

# NASHVILLE CAPITAL WALK

The Tuck-a-See Wanderers  
Welcomes you to  
The Nashville Capital Walk  
An AVA Year Round Event

Nashville is the capital of Tennessee. It is located on the Cumberland River and is known as Music City. This walk will take you through historic areas and around the state capitol buildings. The walk is a 7 K, 10 K or a 12 K city walk.

## START POINT:

Comfort Inn Music Row,  
1501 Demonbreun St., Nashville, TN, 37206,  
PH 615-255-9977

## DIRECTIONS TO START:

From I-40 Exit 209B (Demonbreun Street).  
From S turn left on Demonbreun, go one block; Comfort Inn is on the left. From N turn right on Demonbreun St., Comfort Inn is on left.

**Parking for OSB Events:** The Comfort Inn is a place of business. Regular customers have priority. Paid parking is available at the hotel or park across street in a paid lot or on the side streets behind hotel.



## Online Start Box (OSB) Registration:

Registration takes place online using the AVA Online Start Box (OSB) on my.ava.org. Follow the instructions provided to create a user account and sign the AVA Waiver (one time). Instructions for payment are also included. Download the directions and print as needed. A fee of \$2 is deducted from the user's Event Bank for the downloaded PDF directions. The \$2 PDF fee is credited back to the user's Event Bank when the walk completion information is submitted. Note that the \$2 "coupon" for the downloaded PDF expires in 60 days. The POC does not provide event directions or accept alternate payment methods.

## OSB Walk Completion and Walk Credit:

Once you have physically completed the walk, login to your Online Start Box account on the "My Start Box" tab, then the "Finish Table" tab, then click on "Go To Finish Table" button for the event you have completed. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate stamped "Virtual" insert cards that you may choose to print. The OSB system will then deduct the \$3 walking fee from the user's Event Bank. (The \$2 PDF fee will be credited back to the user's Event Bank as long as the event is finished within the 60 days from registration.)

## Table of Contents:

Use the following guide to print desired directions

Contents	Pages
Introduction, Walk Registration / Completion Information, Driving Directions	1
10/12 K Walk Directions and Map	2-6
7K Walk Directions and Map	7-9

# NASHVILLE CAPITAL WALK 10/12K

## NASHVILLE CAPITAL WALK 10/12K - Trail Rating 3A

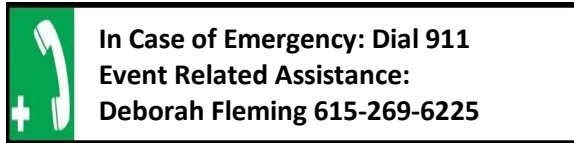
**Start Point:** Comfort Inn Music Row,  
1501 Demonbreun St., Nashville, TN, 37206,  
PH 615-255-9977

**Note:** In case of construction, or special events closing streets or charging an entrance fee, **PLEASE** consult map to bypass. Nashville is an international tourist and convention destination, and we're unable to re-route the walk to accommodate every event, including Titans and Predators games.

**Restrooms:** Located at start point.

**Special Programs:** Step to the Beat, State Capital, Walking With America's Veterans, Town Halls/City Halls

Emergency Numbers:



