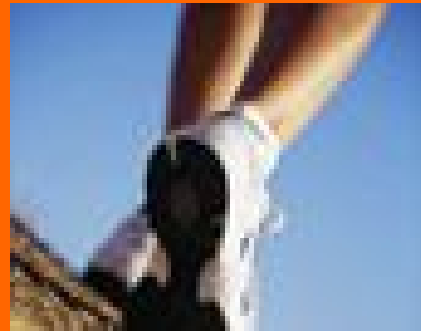


# walk

## Nashville



A guide to the city's neighborhoods, greenways, parks, walkable places, and spaces.

# encouragement from the mayor

Walk Nashville is a collaborative project presented by the Nashville Mayor's Office, Metro Public Health, Metro Parks and Recreation, Metro Planning, Nashville Community Health and Wellness Team, Healthy Nashville, and AARP.

The walks included in Walk Nashville cover all areas of Nashville. You will find walks of many varieties and distances. From rural to urban settings, short and long, there is something for everyone in this guide.



Lake Watauga is the lake in downtown's Centennial Park

The walks in this guide have been analyzed for their safety. However, none of the mentioned organizations can be liable for any accident or injury that could occur to you while walking on any of these included paths. Keep in mind the following:

- See your health care provider before starting any exercise program.
- Walk these routes with a partner.

As we look for ways to improve our health, walking offers rewards that few other activities can match. Even a short walk a few days a week yields substantial health benefits. One of my greatest pleasures as Mayor has been the further development of walking trails and seeing our greenways enhanced. More trails and greenways are on the way for neighborhoods throughout Davidson County.

Whether you're a seasoned walker or just starting out, Walk Nashville is a valuable resource for promoting wellness. This guide provides the information that matters when choosing a place to walk that meets your needs and interests, offers walking tips, and even has contact information for area walking groups.

I look forward to seeing you on the trails and sidewalks of Nashville. Happy walking!

Warmest regards,

Karl Dean  
Mayor

## table of contents

### Where to Walk

Neighborhood Walks.....	4
Most Commonly Asked Questions About Walking.....	35
Greenways and Trailheads.....	36
Walking Smart—Greenways and Trailheads.....	39
Parks.....	40
Malls.....	44

### How and Why To Walk

Why Walk?.....	47
Walking for Health and Fitness.....	47
Walking Smart—Streets and Sidewalks.....	48
Walking Safe.....	49
Making Nashville Walkable.....	50

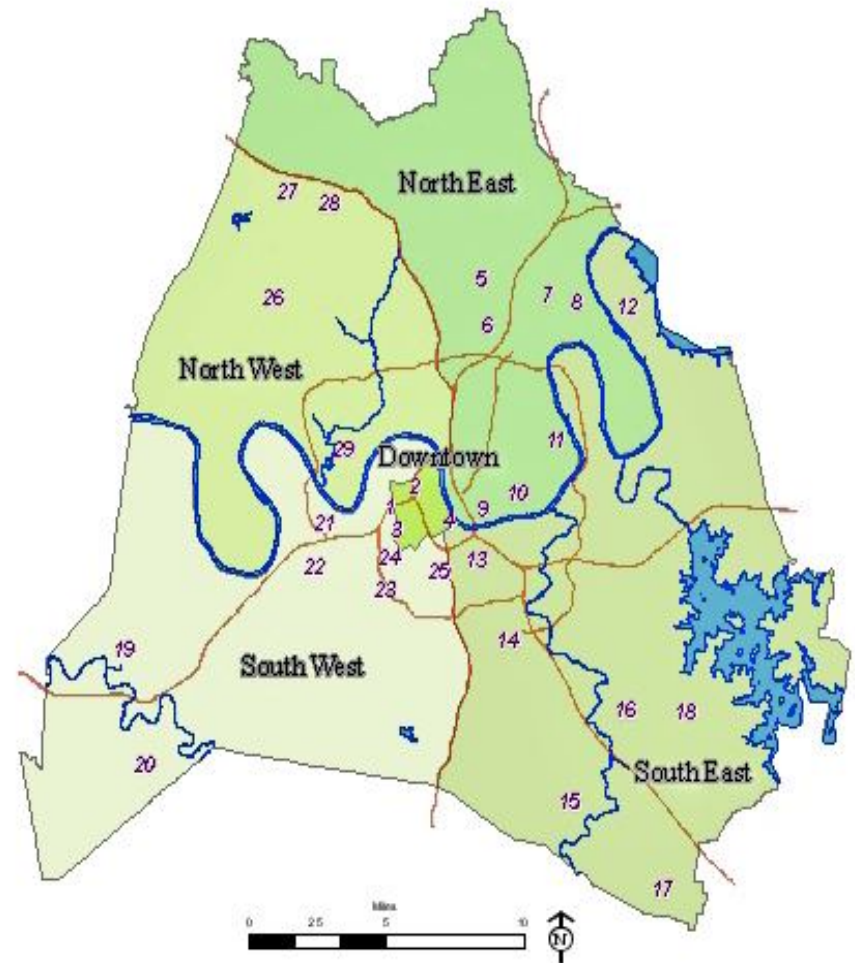
# where TO WALK

“There’s nowhere to walk” won’t cut it anymore. There are places throughout the Nashville area for everyone who walks. Want a simple walk on a tree-lined sidewalk? Visit a historic neighborhood. Want to avoid the vehicle traffic on the streets? Visit one of the many Nashville greenways. Choose a close-to-home walking site that matches your fitness level and preferred walking environment and go there.

## where to walk in nashville

### Overview

Walk Nashville Routes by County

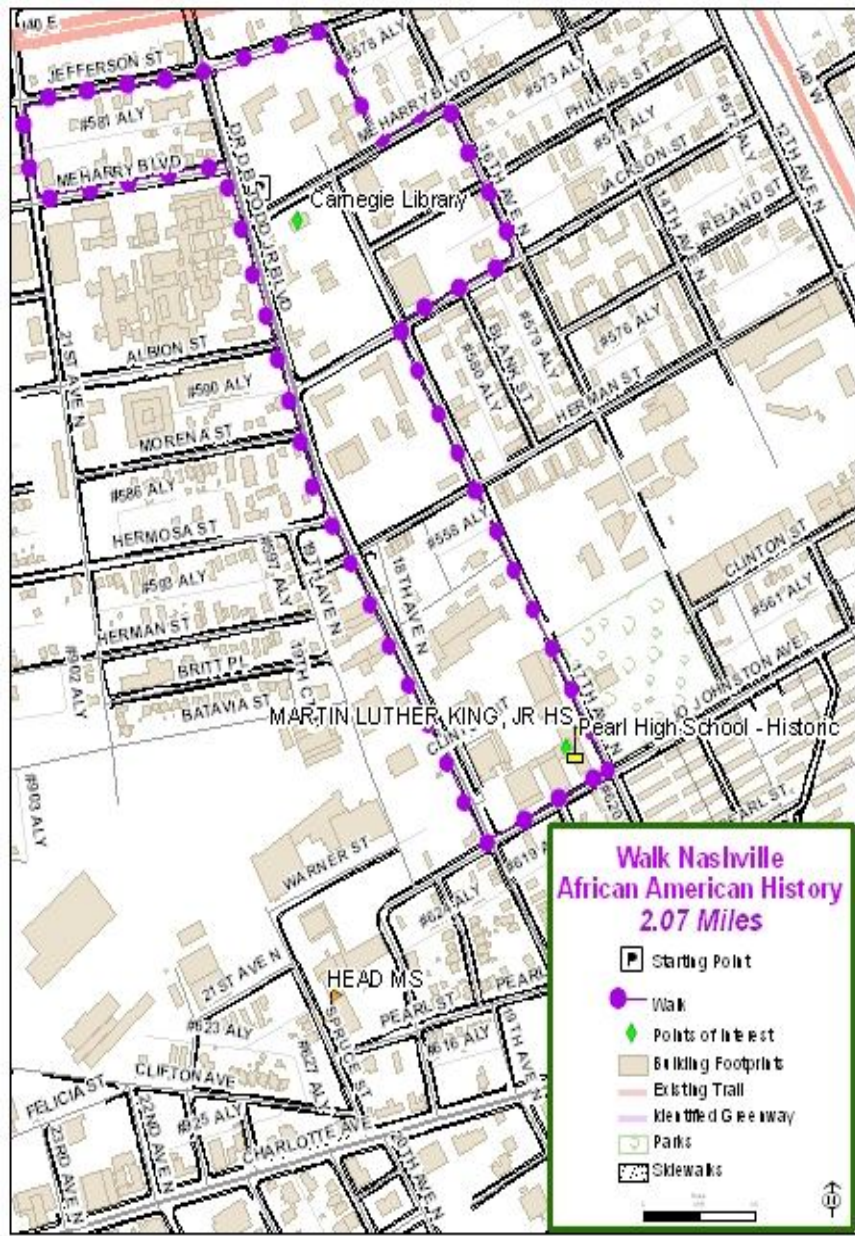


Above is an overview map of Davidson County/Nashville. You will see all of the walks included in this guide mapped on the overview map. They are numbered and placed in the guide according to the region of location.

All maps included in this document were produced by the Metropolitan Nashville Planning Department June 2009.

# where to walk in nashville

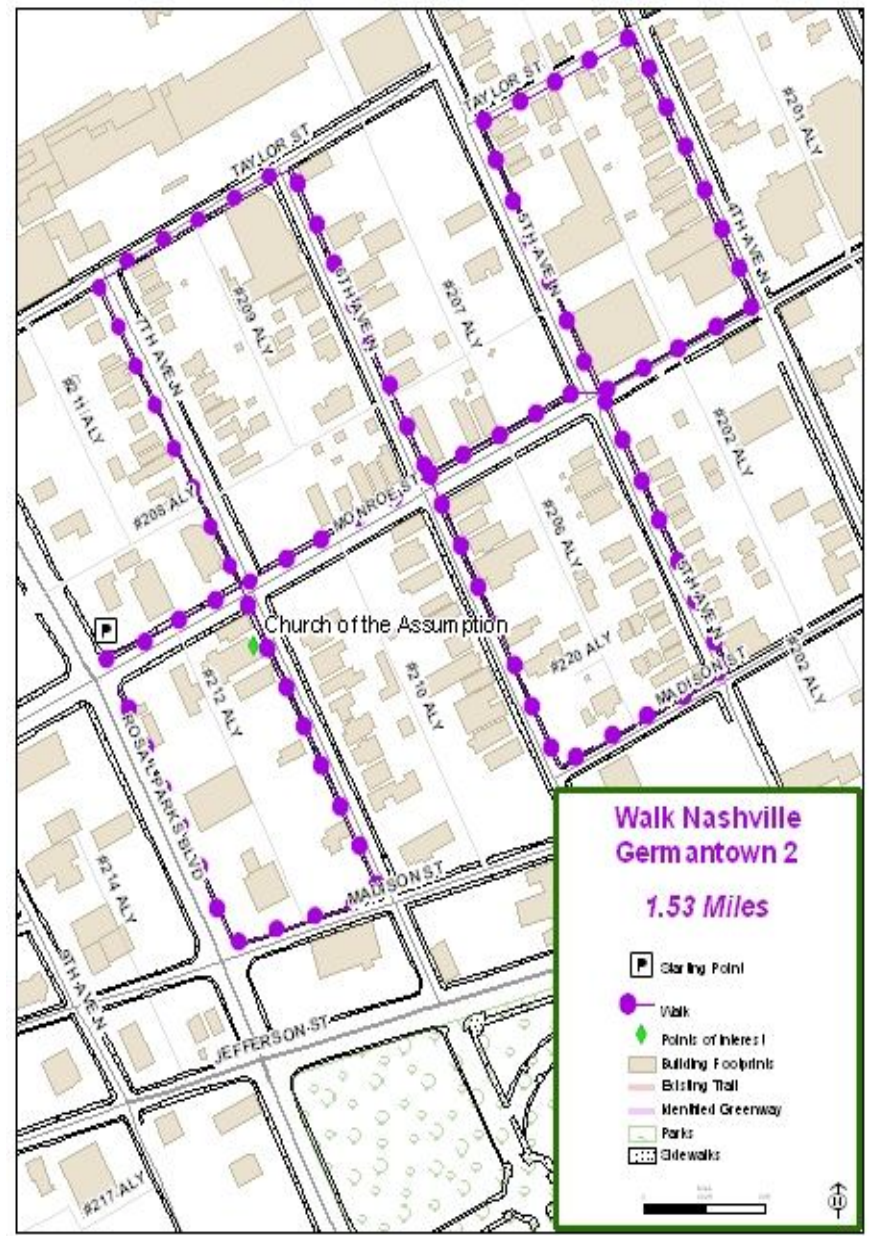
## 1 Downtown



This path highlights over 20 historic markers which describe African-American history in Nashville. These markers are scattered along the campuses of Fisk University and Meharry Medical College.

# where to walk in nashville

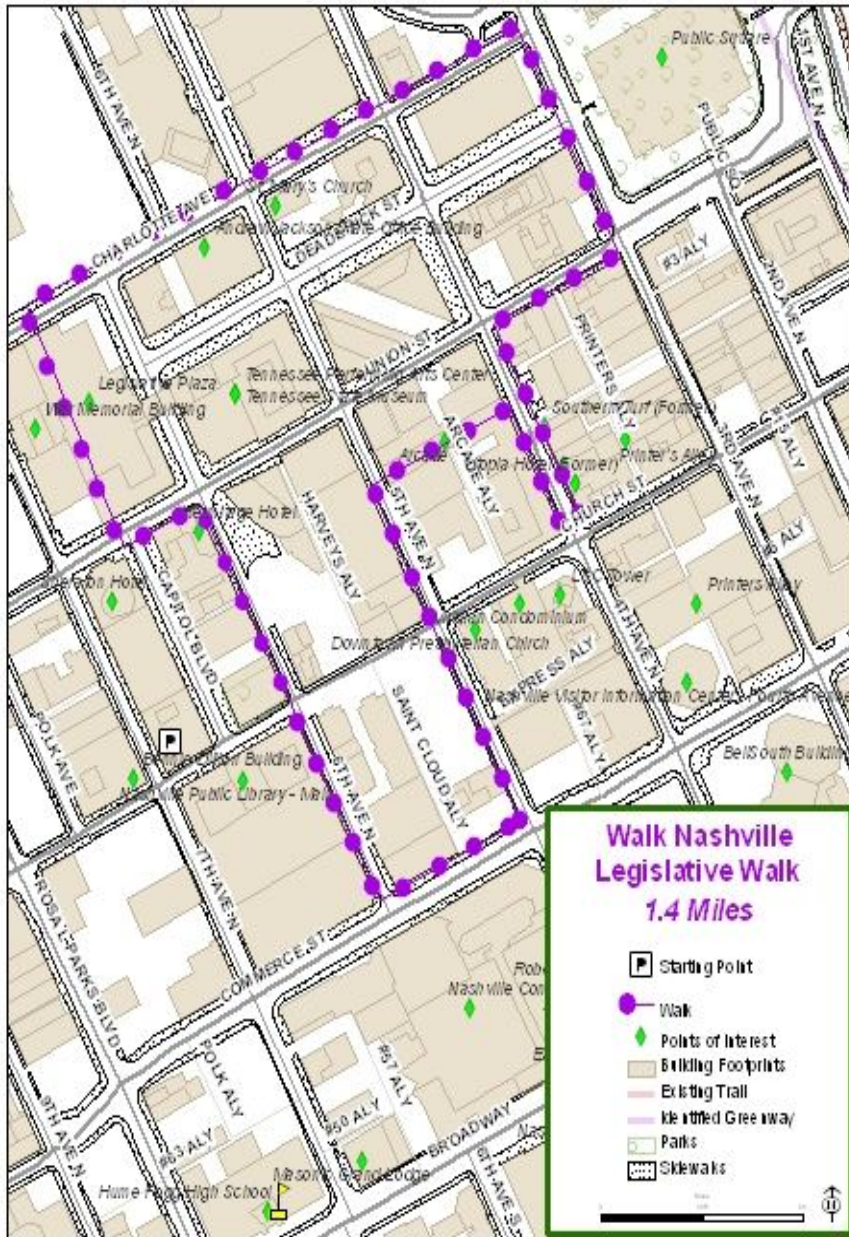
## 2 Downtown



The Germantown Historic District is one of Nashville's most diverse areas for architecture and contains styles built between 1820 and 1920.

