Nashville – Alternative Access Routes
Saturday, February 15, 2014

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Centennial Medical Center

- Take the Charlotte exit off of I65/40
- If travelling 65N, turn left onto Charlotte (away from Downtown)
- If travelling 65S, turn right onto Charlotte (away from Downtown)
- Take Charlotte to 23rd Avenue
- Turn left on 23rd Avenue
- Turn right on Patterson
- Centennial Medical Center is on the right

Downtown

Option 1

- Take Demonbreun exit – NOTE: cannot take the shared Broadway/Demonbreun exit from Southbound 65 / Eastbound 40
- Turn right onto Demonbreun
- Turn left on 7th Avenue to get into District area

Option 2

- Take the Shelby Avenue Exit from 24
- Turn left onto Shelby Avenue
- Take Korean Veterans Bridge over to 1st Avenue
- Turn right onto 1st Avenue

Option 3

- Take 2nd/4th Avenue exit off of 65/40
- If travelling on 65-South turn right onto 2nd Avenue
- If travelling on 65-North go through traffic light at 4th Avenue, than turn left onto 2nd Avenue
- Take 2nd Avenue into Downtown

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Farmer's Market

- Take the Metro Center exit off of 65
- If travelling 65 south, turn left onto Rosa L Parks Blvd
- If travelling 65 north, turn right onto Rosa L Parks Blvd
- Take Rosa L Parks Blvd down to Farmer's Market
- Farmer's Market will be on the left

If coming from Charlotte Ave going East Bound.

- Turn left onto 10th Circle North
- Take to Rosa L Parks Blvd
- Turn left onto Rosa L Parks Blvd
- Farmer's Market is on the right

If coming from Charlotte Avenue going West Bound

- Turn right onto 10th Circle North
- Take to Rosa L Parks Blvd
- Turn left onto Rosa L Parks Blvd
- Farmer's Market is on the right

Frist Center

Option 1

- Take Demonbreun exit – NOTE: cannot take the shared Broadway/Demonbreun exit from Southbound 65 / Eastbound 40
- Turn right onto Demonbreun
- Turn left into Frist parking lot after crossing over bridge

Option 2

- Take the Shelby Avenue Exit from 24
- Turn left onto Shelby Avenue
- Take Korean Veterans Bridge over to 1st Avenue
- Turn right onto 1st Avenue
- Turn left onto Demonbreun
- Frist Center is located at the intersection of 10th Avenue and Demonbreun on the right

Option 3

- Take 2nd/4th Avenue exit off of 65/40
- If travelling on 65-South turn right onto 2nd Avenue
- If travelling on 65-North go through traffic light at 4th Avenue, than turn left onto 2nd Avenue
- Take 2nd Avenue down to Demonbreun
- Turn left onto Demonbreun
- Frist Center is located at the intersection of 10th Avenue and Demonbreun on the right

Germantown

Coming from I65 / North Nashville

- Drive toward downtown on Rosa L Parks Blvd.
- Turn left on Monroe or Madison to get into the neighborhood

Coming from East Nashville

- Take Jefferson Street up to 5th Ave N
- Turn right on 5th Ave N to get into the neighborhood

Coming from Downtown

- Take Woodland Street bridge over to 1st St
- Turn left on 1st St. and follow all the way to Jefferson St
- Turn left on Jefferson Bridge and take it to 5th Ave N
- Turn right onto 5th Ave N

HCA Buildings on Park Plaza between 31st and 25th

- Take Charlotte Ave to 25th Avenue/Park Plaza
- Turn onto 25th Ave/Park Plaza from Charlotte
- Stay right on Park Plaza
- Turn right into the first parking lot
- Can drive through parking lots to get to the other building

HCA Building on Park Plaza between 31st and Oman Street

- Come from 440 or West End (arriving from the West)

- Follow West End Avenue going East / toward Downtown
- Turn left onto Acklen Park Drive
- Turn right onto Long Blvd
- Turn left onto Oman Street
- Oman will curve around onto Park Plaza
- The building will be on the left

Neuhoff Packing Plant

- Take the Jefferson Street exit off of I-24
- Turn right on 3rd Avenue, by the C.A.R.S. garage
- Turn right on Monroe
- Take Monroe to Adams Street
- Police officers will help vehicle
- cross 2nd Ave when there are safe breaks between runners

Vanderbilt University and Medical Center

Vanderbilt Medical Center

- Take the 21st Avenue Exit off of 440
- Take 21st Avenue down to Wedgewood/Blakemore
- VUMC is on the left after crossing Wedgewood/Blakemore

Vanderbilt University

- Take the 21st Avenue exit off of 440
- Take 21st Avenue down to Wedgewood/Blakemore
- Turn left onto Wedgewood/Blakemore
- Vanderbilt University is on the right

St. Thomas Medical Center on Church Street

- Take the Church Street exit off of I65/40
- If travelling 65N, turn left onto Church Street

- If travelling 65S, turn right onto Church Street
- Take Church Street to 20th Avenue
- The St. Thomas facility will be on your right

YMCA

Arriving

- Turn onto YMCA Way from Charlotte Avenue
- Runners will be on the Northbound lane
- Take YMCA Way to the garage on the right

Leaving

- Take a right onto YMCA Way out of Garage
- Take a right on Church St. – NOTE: you will not be able to turn left on Church
- If you need to get back into Downtown, take Church street to George L Davis Blvd by NES and turn right onto George L Davis Blvd
- Turn right on Charlotte Avenue and take this into Downtown

Parthenon Towers on Parthenon Way

Coming from West Nashville

- Travelling on West End Avenue
- Turn left onto 28th Ave N
- Parthenon Towers are on your left

Coming from Downtown / East Nashville

- Take Demonbreun to Roundabout
- Take the Division Street exit from the Roundabout
- Turn right onto 19th Avenue
- Turn left onto Broadway
- Broadway will turn into 21st Avenue
- You will see Vanderbilt University and Medical center on the right
- Turn right onto Wedgewood/Blakemore Ave (the street changes names at this intersection)

- Follow Wedgewood/Blakemore, Vanderbilt is on your right. The street changes names again to 31st Ave at the intersection of Natchez Trace.
- Stay on 31st Avenue
- Turn right onto West End Avenue
- Turn left onto 28th Ave N
- Parthenon Towers is on your left