These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

### Walk Directions:

1. EXIT Comfort Inn
2. RIGHT on Demonbreun St.
3. CAREFULLY CROSS 14<sup>th</sup> Ave., over I-40/I-65, and 13<sup>th</sup> Ave.
4. LEFT on 12<sup>th</sup> Ave S.
5. CROSS McGavock St.
6. RIGHT on Broadway
  - a. Pass Union Station on the Right. Built in the early 1900's Union Station was the center of Nashville's rail travel. It is now a hotel. Please look inside
7. CROSS 10<sup>th</sup> Ave S/N (1K)
  - a. Frist Center for the Visual Arts (919 Broadway) on the Right is formerly the Main Post Office. Note the Art Deco design.
8. CROSS 9<sup>th</sup> Ave S/N, and 8<sup>th</sup> Ave. (Rosa L Parks Blvd.)
  - a. The Customs House (702 Broadway) on the Right was originally a Federal Office building. It is now used for state and local gov't offices.
9. CROSS 7<sup>th</sup>, 6<sup>th</sup> Aves., and Rep. John Lewis Way (5<sup>th</sup> Ave.)
  - a. Bridgestone Arena at Rep. John Lewis Way (5<sup>th</sup>) and Broadway is an indoor facility for sports and concerts. Home of the Predators hockey team.
10. CROSS 4<sup>th</sup>, 3<sup>rd</sup>, and 2<sup>nd</sup> Aves.
11. LEFT on 1<sup>st</sup> Ave N (2K)
12. RIGHT to Fort Nashborough
  - a. This is the headquarters of the original frontier settlement. The 2 acre fort built around a fresh water spring was 4 times the size of this 1930's replica.
13. RETRACE your steps on 1<sup>st</sup> Ave to Broadway.
14. RIGHT on Broadway at Hard Rock Café.
15. RIGHT on 2<sup>nd</sup> Ave N
  - a. Second Ave was known as Market St. until 1903. Historic Market St. has the largest row of 19<sup>th</sup> century commercial buildings remaining in the country. Goods were received at the rear from riverboats and sold out the front.
16. CROSS Commerce St.
17. LEFT on Church St.
18. CROSS 3<sup>rd</sup> Ave N (3K)
19. RIGHT into Printers Alley
  - a. This was the early home to Nashville's printing trade. Around 1915 newspaper offices, printers, and publishers were located here. This became a speakeasy district during Prohibition.
20. LEFT into alley after Bourbon St. Blues and Boogie Bar.
21. LEFT on 4<sup>th</sup> Ave N

# NASHVILLE CAPITAL WALK 10/12K

- a. *This was a gentleman's saloon and billiard Hall district.*
22. RIGHT on Church St.
23. RIGHT on Rep. John Lewis Way N (5<sup>th</sup> Ave N)
24. RIGHT into THE ARCADE
  - a. *One of the last surviving downtown arcades in the US, it is patterned after an arcade in Milan, Italy*
  - b. NOTE: If The Arcade is closed continue on Rep. John Lewis Way N (5<sup>th</sup> Ave N) to Union St. RIGHT on Union to 3<sup>rd</sup> Ave N. Go to Step 27.
25. LEFT on 4<sup>th</sup> Ave N at the end of The Arcade
26. RIGHT on Union St.
27. LEFT on 3<sup>rd</sup> Ave N.
28. CROSS Deaderick St.
  - a. *On the right is Nashville Public Square Park. City Hall and other city offices are located in this building.*
29. LEFT on Charlotte Ave, / MLK (4K)
30. CROSS 4<sup>th</sup> Ave N
  - a. *This area was the Historic Center of Nashville's African American business district prior to 1930.*
31. LEFT on Rep. John Lewis Way N (5<sup>th</sup> Ave N)
  - a. *St Mary's Church is the oldest church building in Nashville. It is Greek Revival design.*
32. RIGHT on Deaderick St.
33. RIGHT on 6<sup>th</sup> Ave N
34. LEFT on Charlotte Ave./MLK
35. RIGHT UP THE STEPS TO THE CAPITOL
  - a. *Self guided tours of the Capitol are available. The historic Tennessee State Capitol, designed by William Strickland, was completed in 1859. Several areas have been restored to their 19<sup>th</sup> century appearance. After touring the Capitol return to the front.*
36. GO AROUND THE RIGHT SIDE of the Capitol to the Andrew Jackson (Old Hickory) statue.
37. GO DOWN THE STEPS toward Andrew Jackson
38. LEFT keeping fountain on your right
39. PASS President James K. Polk's burial site under the gazebo.
40. RIGHT down the steps
41. LEFT at bottom of the steps
42. FOLLOW THE ROAD to "Tennessee Bicentennial Mall Belvidere Overlook"
  - a. *From here you can see the Bicentennial Mall State Park. It is a 19 acre outdoor history museum. Tour Tennessee history via a 200 foot granite map of the state and 31 fountains designating the major rivers. Park includes: Wall of History, World War II Memorial, Court of Three Stars with carillon, Walk of Counties, Visitor Center and impressive views. Food and restrooms are available at the adjacent Farmers Market.*
43. LEFT DOWN steps to James Robertson Parkway (5K)
44. CROSS James Robertson Parkway toward "1996" on the bridge
45. GO UNDER THE BRIDGE
46. STRAIGHT along the "The Walk of History" beginning at "One Billion Years Ago"
47. RIGHT into Court of Three Stars (Between 1996 pillars)
  - a. *The Bicentennial Carillon contains 95 bells representing the 95 TN counties.*
48. RIGHT at next round memorial onto the "Walk of Counties". You are now heading back toward the Capitol. (6K)
49. GO UNDER railroad trestle. Visitor Center / Restrooms on right under RR trestle.
50. UP STAIRS to large map of Tennessee
51. CROSS James Robertson Parkway.
52. UP STAIRS toward Capitol. These are the same stairs you came down.
53. LEFT around Capitol. Keep Cordell Hull Building on your left.
54. RIGHT on Charlotte / MLK. Statue of Sgt. Alvin York on your right above wall. (7K)
55. LEFT CROSS Charlotte / MLK in front of Capitol (use signaled pedestrian crosswalk)