# where to walk in nashville

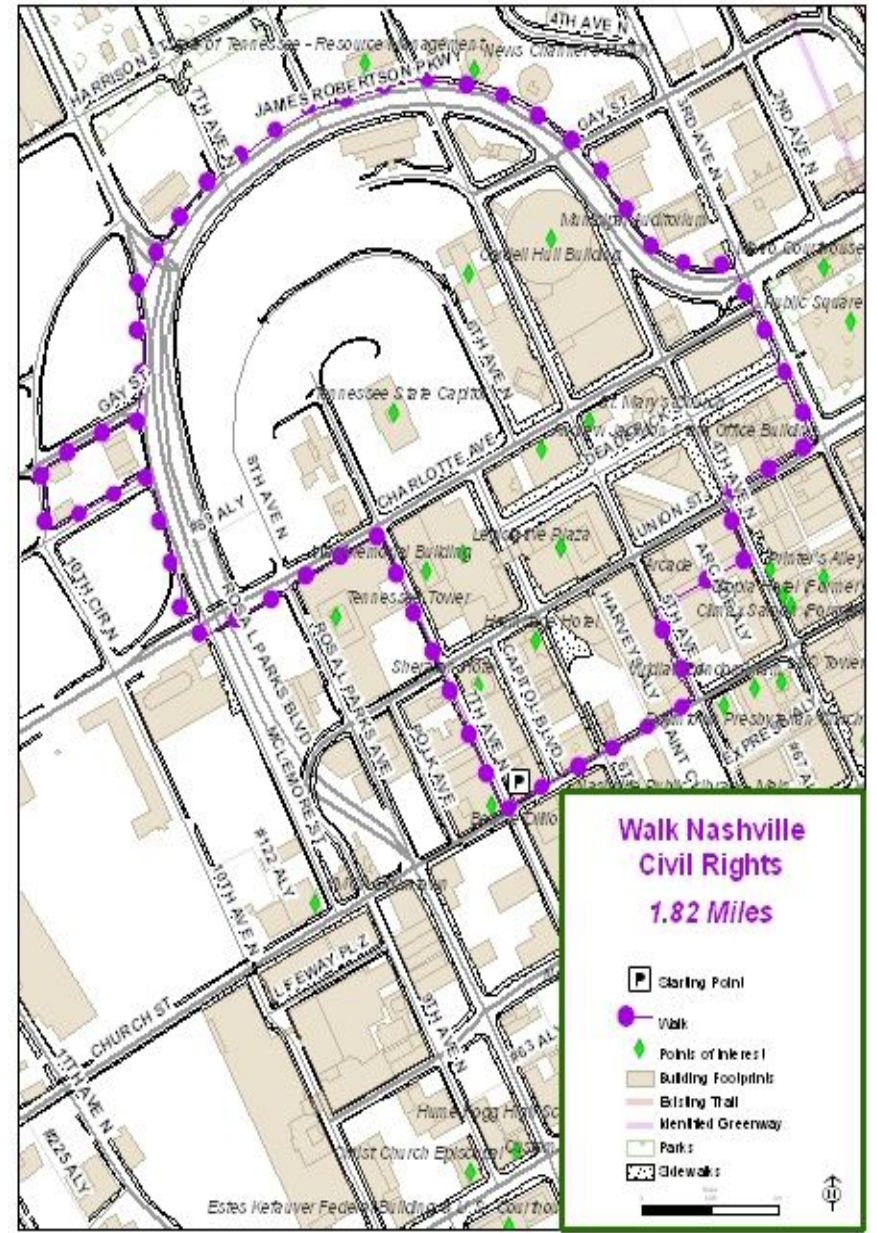
## 3 Downtown



Take the opportunity to walk by Tennessee's Legislative Plaza and by the Nashville/Davidson County Courthouse. Also enjoy the wide ranging architecture along the route and throughout historical places such as Printers Alley.

# where to walk in nashville

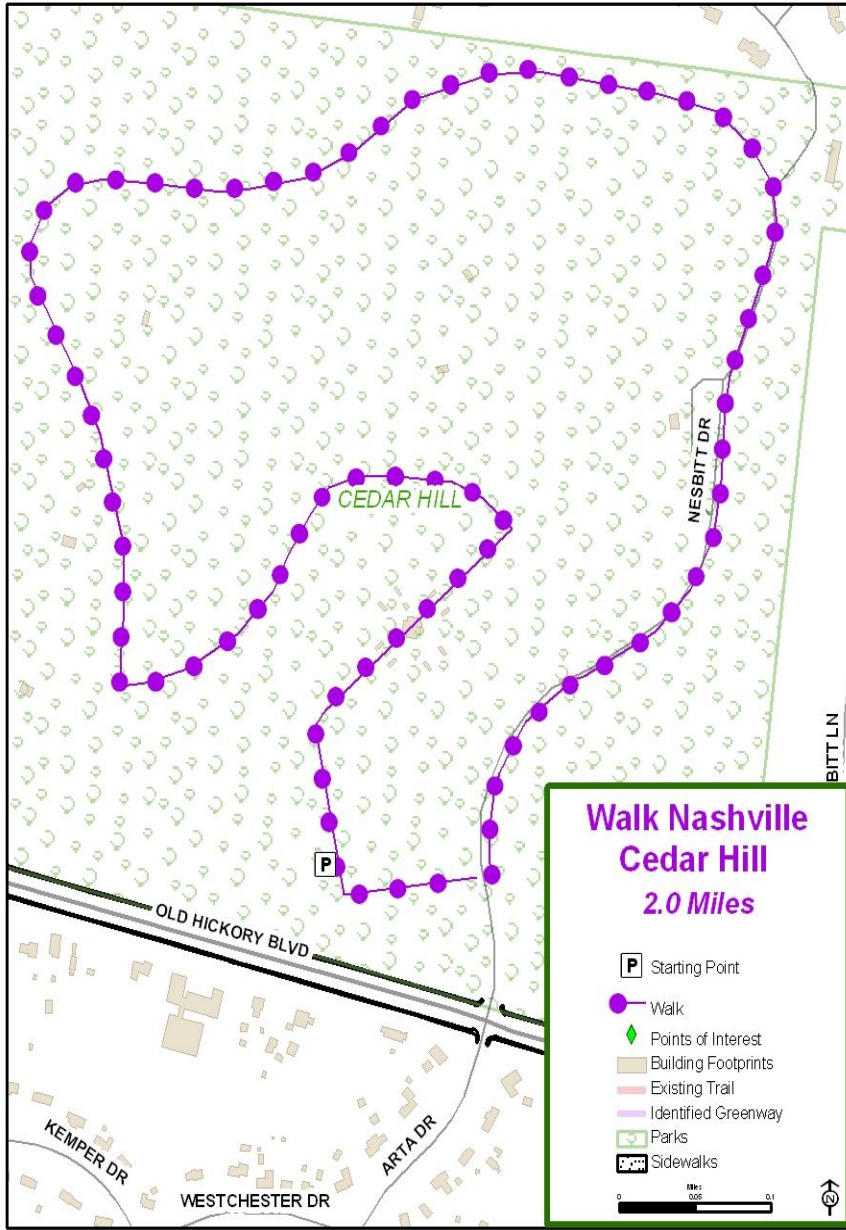
## 4 Downtown



It was on these streets that students from the city's four African-American colleges launched a nonviolent protest (sit-ins) against segregated lunch counters and other public accommodations.

# where to walk in nashville

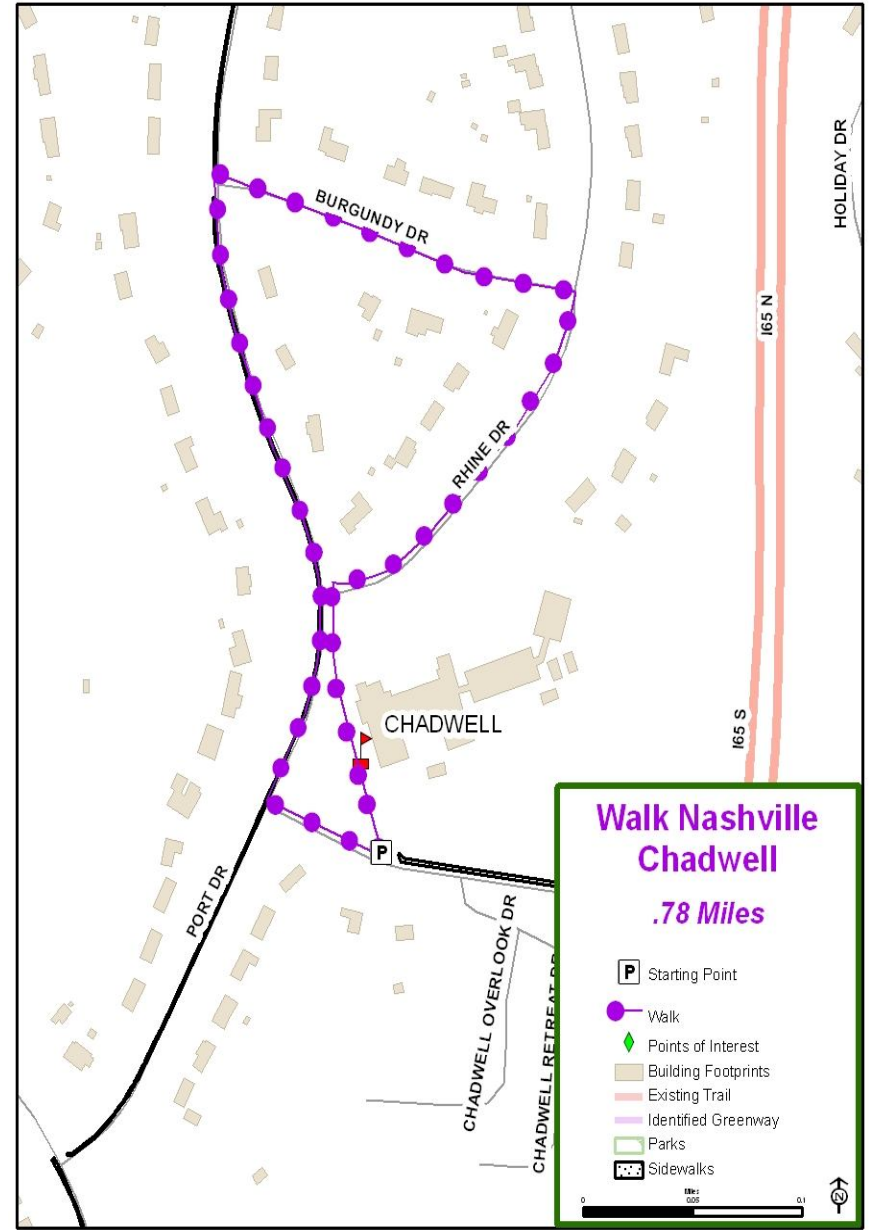
## 5 North East



Enjoy Cedar Hill Pond and its surroundings as you walk along the trail at Cedar Hill Park.

# where to walk in nashville

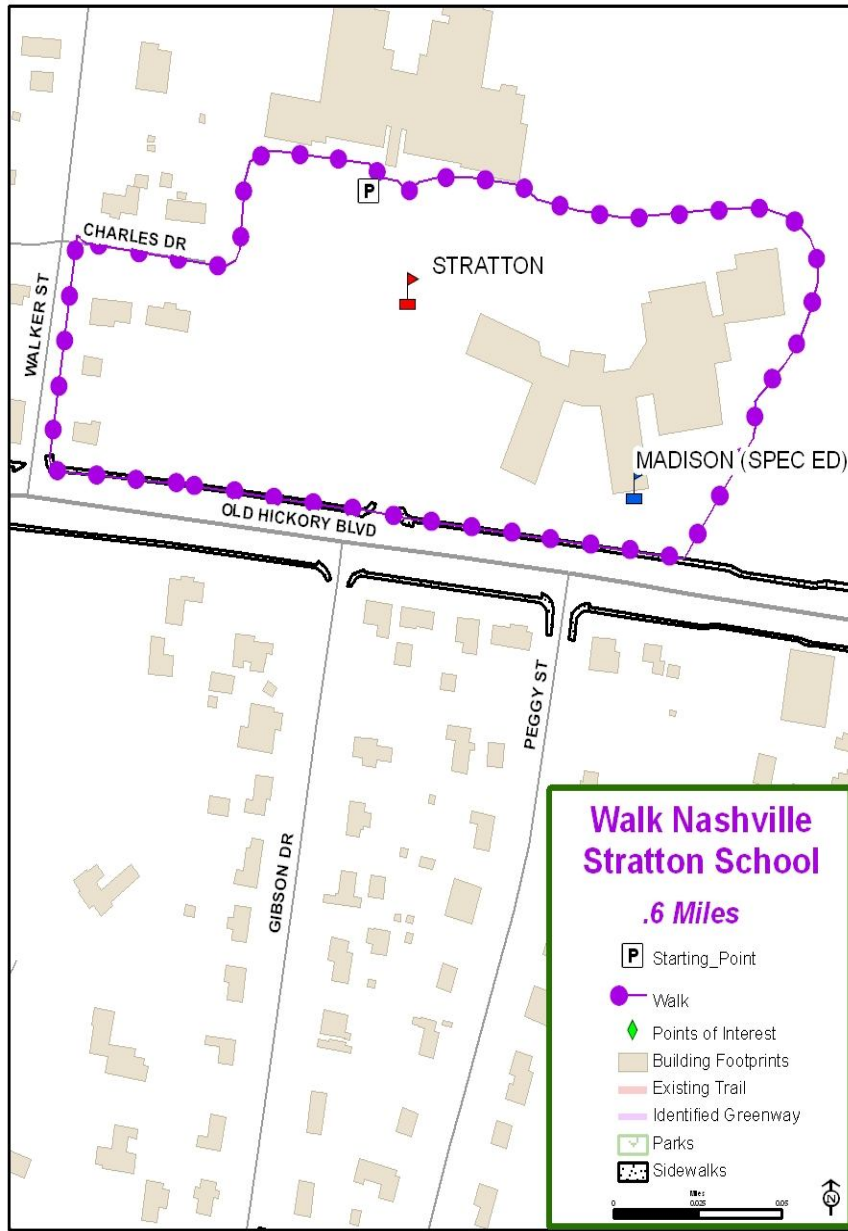
## 6 North East



Enjoy walking along the campus of Chadwell School and it's surrounding neighborhoods.

# where to walk in nashville

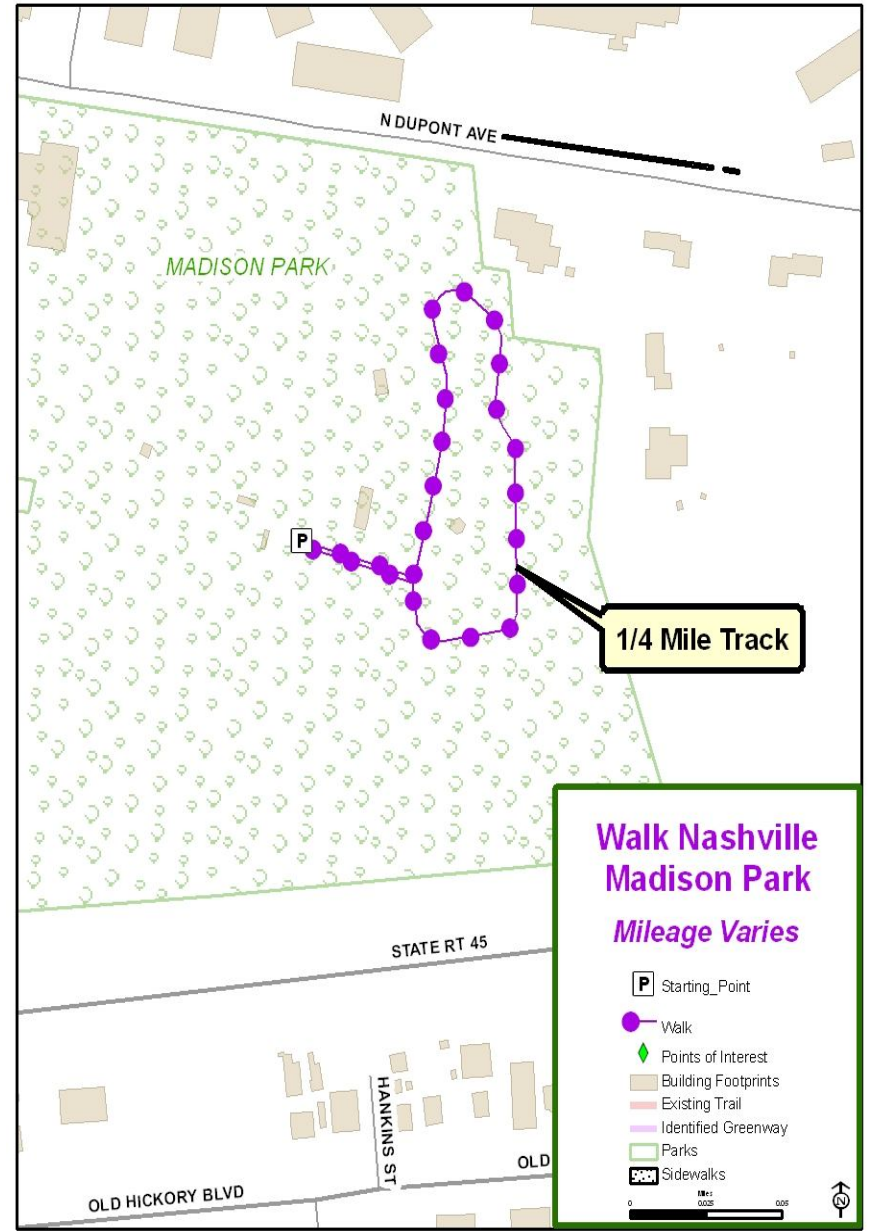
## 7 North East



Take a stroll along the neighborhoods surrounding the campus of Stratton School.

