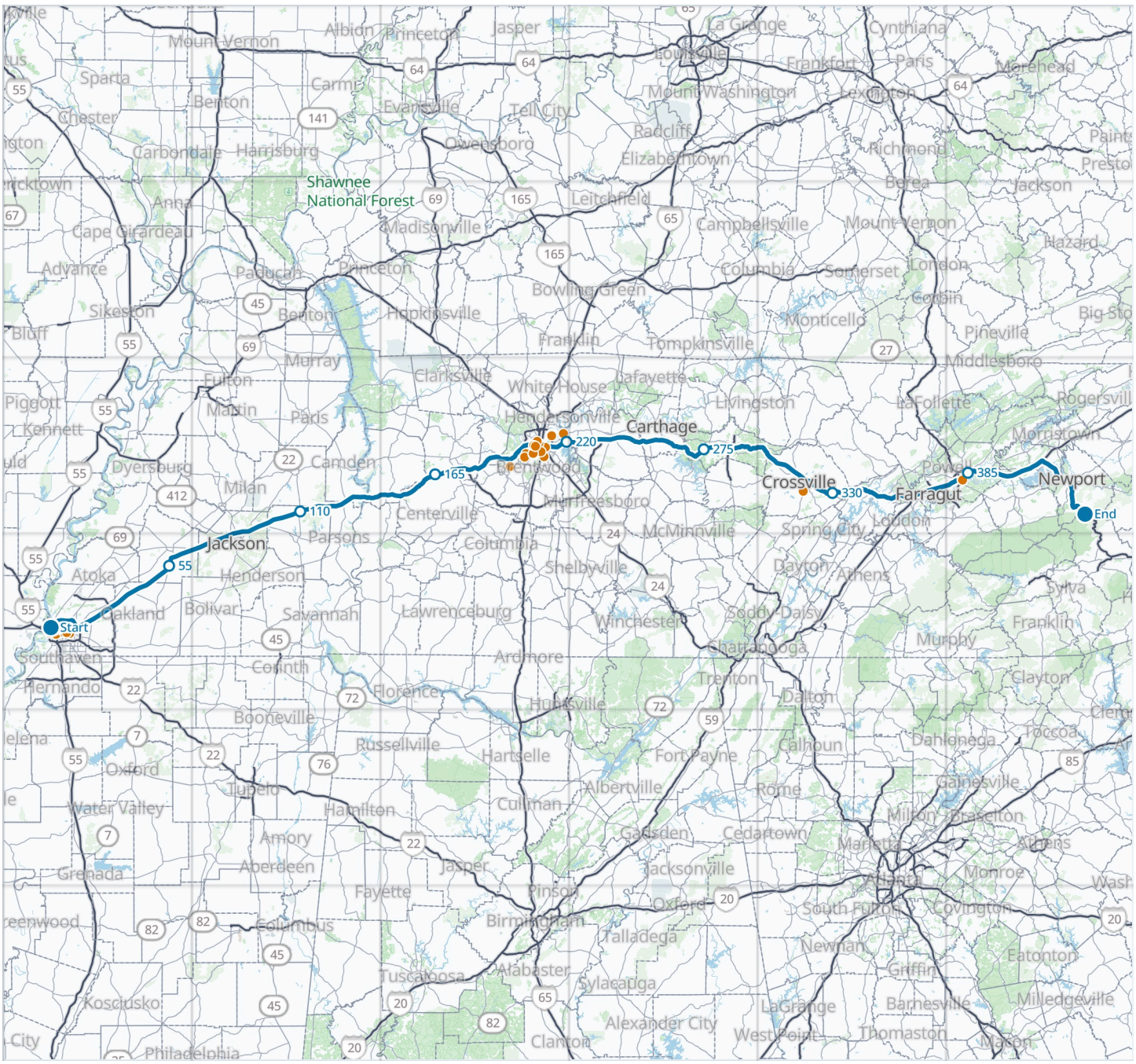
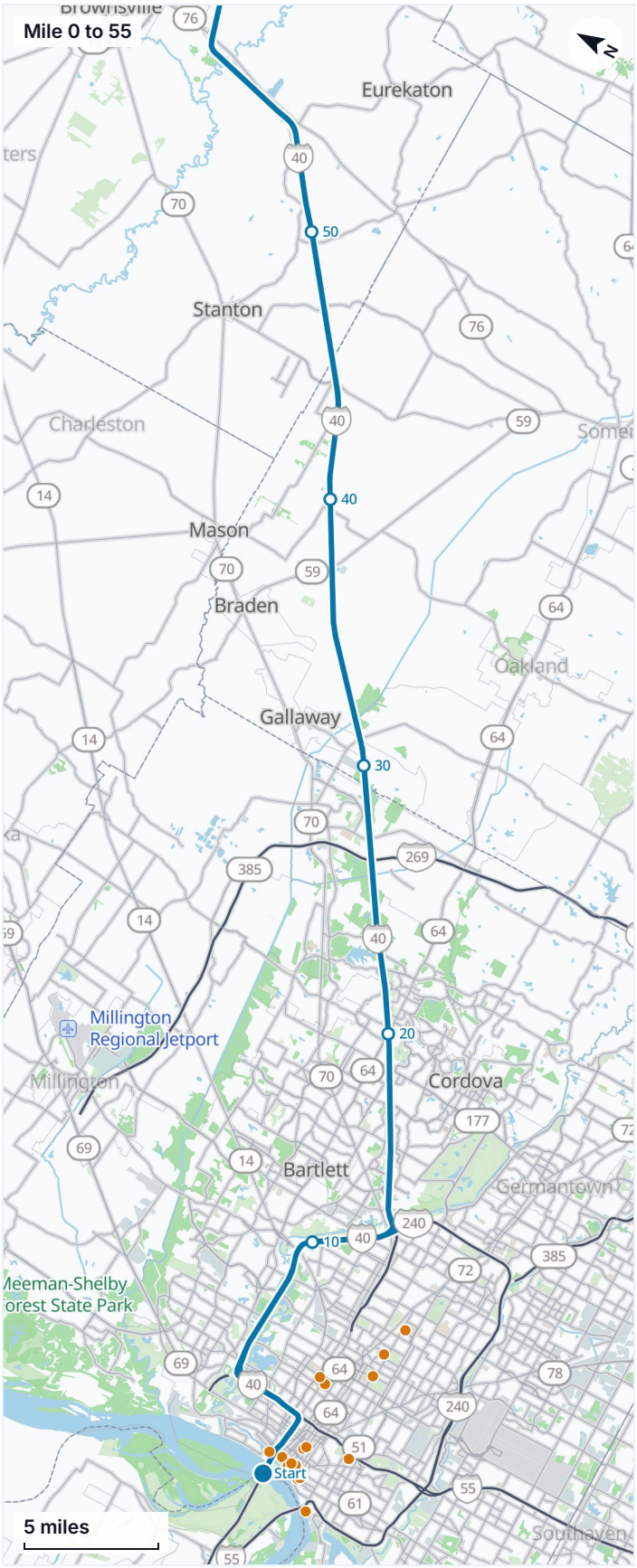
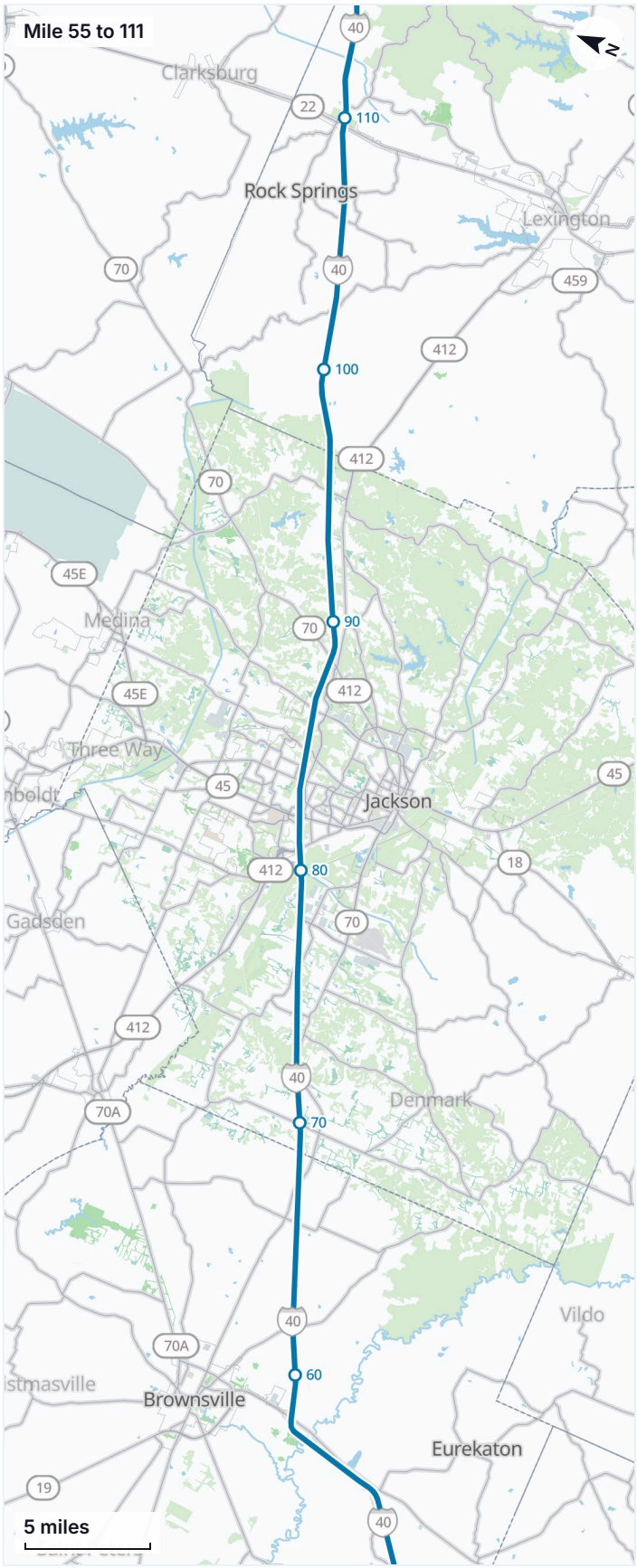
# I-40 in Tennessee Map

Interstate highway, Tennessee


A
B
C
D
E
F
1
2
3
4
5
6
Start
End
Jackson
Carthage
Crossville
Farragut
Newport
Shawnee National Forest
Nashville
Memphis
Knoxville
Chattanooga
Clarksville
Murfreesboro
Franklin
Columbia
Cookeville
