirror Historic Tour • This free, guided tour uses the Promenade and Lake Mirror as a backdrop for the intriguing history of Lakeland. Lake Mirror Park was recently voted one of the 10 great public spaces in the United States. Come see for yourself! 4<sup>th</sup> Tuesday of each month. Call 863.834.2280 for reservations and information.

### **Barnett Family Park**

A Local Favorite • Located at the top of the Lake Mirror Amphitheater, Barnett Family Park includes a splash pad water feature, two playgrounds (including the Sunflower Preschool Playground), a labyrinth, a covered picnic area, restrooms, and a multipurpose field.

### **Sunflower Preschool Playground**

**Shady Fun for the Little Ones** • Part of Barnett Family Park, this separate playground is designed specifically for children ages 3–5. The equipment helps the little ones develop coordinated motion, balance, and climbing skills. It even includes an area to park strollers.

### **Hollis Garden**

Lakefront Botanical Garden • This manicured beauty boasts more than 10,000 flowers, beautiful fountains, and a picturesque view of Lake Mirror. Music actually plays as you drift through the rose garden, butterfly trail, and down a grand staircase of neoclassical design. When you find yourself gazing over lovely Lake Mirror, you'll be grateful you thought to bring your camera.

### **Public Art**

Outdoor exhibits • Enjoy a self-guided walking or biking tour of Downtown's outdoor public art found in Munn Park, the Lemon Street Promenade, the Curtis Peterson State Building, and around Lake Mirror. Locations of each piece along with the artist's name can be found on the map in this guide.

### Joker Marchant Stadium

Home of the Detroit Tigers Spring Training and Lakeland Flying Tigers

Two Miles North of Downtown





### Welcome Back Detroit Tigers!

Spring Training February 2020 through April 2020







(A) Church

Museum

WiFi Hotspot

Arts and Culture

Dining and Entertainment

Retail Shop

Parks

Public Art

**Downtown Farmers Curb Market Footprint** (Saturdays)

Mixed Lot of Permit/Free 2 Hours

Free Public Parking All Day

Pay by Space Lot/Garage

Public Parking - PARKMOBILE ONLY

UP TO 2 hours FREE public parking on first parking visit; Paid parking thereafter via PARKMOBILE

Be sure to pick up a parking brochure for full parking rules at any Downtown business.

All permit lots, metered spaces, and pay by space lots are FREE after 5p and all day on weekends.

# DOWNTOWNLKLD.COM

# **Getting Around**

Use the map grid to locate your favorite places and read all about them on pages 6 through 9.

### **D2**

- Jesse Carl Vinyl
- Purple Onion Deli-Grille
- Scream'n Tuna SushiTeriyaki Madness

### **E2**

- Home Essentials
- Lloyd's of Lakeland
- My Cottage GardenStudio 323 Salon

Thom Downs Antiques, Inc.

### **D3**

- Bay Street Bistro
- Dreams Come True Entertainment
- Honeycomb Bread Bakery/ Twenty Seven
  Rafa Natural/Scout & Tag
- Take Heart Fair Trade & More
- The Strand Salon
- Top Buttons Boutique & Designer Thrift

### **B4**

- Batteries Plus Bulbs
- Fast Signs
- iNK Screen Printing
- Swan Brewing Company

### C4

- Bella Viságe Medical Rejuvenation
- Liquid Hair Studio
- Satya Life Yoga
- Sifu Och Wing Chun Fu

### **D4**

- Escapology LakelandGent's Classic Cuts Barber Shop
- Pumpernaks Vintage Store
- Salon Chateau
- The Sommer Building
- Stationery Loft & Gift Boutique

- Amelia Paige Boutique & **Embroidery**
- Pura Vie
- Goin' Postal
- Lakeland Escape Room
- Lakeland CBD Wellness
- Mitchell's Coffee House

### **J4**

The Joinery

### **E**5

- Crispers
- Lkld Live at Studio B
- The Rec Room
- Traditions Unlimited

### **C6**

- Divicious Deli & Coffee Shop
- Edwards-Macy Bridal
- Evolve Hair Studio
- My Office & MoreSilver Ring Cafe
- Tsunami Sushi & Hibachi

- Explorations V Children's Museum
- Harry's Seafood Bar & Grill
- Jimmy John'sLakeland Downtown Welcome Center

### **K6**

 La Imperial Bakery Café & Catering

- Downtown Diner
- Glass Onion
- Mark Twain Smoke Shop
- The Polk Theatre

- Reborn Hair Lab
- Black & Brew Coffee House
- Café Roti Restaurant & Bar
- Cake Makers Studio Cake &
- Dissent Craft Brewing
- The Federal Bar/Restaurant
- Gaines JewelersLakeland Loft Cigar Bar
- Linksters Taproom

  MOJO Federal Swine & Spirits

  Molly McHugh's Irish Pub
- Nathan's Men's Store
- Nineteen 61 Latin Cuisine
- Revival Bar
- Urban Appeal

- The Chop Shop Bar & Grille
- Fresco's Southern Kitchen &
- Hookah Palace
- Just Dance Academy of Dance and Etiquette
- Palace Pizza
- Taco Bus Lakeland
- Terrace Grille

### **K7**

- The Poor Porker
- Texas Cattle Company

### **B8**

- Flowers By Edith
- Tropical Smoothie Cafe

### 18

Garden Bistro

RP Funding Center

### **D10**

Tyler Floral Shoppe

### J12

Mister Fish

### K12

- Polk Museum of Art
- Polk Museum of Art Gift Shop
- Red Door Lakeland

### **Explore the Arts**

- 🙀 Windows Robert Wick, Hollis Garden, 1988
- 😰 Influx Brett Hunter, Hollis Garden, 2001
- 🛕 Crocodilis imperious Doug Makemson, Lake Mirror Park, 2000
- Tribute to the Volunteer Spirit Albert Paley, Lake Mirror Park,
- 🙎 Clients Meredith William King, State Building, 1987
- 拴 Hudson John Henry, Polk Museum of Art, 1986
- 😰 **Verde Voyager –** Glenn Zweygardt, Polk Museum of Art, 2001
- Undefined Icon #3 Shawn Morin, Polk Museum of Art, 2005
- No Mommy That One J. Seward Johnson, Barnett Park, 2002
- 🛕 Out of Site J. Seward Johnson, Barnett Park, 2002
- 🛕 Oracle I Jerry Soble, Hollis Garden, 2003
- Lemon Street Sculptures Promenade, changed annually
- 🛕 Airwaves Frank Holder, Elva Rath Park, 1999
- 隆 **Tier –** Anne Melanie, Bank of America, 2001
- Infinity Albert Kristen, The RP Funding Center, 1977
- Feng Shui Jerzy Kedziora, Munn Park, 2006