# NASHVILLE CAPITAL WALK 10/12K

56. STRAIGHT THROUGH Legislative / War Memorial Plaza
57. LEFT on Union St.
58. RIGHT on 6<sup>th</sup> Ave N.
  - a. *Hermitage Hotel on right served as headquarters for suffragist and anti-suffragist groups.*
59. LEFT on Church St.
60. CROSS Rep. John Lewis Way N (5<sup>th</sup> Ave N)
61. RIGHT on 4<sup>th</sup> Ave N.
62. CROSS Commerce St. (8K)
  - a. *Ryman Auditorium on right was home to the Grand Ole Opry from 1943-1974. It was restored to its former glory and reopened in 1994.*
63. CROSS Broadway
64. **NOTE: 12K walkers go to #66. For 10K skip to #74.**
65. CONTINUE on 4<sup>th</sup> Ave N for one block.
66. LEFT CROSS 4<sup>th</sup> Ave N at Pedestrian Crosswalk to Schermerhorn Symphony Center Sidewalk (Hilton entrance sign is on right).
67. FOLLOW Sidewalk along Symphony Hall to John Seigenthaler Pedestrian Bridge.
68. CROSS over Cumberland River on Pedestrian Bridge.
69. CROSS to Greenway Kiosk on S 1<sup>st</sup> St. (Water Fountain Here)
70. RETRACE your steps across the Pedestrian Bridge to 4<sup>th</sup> Ave N. (Hilton Entrance)
71. LEFT on 4<sup>th</sup> Ave N.
72. **REJOIN 10K Walkers**
73. RIGHT on Demonbreun St.
  - a. *Country Music Hall of Fame on right. Notice the front of the Museum with the stack of records on the left and piano keys across the front.*
  - b. *You may visit the gift shop and lobby to purchase souvenirs without paying the admission fee.*
74. CONTINUE on Demonbreun St. back to the Comfort Inn.
75. CROSS Rep. John Lewis Way S (5<sup>th</sup> Ave S) Bridgestone Arena on right.
76. CROSS 6<sup>th</sup> Ave S., 7<sup>th</sup> Ave S., and 8<sup>th</sup> Ave S. Music City Center on left is the Convention Center.
77. CROSS 9<sup>th</sup> Ave S., 10<sup>th</sup> Ave S. Cummins Station on left. (9K)
78. CROSS 11<sup>th</sup> Ave S., 12<sup>th</sup> Ave S., and over Interstate 40/65.
79. FINISH at Comfort Inn on left.
80. CONGRATULATIONS! You have completed the Nashville Capital City Walk. We hope you have enjoyed the walk. Please spend some time and enjoy more sights and sounds of Nashville. Y'all come back now.



