There are locations along this route where you may want to ride on the sidewalk rather than in the road. This is legal, but you should ride slowly and watch out at all driveways and intersections. Motorists don’t expect bicyclists on sidewalks and are apt to pull out or turn without stopping for you.
Cedar Bluff and West Hills to UT and Downtown

*From Town & Country Shopping Center:*

Enter Ten Mile Greenway at eastern end of Carmike Wynnsong Theater parking lot.
Follow greenway under Gallaher and turn right to head south (toward I-40)
Follow greenway left along Walker Springs Ln
Turn left to follow greenway, connecting to Jean Teague Greenway

*From West Town Mall:*

Exit the mall parking lot at Montvue. Go straight on Ray Mears Blvd. Turn right on Winston. Cross Kingston Pike. Turn right onto the greenway just past the YMCA

Continue on Jean Teague greenway.
Turn right onto Sheffield.
Turn left at the 4-way stop onto Vanosdale.
Take the first right on Westridge Dr.
Turn left on Stockton Dr.
Right on West Hills Road.
Left on Downing Dr.
Right on Wesley Rd.
Turn left on Kingston Pike. *You can either get in the left lane and make the left turn like a vehicle, or continue straight and cross as a pedestrian using the crosswalk.*
Turn right on Golf Club Rd.
Turn left on Cresthill Dr.
Right on Lockett Rd.
Left on Deane Hill Dr.
Immediate right onto Royal Crown Dr which becomes Baum Dr.
Turn right at Northshore (or cross Northshore at this traffic signal and use the sidewalk to get to Walden).
Turn left on Walden.
Turn left on Gore
Turn right on Kingston Pike *(can take the sidewalk, but go slowly and watch for motorists turning in and pulling out of driveways)*
Turn left into Bearden Elementary at the traffic signal (for pedestrians).
Continue toward the school then turn right to follow the Bearden Village greenway.
Continue on the greenway across Westwood
Turn right on Forest Park Blvd (can use street or sidewalk, but proceed with caution on the sidewalk when crossing driveways).
Turn left to enter Third Creek Greenway.
Follow Third Creek Greenway to Tyson Park.

*To UT:*

Continue on the greenway under Cumberland Ave.
Turn right at the T-intersection to access Ag Campus/Joe Johnson Blvd. You will wind around to the right to come up on the Ag Campus at Joe Johnson Blvd.
Turn right onto Joe Johnson.
Before the intersection with Volunteer Blvd, move left to get into the straight through travel lane.
Continue straight onto Andy Holt to enter campus.

*To downtown:* 

Veer left in Tyson Park onto the park road to access Cumberland Ave
Turn left on Cumberland (Kingston Pike). You can take the sidewalk but watch out at all driveways for motorists pulling out or turning in.
Turn left onto 22nd (take the street now, not the sidewalk)
Right on White Ave. (be sure to ride at least 3’ away from parked cars to avoid getting doored.)
Left onto 12th,
Right on Clinch Ave.

At the intersection with Henley, you should be in the center of the lane that goes straight in order to get a green light (if there isn’t any other traffic to trigger it). Be patient—Henley traffic has a long green cycle.

Left on Locust
Right on Union

*UT/Downtown to West Hills/Cedar Bluff area*

Starting downtown:

West on Clinch Ave

At the intersection with Henley, you should be in the center of the lane that goes straight (which is actually the left-most lane) in order to get a green light (if there isn’t any other traffic to trigger it). Be patient—Henley traffic has a long green cycle.

Turn left onto 22nd St.
Turn right onto Cumberland (you can ride on the sidewalk if traffic is heavy, but watch out at driveways for cars pulling out or turning in)
Turn right into Tyson Park.
Access the greenway on your left.

Starting at UT:

Head west on Andy Holt Ave
Continue on Joe Johnson bridge toward the Ag Campus.
Turn left at the first traffic light to access the greenway, an immediate left next to the service road.
Turn left onto the greenway at the bottom of the hill.
Continue on the greenway to Tyson Park
Follow Third Creek Greenway to Forest Park Blvd.
From the parking lot at the trailhead/shopping center, turn right onto Forest Park Blvd.
Cross Sutherland to access the greenway toward the west.
Cross Westwood Dr., still on the greenway
Turn left to follow the greenway/walkway to Kingston Pike.
Cross Kingston Pike using the crosswalk/traffic signal.
Turn right on the sidewalk on Kingston Pike, but watch out at driveways for cars pulling
out or turning in
Left on Gore Rd.
Right on Walden.
Right on Northshore.
Left on Baum (can use crosswalk instead of making a left turn like a car if that is more comfortable)
Left on Deane Hill.
Immediate right onto Lockett Rd.
Take the first left onto Cresthill Dr.
Right on Golf Club Rd.
Left onto Kingston Pike
Right on Wesley Rd.
Left on Downing Dr.
Right on West Hills Dr.
Left on Stockton Dr.
Right on Westridge Dr.
Left on Vanosdale Rd.
Right on Sheffield to access the Jean Teague greenway.
Continue on the greenway.

To West Town Mall:

Turn left from the greenway onto Winston.
Cross Kingston Pike.
Turn left on Ray Mears Blvd,
Straight into the mall parking lot.

To Gallaher View Rd:

Continue on the greenway to West End Church.
Follow greenway to the right onto Walker Springs Blvd
Right on the greenway along Gallaher.
Left on the greenway underneath Gallaher.
Continue on Ten Mile Greenway to Carmike Wynnsong.
From West Town Mall:

Exit mall at Montvue.
Straight on Ray Mears Blvd.
Right on Winston.
Cross Kingston Pike.
Access greenway in YMCA parking lot.
Right onto Sheffield.
Left onto Vanosdale.
Right on Westridge Dr.
Left on Stockton Dr.
Right on W Hills Road.
Left on Downing Dr.
Right on Wesley Rd.
Left on Kingston Pike.
Right on Golf Club Rd.
Left on Cresthill Dr.
Right on Lockett Rd.
Left on Deane Hill Dr.
Right on Royal Crown Dr.
Becomes Baum Dr.
Right at Northshore.
Left on Walden.
Left on Gore.
Right on Kingston Pike.
Turn left on Westwood.
At Sutherland.
Access new greenway on the north side.
Right on Forest Park Blvd.
Left Third Creek Greenway.
End at Tyson Park.