- **Prism I –** Carl Billingsley, Lake Mirror Park, 2008
- 🕦 Heliotrope Carl Billingsley, Lake Mirror Park, 2008
- Port City Sunrise Carl Billingsley, Lake Mirror Park, 2008
- 💢 Barbara Allen Carl Billingsley, Lake Mirror Park, 2007 Mute Swan Protecting Her Cygnets – Ian Brennan,
- Lake Mirror Park, 2012 <mark>幹 The Honor Sculpture –</mark> Maria Vazquez/Tom Monaco, City Hall, 2014
- 🛱 An Epic Tale Vincent Sansone, Orange St Bridge South railing, 2014
- 🙀 Scenes of Lakeland Beate Marsten, Orange St Bridge North railing
- 🟋 Bike Racks James Lasley, Orange St, 2013
- 🛕 Sacrifice Cierra Grenier/Tom Monaco, Dixieland Village,
- Entrepreneurial Spirit Josh Bump Galletta, Dixieland Village, 2014
- Frank Lloyd Wright Architecture Largest collection in

# Eat like a Foodie! Drink

**Bay Street Bistro** [D3] – Eclectic bistro specializing in French-American and Italian cuisine. Handmade desserts. Call for reservations. ● 211 E Bay St ● 863.683.4229 ● baystreetbistro.net ● Tu-Sa 5p-9p

**Black & Brew Coffee House & Bistro [D7]** – Hip casual eatery specializing in fresh salads, toasts, flatbreads, pressed sandwiches, and soups. The beverage menu features traditional and inventive espresso beverages, World's Finest Cold Brew, and craft

sodas. • 205 E Main St • 863.682.1210 • blackandbrew.com • M-Th 7a-8p, F 7a-10p, Sa 8a-10p, Su 11a-4p

### Cake Makers Studio Cake & Sweets [D7] -

A unique provider of custom cakes that will make you say, "I don't believe it's a cake." If you can imagine it, we can bake it! Cakes for weddings, birthdays, and any type of event. Also, we have over 30 flavors of ice cream, milkshakes, Freakshakes, smoothies, cupcakes, and pastries. • 115 S Kentucky Ave • 863.937.8451 • f/CakeMakersStudio • M-Th 9a-8p, F-Sa 9a-9p, Su 11a-5p

Café Roti Restaurant & Bar [D7] – Authentic, gourmet Indian and Pakistani cuisine at affordable prices. ● 116 S Tennessee ● 863-688-2800 ● caferotifl.com ● M-Th 11a-2p and 5p-9p, F-Sa 11a-10p, Su 11a-9p

**The Chop Shop Bar & Grill [E7]** – A hot rod culture inspired diner serving amazing wings and the best burgers anywhere! • 118 S Kentucky Ave • 863.603.4040 • **f**/chopshopburgers • M-W 11a-9p, Th-Sa 11a-11p, Su 11a-9p

Crispers [E5] – Walk in and be wowed with a variety of fresh flavors for lunch or dinner. Delivery, carry-out, and online ordering.

• 217 N Kentucky Ave • 863.413.0685 • crispers.com • M-Sa 10:30a-8:30p, Su 11a-6p

**Dissent Craft Brewing Company [D7]** – Enjoy "outspoken ales" at this craft brewery opening soon! • 125 S. Kentucky Ave. • dissentcraftbrewing.com

**Divicious Deli & Coffee Shop [C6]** – Specializing in a combination of hot and cold sandwiches, Cuban sandwiches, salads, specialty coffee and pastries. • 128 E Main St • 863.940.9779 •

f/Divicious-Deli-and-Coffee-Shop • M-F 7a-5p, Sa 7a-4p

**Downtown Diner [B7]** – Daily breakfast and lunch specials.

Breakfast is served all day. • 126 W Main St • 863.583.4300 • 7/downtowndiner126 • M-F 7:30a-2p, Sa 7:30-12

**The Federal Bar/Restaurant [D7]** – A new Prohibition Era Bar located in Lakeland's first Post Office featuring a full service restaurant and classic event space. Menu features amazing tacos, fresh made salads, flatbreads, mac and cheese skillets, and healthy rice bowls, plus a premium whiskey and craft cocktail selection. Live music and guest DJs on every Friday, Saturday and Sunday! • 124 S Tennessee Ave • 863.816.3968 • federalbarlakeland.com • M-W 12a-11p, Th 12p-12a, F 12pm-2a, Sa 11a-2a, Su 10a-5p

Fresco's Southern Kitchen and Bar [E7] – Always the Perfect Mix of food, drink and atmosphere. Lakeland's first craft bar and restaurant. Live music Thu-Sat nights. Happy Hour Tuesday-Friday, plus \$5. Tito's Tuesdays, Whiskey Wednesday, Wine Down Thursday (1/2 Price Bottle Wine). Full service catering available. • 132 S Kentucky Ave • 863.683.5267 • frescoslakeland.com • M 7a-3p, Tu-W 7a-10p, Th 7a-12a, F-Sa 7a-1a, Su 9a-3p

Garden Bistro [18] – On the Lake Mirror side of the Magnolia Building, enjoy fresh homemade salads, sandwiches, soups and desserts while overlooking the Frances Langford Promenade. Fine wine and beer available. • 702 E Orange St • 863.686.3332 • Tu-Sa 11a–3p, Su Brunch 9:30a–2:30p

Harry's Seafood Bar & Grille [E6] – A
New Orleans-style restaurant. Great food,
great service, good value, and good times.