# where to walk in nashville

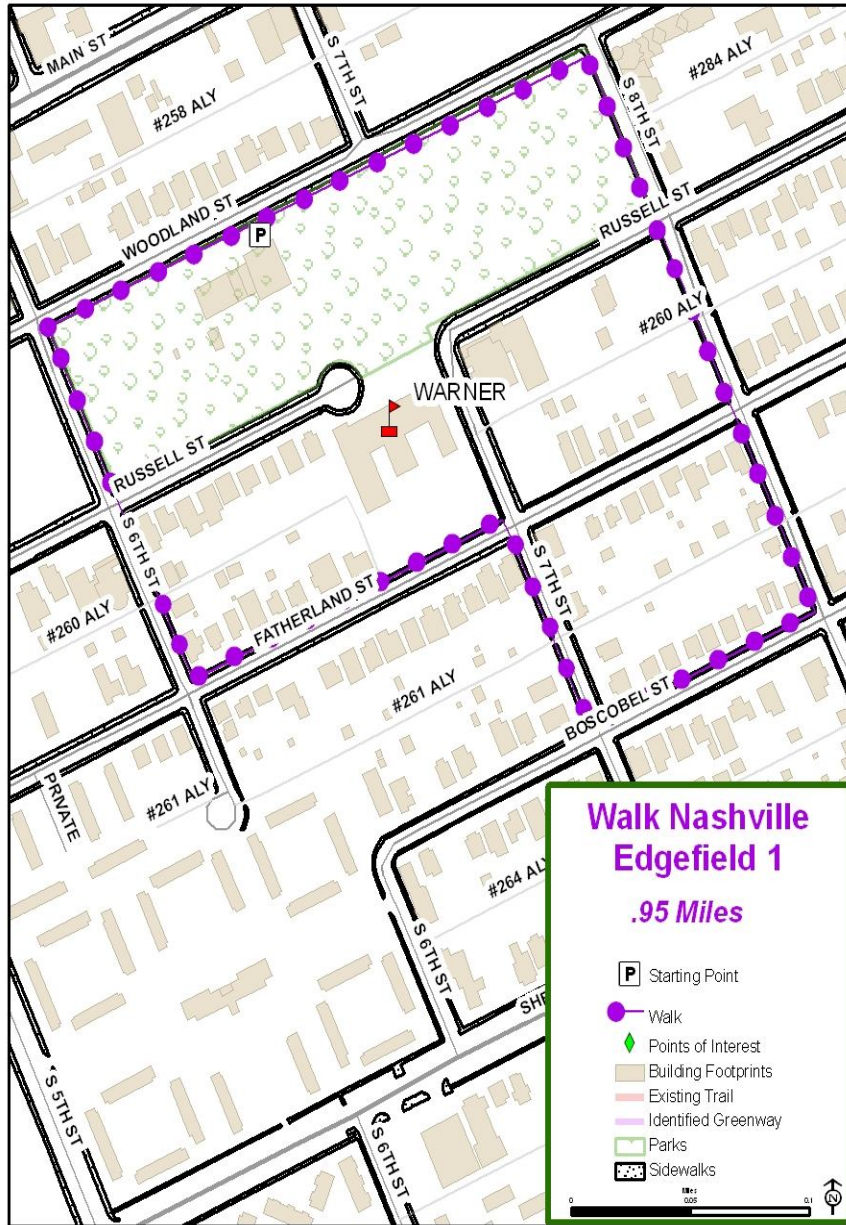
## 8 North East



If one is looking to create their own walking distance, then head to the beautiful Madison Park 1/4 mile walking track.

# where to walk in nashville

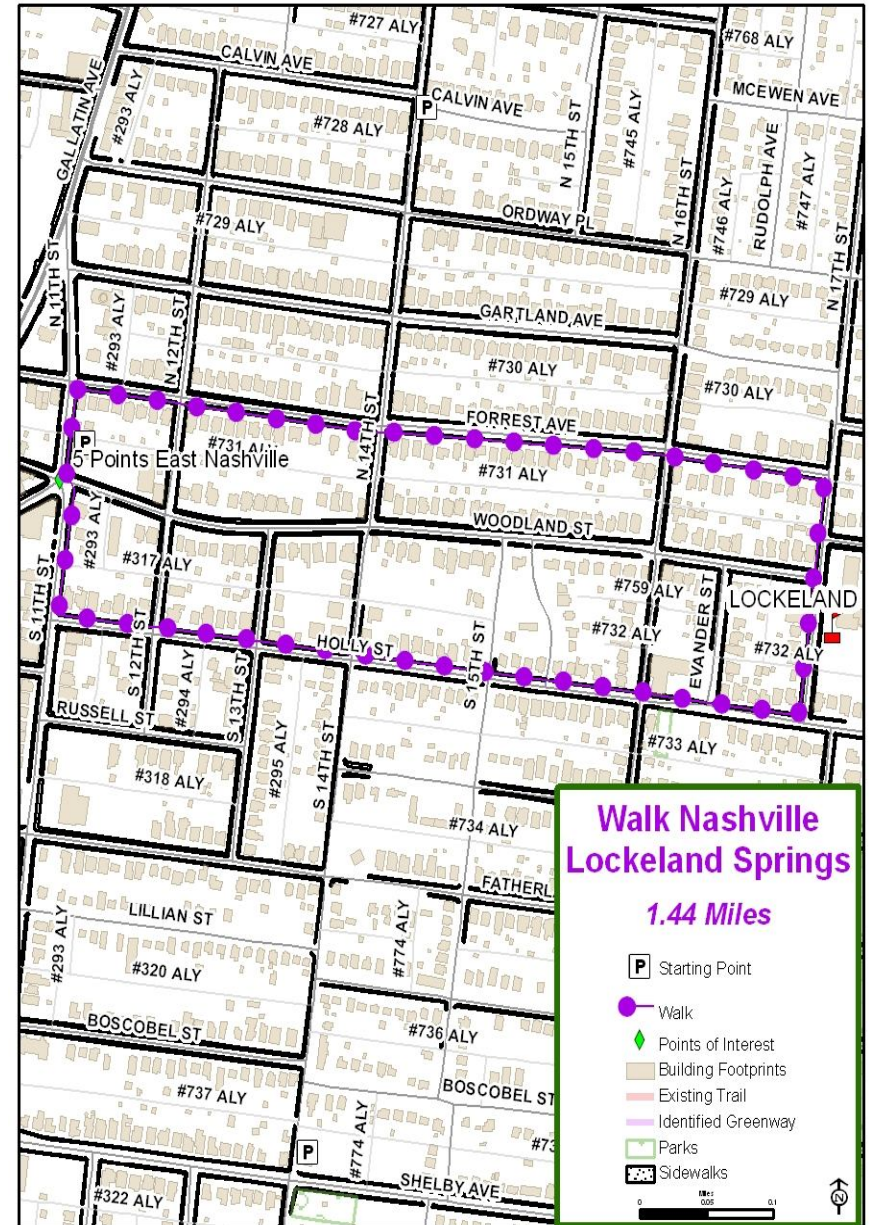
## 9 North East



Originally it's own incorporated town, Edgefield was Nashville's first residential suburb. Today, the Edgefield Historic District retains meticulously restored Italianate and Queen Anne cottages that can be enjoyed while strolling brick-paved sidewalks.

# where to walk in nashville

## 10 North East

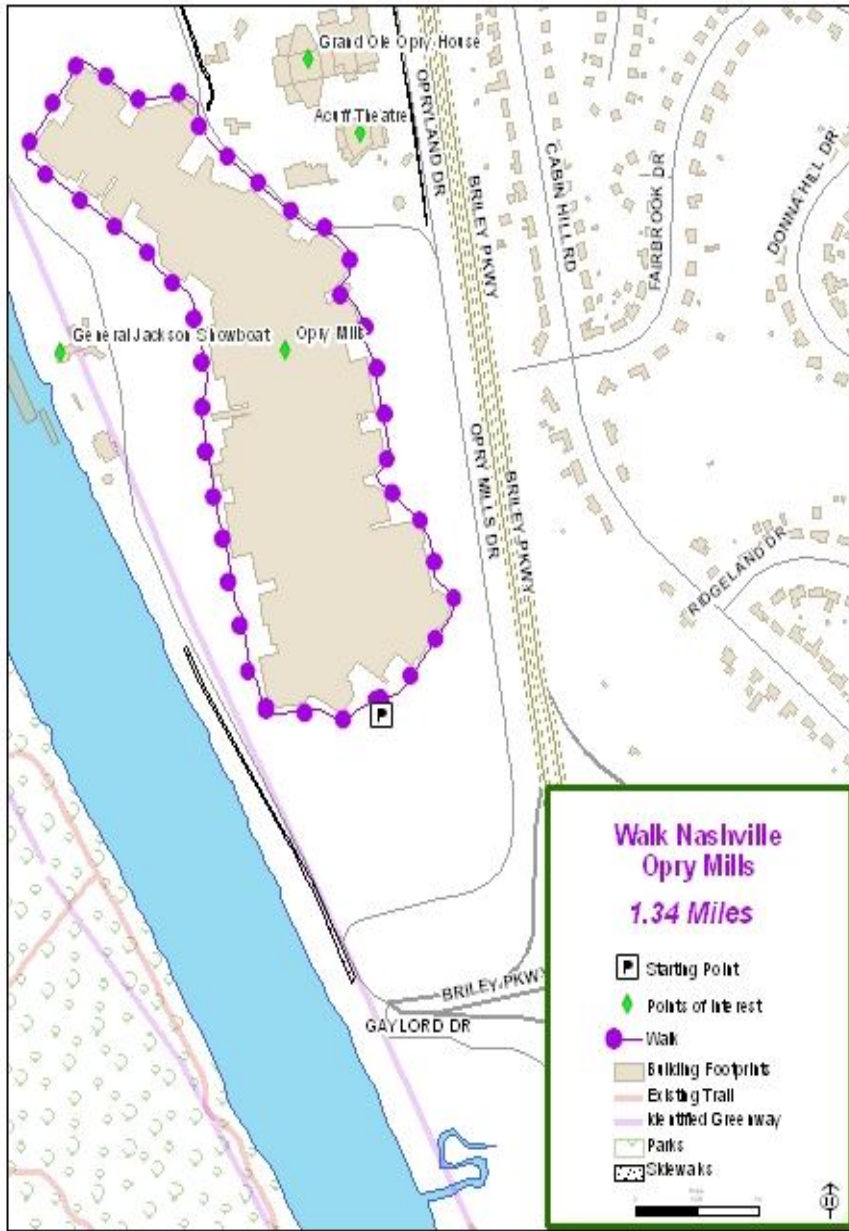


Offering Nashville's best collection of turn of the century Classical Revival homes, the Lockeland Springs and East End neighborhoods also serve up brick bungalows and an occasional Eastlake manse. There are also neighborhood coffee shops along the way for your enjoyment.



# where to walk in nashville

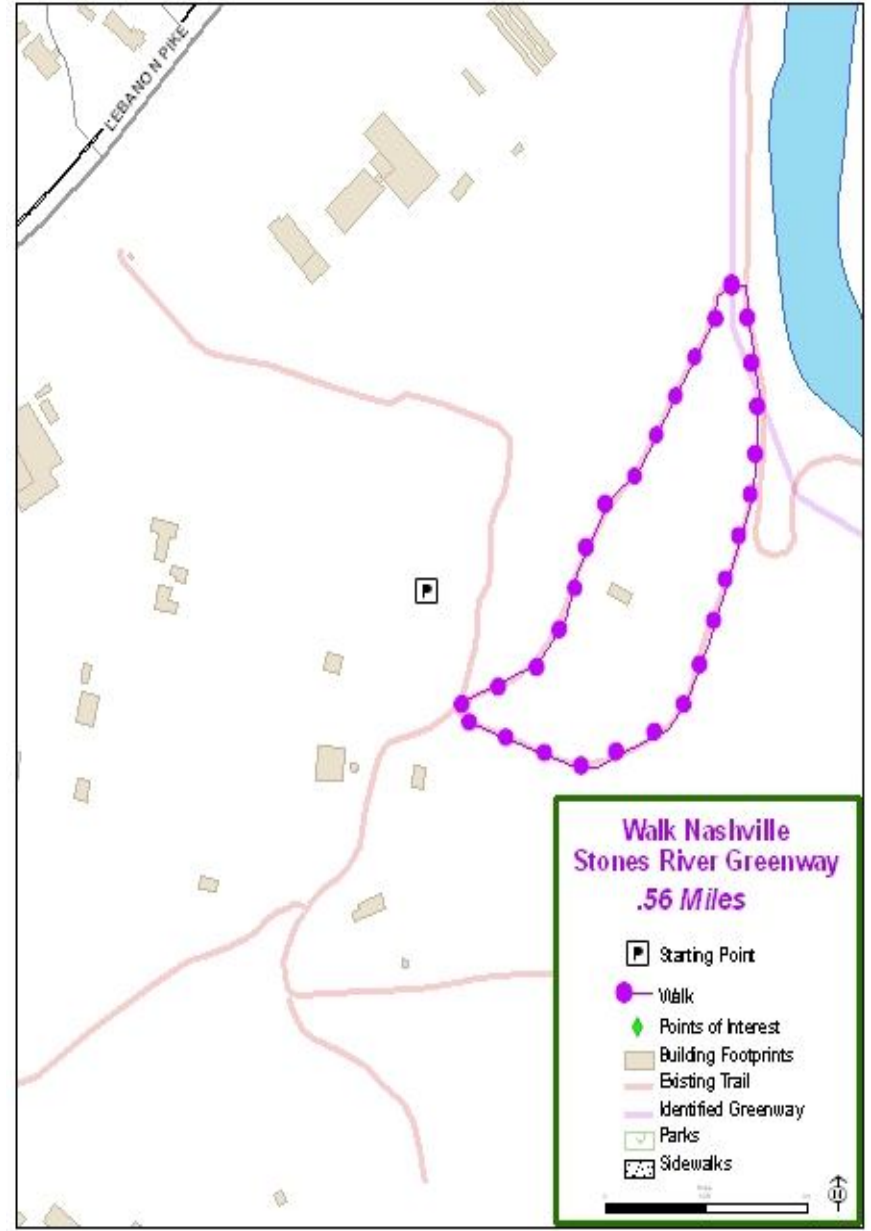
## 11 North East



Opry Mills Mall is located next to the beautiful and famous Opryland Hotel. The walk circles the mall which was built on the grounds of the former Opryland Amusement Park.