Tullahoma
Dyersburg
Union City
Martin
Paris
Huntingdon
Lexington
Jackson
Bolivar
Corinth
Tupelo
Oxford
Greenville
Cleveland
Athens
Sweetwater
Maryville
Oak Ridge
Kingsport
Johnson City
Bristol
Morristown
Rogersville
Greeneville
Elizabethton
Erwin
Cookeville
Sparta
Crossville
Harriman
Kingston
Lenoir City
Loudon
Sevierville
Pigeon Forge
Gatlinburg
Cleveland
Dayton
Soddy-Daisy
Signal Mountain
Lookout Mountain
Ringgold
Dalton
Rossville
Fort Oglethorpe
Collegedale
Ooltewah
Red Bank
Hixson
Soddy-Daisy
Spring City
Rockwood
Kingston
Oliver Springs
Clinton
Norris
Powell
Halls
Corryton
Strawberry Plains
Jefferson City
Dandridge
Newport
Cocke County
Del Rio
Hartford
Parrottsville
Cosby
Gatlinburg
Pigeon Forge
Sevierville
Townsend
Walland
Alcoa
Maryville
Friendsville
Chilhowee
Tellico Plains
Benton
Ducktown
Copperhill
Polk County
Cleveland
Charleston
Calhoun
Georgetown
Ocoee
Benton
Cleveland
Ooltewah
Collegedale
East Ridge
Red Bank
Lookout Mountain
Signal Mountain
Hixson
Soddy-Daisy
Dayton
Spring City
Rockwood
Harriman
Kingston
Lenoir City
Loudon

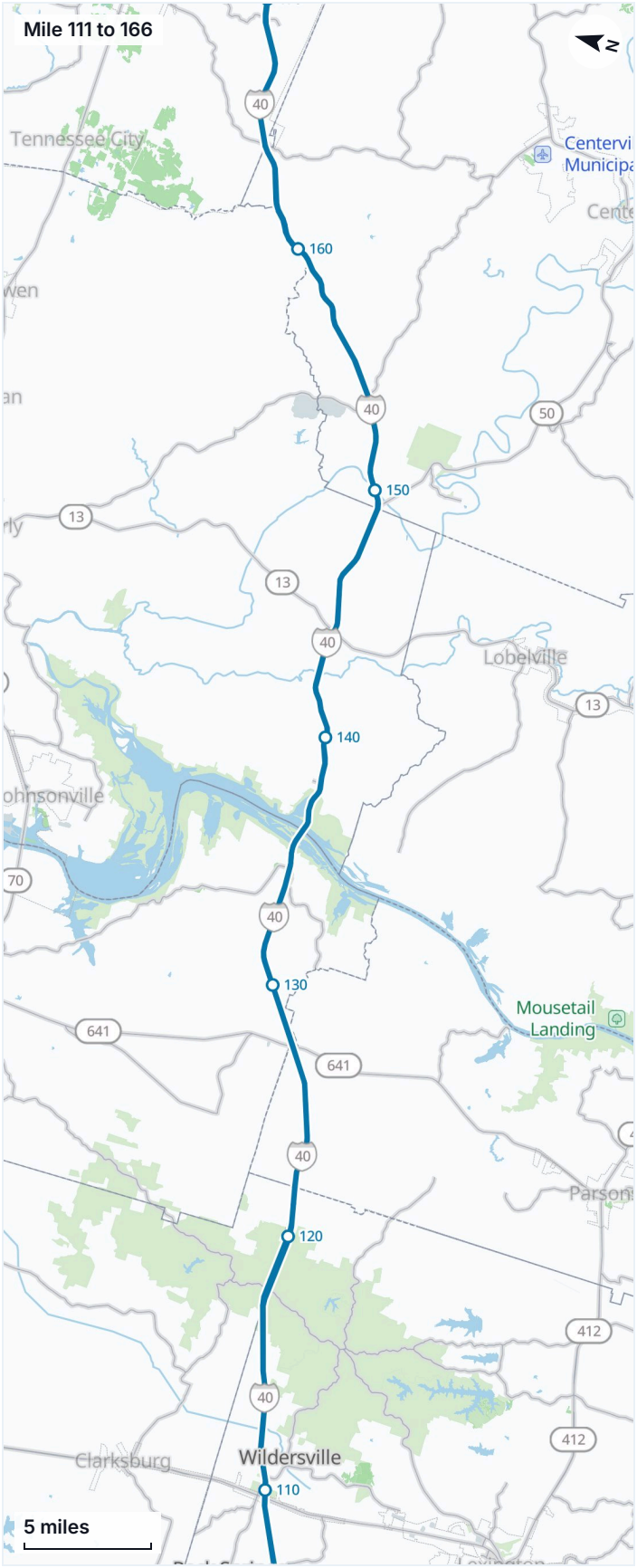
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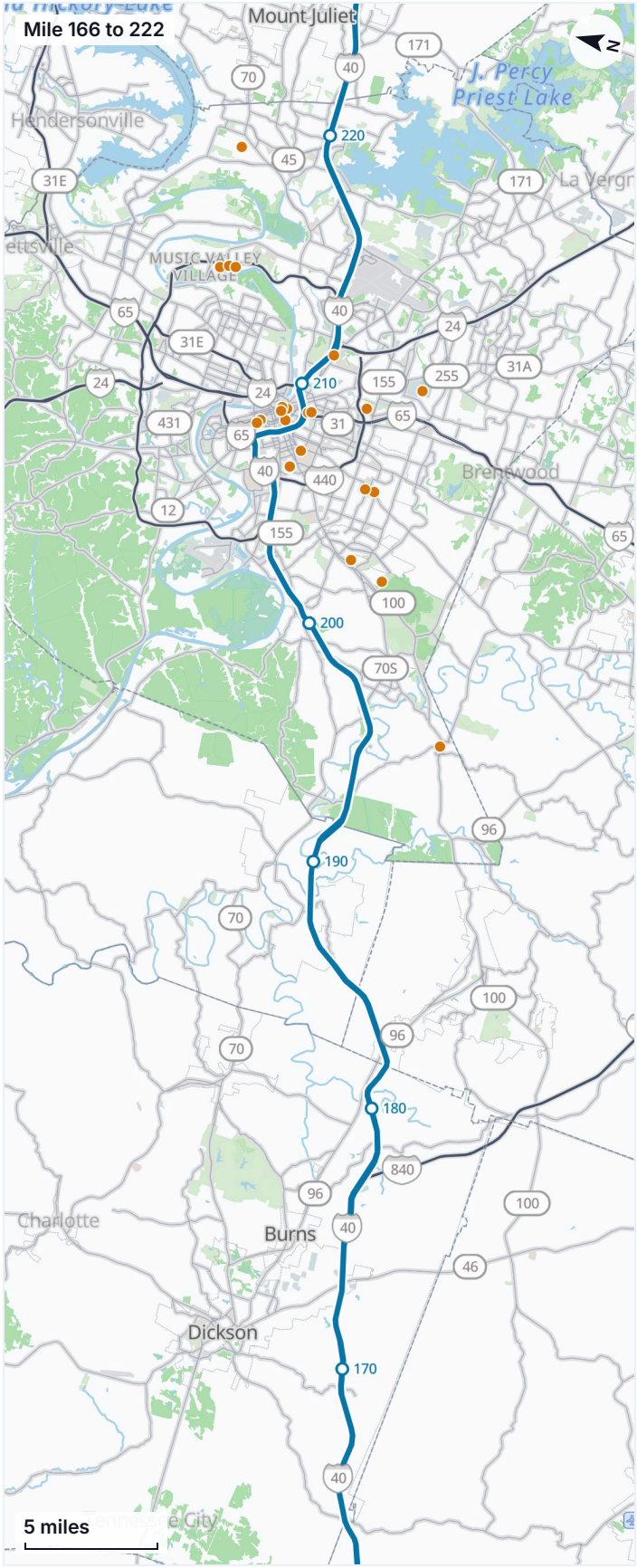