• 101 N Kentucky Ave • 863.686.2228 •
hookedonharrys.com • M-Th 11a-10p, F-Sa
11a-11p, Su 11a-10p

Hookah Palace [E7] - Belly dancing Friday and Saturday nights. Thursday is Latino Night with a DJ. Wide variety of beer, wine, and a full liquor bar with specialty drinks. Available for private functions.

• 112 S Kentucky Ave • 863.688.1818 • myhookahpalace.com • W 4p-1a, Th-Sa 4p-2a

Honeycomb Bread Bakery [D3] – A local bakery in Lakeland producing modern artisan bread, pastry, and dessert • 213 E Bay St • Honeycombbread.com

**Jimmy John's [E6]** – Freaky fast. Freaky good. It's all about the freshest ingredients & fastest service. Eat in, take out, or call for delivery. • 125 N Kentucky Ave • 863.688.3118 • jimmyjohns.com • M-Su 11a-9p

**The Joinery [J4]** – A modern food hall and craft brewery featuring 7 specialty eateries, as well as a funky fresh floral boutique, on the banks of Lake Mirror. • 640 E. Main St. • thejoinerylkld.com • M-Th 11a-1op, F-Sa 11a-11p, Su 11a-8p

La Imperial Bakery Cafe & Catering [K6] – Family-owned and operated bakery, café, and caterer serving breakfast, lunch, and fresh pastries and bread. Eat in and take out. Private, off-street parking on site.

Catering available for all occasions. • 830 E Main St • 863.500.4422

• imperiallakeland.com • M-F 7:30a-5:30p, Sat. 8a-4p

Lakeland Loft [D7] – Sophisticated smooth jazz nightspot with fine cigars and spirits with a balcony overlooking Munn Park. ● 108 S Tennessee Ave ● 863.210.5327 ● f/lakelandloft ● Su-W 2p-12a, Th-Sa 2p-2a

Linksters Taproom [D7] – Upscale neighborhood bar offering full-service liquor, beer, and wine. Showing all the games from all the leagues. Golden Tee Golf, dart boards, NTN Trivia, and Internet Jukebox. • 209 E Main St • 863.683.7195 • linksterstaproom. com • M-Su 12p-2a

Nineteen61 Latin Cuisine [D7] – An integration of Modern Spanish style with Latin American and Southern propensities, in a setting unique to Central Florida • 215 E Main St • 863.688.1961 • Nineteen61. com • M-Th 11:30a-2:30p, 5p-9p F-Sa 11:30a-2:30p, 5p-10p Su 11:30a-8p

**Mister Fish [J12] –** Carry-out: seafood, chicken, and more. Want it fast? Call or fax your order. • 715 E Palmetto St • 863.688.4280 • misterfish.org • M-Sa 11a-7p

**Mitchell's Coffee House [D4] –** Serving the finest gourmet coffee and pastries since 1998. Breakfast and lunch served daily. • 235 N Kentucky Ave • 863.680.2944 • mitchellscoffee.com • M-Sa 7a-5p

Mojo Federal Swine & Spirits [D7] – Smoked meats, handmade sides and sauces, over 300 whiskeys, and handcrafted cocktails.

• 130 S Tennessee Ave • 863.937.4226 • mojobbq.com • Su-Th 11a-10p, F-Sa 11a-12p

Molly McHugh's Irish Pub [D7] – Downtown's family-owned, authentic Irish Pub. Proudly television-free since 1996 because we think our conversations are more interesting. • 111 S Kentucky Ave • 863.686.6231 • mollymchughs.com • M-Su 12p-2a

Palace Pizza [E7] – A family-owned business since 1997, Palace Pizza specializes in hand-tossed New York style pizza and Italian cuisine. Come in and experience the taste and atmosphere of Italy. • 114 S Kentucky Ave • 863.688.0045 • palacepizzadowntown.com • M-Th 11a-9p, F-Sa 11a-9:30p

**Pita Pit [D7]** – A sandwich shop that serves quality, healthy, fresh food fast! They have pitas, salads, chips, cookies and smoothies. They also cater and deliver. • 127 S Kentucky Ave • Pitapitusa.com • M-Sa 10:30a-9:30p

The Purple Onion Deli-Grill [D2] – Check out their homemade soups, signature salads, grilled sandwiches, and much more. • 316 N Kentucky Ave • 863.688.5590 • f/purpleoniondeligrill • M-Sa 10:30a-3p

Red Door Lakeland [K12] – Offering fine wines and personally selected brews that compliment delectable meal creations from our award winning chef. Full bar featuring craft spirits and craft cocktails. 

• 733 E Palmetto St • 863.937.9314 • reddoorwinemarket.com • Tu-Sa 5p-10p, F-Sa 12p-3p, Su Brunch 11a-3p

**Revival Bar [D7]** – A craft cocktail bar with an emphasis on inventive drinks, quality service, and a non-smoking atmosphere. Enjoy

locally-sourced coffee, teas, and pastries amongst our treasure trove of books. Selected beers, wines and champagnes for evening hours. • 119 S Kentucky Ave • 863.606.6090 • revivallakeland.com

Scream'n Tuna Sushi [D2] – A masterful fusion of modern sushi and traditional Asian cuisine, blending the finest ingredients with fresh preparation - right before your eyes. • 270 E Bay St • 863.413.0264 •mscreamntunasushi.com • M-Th 11a-9p, F-Sa 11a-10p

Silver Ring Café [C6] – Real Cuban sandwiches, homemade Spanish bean soup, black beans and rice. Friendly staff and fast service. • 106 N Tennessee Ave • 863.687.3283 • M-F 8a-5p

**Swan Brewing Company [B4]** – Lakeland's family friendly neighborhood brewery and taproom. Enjoy 30 beers/craft sodas/ciders on tap in a gorgeous 3500 sqft patio overlooking Lake Wire or inside a cool retro taproom. Rotating food trucks and a pet-friendly patio. • 115 W Pine St • 863-703-0472 • swanbrewing.com

**Taco Bus Lakeland [E7]** – Delivering a healthy, fresh, authentic Mexican taste experience. Just one bite and your taste buds will be singing traditional Mexican folk songs! • 126 S Kentucky Ave • 863.333-4139 • taco-bus.com • Su-Th 11a-10p, F-Sa 11a-3a

**Terrace Grille [E7]** – New American Cuisine. Nationally recognized 5-star grill and rated as one of Central Florida's finest eateries. Breakfast, Lunch, Dinner. • 329 E Main St • 863.688.0800 • terracehotel.com • M-Su 6:30a-10:30a, 11:30a-2p, and 5p-10p

Teriyaki Madness [D2] – A fast casual, Seattlestyle teriyaki restaurant that serves customizable bowls stacked with high-quality ingredients and highly-addictive flavors. Pet friendly patio. Gluten friendly options. Kids eat free on Sunday. • 304 N. Kentucky Ave. • Open 11a to 9p every day!