# where to walk in nashville

## 12 North East



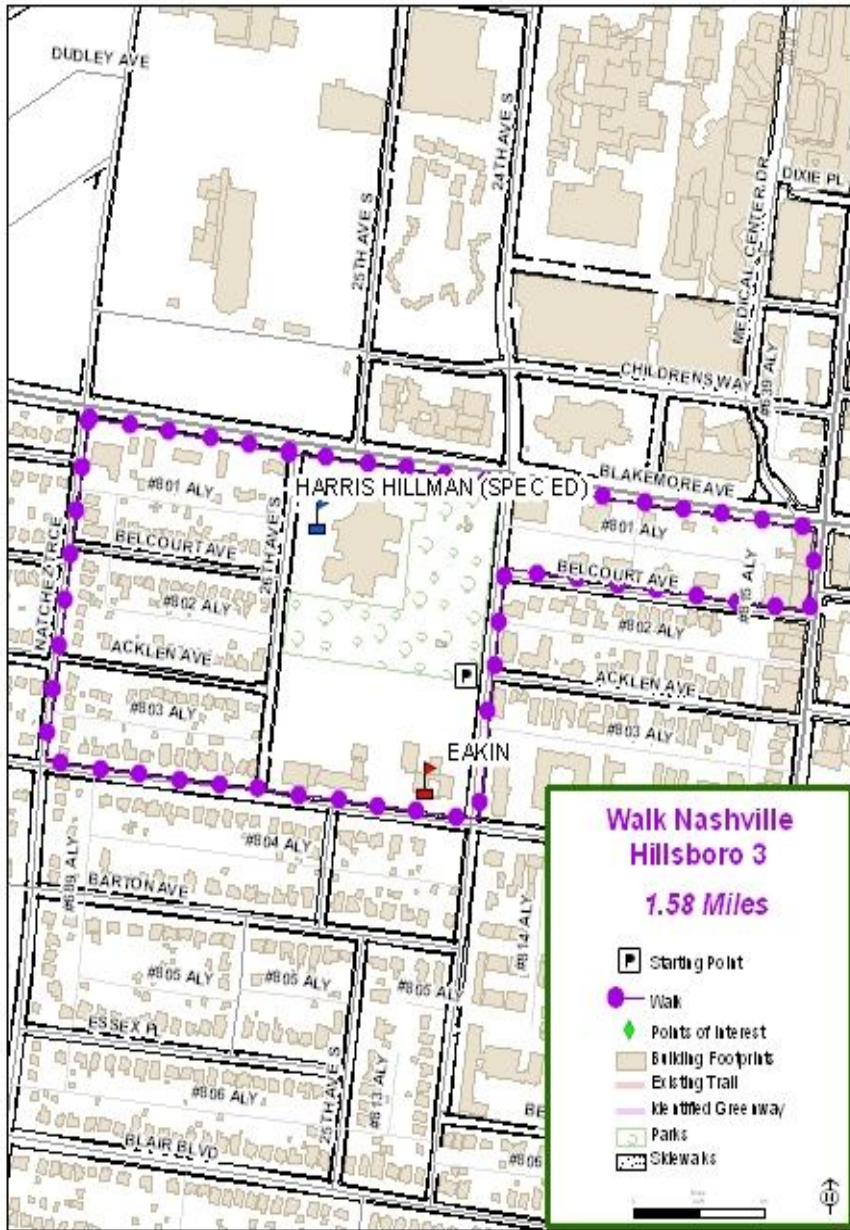
Adjacent to the beautiful Stones River, enjoy the views and peacefulness as you walk along the greenway.

# where to walk in nashville

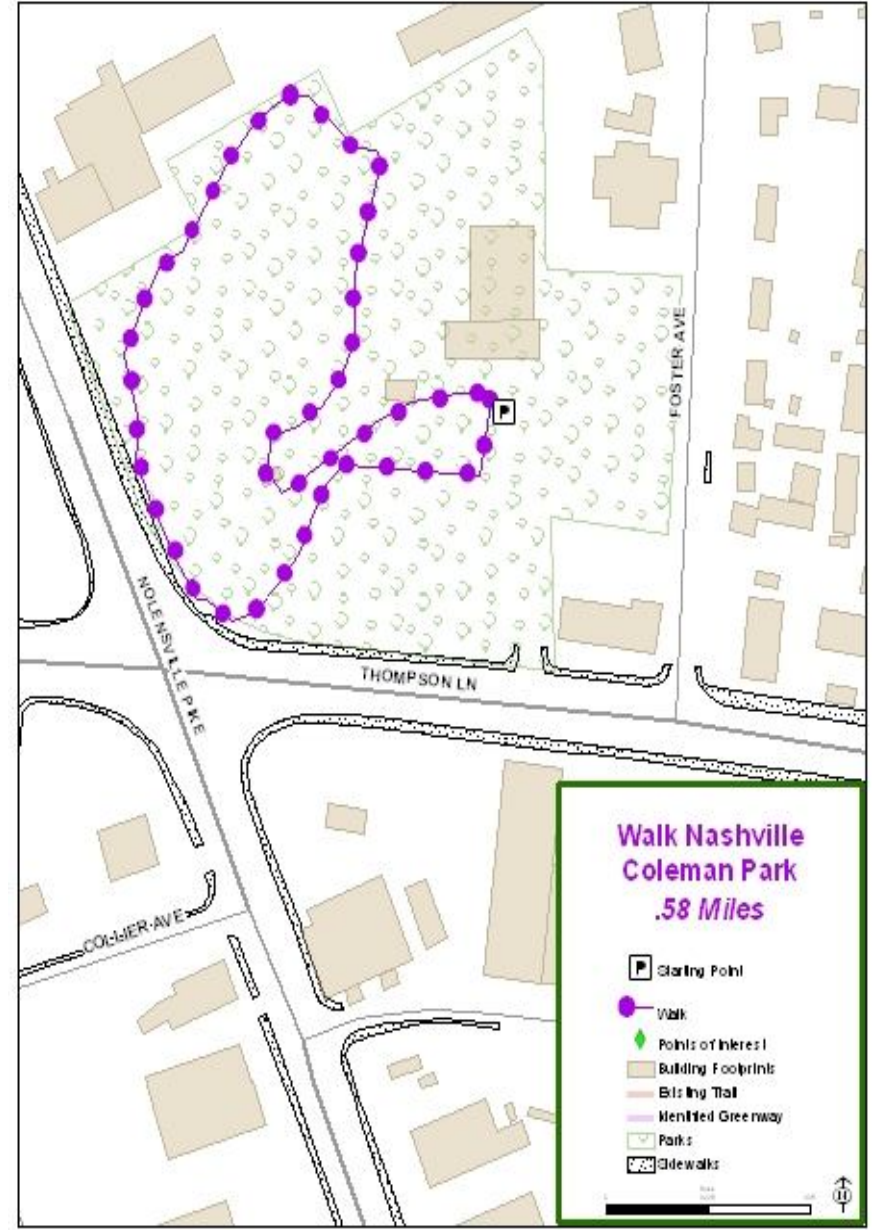
## 13 South East

# where to walk in nashville

## 14 South East



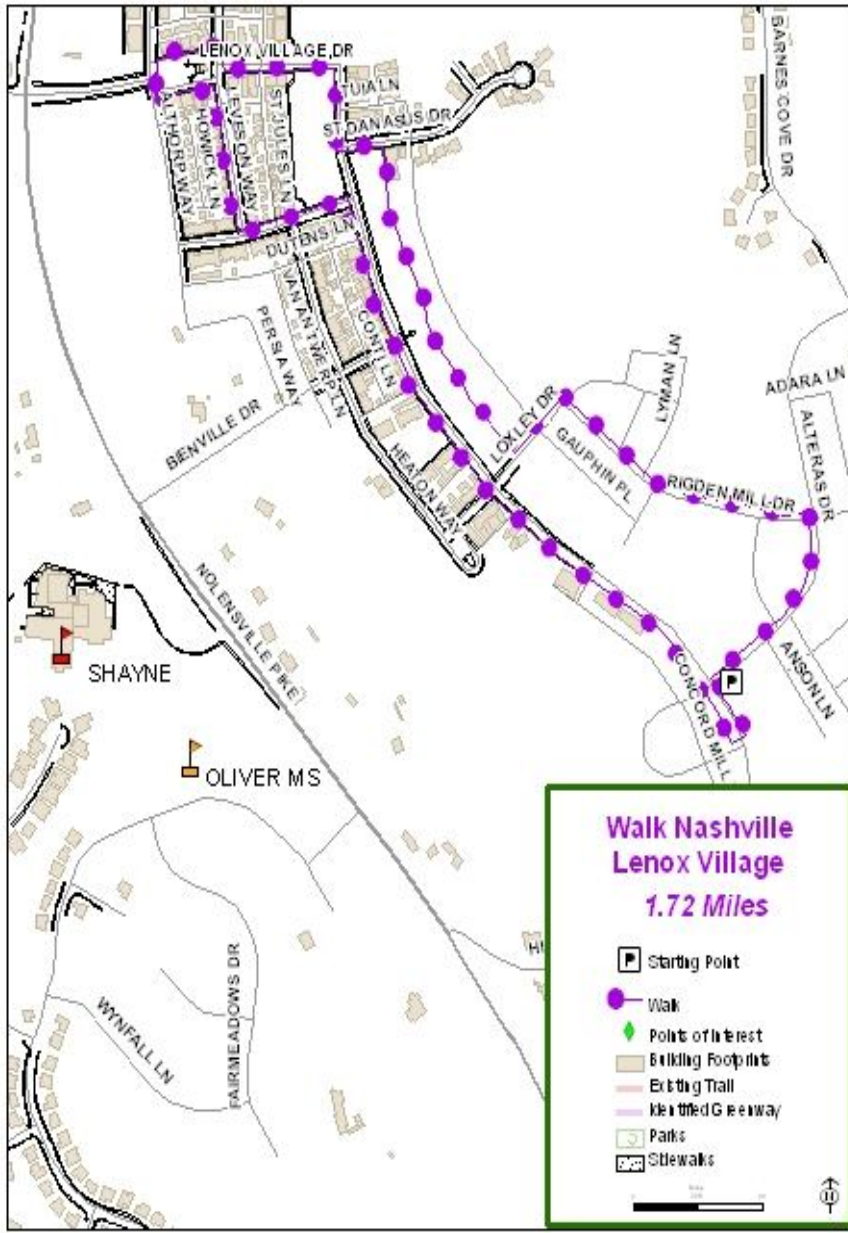
Close to Vanderbilt University, Hillsboro-West End's Tudor Revival and bungalow-lined streets get heavy use from walkers and runners.



Enjoy walking the recreation fields of Coleman Park.

# where to walk in nashville

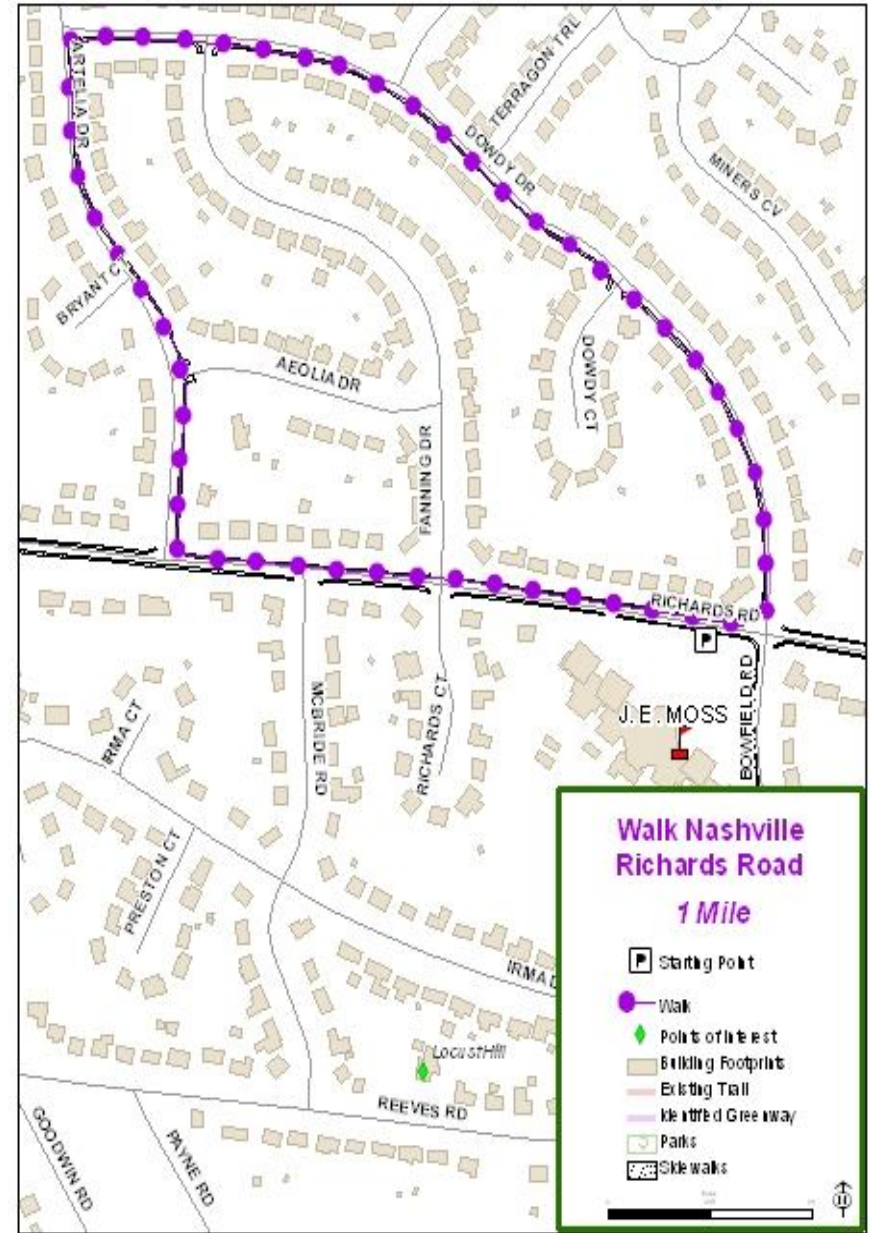
## 15 South East



Walking throughout the beautiful, award winning neighborhood of Lenox Village will allow you to see the wonderful concepts of a planned community development.

# where to walk in nashville

## 16 South East



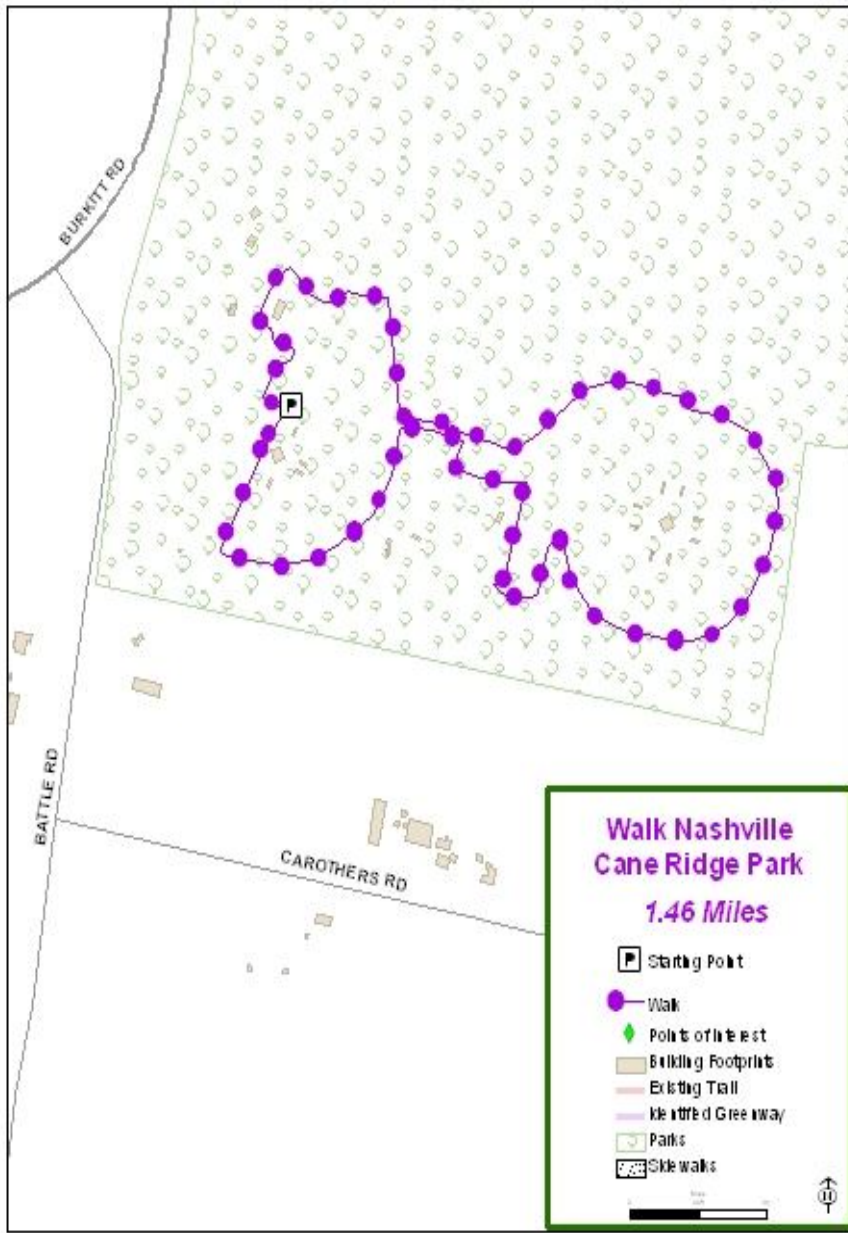
This walk takes you along a very nice neighborhood surrounding J.E. Moss School.