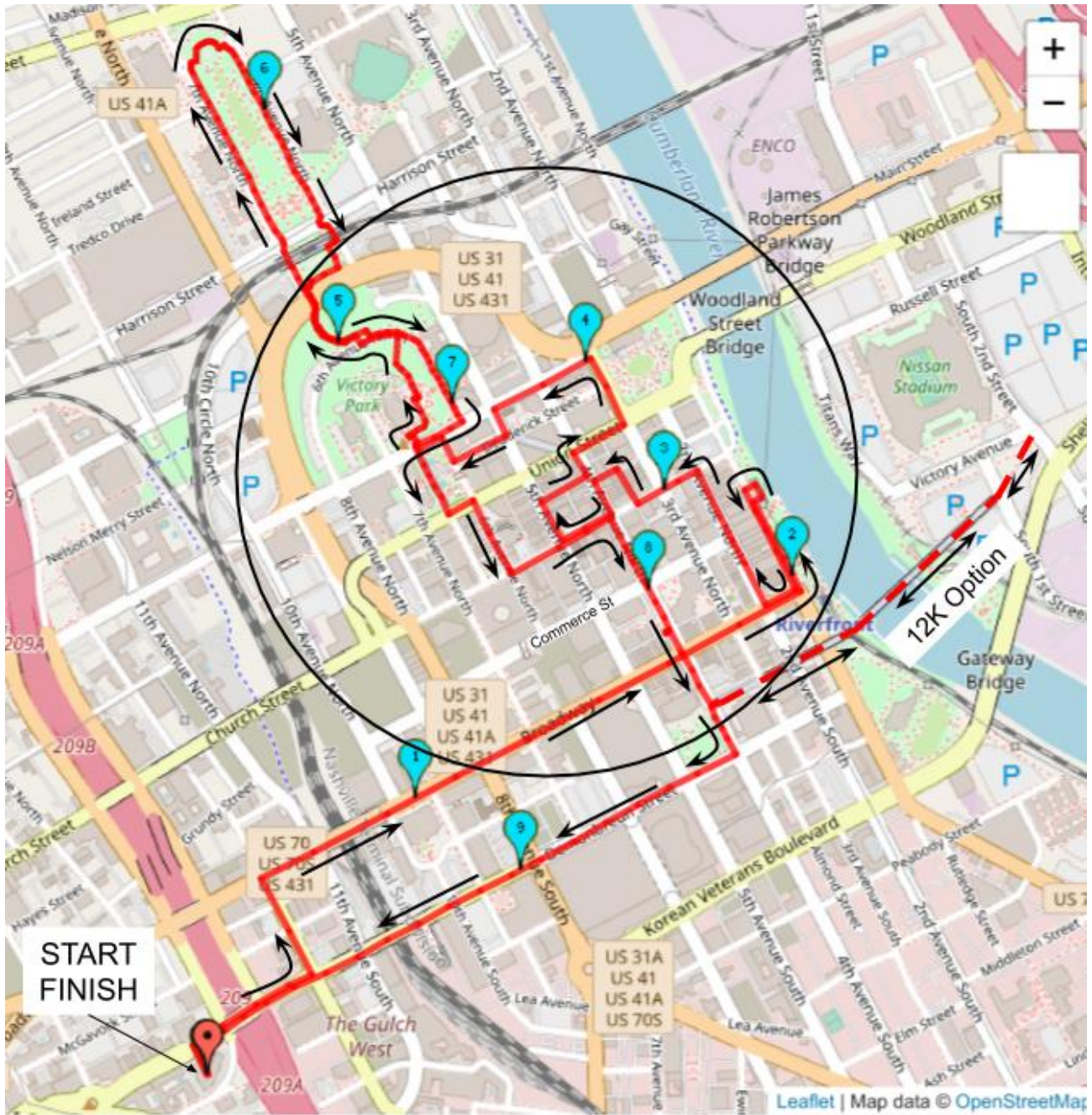
The members of the Tuck-a-See Wanderers hope you enjoyed this walk. There are 2 other walks in the Nashville area.