Texas Cattle Company [K7] – An historic steak house with a great view of Lake Mirror. All of our steaks are aged and cooked over a natural wood-burning fire. • 735 E Main St • 863.686.1434 • texascattlecompany.net • M-Th 5p-10p, F 5p-11p, Su 5p-9p

**The Poor Porker [K7]** – Homemade vegan beignets, coffee, street tacos, a variety of craft beer and wine, and live entertainment Friday and Saturday nights. • 801 E Main St. • 863-702-3740 • F 11a-11p, Sa 8a-11p, Su 8a-3p

**Tropical Smoothie Café [B8]** – Bold, flavorful food plus smoothies made with real fruit and natural sugars. Wraps, sandwiches, flatbreads, and salads made to order. Catering, too. • 225 S Florida Ave • 863.686.9474 • tropicalsmoothiecafe.com • M-F 7a-7p, Sa-Su 10a-6p

Tsunami Sushi & Hibachi [C6] – Polk County's Premiere Sushi bar. The Sushi everyone loves plus Hibachi, Ramen, and a full bar!

• 114 N. Tennessee Ave. • 863-940-2112 • TsunamiSushi.net

## **SHOP** Like the Locals

### **Art and Culture**

Explorations V Children's Museum [E6] - The adventure in learning never ends when you shop in the Museum Store! Toys, games, and books that spark curiosity and creativity in kids and playful adults. All proceeds benefit Museum programs and exhibits. •109 N Kentucky Ave • 863.687.3869 • explorationsv.com • M-Sa 9a-5:30p

Wing Chun

Just Dance Academy of Dance and Etiquette [E7] - A place that emphasizes the spirit of dance in all forms: waltz, tango, fox trot, rumba, cha-cha, swing for children and adults. Remember to Live, Laugh, Love and Dance • 124 S Kentucky Ave • 863.940.4701 • smilejustdance.com • Private Lessons by appt., Group Lessons: M-Th 7p

**Lkld Live at Studio B [E5]** – A full-service artistic venue offering meeting, event, and concert space. • 202 N Massachusetts Ave. • lkldlive.com

### Polk Museum of Art Gift Shop [K12] -

Polk Museum of Art Gift Shop [K12] —
The Shop, located in the Polk Museum of
Art, offers an array of unique and specialty
merchandise ranging from toys, books, and
stationery to jewelry, pottery, and clothing.
All purchases support the exhibitions and
programming at the Museum. • 800 E Palmetto
St • 863.688.7743 • polkmuseumofart.org • TuSa 10a-5p, Su 1-5p, (Closed Su Jun 1 – Sep 1)

Satya Life Yoga [C4] - Accommodating people with wide ranges of experience and abilities. Classes 7 days a week. • 112 E Pine St • 863.802.YOGA (9642) • satyalife.com

Sifu Och Wing Chun Kung Fu [C4] - Kids to Adults - weight loss and self-defense, after school programs, kickboxing, and Ip Man Wing Chun Kung Fu • 116 E Pine St • 863.800.0171

 lakelandkungfu.com
 Call for morning hours, M-F 5:30p-9p, Sa 9:30a-12p

### **Boutiques, Antiques, and Vintage Finds**

Amelia Paige Boutique & Embroidery [E4] – A ladies gift boutique packed with a whole lotta love! We carry clothing, accessories, gifts, and home decor. You won't leave this boutique empty-handed. We also offer monogramming and embroidery services. • 223 N Kentucky Ave • 863.500.4264 • ameliapaigeboutique.com • M-F 10a-6p, Sa 9a-5p.

Edwards-Macy Bridal [C6] -Offering extraordinary fashion collections for weddings, prom, pageants, and elegant occasions. • 120 E Main St • 863.688.1021 • f / EdwardsMacy • M-F 10a-5p

Gaines Jewelers [D7] - Fine jewelry and gifts for any life event, and beautiful engagement rings. Price points to meet your needs. Est 1935 • 112 S Tennessee Ave • 863.688.8557 • gLgaines.com • M-F 10a-5:30p

Home Essentials [E2] - Specializing in tools for kitchen, dining, and entertaining. Name-brand small appliances, cookware, barware, and tableware. Beautiful table and kitchen linens, prep/serving boards, creative yard art. Great gadgets for prep and presentation. Specialty salts, oils, dips, rubs, and more. • 325 N Kentucky Ave • 863.687.3600 • homeessentialslakeland.com • M-Sa 10a-4p

Jesse Carl Vinyl [D2] - Offering a diverse variety of new and used records, CDs, and more. Genres range from classic rock to new wave to reggae to punk. • 304 N Kentucky Ave. #1150 • 863.274.3880 • jessecarlvinyl.com • Tu-F 11a-6p, Sa 9a-5p

**Lakeland CBD Wellness [E4]** – A complete CBD supplier. They stock a wide variety of different medicinal grade oils, creams, drinks, sweets, skin care products, dog treats & more! • 225 N. Kentucky Ave. • 863-606-6115. LakelandCBDWellness.com • Tu-Sa 9a-6p

Lloyd's of Lakeland [E2] - Antique store with everything: artwork, furniture, vintage kitchen items, vinyl records, musical instruments and home decor. Two floors full. Cash paid for antiques. • 301 N Kentucky Ave • 863.682.2787 • lloydslakeland.com • M-F 11a-5p, Sa 10a-5p