# where to walk in nashville

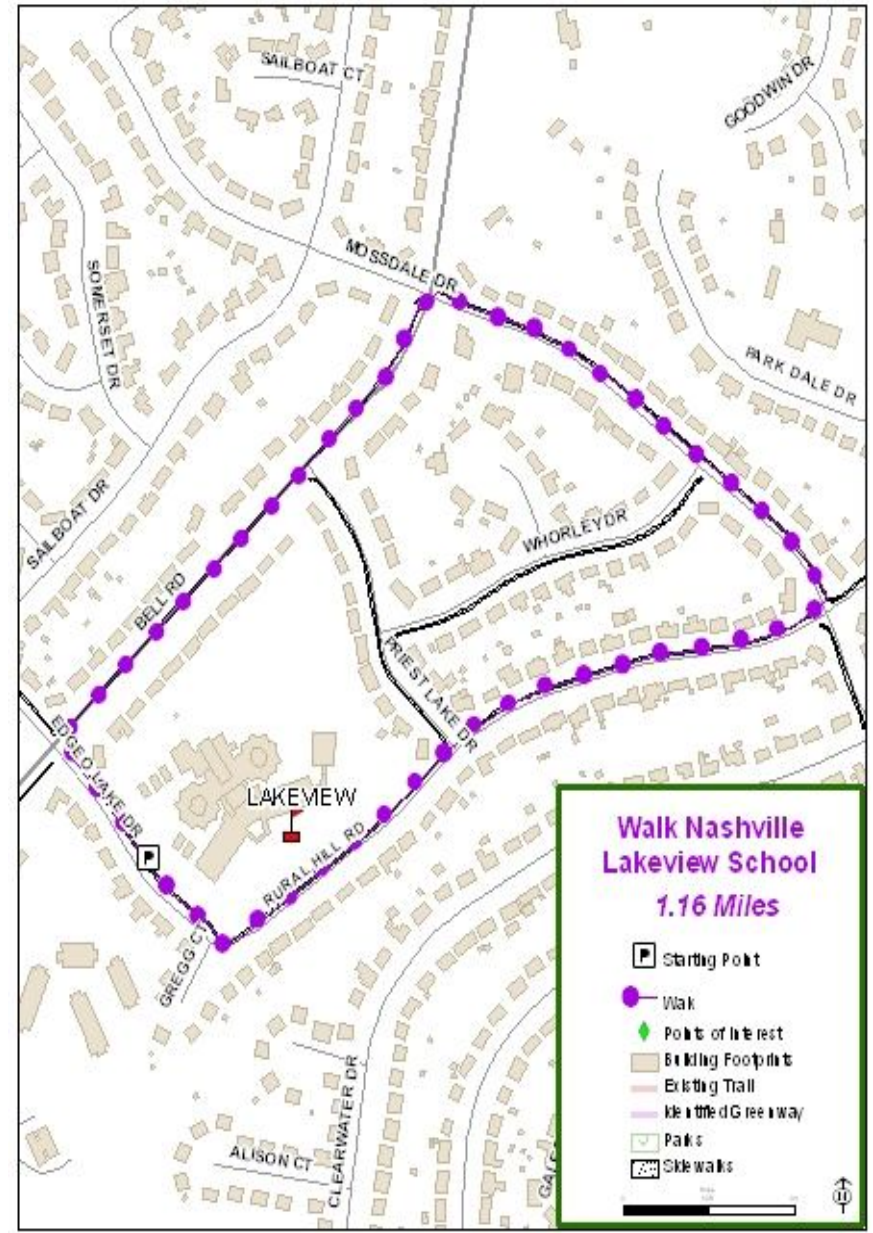
17 South East

# where to walk in nashville

18 South East



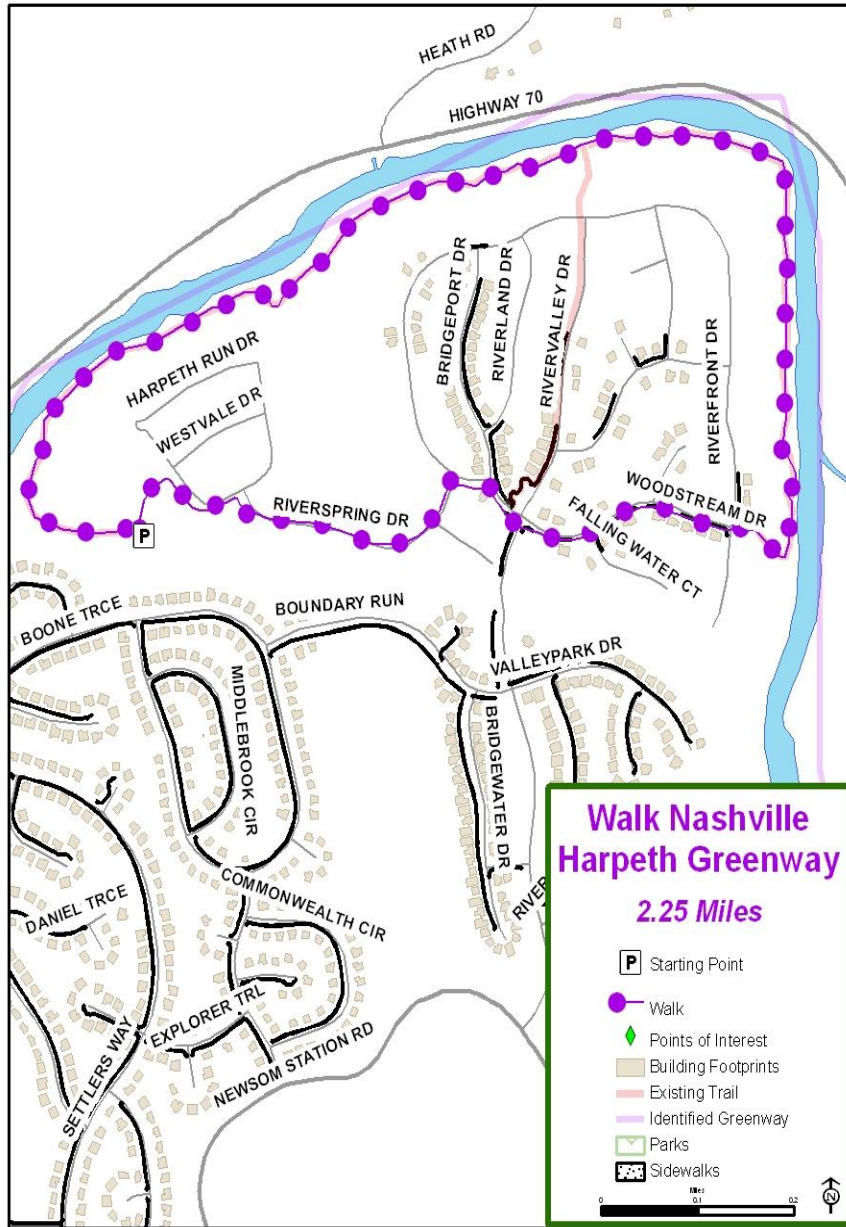
Enjoy walking along the recreation fields of Cane Ridge Park.



Stroll through the neighborhoods surrounding Lakeview School.

# where to walk in nashville

## 19 South West



### Walk Nashville Harpeth Greenway

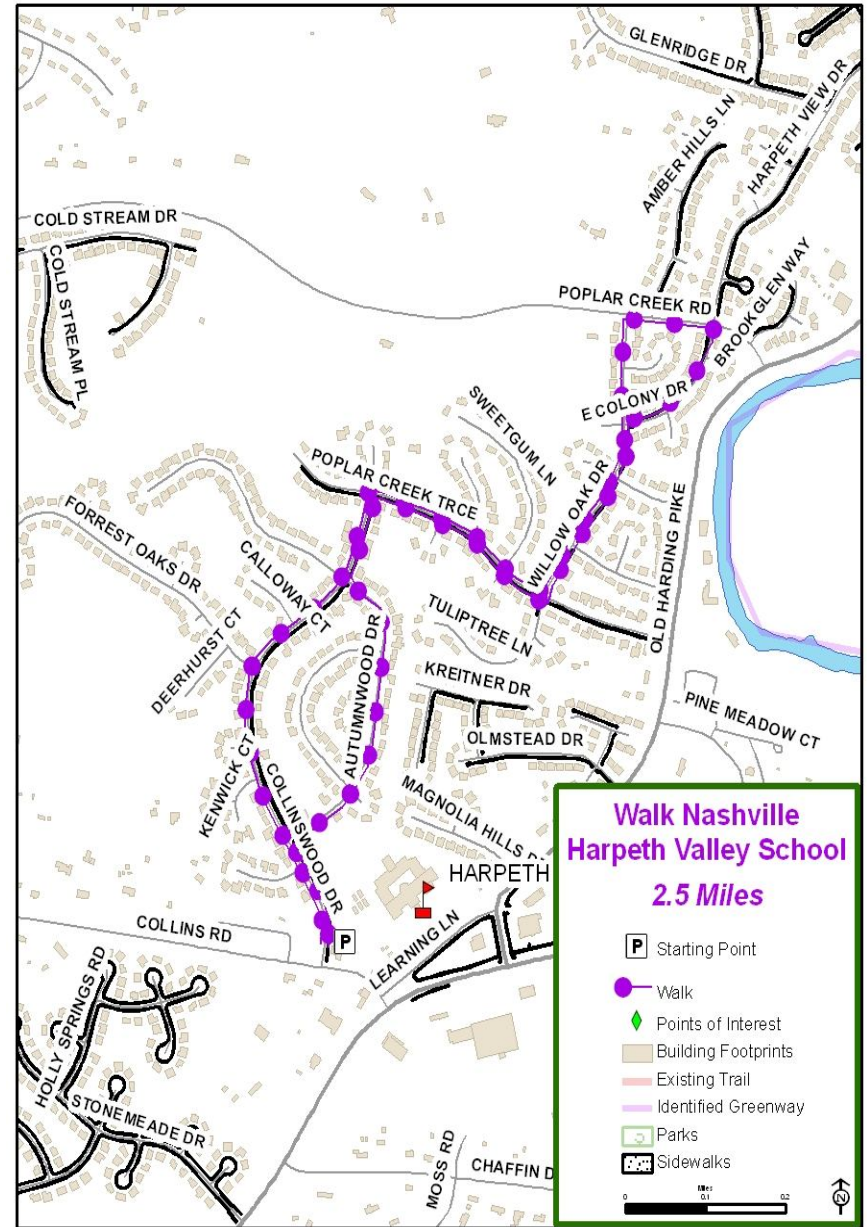
2.25 Miles

- P Starting Point
- Walk
- ◆ Points of Interest
- Building Footprints
- Existing Trail
- Identified Greenway
- Parks
- Sidewalks

The Harpeth Greenway borders the beautiful Harpeth River with it's majestic, tree-covered hillsides. Tucked in the Riverwalk subdivision, the greenway does offer public parking for visitors.

# where to walk in nashville

## 20 South West



### Walk Nashville Harpeth Valley School

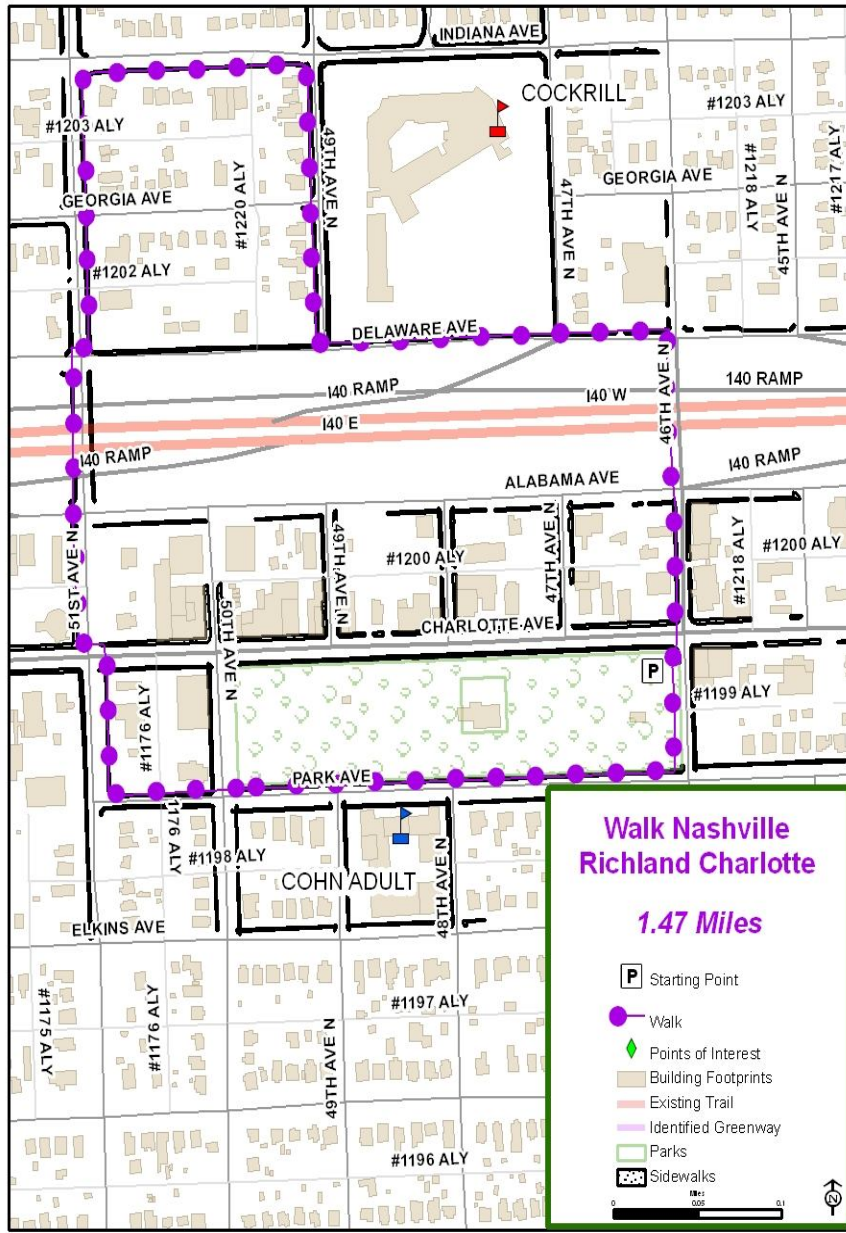
2.5 Miles

- P Starting Point
- Walk
- ◆ Points of Interest
- Building Footprints
- Existing Trail
- Identified Greenway
- Parks
- Sidewalks

Walk through the quiet neighborhoods that border Harpeth Valley Elementary School. This school was the focus of country singer Tom T. Hall's hit song, "Harpeth Valley PTA".