1. Historic East Nashville Walk (YRE) – East Nashville is home to beautifully restored Victorian and Craftsman homes, picturesque shopping and eclectic dining.
2. College Walk (YRE) - See Music Row, Vanderbilt, Belmont, and a full size replica of the Greek Parthenon.



These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

# NASHVILLE CAPITAL WALK 10/12K



[www.MapPedometer.com](http://www.MapPedometer.com)

These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.



# NASHVILLE CAPITAL WALK 7 K

## NASHVILLE CAPITAL WALK 7K - Trail Rating 3A

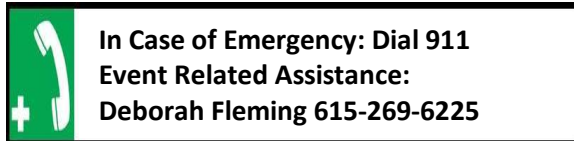
**Start Point:** Comfort Inn Music Row,  
1501 Demonbreun St., Nashville, TN, 37206,  
PH 615-255-9977

**Note:** In case of construction, or special events closing streets or charging an entrance fee **PLEASE** consult map to bypass. Nashville is an international tourist and convention destination, and we're unable to re-route the walk to accommodate every event, including Titans and Predators games.

**Restrooms:** Located at start point.

**Special Programs:** Step to the Beat, State Capital, Walking With America's Veterans

Emergency Numbers:



These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

### Walk Directions:

1. EXIT Comfort Inn
2. RIGHT on Demonbreun St.
3. CAREFULLY CROSS 14<sup>th</sup> Ave., over I-40/I-65, and 13<sup>th</sup> Ave.
4. LEFT on 12<sup>th</sup> Ave.
5. CROSS McGavock St.
6. RIGHT on Broadway
  - a. *Pass Union Station on the Right. Built in the early 1900's Union Station was the center of Nashville's rail travel. It is now a hotel. Please look inside*
7. CROSS 10<sup>th</sup> Ave S/N (1K)
  - a. *Frist Center for the Visual Arts (919 Broadway) on the Right is formerly the*
8. CROSS 9<sup>th</sup> Ave S/N, and 8<sup>th</sup> Ave. (Rosa L Parks Blvd.)
  - a. *The Customs House (702 Broadway) on the Right was originally a Federal Office building. It is now used for state and local gov't offices.*
9. CROSS 7<sup>th</sup>, 6<sup>th</sup> Aves., and Rep. John Lewis Way N (5<sup>th</sup> Ave)
  - a. *Bridgestone Arena at Rep. John Lewis Way (5<sup>th</sup>) and Broadway is an indoor facility for sports and concerts. Home of the Predators hockey team.*
10. CROSS 4<sup>th</sup> and 3<sup>rd</sup> Aves.
11. LEFT on 2<sup>nd</sup> Ave N (2K). Hard Rock Café is on the corner of 2<sup>nd</sup> Ave N and Broadway.
  - a. *Second Ave was known as Market St. until 1903. Historic Market St. has the largest row of 19<sup>th</sup> century commercial buildings remaining in the country. Goods were received at the rear from riverboats and sold out the front.*
12. CROSS Commerce St.
13. LEFT on Church St.
14. CROSS 3<sup>rd</sup> Ave N (3K)
15. RIGHT into Printers Alley
  - a. *This was the early home to Nashville's printing trade. Around 1915 newspaper offices, printers, and publishers were located here. This became a speakeasy district during Prohibition.*
16. LEFT into alley after Bourbon St. Blues and Boogie Bar.
17. LEFT on 4<sup>th</sup> Ave N
  - a. *This was a gentleman's saloon and billiard Hall district.*
18. RIGHT on Church St.
19. RIGHT on Rep. John Lewis Way N (5<sup>th</sup> Ave N)
20. RIGHT into THE ARCADE
  - a. *One of the last surviving downtown arcades in the US, it is patterned after an arcade in Milan, Italy*