Mark Twain Smoke Shop [B7] - 124 W Main St • 863.688.4072

My Cottage Garden [E2] - Teas, herbs, teapots, and tea accessories. Over 150 different loose and bagged teas to choose from. • 327 N Kentucky Ave • 863.688.9686 • Tu-Th 10a-6p, F 3p-6p, Sa 1p-6p

Nathan's Men's Store [D7] – An oasis of menswear extraordinaire nestled in the heart of Downtown Lakeland. A true full service men's store featuring popular brands and great service. Providing in-store tailor and sizes galore to fit any man. • 221 E Main St • 863.682.2811 • nathansmensstore.com • M-W 9:30a-6p, Th 9:30a-8p, F-Sa 9:30a-6p

Pumpernaks Vintage Store [D4] - An offbeat vintage store with handmade and fair-trade goods, bohemian original artwork, quirky signs, gemstone sterling jewelry, gorgeous natural soaps and smart accessories. • 233 N Tennessee Ave (down Traders Alley) • 863.944.9827 • f/pumpernaks • Sa 9:30a-5p

Pura Vie Holistic Studio & Boutique [E4] – A holistic boutique and massage therapy practice offering traditional Western and Eastern massage therapy, specialty retail products and unique gifts and apparel to balance mind, body, and spirit. Opening Spring 2020! - 229 N. Kentucky Ave. - puraviespa.com

**Rafa Natural [D3]** – Lakeland made organic natural products for bath, body & home. Face care, bath & body, 100% soy candles, gift sets & spa nights! • 244 N Kentucky Ave • 863.712.7620 • rafanatural.com • M-F 10a-6p, Sa 9a-5p

Scout & Tag [D3] - A home and gift store located in a 3500 sqft. historic old theatre specializing in unique gifts and décor items to fashion your home, along with Lakeland-made or celebrated items. Voted one of Lakeland's Best Gift Stores for the past 3 years. • 244 N. Kentucky Ave • (863) 225-2426 • ScoutandTag.com • M-F 10a-6p; Sa 8a-5p, Su 11a – 4p

The Sommer Building [D4] – Downtown's newest venue for weddings, parties, meetings & large gatherings. Capacity: 190 • 230 N Kentucky Ave, 2nd Flr • To view the space, visit Stationery Loft during regular business hours or text 863.227.4307 • 

f /sommerbuilding

Stationery Loft & Gift Boutique [D4] - Find everything you need for those once-in-a-lifetime events, from distinctive invitations to fabulous gifts and everything in between. • 230 N Kentucky Ave • 863.248.4438 • stationeryloft.com • M-F 10a-5p, Sa 9a-4p (afterhours appointments by request)

Take Heart Fair Trade & More [D3] - A boutique offering fair trade artisan goods imported from around the world. Their 501(c) 3 organization advocates for widows and aged-out orphans in Kenya by providing micro-finance loans and education opportunities. By purchasing fair trade items you are providing a sustainable income for the artisans and supporting Take Heart. • 248 N Kentucky Ave • takeheartafrica.org • Tu-F 10a-5p, Sa 9a-5p

**Thom Downs Antiques, Inc. [C3]** – Featuring 16,000 sf of European antiques, furniture, chandeliers & accessories. • 235 N Florida Ave • 863.688.3269 or 866.406.9004 • Tu-Sa 10a-5p

Top Buttons Boutique and Designer Thrift [D3] – A 501c3 organization

through which Boutique profits fund their "Wearing Confidence"
Program. Their mission is to build up
girls in need locally. • 236 N Kentucky
Ave • 863.220.2464 • topbuttons.org

Tu-F 10a-5p, Sa 9a-5p

Traditions Unlimited [E5] – A gift shop all about you, your family, and friends making warm and wonderful memories for birthdays, weddings, new babies and more life celebrations. • 221 N Kentucky Ave • 863.683.7978 • Traditionsunlimited1@gmail.com • Tu-F 10a-6p, First Fri 10a-9p, Sa

10a-4p

Twenty Seven [D3] – A paper goods and lifestyle brand that spe-cializes in whimsical, colorful, and retro designs.

• 213 E. Bay St. • Twentysevenlkld. com • Tu-Sa 9a-5p

**Urban Appeal [D7] -** Carrying the top brands for men, women, and kids specializing in clothes with an urban appeal. • 123 S Kentucky Ave • 863.409.0628 • M-Th 10a-9p, F-Sa 10a-9:30p, Su 11a-8p

Twenty Seven

### **Pampering Places**

Bella Viságe Medical Rejuvenation [C4] – Bella Viságe Medical Rejuvenation is Downtown Lakeland's premier medical spa. • 119 Traders Alley • 863.333.0553 • bellavisagelakeland.com • M-Sa

Evolve Hair Studio [C6] - Dedicated to creating an artistic, upbeat, and unique experience for each of our guests through extraordinary service and technical distinction. • 126 E Main St • evolvelakeland.com • 863.510.5975 • Tu-Sa: times vary; call for appt.

Gent's Classic Cuts Barber Shop [D4] – This vintage barber shop brings back the great art of barbering. A luxury feel with great prices. 216 E Pine St • 863.816.3746 • gents863.com • M-F 8a-6p, Sa 8a-2p

Liquid Hair Studio [C4] - Dedicated to service, individual attention, and value. • 118 E Pine St • 863.616.9996 • liquidhairstudioinc.com • Tu-F 8a-8p, Sa 9a-4p

**Reborn Hair Lab [D7]** – A salon and barbershop • 117 S. Kentucky Ave. • rebornhairlab.com

Salon Chateau [D4] - A unique salon located inside one of downtown's oldest and most charming buildings offering hair, microblading, skin care and lash services. • 228 E Pine St • 863-500-4412 •

f/salonchateaulakeland • Coming soon.