# where to walk in nashville

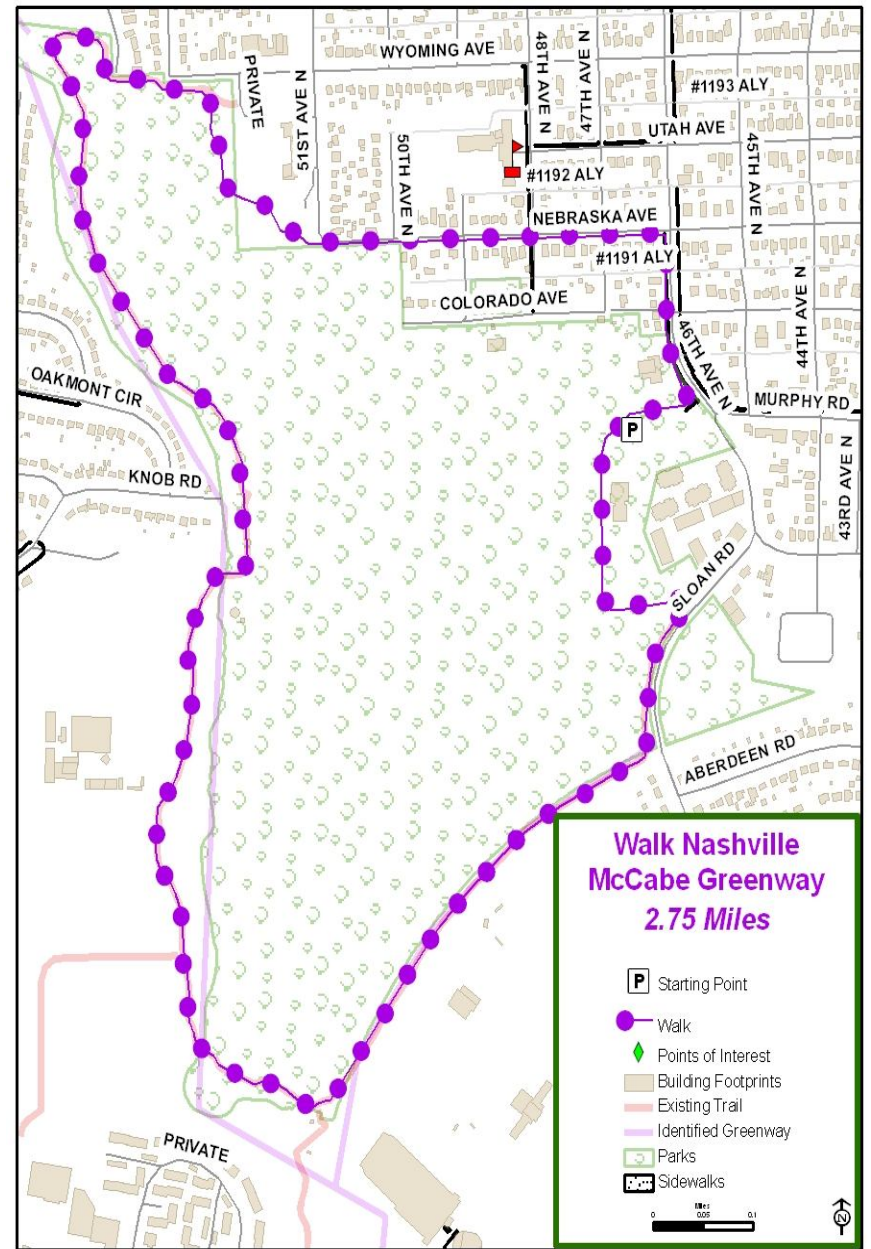
## 21 South West



This walk along Park Avenue offers tree-lined streets with beautiful bungalows from the 1940's.

# where to walk in nashville

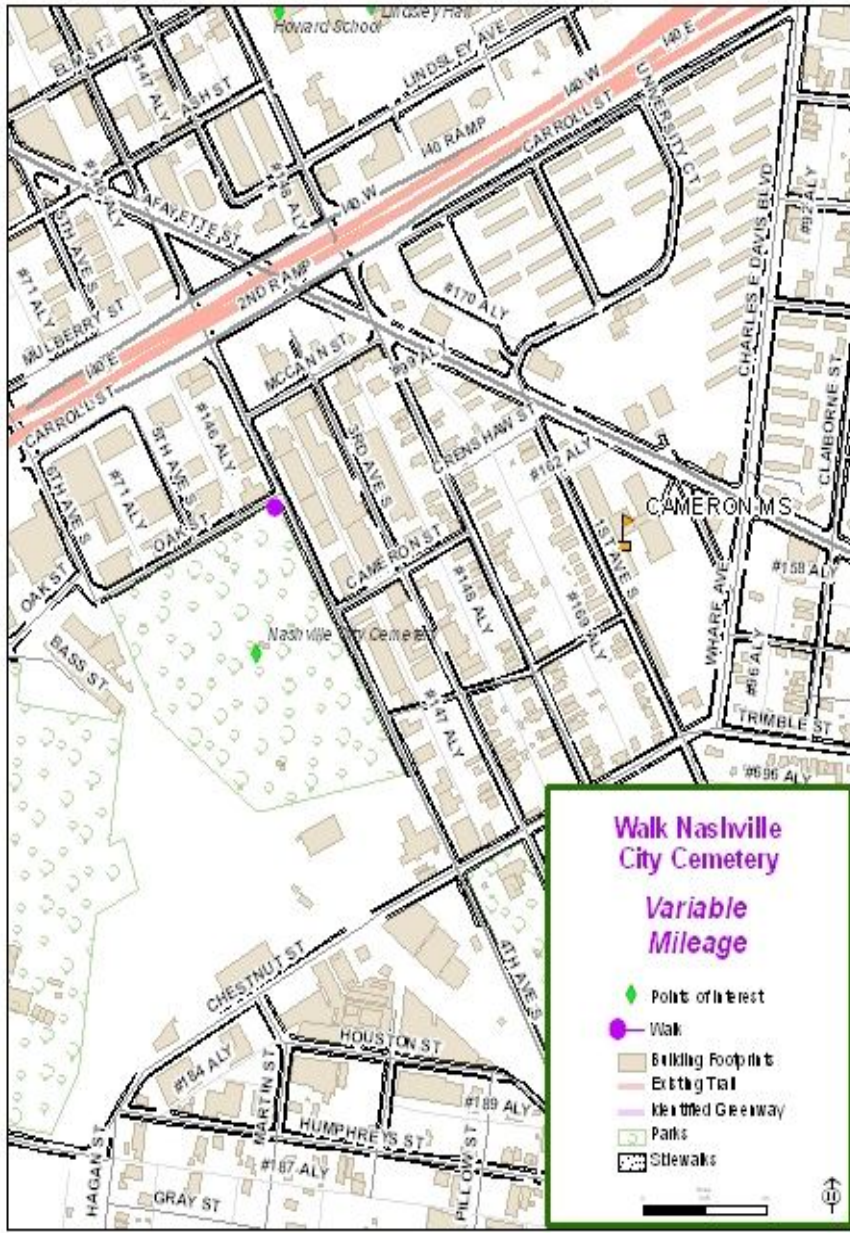
## 22 South West



McCabe Greenway will take you beside a beautiful golf course and trails along a charming creek, and then back into the neat neighborhoods of the Sylvan Park area.

# where to walk in nashville

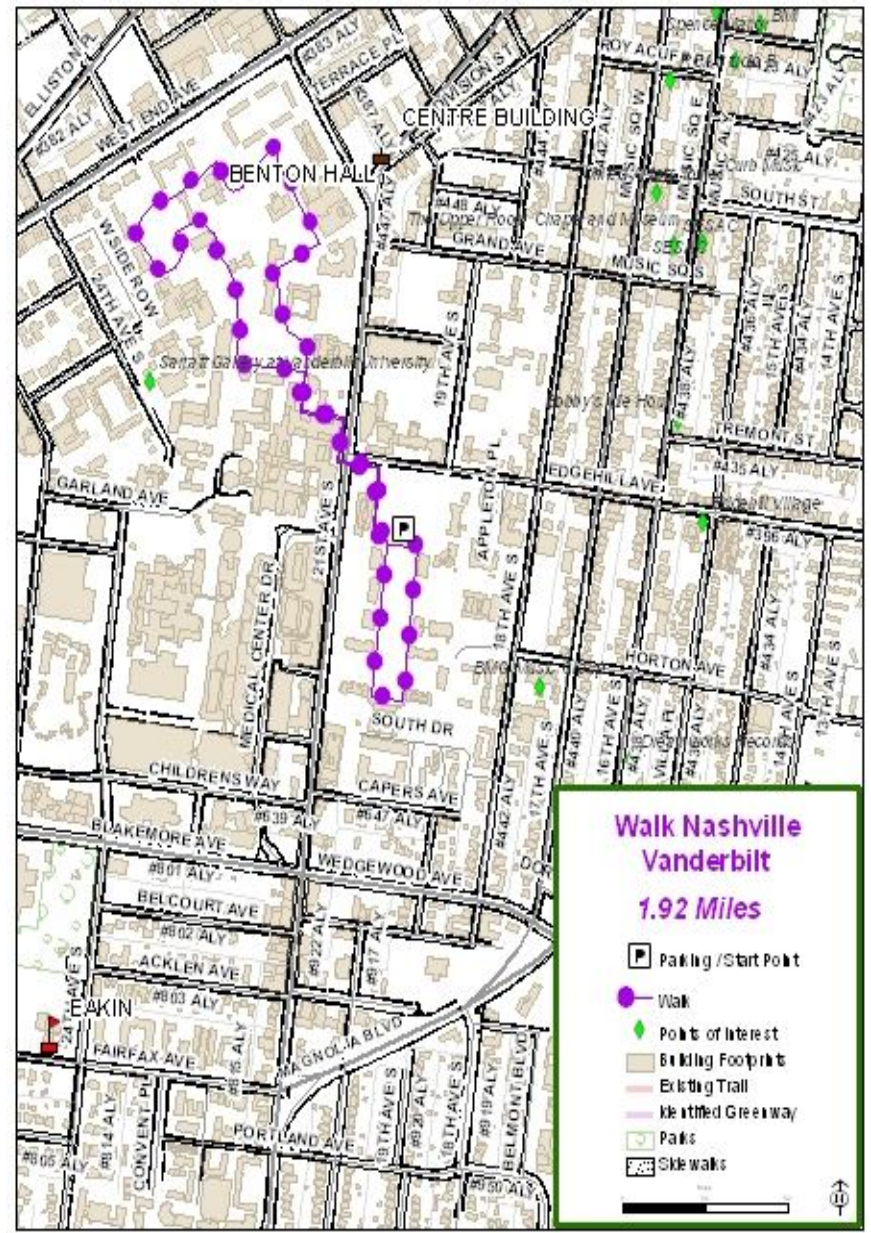
## 23 South West



A walk through Nashville City Cemetery is a walk through history. The gravestones will tell the stories of families and individuals from the 1820's to present day.

# where to walk in nashville

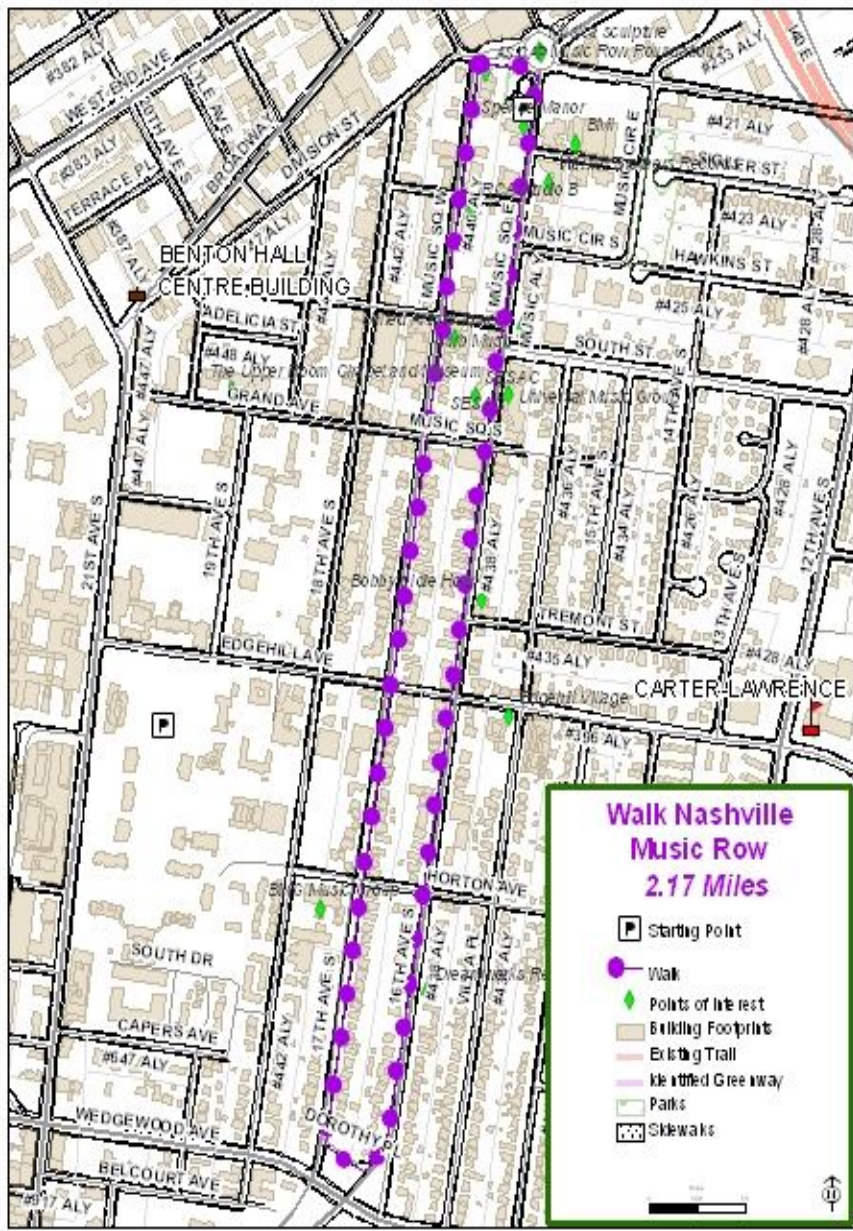
## 24 South West



The Vanderbilt University Campus walk takes you through the campus and allows you to enjoy the architecture and park-like setting throughout the campus.

# where to walk in nashville

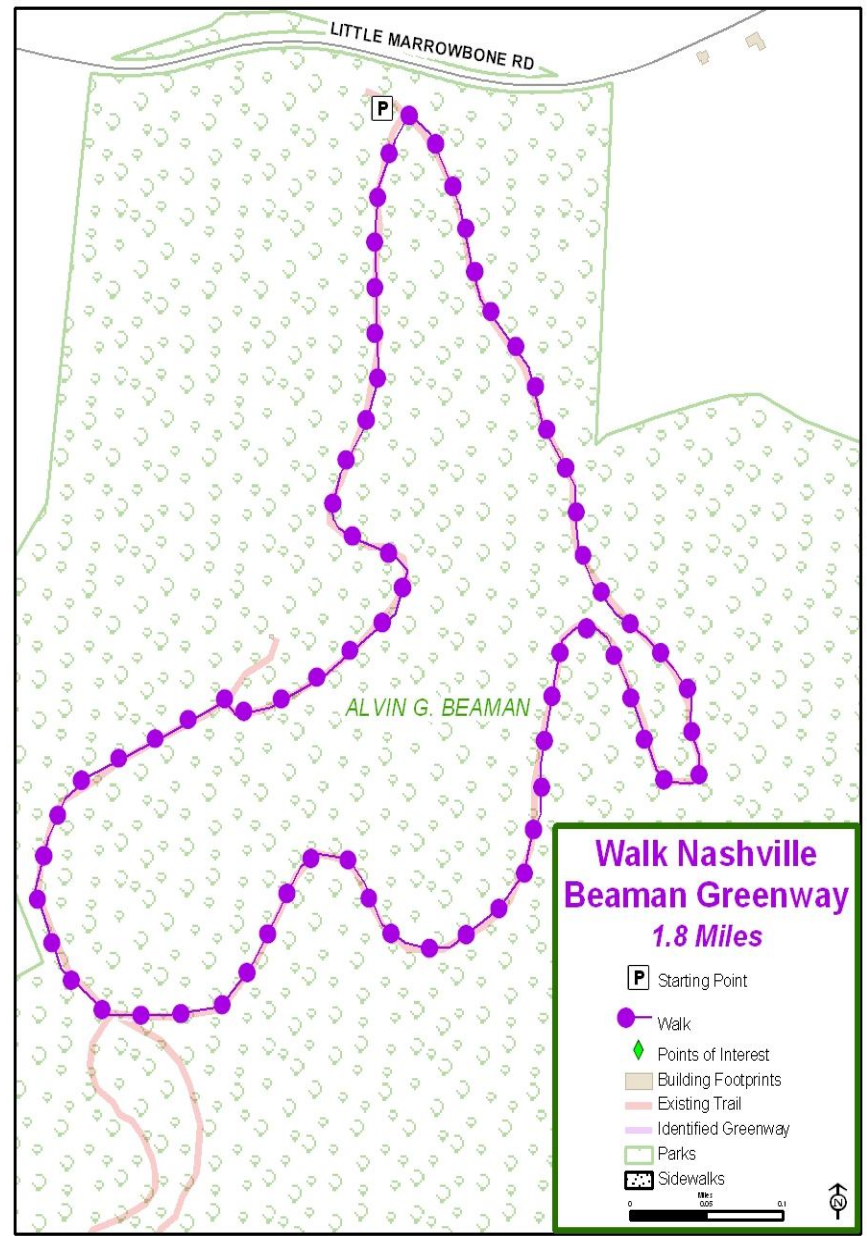
## 25 South West



Take the opportunity to walk along the musical history of Nashville's Music Row. In this area, one will find numerous music industry companies and recording studios.