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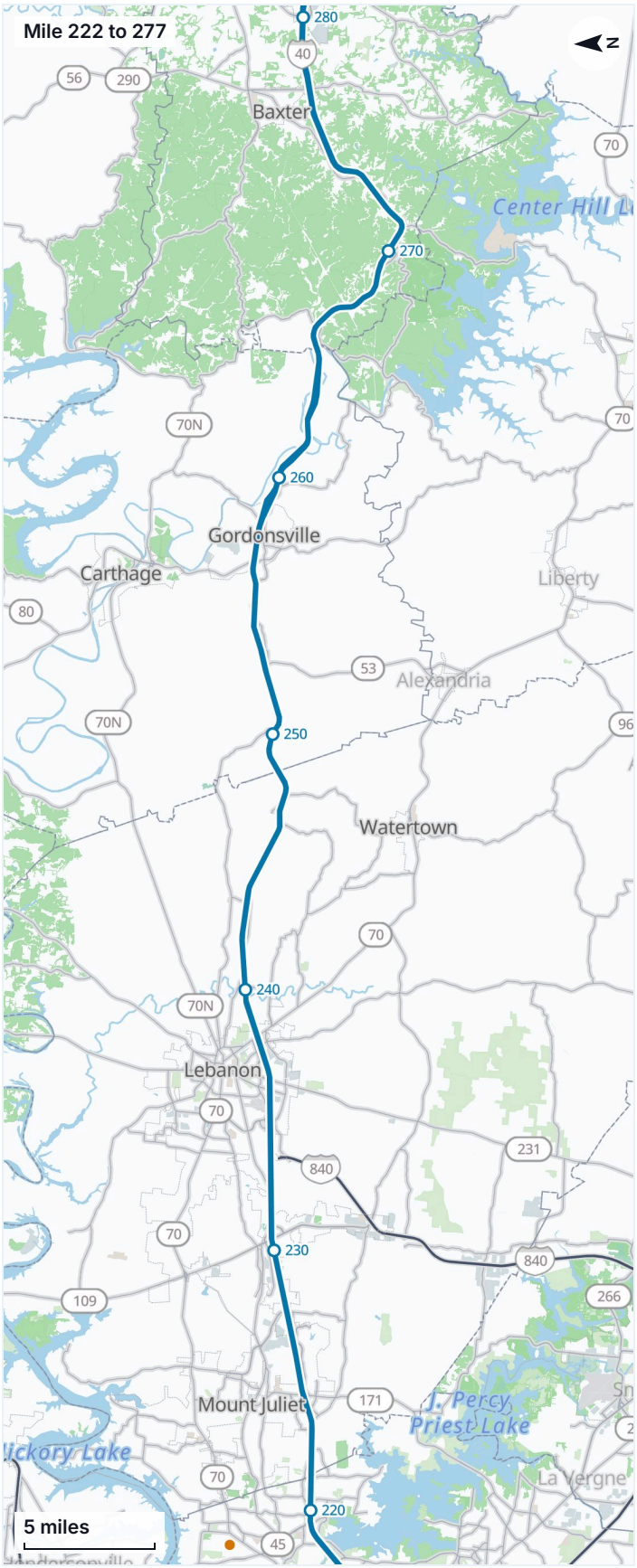
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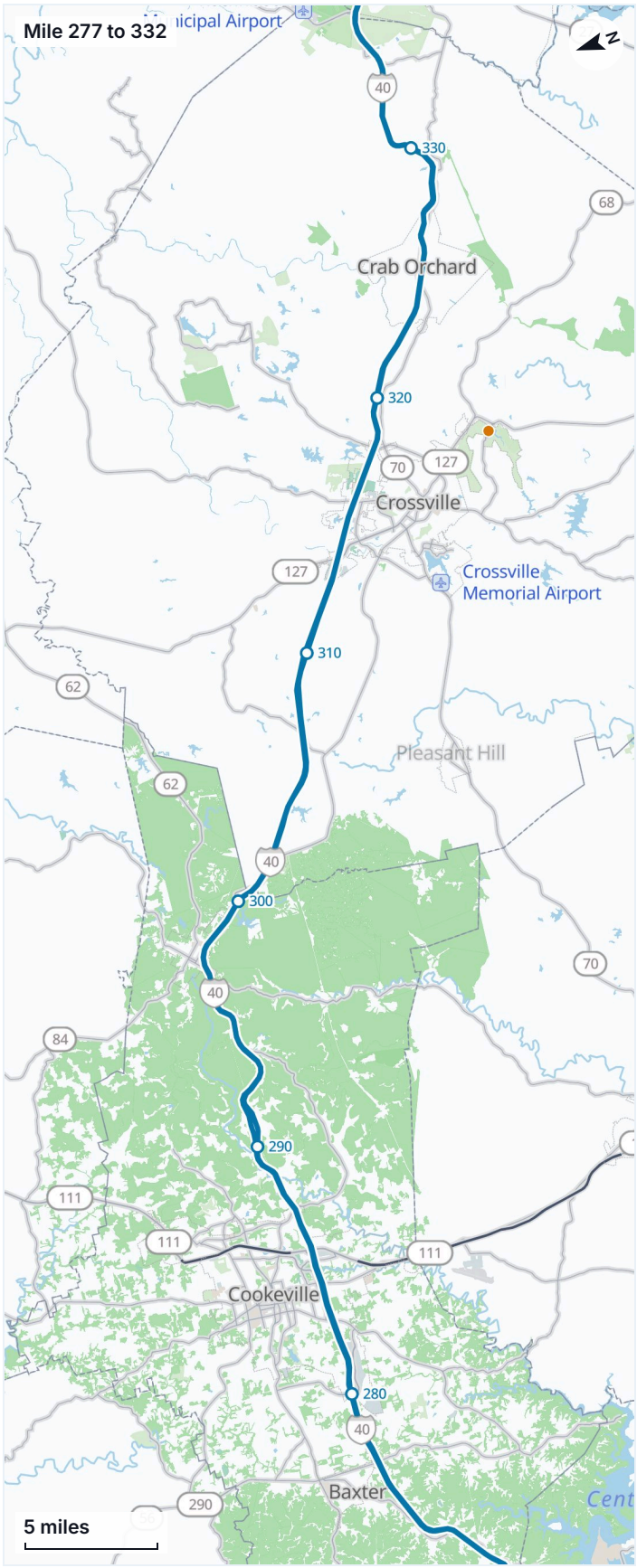



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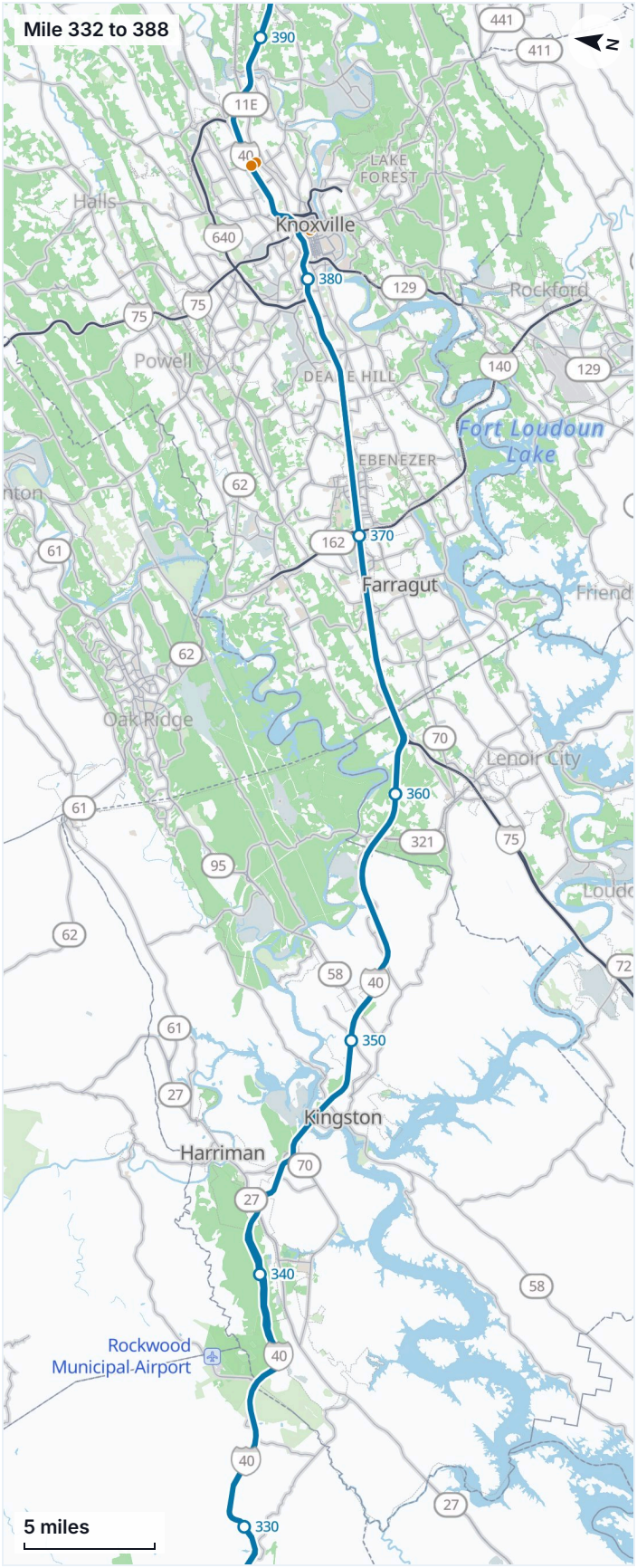
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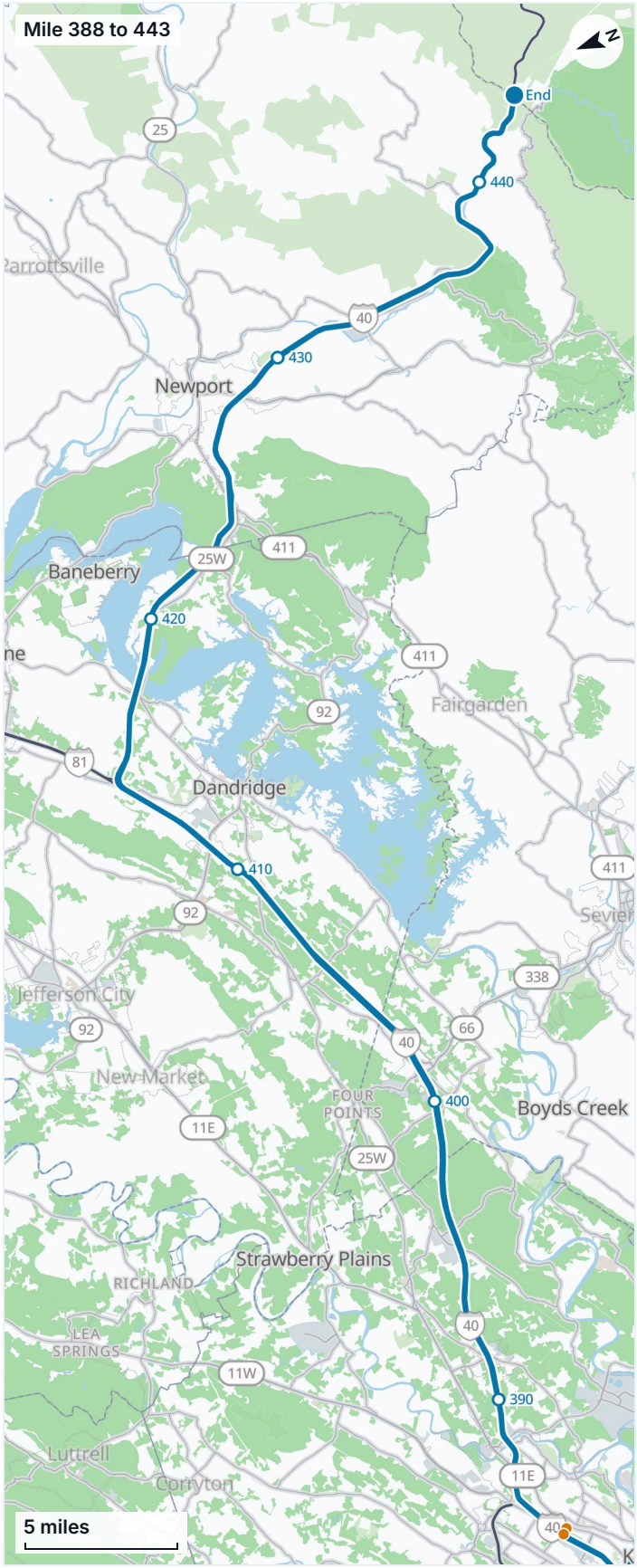



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# VisitorFun I-40 in Tennessee Map




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https://visitorfun.com/maps/tn/i-40-in-tennessee

# I-40 in Tennessee Map

Mile by mile

## Along the road

Miles run from the start marked on the map. The last column is the square on page one.