The Strand Salon [D3] - 238 N Kentucky Ave • 863.284.5858 • facebook /the-strand-salon

Studio 323 Salon [E2] - Providing individualized service performed by caring and attentive professionals. • 323 N Kentucky Ave • 863.937.8064

### **Activities and Sundries**

Batteries Plus Bulbs [B4] – Repair iPhone, iPad batteries, chargers, light bulbs, tablet repair, screen repair, phone repair. • 230 N Florida Ave • 863.686.4888 • batteriesplus.com • M-F 8a-8p, Sa 8a-7p, Su 10a-5p

Dreams Come True Entertainment/Enchanted Fairytale Hollow [D3] -

Dreams Come True Entertainment provides high quality fun and unique character entertainment for all ages, and the Enchanted Fairytale Hollow is an unforgettable event space—a whimsical wonderland of fun and magic. Check the website for a monthly event listing. • 214 Traders Alley • dreamscometrueentertainment.com

23 00

Escapology Lakeland [D4] – Lakeland's premier private escape room experience! Located in a prime spot, up to 8 players will be challenged in this new attraction by working together to find clues, solve puzzles, and decode locks that will free them from the escape room within the hour. • 210 E Pine St • 863-698-7329 • escapologylakeland.com • M-Th 12p-10p, F-Sa 12p-11p, Su 12p-9

Fast Signs [B4] – Let our marketing strategists, graphic experts, and problem solvers solve your visual communications challenges and tell your brand story • 228 N. Florida Ave. • 863-333-5100 fastsigns.com/2183 • M-F 8:30a-5p

Flowers by Edith [B8] – Specializing in unique floral designs; single bouquets as well as party packages. • 229 S Florida Ave • 863.686.1134 • flowersbyedith.com • M-F 9a-5p, Sa 9a-1p

**Glass Onion [B7]** – Specializing in custom stained glass, windows, doors, and entryways. Repairs and resizing services available. • 120 W Main St • 863.683.0803 • glassonionberman.com • M-Sa 9a-5p

**Goin' Postal [E4]** – Locally-owned packing and shipping location with service for UPS, FedEx, DHL, and USPS mailbox rentals, packing and shipping supplies, fax, scanning service, and lamination. • 304 E Pine St • 863.688.1174 • goinpostal.com • M-F 9a-6p

iNK Screen Printing [B4] – Prints great quality shirts in large quantities, from 20 to 20,000+. • 107 W. Pine St. • 863-606-8137 • inkscreenprint.com • Tu-F 9α-5p

Lakeland Escape Room [E4] - Have fun searching for clues and solving puzzles! Custom-made escape rooms you won't find anywhere else. All escape room experiences are private. Lakeland Escape Room has received TripAdvisor's Certificate of Excellence every year since it opened. • 308 E. Pine St. • 863-450-3232 • lakelandescaperoom. com • M-Th 12p-9p, F-Sa 11a-11p, Su 12p-8p

My Office & More [C6] – Need a place to work for an hour or day? Professional workspace options, high speed internet, plus other services: copies, faxes, shredding, notary, mailboxes, meeting rooms and more! • 122 E Main St • 863.333.5120 • myofficeandmore.com M-F 8a-6p

The Rec Room [E5] - An Arcade-Bar Combo Opening Spring 2020! • 202 N. Massachusetts Ave.

Tyler Floral Shoppe [D10] – Full service florist serving Lakeland since 1919. Order flowers online 24/7. • 225 E Lime St • 863.688.7355

tylerfloral.com • M-F 9a-6p, Sa 9a-1p



### **Explorations V Children's Museum •**

Three floors of kid-powered, hands-on exhibits and mind-stretching programs in the arts and sciences to celebrate the five senses! Exhibits and programs vary throughout the year. • 109 N Kentucky Ave. • 863.687.3869 • explorationsv.com • M-Sa 9a-5:30p

### Downtown:

# The HEART of the ARTS

### Florida Dance Theatre

• Polk County's only professional dance company and training academy. Check their website for more details on the performances scheduled for 2018. Plan now to enjoy the intoxicating mix of passion, athleticism, elegant refinement, and classic modernity that you have come to love on the stage! • 305

W Main St. • 863.802.0399

• floridadancetheatre.org





The Polk Theatre • A 1,400 seat historic theatre was built in 1928 and listed on the National Register of Historic Places. Offering a mix of films and live theatre. Also available for event rental. Enjoy history, entertainment, and Old Florida all rolled into one. • 121 S Florida Ave. • 863.682.7553

## Lakeland Community Theatre • A local

treasure. The annual schedule includes main-stage productions, the Eunice Fuller Theatre for Youth productions, and The Edge Alternative Stage Read Series, as well as classes, summercamps, workshops, and Master classes. Check their website for upcoming performance details. • 121 S Lake Ave.

- 863.603.7529
- lakelandcommunitytheatre.com



RP Funding Center • The RP Funding Center (formerly The Lakeland Center) is Central Florida's convention, sports, lifestyle and entertainment destination. The facility hosts a wide variety of events ranging from nationally renowned artists, athletic events, meetings, conventions and social events. The RP Funding Center is a short drive from anywhere in

Central Florida. • 701 W Lime St • 863.834.8100 • rpfundingcenter.com



The Imperial Symphony
Orchesta • Since 1965,
the Imperial Symphony
Orchestra has been
educating, entertaining
and inspiring central
Florida audiences. What
began as a group of
30 passionate volunteer
musicians has grown
to a paid, per-service
orchestra serving Polk
County and neigboring
communities. • 111
Lake Hollingsworth Dr.

• 863.688.3743 • imperialsymphony.org





 Hosts a variety of changing exhibitions ranging from ancient to contemporary art. Offers classes, workshops, tours, and camps for all ages. The Museum's Mayfaire-by-the-Lake fine art festival, is held every Mother's Day weekend.
 800 E Palmetto St.
 863.688.7743

polkmuseumofart.org • Tu-Sa 10a-5p, Sun 1p-5p **EVENTS** 



all over the community travel Downtown for an evening of free, family-friendly entertainment, activities, live music, art receptions, a car show, and, of course, the chance to check out our great, locally - owned restraurants and retail establishments. Each month has a different theme, and special activities are provided to complement the theme. Streets are closed to vehicles and filled with exhibiting businesses from around the city. First Fridays of each month are from 6-9p. Check DowntownLKLD. com for updates.