# where to walk in nashville

## 26 North West

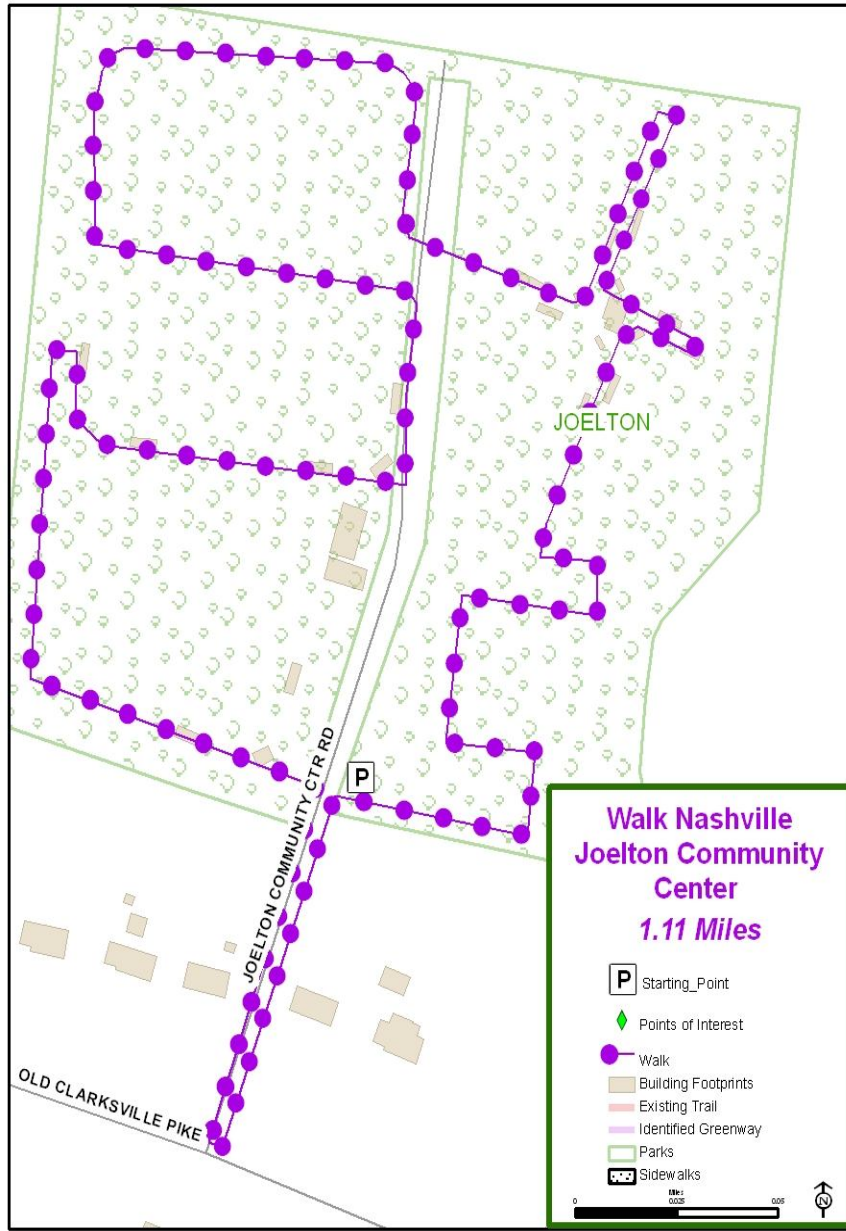


Get back to nature along the Beaman Greenway where you will find an abundance of trees, vegetation, wildlife, and beautiful creeks.



# where to walk in nashville

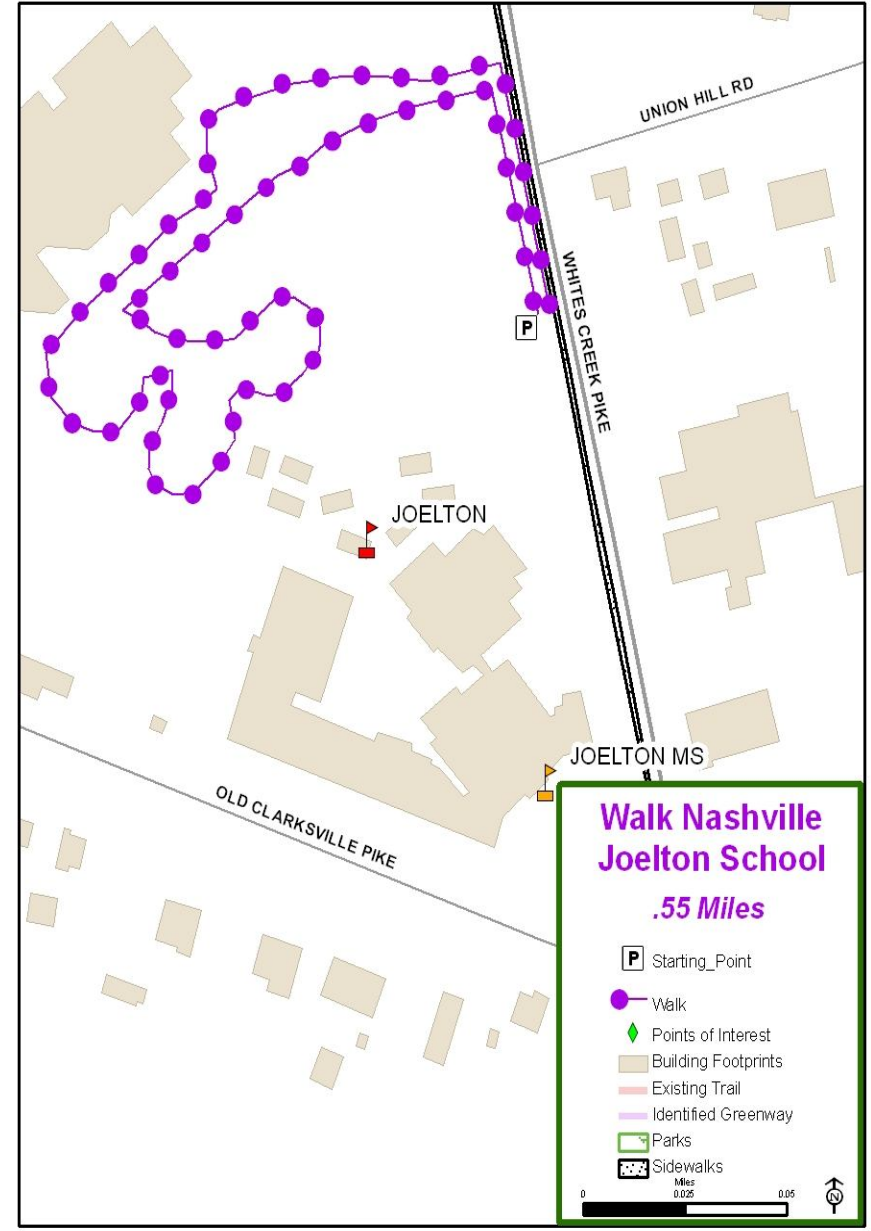
27 North West



The Joelton Community Park offers a great walking trail along it's recreation fields.

# where to walk in nashville

28 North West



Enjoy walking through the campus of Joelton School.



Stroll through the neighborhoods surrounding the Bordeaux School campus.

**Q: Can I lose weight by walking?**

A: Yes. Walking is the #1 weight-loss activity because people tend to (a) do the activity longer, tapping into their fat stores and (b) consistently do the activity because they enjoy it and are usually not suffering from injury.

**Q: Will I burn as many calories walking as I would running or doing aerobics?**

A: Yes. Walking uses more of the muscles in your total body and therefore gets your heart rate up the same as, if not better than, when running or doing aerobics. Also it has been proven that walking at a 12-minute mile pace burns the same number calories as running a 9-minute mile pace but without the high risk of injury.

**Q: What other benefits will I get from walking besides weight loss?**

A: Studies have proven that walking only three city blocks per day will reduce the risk of coronary heart disease, obesity, and osteoporosis, as well as help lower cholesterol. In addition, feelings of well-being increase dramatically.

**Q: What muscle groups get worked while walking?**

A: Buttocks, calves, hamstrings, stomach, and chest. Walking essentially provides a total muscle-conditioning workout.

**Q: How long and how often should I walk?**

A: Always check with your doctor before starting any fitness program. Each individual has his or her unique fitness needs, but the recommendation is to start at three times per week for 20 minutes or more, gradually increasing the mileage and days when your body feels ready. It is important to listen to your body and not try to achieve instant results by over-training.

**Q: What is the difference between the benefits from running and walking?**

A: Basically, walking gives you all the benefits of running (calorie burn, cardiovascular workout, and feelings of well-being) without the risk of injury.

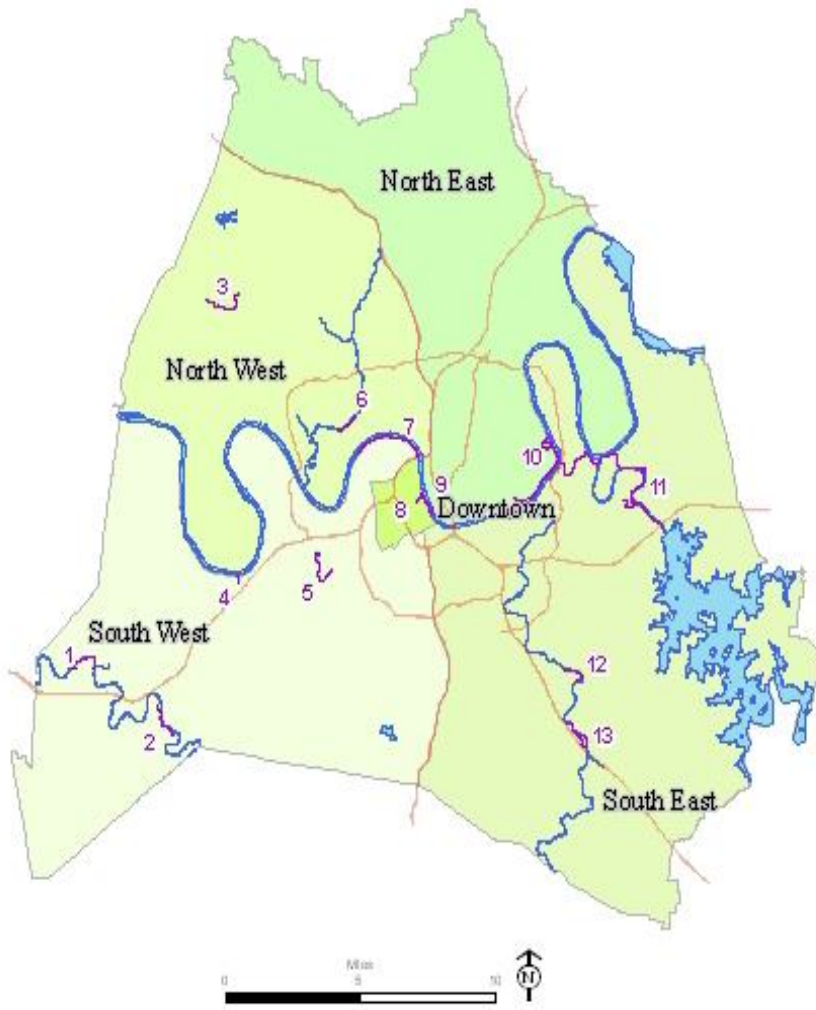
**Q: Does anyone ever get injured from walking?**

A: Studies have shown that a race walker sustains a major injury once every 50 plus years. A fitness walker almost never suffers from a serious injury other than an occasional blister or shin soreness.

**Q: Why can't I walk in my cross-training, running, or tennis shoes?**

A: Because the features of those shoes are built for activities other than walking. Motion or glide requires specific features built into the walking shoe (beveled heel, forefoot flexibility, and the mid-sole cushioning in both forefoot and heel areas is more severe) that will technically give a walker the support, stability, and cushioning necessary to walk faster, more efficiently, comfortably, and injury-free.

## Walk Nashville Greenways



Above is an overview map of Davidson County/Nashville Greenways included in this guide. They are numbered and placed in the guide according to the region of location.

- |  |  |
|--|--|
| <p><b>1 Harpeth River Greenway at Riverwalk</b><br/>Bending River Drive<br/>Nashville, TN 37221<br/><i>Trail distance: 1.5-miles</i></p>       | <p><b>7 Metrocenter Levee Greenway at Great Circle Road</b><br/>Great Circle Road at Vantage Way<br/>Nashville, TN 37228<br/><i>Trail distance: 3-miles</i></p>                    |
| <p><b>2 Harpeth River Greenway at Morton Mill Trailhead</b><br/>Morton Mill Road<br/>Nashville, TN 37211<br/><i>Trail distance: 1-mile</i></p> | <p><b>8 Downtown Connector Greenway</b><br/>1<sup>st</sup> Avenue North at Gay Street<br/>Nashville, TN 37209<br/><i>Trail distance: 1-mile</i></p>                                |
| <p><b>3 Beaman Park Trail</b><br/>5911 Old Hickory Boulevard<br/>Ashland City, TN 37015<br/><i>Trail distance: 2-miles</i></p>                 | <p><b>9 East Bank Greenway</b><br/>50 Titans Way, Coliseum<br/>Nashville TN 37209<br/><i>Trail distance: 0.5-mile</i></p>  |
| <p><b>4 Brookmeade Park Greenway at Main Trailhead</b><br/>7002 Charlotte Pike<br/>Nashville TN 37209<br/><i>Trail distance: 0.5-mile</i></p>  | <p><b>10 Shelby Bottoms Greenway at Main Trailhead</b><br/>1900 Davidson Street<br/>Nashville, TN 37206<br/><i>Trail distance: 1-mile or 5-miles</i></p>                           |
| <p><b>5 Richland Creek Greenway at McCabe Trailhead</b><br/>4601 Murphy Road<br/>Nashville, TN 37209<br/><i>Trail distance: 2-miles</i></p>    | <p><b>10 Shelby Bottoms Greenway at Cooper Creek Trailhead</b><br/>Intersection of McGinnis and Moss Rose<br/>Nashville, TN 37216<br/><i>Trail distance: 1-mile or 5-miles</i></p> |
| <p><b>6 Whites Creek Greenway at Hartman Park</b><br/>2801 Tucker Road<br/>Nashville, TN 37218<br/><i>Trail distance: 1-mile</i></p>           | <p><b>10 Shelby Bottoms Greenway at Forrest Green</b><br/>Forrest Green Drive<br/>Nashville, TN 37216<br/><i>Trail distance: 1-mile or 5-miles</i></p>                             |

- 11 Stones River Greenway at Heartland Park Trailhead**  
Fernbrook Lane  
Nashville, TN 37214  
*Trail distance: 2-miles*
  
- 11 Stones River Greenway at Kohl's Trailheads**  
2330 Jackson Downs Boulevard  
Nashville, TN 37214  
*Trail distance: 3-miles*
  
- 11 Stones River Greenway at Two Rivers Park Trailhead**  
Two Rivers Parkway  
Nashville, TN 37214  
*Trail distance: 2-miles*
  
- 11 Stones River Greenway at YMCA Trailheads**  
Lebanon Pike at Disspayne Drive  
Nashville, TN 37214  
*Trail distance: 1-mile*
  
- 11 Stones River Greenway at Percy Priest Dam Trailhead**  
Bell Rd 1/2 mile east of Stewards Ferry Pike  
Nashville, TN 37214  
*Trail distance: 3-miles*
  
- 12 Mill Creek Greenway at Ezell Park**  
5135 Harding Place  
Nashville, TN 37211  
*Trail distance: 1-mile*

- 13 Mill Creek Greenway at Blue Hole Road**  
5023 Blue Hole Road  
Antioch, TN 37013  
*Trail distance: 2-miles*

Nashville is rich with beautiful places thanks to our many parks and greenways. A trail lined with wildflowers, the trickle of a creek, and the wind in the dark green leaves of old oak provides a refuge from the busy world.