## NASHVILLE CAPITAL WALK 7 K

- b. NOTE: If The Arcade is closed continue on Rep. John Lewis Way N (5<sup>th</sup> Ave N) to Union St. LEFT on Union to 6<sup>th</sup> Ave N. Go to Step 24.
21. LEFT on 4<sup>th</sup> Ave N at the end of The Arcade
  22. LEFT on Union St. **(3K)**
  23. CROSS Rep. John Lewis Way N (5<sup>th</sup> Ave N).
  24. RIGHT on 6<sup>th</sup> Ave N (Capitol is straight ahead)
  25. LEFT on Charlotte Ave./MLK
  26. RIGHT UP THE STEPS TO THE CAPITOL
    - a. *Self guided tours of the Capitol are available. The historic Tennessee State Capitol, designed by William Strickland, was completed in 1859. Several areas have been restored to their 19<sup>th</sup> century appearance. After touring the Capitol return to the front.*
  27. GO AROUND THE RIGHT SIDE of the Capitol to the Andrew Jackson (Old Hickory) statue.
  28. GO DOWN THE STEPS toward Andrew Jackson
  29. LEFT keeping fountain on your right
  30. PASS President James K. Polk's burial site under the gazebo.
  31. RETURN to the front of the Capitol.
  32. GO BACK DOWN the front steps to Charlotte / MLK.
  33. CROSS Charlotte / MLK in front of Capitol (use signaled pedestrian crosswalk)
  34. STRAIGHT THROUGH Legislative / War Memorial Plaza
  35. LEFT on Union St. **(4K)**
  36. RIGHT on 6<sup>th</sup> Ave N.
    - a. *Hermitage Hotel on right served as headquarters for suffragist and anti-suffragist groups.*
  37. LEFT on Church St.
  38. CROSS Rep. John Lewis Way N (5<sup>th</sup> Ave N).
  39. RIGHT on 4<sup>th</sup> Ave N.
  40. CROSS Commerce St.
    - a. *Ryman Auditorium on right was home to the Grand Ole Opry from 1943-1974.*
- It was restored to its former glory and reopened in 1994.*
41. CROSS Broadway
  42. RIGHT on Demonbreun St. **(5K)**
    - a. *Country Music Hall of Fame on right. Notice the front of the Museum with the stack of records on the left and piano keys across the front.*
    - b. *You may visit the gift shop and lobby to purchase souvenirs without paying the admission fee.*
  43. CONTINUE on Demonbreun St. back to the Comfort Inn.
  44. CROSS Rep. John Lewis Way S (5<sup>th</sup> Ave S). Bridgestone Arena on right.
  45. CROSS 6<sup>th</sup> Ave S., 7<sup>th</sup> Ave S., and 8<sup>th</sup> Ave S. Music City Center on left is the Convention Center.
  46. CROSS 9<sup>th</sup> Ave S., 10<sup>th</sup> Ave S. Cummins Station on left. **(6K)**
  47. CROSS 11<sup>th</sup> Ave S., 12<sup>th</sup> Ave S., and over Interstate 40/65.
  48. FINISH at Comfort Inn on left.
  49. CONGRATULATIONS! You have completed the Nashville Capital City Walk. We hope you have enjoyed the walk. Please spend some time and enjoy more sights and sounds of Nashville. Y'all come back now.



The members of the Tuck-a-See Wanderers hope you enjoyed this walk. There are 2 other walks in the Nashville area.

1. Historic East Nashville Walk (YRE) – East Nashville is home to beautifully restored Victorian and Craftsman homes, picturesque shopping and eclectic dining.
2. College Walk (YRE) - See Music Row, Vanderbilt, Belmont, and a full size replica of the Greek Parthenon.