First Friday • One of the most popular recurring events in Lakeland! Every month visitors from

### **Girls Night**

Out • A fun evening geared toward ladies hosted by the merchants in Downtown Lakeland. Various shops, salons, spas, and restaurants will have special demonstrations, giveaways, discounts, and goodies. These events are quarterly, so check DowntownLKLD.com for upcoming dates. And don't forget to bring a friend with you.



Thursday Squared Food
Truck Rally • Mark your
calendars for the second
Thursday of each month
from 6p-9p around Munn
Park. Sample fare from more
than two dozen food trucks
from around Central Florida
offering Southern classics,
BBQ, Thai Food, Seafood,
Ice Cream, Desserts, and
more!



Downtown Date Night • Bring your partner, friend, family member for a sfun evening in Downtown Lakeland. Various shops, salons, and spas will have giveaways, discounts, and goodies. Live music outdoors. Check DowntownLKLD. com for upcoming dates.

# SUMMER SHOP June 1 thru August 31 Shop with participating Downtown retailers

Downtown Lakeland

### **Summer**

**Shop Hop** • When you shop Downtown from June through August 2020, you can register to win weekly prizes. Learn more at DowntownLKLD.com/SummerShopHop.

ALL SUMMER LONG

& enter to win prizes!

### Gallery on the Promenade

• Purchase locally-produced Fine Art for sale on the Lemon St. Promenade. March 14 and April 11, 9a-3p.





March 13 • Wine Festival of Central Florida - Enjoy a beautiful evening under the stars on the beautiful Frances Langford Promenade at Lake Mirror. With over 150 wines, spirits and craft beers and samplings from

some of Polk County's best chefs, caterers and restaurants, this is a premier event. Presented by Publix Super Markets Charities. Benefits the Alliance for Independence. • winefestivalofcentralflorida.com - 6:30-10p – Tickets: \$65

March 14 • The Lakeland Rotary Club's Spring Obsession – A premier garden event in historic Downtown Lakeland's Munn Park. A celebration of Spring with plants, art, music, and more. 60+ vendors: plants, orchids, food,

music, expert speakers, and more. • springobsession.org • 9a-3p • Free







March 18 • Wing Chun Festival – Enjoy martial arts demonstrations, family-friendly activities, free bounce house, and more! -Munn Park - 9a-1p



March 21 • KidCon – Come dressed in your favorite costume to play with other caped crusaders or sign up for one of the workshops on comic book drawing, animation, and more. Explorations V Children's Museum • General admission \$9, members free.

# DOWNTOWNLKLD.COM

# EVENTS you don't want to miss!

April 18 • Polk
County Schools
Fine Arts Festival
- Fine art displays,
jazz bands, and
other performing
ensembles from
Polk County
Schools include
the High School
All-County Jazz
Band. Munn
Park. • 9a-7p



April 1
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April 18 • Night at the
Museum - Explore live
music, food, dancing, and
an auction at an evening
to benefit Explorations
V Children's Museum.
The Board of Directors
invites you to join them
for a fun evening as we
treasure our 28 years
in downtown Lakeland
and make plans to
build the future at
Bonnet Springs Park! •
Explorations V Children's
Museum • explorationsv.com
• 7p-10p • \$75 Admission



April 24 • Swan
Derby – An annual
community event
to raise funds for
Lakeland Volunteers
in Medicine. Enjoy
swan boat races, live
entertainment, a derby
hat contest, youth
activities, and fireworks.
Learn more at lvim.net.
Lake Mirror Promenade.
• 5:30p-9:30p • Free.



April 4 • Children's
Fest – Join the top
educators in Polk
County as they take
over Munn Park to
lead children and
their grownups in
hands-on activities.
This year theme, Build
the Future, will test
kids to design, build,
and dream. This is
a free festival open

the public and includes free admission to Explorations V Children's Museum • explorationsv.com • 9 am-4 pm. • Free

May 9 • Mayfaire by-the-Lake - Beginning as



a craft fair,
Mayfaire bythe-Lake has
grown into
one of Florida's
premier
outdoor art
festivals. Held
on Mother's Day
weekend each
year, Mayfaire
is located on
the shores
of beautiful

Lake Morton. Mayfaire is one of the largest and oldest outdoor art festivals in Central Florida and is on Sunshine Artist magazine's prestigious "Best 200 Art Shows" list as number 20 in 2016.

PolkMuseumofArt.org/mayfaire
 9a-4p Lake
 Morton Free

## COMMUNITY Events continued...



June 6-13 • Miss Florida
Scholarship Pageant –
The Annual Miss Florida
Scholarship Pageant and
Miss Florida's Outstanding
Teen Pageant will be held
at The RP Funding Center's
Youkey Theatre. The
winner of the Miss Florida
Scholarship Pageant will go
on to represent the state of
Florida at the Miss America
Pageant in September.



June 13 • Polk
Pride Festival - Pride
in the park will
feature vendors from
various LGBT-Friendly
organizations, food
trucks, community
service organizations,
and live entertainment.
Munn Park. • 10a-3p. •
polkpridefl.com



July 3 • Red, White & Kaboom - The celebration will take place with live music at Lake Mirror along the Frances Langford Promenade in Lakeland, ending with a breathtaking fireworks display dazzling the crowd at 9p. A variety of food trucks. Sponsored by T. Mims Corp/Buyers Rep. Inc. • 6p-9p • Free

August 22-23 Fine Art at the
Magnolia - A new
rising invitational
fine art show held
annually in August
in Lakeland.
Showcasing 19
accomplished
artists from across
the state in a



stunningly beautiful, 2-day fine art show held inside the lovely historic Magnolia Building, 702 East Orange Street, in Downtown Lakeland's garden and theater district • Sa 10a-5p, Su 10a-4p

# Get Your GAME on!



# Detroit Tigers Spring Training & Lakeland Flying Tigers

home to the Tigers High A affiliate the Lakeland Flying Tigers, Joker Marchant Stadium offers fun for fans of all ages. Enjoy the game from one of the five premium hospitality areas, savor the many flavors from the expanded concession stands, or let the kids run wild in the new kids' zone. Your visit is sure to create memories that will last long after the final out! So what are you waiting for? Grab your cap and dust off your glove and head to Publix Field at Joker Marchant Stadium for a Detroit Tigers Spring Training game--or catch a sneak peek at baseball's future Major Leaguers with the Lakeland Flying Tigers. Parking is free for Flying Tigers games and advance tickets can be purchased for as little as \$6! Visit Lakelandflyingtigers.com today and find out what you've been missing out on!