As walkers and bicyclist learn to share the greenways and trailheads, it is important for everyone to understand their rights and responsibilities and assert them safely.

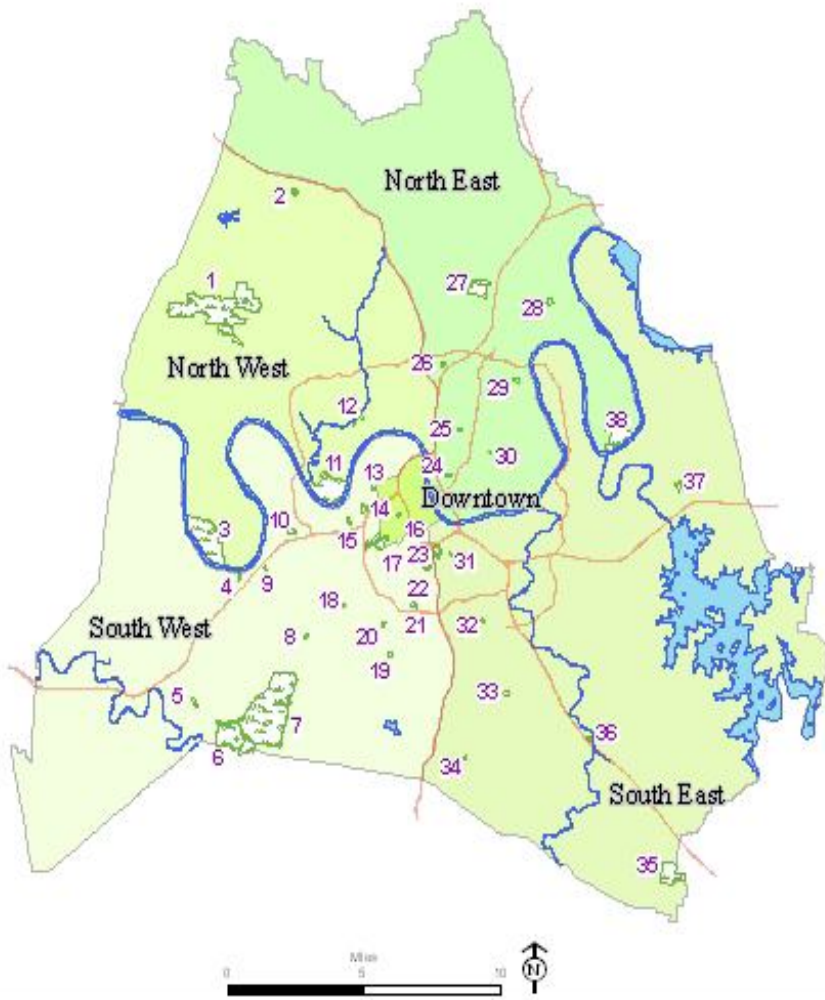
### On Greenways and Trailheads

Greenways and trails in Nashville are designed for all types of people and activities. Pedestrians should walk to the right and keep in mind that people on wheels could be approaching from behind. Bicyclists must yield to pedestrians. Yielding means to give walkers the right-of-way at intersections and to pass walkers slowly and at a safe distance.



Peeler Park greenway

Walk Nashville Parks



Above is an overview map of Davidson County/Nashville parks with dedicated walking trails. They are numbered and placed in the guide according to the region of location.

- |  |   |
|--|---|
| <p><b>1 Alvin G. Beaman Park</b><br/>4111 Little Marrowbone Road<br/>Nashville, TN 37080<br/><i>Path distance: 4.1-miles</i></p> <p><b>2 Joelton Park</b><br/>21 Joelton Community Center Road<br/>Joelton, TN 37080<br/><i>Path distance: .4-mile</i></p> <p><b>3 Bells Bend</b><br/>4107 Old Hickory Boulevard<br/>Nashville, TN 37218<br/><i>Path distance: 2.6-miles</i></p> <p><b>4 Brookmeade Park</b><br/>7002 Charlotte Pike<br/>Nashville, TN 37209<br/><i>Path distance: .4-mile</i></p> <p><b>5 Bellevue Park</b><br/>656 Colice Jean Road<br/>Nashville, TN 37221<br/><i>Path distance: .2-mile</i></p> <p><b>6 Edwin Warner Park</b><br/>50 Vaughn Road<br/>Nashville, TN 37221<br/><i>Path distance: 5-miles</i></p> <p><b>7 Percy Warner</b><br/>2500 Old Hickory Road<br/>Nashville, TN 37221<br/><i>Path distance: 26.1-miles</i></p> | <p><b>8 Parmer Park</b><br/>578 Leake Avenue<br/>Nashville, TN 37209<br/><i>Path distance: .2 mile</i></p> <p><b>9 H.G. Hill Park</b><br/>6710 Charlotte Pike<br/>Nashville, TN 37209<br/><i>Path distance: .2-mile</i></p> <p><b>10 Charlotte Park</b><br/>6031 Deal Avenue<br/>Nashville, TN 37209<br/><i>Path distance: .4-mile</i></p> <p><b>11 Bordeaux Gardens</b><br/>Snell Road at Panorama Drive<br/>Nashville, TN 37218<br/><i>Path distance: .3-mile</i></p> <p><b>12 Richard Hartman Park</b><br/>2801 Tucker Road<br/>Nashville, TN 37218<br/><i>Path distance: .4-mile</i></p> <p><b>13 Clinton B. Fisk Park</b><br/>25th Avenue N. at Burch Street<br/>Nashville, TN 37008<br/><i>Path distance: .5-mile</i></p> <p><b>14 Hadley Park</b><br/>1037 28th Avenue North<br/>Nashville, TN 37208<br/><i>Path distance: .7-mile</i></p> <p><b>15 Boyd–Taylor Park</b><br/>3900 Clifton Avenue<br/>Nashville, TN 37209<br/><i>Path distance: .3-mile</i></p> |
|--|---|

**16 Watkins Park**

616 17th Avenue North  
Nashville, TN 37203  
*Path distance: .4-mile*

**17 Centennial Park**

7002 Charlotte Pike  
Nashville, TN 37209  
*Path distance: 1-mile*

**18 Woodmont Park**

912 Estes Drive  
Nashville, TN 37215  
*Path distance: .4-mile*

**19 Green Hills Park**

1200 Lone Oak Road  
Nashville, TN 37215  
*Path distance: .3-mile*

**20 Sally Beaman Park**

4111 Little Marrowbone Road  
Nashville, TN 37080  
*Path distance: .2-mile*

**21 Sevier Park**

Leland at Clayton Avenue  
Nashville, TN 37204  
*Path distance: .3-mile*

**22 Reservoir Park**

8th Ave South & Argyle Avenue  
Nashville, TN 37203  
*Path distance: .4-mile*

**23 Fort Negley Park**

534 Chestnut Street  
Nashville, TN 37203  
*Path distance: .6-mile*

**24 McFerrin Park**

301 Berry Street  
Nashville, TN 37207  
*Path distance: .6-mile*

**25 Tom Joy Park**

434 Joy Avenue  
Nashville, TN 37207  
*Path distance: .2-mile*

**26 Parkwood Park**

3220 Vailview Drive  
Nashville, TN 37207  
*Path distance: .4-mile*

**27 Cedar Hill Park**

860 W. Old Hickory Boulevard  
Madison, TN 37115  
*Path distance: .4-mile*

**28 Madison**

510 N. Dupont Avenue  
Nashville, TN 37115  
*Path distance: .25-mile*

**29 Litton School Park**

4501 Gallatin Road  
Nashville, TN 37216  
*Path distance: .3-mile*

**30 Eastland Park**

5023 Blue Hole Road  
Nashville, TN 37206  
*Path distance: .3-mile*

**31 Louise and Rebecca Dudley Park**

305 Chestnut Street  
Nashville, TN 37210  
*Path distance: .3-mile*

**32 William Coleman Park**

384 Thompson Lane  
Nashville, TN 37211  
*Path distance: .3-mile*

**33 Wentworth Caldwell Sr.**

4927 Edmondson Pike  
Nashville, TN 37211  
*Path distance: .4-mile*

**34 Grandbery Park**

5501 Hill Road  
Nashville, TN 37220  
*Path distance: .5-mile*

**35 Cane Ridge Park**

419 Battle Road  
Antioch, TN 37013  
*Path distance: 1-mile*

**36 Antioch Park**

5023 Blue Hole Road  
Nashville, TN 37013  
*Path distance: .3-mile*

**37 Hermitage Park**

3720 James Kay Lane  
Hermitage, TN 37076  
*Path distance: .4-mile*

**38 E.N. Peeler Park**

2043 Neeley's Bend  
Madison, TN 37115  
*Path distance: 1.8-miles*



Alvin G. Beaman Park

Although adult cyclists and skaters are not permitted on the walking path loops at most Metro parks, the paths can provide a good place for children to bike or skate.

Walk Nashville Malls



Above is an overview map of Davidson County/Nashville malls with marked walking routes.

**Hickory Hollow Mall**  
 5252 Hickory Hollow Parkway  
 Antioch, TN 37013  
 615-731-3500

Opens early at 7:00 am for walkers.

**Rivergate Mall**  
 1000 Rivergate Parkway  
 Goodlettsville, TN 37032  
 615-253-9456

Opens early at 7:00 am for walkers.

**Opry Mills Mall**  
 Opry Mills Drive  
 Nashville, TN 37217  
 615-514-100

Opens early at 6:00 am for walkers.  
 Enter through the main entrance.

**The Mall at Green Hills**  
 2126 Abbot Martin Road  
 Nashville, TN 37215  
 615-298-5478

Opens early at 6:00 am for walkers.  
 Enter through 2nd floor of the parking garage.



For some, walking for exercise means having a whole shopping center to yourself and finding sales before anyone else does. Mall walking offers year-round perfect weather and a secure environment. Malls are wheelchair and stroller-friendly, and especially popular with seniors.

# how & why

## TO WALK

It's hard to deny the simple pleasure of a good walk and, from a fitness perspective, walking is hard to beat. It can easily be combined with other activities, squeezed into a busy day, and enjoyed with family and friends. It requires no membership fees and no special equipment other than a decent pair of walking shoes. It is no wonder walking is the most popular fitness activity among Americans and a tradition for many here in Nashville.

## why walk?

- \* Improved Cardio-respiratory Endurance
- \* Reduced Risk for Cardiovascular Disease
- \* Increased Bone Density
- \* Low Injury Rate
- \* Help in Weight Reduction
- \* Stress Reliever

## walking for health & fitness

### Warm-Up

First, you want to elevate your heart rate a little by walking at a moderate pace for about five minutes. A moderate pace is one at which you can carry on a normal conversation without being short of breath.

### Cool Down

Cooling down is just as important as warming up. To cool down, walk at a moderate pace for five minutes after your workout. This will prevent blood from pooling in your legs so you are less likely to become light-headed or to develop abnormal heart rhythms. Then perform cool-down stretches that will help keep your muscles from tightening up and becoming sore.

### Here are some tips for maintaining your enthusiasm:

- Progress slowly. Don't try to do too much too soon.
- Walk at a regular time each day.
- Keep records of your workouts. It's fun to keep track of how you feel as well as how far you go.
- Walk with someone. When you have the responsibility of meeting someone else, it makes you more accountable. And it's more fun!
- Follow a variety of routes. Beat the boredom factor.
- Set short goals and reward yourself when you reach them. If you can only walk one mile now, set your next goal as one and one half or two miles, instead of five.

### Health Walking - How to Begin

Week	Distance	Duration	Frequency
1	.25-.50mi	10-15 min.	2-3 per wk
2	.50	12-13	2-3
3, 4	.75-1.0	20-25	3
5, 6	1.0-1.5	20-30	3-4
7, 8	1.5-2.0	27-36	3-4
9, 10	2.0-2.5	35-44	4
11, 12	2.5-3.0	43-51	4
13, 14	2.5-3.0	40-48	4
15+	3.0-3.5	48-56	4-5



# walking smart

## Streets and Sidewalks

Virtually everyone is a pedestrian, most of us are motorists, and an ever-increasing number of us are bicyclists. Since we share the same streets and sidewalks, it is important for pedestrians to assert their rights and responsibilities safely.

- Pedestrians have the right-of-way on all sidewalks including those intersections without a signal.
- Although not all of them have “zebra strips”, crosswalks are located at all intersection corners in Nashville unless otherwise posted. Crosswalks are the safest place to cross a street.
- When crossing, do not step off the curb or sidewalk suddenly.
- Make eye contact with nearby motorists and start to walk only when it is safe. Walking predictably and purposefully is safest and indicates to other street users that you have the right-of-way.
- At an intersection with a signal, you have the right-of-way when entering the crosswalk with the green light.
- At an intersection with a pedestrian signal, a steady **WALK** signal indicates you can cross the street safely while a flashing **DON'T WALK** signal allows mid-street pedestrians to finish crossing. A steady **DON'T WALK** signal indicates it is not safe to enter the street.
- Watch for turning traffic whenever you cross at an intersection.
- Be alert. Motorists, cyclists, and others do not always see you.

A little courtesy goes a long way. When walking, remember what it is like to be driving a car or riding a bicycle. Know your rights but remember to watch out for those who don't. Obey walk signals. Above all, have a safe and enjoyable walk.



# walking safe

We all share a concern for personal security. Although bad things can happen to anybody, anywhere, anytime, there's no reason to walk scared. The key is to be knowledgeable and be prepared. Instead of being afraid, say to yourself, "These things can happen but I know how to prevent it." You'll be more self-assured, and that comes through in the way you look and behave toward the people you encounter.

- Walk at a steady pace with your head up and look alert and confident. Potential victims look vulnerable.
- Walk with a friend and choose a route with lots of people and other activities. Those looking to cause harm don't like witnesses.
- Walk with your dog. The dog can create safety for you against others.
- Leave your wallet at home but bring some coins for an emergency call. Carrying ID is also a good idea.
- Walk during the daylight hours or in areas with good lighting. Morning assaults are rare.
- Buy self defense spray and clip it to your waistband or carry it in your hand or anywhere it is visible to others.



This walking guide reveals many great places to walk in Nashville. Yet how many of us live within walking distance of one of them? Many of us have to drive to a walking facility because our own neighborhood simply is not designed to accommodate pedestrians.

It is clear that walking is the easiest way to good health but a walk-able community can also make your life and the lives of your neighbors better in unintended ways. Sidewalks and paths accessible from your doorstep provide an easy way to exercise, spend time with your children, and enjoy your surroundings. Sidewalks and paths are where neighbors meet informally to share news and concerns. For children, the same infrastructure offers independence – kids can visit friends, travel to and from school, and attend after-school activities without having to rely on Mom, Dad, or a carpool. Walking has no age limits, requires no special equipment, and is free! By walking a short distance instead of using a car, you can save money, reduce stress, stay fit, and still get somewhere. At the same time, that walk will help reduce air pollution, lessen automobile traffic, and increase the feeling of community.

A walkable community has sidewalks, wheelchair ramps, crosswalks, trails, and other basic amenities corner by corner, block by block. It takes time to create an environment where it is safe to walk. Chances are that you have gaps in your sidewalk system if you have sidewalks at all. In areas without curbs and gutters, separate asphalt pathways may be a better choice than sidewalks. In addition, there are street designs being used throughout the country that help to calm vehicular traffic and create a better environment for walkers.

There are some simple things you can do to help improve things for pedestrians in your neighborhood:

- Thank the Mayor for helping to increase the walkable spaces.
- Report problems and needs to the Metro Public Works Department at 862-8750.
- Let the Mayor (862-6000) or your Metro Council representative (862-6780) know that you want a walk-able community.
- Make sure that pedestrians are accommodated in the Metro Planning Commission's Sub area Plan for your area. To contact the Planning Commission, call 862-7190.
- If you have a great idea for a trail in your area, let the Greenways Commission of Metro Parks know about it by calling 862-8400.

*Source: Walk Tall, Campaign to Make America Walkable*



Cumberland River Pedestrian Bridge