| | | |
|---|---|---|
| 0 | Memphis | A4 |
| 1 | Exit 1 | A4 |
| 1 | Exit 1A | A4 |
| 1 | Exit 1C | A4 |
| 1 | Exit 1B | A4 |
| 1 | **US 51** | A4 |
| 1 | **TN 3** | A4 |
| 1 | **TN 14** | A4 |
| 1 | **TN 1** | A4 |
| 1 | **TN 4** | A4 |
| 2 | Exit 1D | A4 |
| 3 | Exit 1E | A4 |
| 3 | Exit 1F | A4 |
| 3 | **I-240** | A4 |
| 4 | Exit 2 | A4 |
| 5 | Exit 3 | A4 |
| 7 | Exit 5 | A4 |
| 8 | Exit 6 | A4 |
| 9 | Exit 8 | A4 |
| 9 | Exit 8B | A4 |
| 9 | **TN 14** | A4 |
| 10 | Exit 8A | A4 |
| 12 | Exit 10 | A4 |
| 12 | Exit 12A | A4 |
| 12 | Exit 12C | A4 |
| 13 | Exit 10A-B | A4 |
| 13 | **US 64** | A4 |
| 13 | **US 70** | A4 |
| 13 | **US 79** | A4 |
| 13 | **TN 1** | A4 |
| 15 | Exit 12 | A4 |
| 16 | Exit 14 | A4 |
| 17 | Exit 15A | A4 |
| 17 | Exit 15B | A4 |
| 18 | Bartlett | A4 |
| 18 | Exit 15 | A4 |
| 18 | Exit 16 | A4 |
| 19 | Exit 16A | A4 |
| 19 | Exit 16B | A4 |
| 20 | Lakeland | A4 |
| 20 | Exit 18 | A4 |
| 20 | **US 64** | A4 |
| 20 | **TN 15** | A4 |
| 23 | Exit 20 | A4 |
| 25 | Arlington | A4 |
| 26 | Exit 19A | A4 |
| 26 | Exit 19B | A4 |
| 26 | **I-269** | A4 |
| 26 | **TN 385** | A4 |
| 28 | Exit 24-25 | A4 |
| 30 | Gallaway | A4 |
| 31 | Exit 28 | A4 |
| 31 | **TN 196** | A4 |
| 35 | Braden | A4 |
| 37 | Exit 35 | A4 |
| 37 | **TN 59** | A4 |
| 44 | Exit 42 | A4 |
| 44 | **TN 222** | A4 |
| 50 | Exit 47 | A4 |
| 50 | **TN 179** | A4 |
| 54 | Exit 52 | A4 |
| 58 | Exit 56 | A4 |
| 58 | **TN 76** | A4 |
| 59 | Brownsville | A4 |
| 62 | Exit 60 | A4 |
| 62 | **TN 19** | A4 |
| 67 | Exit 66 | B4 |
| 67 | **US 70** | B4 |
| 67 | **TN 1** | B4 |
| 70 | Exit 68 | B4 |
| 70 | **TN 138** | B4 |
| 76 | Exit 74 | B4 |
| 78 | Jackson | B4 |
| 78 | Exit 76 | B4 |
| 78 | **TN 223** | B4 |
| 81 | Exit 79 | B4 |
| 81 | **US 412** | B4 |
| 81 | **TN 20** | B4 |
| 82 | Exit 80A | B4 |
| 82 | Exit 80B | B4 |
| 82 | **TN 186** | B4 |
| 83 | Exit 82 | B4 |
| 83 | **US 45** | B4 |
| 83 | **TN 5** | B4 |
| 85 | Exit 83 | B3 |
| 86 | Exit 85 | B3 |
| 88 | Exit 87 | B3 |
| 88 | **US 70** | B3 |
| 88 | **TN 1** | B3 |
| 95 | Exit 93 | B3 |
| 95 | **TN 152** | B3 |
| 102 | Exit 101 | B3 |
| 102 | **TN 104** | B3 |
| 108 | Parker's Crossroads | B3 |
| 110 | Exit 108 | B3 |
| 110 | **TN 22** | B3 |
| 111 | Wildersville | B3 |
| 118 | Exit 116 | B3 |
| 118 | **TN 114** | B3 |
| 127 | **US 641** | B3 |
| 127 | **TN 69** | B3 |
| 128 | Exit 126 | B3 |
| 134 | Exit 133 | B3 |
| 134 | **TN 191** | B3 |
| 138 | Exit 137 | B3 |
| 144 | Exit 143 | C3 |
| 144 | **TN 13** | C3 |
| 149 | Exit 148 | C3 |
| 149 | **TN 50** | C3 |
| 153 | Exit 152 | C3 |
| 153 | **TN 230** | C3 |
| 164 | Exit 163 | C3 |
| 164 | **TN 48** | C3 |
| 172 | Dickson | C3 |
| 173 | Exit 172 | C3 |
| 173 | **TN 46** | C3 |
| 177 | Exit 176 | C3 |
| 177 | **I-840** | C3 |
| 178 | Burns | C3 |
| 182 | Fairview | C3 |
| 182 | Exit 182 | C3 |
| 182 | **TN 96** | C3 |
| 186 | Kingston Springs | C3 |
| 188 | Exit 188 | C3 |
| 188 | **TN 249** | C3 |
| 189 | Pegram | C3 |
| 191 | Nashville-Davidson metropolitan government (balance) | C3 |
| 193 | Exit 192 | C3 |
| 196 | Exit 196 | C3 |
| 196 | **TN 1** | C3 |
| 199 | Exit 199 | C3 |
| 199 | **TN 251** | C3 |
| 201 | Exit 201A | C3 |
| 201 | Exit 201B | C3 |
| 201 | Exit 201 | C3 |
| 201 | **US 70** | C3 |
| 201 | **TN 24** | C3 |
| 203 | Exit 204A | C3 |
| 204 | Exit 204B | C3 |
| 204 | **TN 155** | C3 |
| 205 | Exit 205 | C3 |
| 206 | Exit 206 | C3 |
| 206 | Exit 207 | C3 |
| 207 | Exit 208B;208A | C3 |
| 208 | Exit 209B | C3 |
| 208 | Exit 209 | C3 |
| 208 | Exit 209A | C3 |
| 208 | **I-65** | C3 |
| 208 | **US 70** | C3 |
| 208 | **US 431** | C3 |
| 208 | **US 70S** | C3 |
| 208 | **TN 24** | C3 |