# FUN Continues All WEEK Long!

**The Lakeland Concert Band** • An all-volunteer band with musicians of all ages—teens to 90s - entertains and inspires Lakeland area residents young and old with free concerts one Sunday per month from November through April. Concerts begin at 2:30p. Before each concert, local talents performs at 1:45p • Branscomb Auditorium at Florida Southern College • lakelandconcertband.org.

**Lkld Live at Studio B** • A full-service artistic venue offering meeting, event, and concert space, with multi-camera TV streaming and more, that showcases the arts and brings wonderful local performances to Downtown. Lkld Live is a non-profit organization with a purpose to host, engage and enhance cultural, educational, and artistic endeavors in the Lakeland & Polk County community. • 202 N Massachusetts Ave. • Ikldlive.com

Poetry, Spoken Word, and Open Mic Night • Just Cares, Inc. created this event to help promote the sharing of writings, inspirations, and thoughts to our community. They are proud to collaborate with Platform Arts, Ambitious Diva Entertainment and Just Dance to present this monthly event which is open to everyone, with no restrictions on any theme. You can share your own work or read from your favorite poets. The atmosphere is amazing! The poetry is intense! It's just all around a good time. Located at Just Dance Academy, 124 S Kentucky Ave, Third Sunday each month at 6p.

**Tuesday Evening Tours** • Your guide will take you on this half-mile tour of local history where you will discover the many contributions that individuals have made to Lake Mirror and Downtown. Call 863-834-2280 for more information and to book tours. (Free, 4th Tuesday of each month).

### "Tapestries Lakeland", an Un-Mural Art Exhibition •

Check out 65 tapestries by 43 artists painted on oversized canvas tarpaulins and attached to building walls in Downtown, Midtown, and Dixieland. For a map, go to downtownlkld.com/tapestries.

Lakeland Food Tour • A brand new experience in downtown Lakeland that has you laughing, learning and eating your way through its dazzling culture. • Ikldfoodtours.com



### Runners Don't Have To Be Lonely...

Opportunities to celebrate with fellow runners:

- Black & Brew Coffee House 205 E Main St, Sa 7:45a
- Mitchell's Coffee House 235 N Kentucky Ave, Sa 6a
- Swan Brewing 115 W Pine St, Tu 6p



### Florida Tropics Indoor Soccer

The Tropics are Lakeland's professional soccer organization. The Tropics have 4 entities that consist of a Major Arena Soccer League a USL League Two and

UPSL pro teams, and FYSA youth Club. The indoor team, known as the Florida Tropics, play at the RP Funding Center November-March in the highest level of professional indoor soccer in North America. The outdoor teams, known as the Lakeland Tropics and Tropics SC, play throughout Lakeland. Tropics SC are the 2019 UPSL national champions. For more information or to purchase tickets to their games visit FLTropics.com or call 863.240.0101.

### **Lakeland Magic Basketball**



The Lakeland Magic is in the NBA's developmental league (NBA G League) and an affiliate of the Orlando Magic. The team plays 24 home games from November through March at the RP Funding Center and provides an opportunity to see professional NBA basketball in a family friendly environment right here in Lakeland. Visit LakelandMagic.com for the upcoming schedule and ticket information.



# Lakeland Downtown Farmers Curb Market

Be sure to visit the Market where we strive to bring the community together and support small business with local, handmade, homegrown, and wholesome produce, plants, artisan gifts, pastries, breads, specialty foods, and more! Enjoy live entertainment most Saturdays.

Located on the 200 & 300 blocks of N Kentucky Ave, stretching from the train tracks north to Oak Street. Open 8a until 2p every Saturday, September through May, and open 8a until 1p every Saturday in June and July. Closed in August. Visit lakelandcurbmarket.org to learn about our vendors, get directions, and more.



### Parking is a SNAP!

### We've got a spot for you!

We're happy to provide convenient parking in and around the Downtown area. Whether you stay for a couple of hours or all day, we've got a space for you! Our friendly parking staff is here to help. Not only can they help you park, but they know everything about Downtown from dining options to current events.

### **YOU GET 2**

When visiting Downtown you get UP TO 2 hours of free on-street parking on your first visit each day. Want to stay longer than 2 hours? For those APP savvy visitors, download PARKMOBILE to purchase more time on the street, or choose to park in a convenient paid lot or garage for up to 8 hours with cash or credit. Check out the parking brochure and map at Idda.org/downtown-parking to learn everything you need to know about Downtown parking including a parking map, frequently asked questions, PARKMOBILE details, and more. Pick up a brochure from parking staff or a retail shop Downtown.

### Downtown Universal Valet

Wed., Thurs., & Fridays: 11am - 3pm Friday & Saturday Nights: 5pm til Close.



### **HOW DOES IT WORK?**

- 1. Drop off your car to the valet stand on Main St. The attendant will ask for your cell number to issue you a "text" valet ticket. (No cell? No worries. We also have paper.)
- 2. Enjoy Downtown!
- 3. Text where you are, then request your car! Because the valet system is text message based, you can have your car brought to you whereever you are

downtown! Just reply to the text with your location, then click the link in the text sent to you when you parked to request your car. The valet wil bring your car to you!

- 4. Don't forget to tip your Valet!!
- **5.** Help us spread the word! Use social media, etc. to share your valet experience.

Regardless of your Downtown destination, you can use the FREE universal valet service!



Powered by

T··Mobile·



This visitor's guide is a product of the Lakeland Downtown Development Authority. If you would like additional copies of this guide to share with customers or visitors, please contact Phyllis Sharp at psharp@ldda.org or call (863) 683-2783 • Check out a digital version of this guide on our website. LDDA.ORG • DOWNTOWNLKLD.COM