| 208 | **TN 1** | C3 |
| 209 | Exit 210B;210A | C3 |
| 209 | Exit 210C | C3 |
| 209 | **US 41** | C3 |
| 209 | **US 31** | C3 |
| 209 | **TN 11** | C3 |
| 209 | **TN 6** | C3 |
| 210 | Exit 211B;211A | C3 |
| 210 | Exit 211 | C3 |
| 210 | Exit 212 | C3 |
| 211 | **I-24** | C3 |
| 212 | Exit 213A | C3 |
| 212 | Exit 213A-B | C3 |
| 212 | Exit 213 | C3 |
| 213 | Exit 6A | C3 |
| 213 | **TN 155** | C3 |
| 214 | Exit 215B | C3 |
| 214 | Exit 6B | C3 |
| 214 | Exit 215A | C3 |
| 214 | Exit 216A | C3 |
| 215 | Exit 216B | C3 |
| 215 | **TN 255** | C3 |
| 216 | Exit 216 | C3 |
| 218 | Exit 219 | C3 |
| 219 | Exit 221A | C3 |
| 219 | Exit 221B | C3 |
| 219 | **TN 45** | C3 |

| | | |
|---|---|---|
| 220 | Exit 221 | C3 |
| 221 | Mount Juliet | D3 |
| 223 | **TN 265** | D3 |
| 224 | Exit 226A-B-C | D3 |
| 224 | **TN 171** | D3 |
| 225 | Exit 226 | D3 |
| 227 | Exit 229A | D3 |
| 228 | Lebanon | D3 |
| 228 | Exit 229B | D3 |
| 228 | Exit 229 | D3 |
| 230 | Exit 232A | D3 |
| 230 | Exit 232B | D3 |
| 230 | **TN 109** | D3 |
| 231 | Exit 232 | D3 |
| 234 | Exit 235 | D3 |
| 235 | Exit 236 | D3 |
| 236 | **US 231** | D3 |
| 236 | **TN 10** | D3 |
| 237 | Exit 238 | D3 |
| 238 | Exit 239A | D3 |
| 238 | Exit 239B | D3 |
| 238 | Exit 239 | D3 |
| 238 | **US 70** | D3 |
| 238 | **TN 266** | D3 |
| 238 | **TN 26** | D3 |
| 243 | Tuckers Crossroads | D3 |
| 243 | Exit 245 | D3 |
| 250 | **TN 141** | D3 |
| 253 | Exit 254 | D3 |
| 254 | **TN 53** | D3 |
| 256 | Gordonsville | D3 |
| 257 | Exit 258 | D3 |
| 258 | **TN 264** | D3 |
| 266 | Exit 268 | D3 |
| 266 | **TN 96** | D3 |
| 272 | **TN 56** | D3 |
| 274 | Exit 276 | D3 |
| 276 | Baxter | D3 |
| 277 | Exit 280 | D3 |
| 280 | Cookeville | D3 |
| 280 | Exit 283 | D3 |
| 283 | Exit 286 | D3 |
| 283 | **TN 135** | D3 |
| 284 | Exit 287 | D3 |
| 284 | **TN 136** | D3 |
| 285 | Exit 288 | D3 |
| 286 | **TN 111** | D3 |
| 287 | Exit 290 | D3 |
| 287 | **US 70N** | D3 |
| 287 | **TN 24** | D3 |
| 294 | **US 70N** | D3 |
| 294 | **TN 24** | D3 |
| 297 | Monterey | E3 |
| 297 | Exit 300 | E3 |
| 297 | Exit 301 | E3 |
| 297 | **TN 84** | E3 |
| 305 | Mayland | E3 |
| 307 | Exit 311 | E3 |
| 313 | Exit 317 | E3 |
| 314 | Crossville | E3 |
| 314 | **US 127** | E3 |
| 314 | **TN 28** | E3 |
| 316 | Exit 320 | E3 |
| 316 | **TN 298** | E3 |
| 318 | Exit 322 | E3 |
| 318 | **TN 101** | E3 |
| 323 | Crab Orchard | E3 |
| 324 | **US 70** | E3 |
| 324 | **TN 1** | E3 |
| 326 | Exit 329 | E3 |
| 334 | Exit 338 | E3 |
| 334 | **TN 299** | E3 |
| 335 | Exit 340 | E3 |
| 336 | Rockwood | E3 |
| 340 | Harriman | E3 |
| 342 | **US 27** | E3 |
| 342 | **TN 61** | E3 |
| 342 | **TN 29** | E3 |
| 343 | Exit 347 | E3 |
| 344 | Midtown | E3 |
| 345 | Exit 350 | E3 |
| 345 | **US 70** | E3 |
| 345 | **TN 1** | E3 |
| 346 | Kingston | E3 |
| 347 | Exit 352 | E3 |
| 347 | **TN 58** | E3 |
| 350 | Exit 355 | E3 |
| 351 | Exit 356 | E3 |
| 351 | Exit 356B | E3 |
| 351 | Exit 356A | E3 |
| 355 | Oak Ridge | E3 |
| 355 | Exit 360 | E3 |
| 356 | Exit 362 | E3 |
| 358 | Lenoir City | E3 |
| 358 | Exit 364 | E3 |
| 358 | **US 321** | E3 |
| 358 | **TN 95** | E3 |
| 358 | **TN 73** | E3 |
| 362 | Exit 368 | E3 |
| 363 | Farragut | E3 |
| 363 | Exit 369 | E3 |
| 363 | **I-75** | E3 |
| 367 | Exit 373 | E3 |
| 368 | Knoxville | E3 |
| 369 | Exit 374 | E3 |
| 369 | **TN 131** | E3 |
| 370 | Exit 376 | E3 |
| 370 | **I-140** | E3 |
| 370 | **TN 162** | E3 |
| 371 | Exit 378 | E3 |
| 373 | Exit 378A-B | E3 |
| 374 | Exit 379 | E3 |
| 374 | Exit 379A | E3 |
| 374 | Exit 380 | E3 |
| 375 | **I-75** | F3 |
| 377 | Exit 383 | F3 |
| 378 | Exit 385 | F3 |
| 379 | **I-640** | F3 |
| 380 | Exit 386A | F3 |
| 380 | **US 129** | F3 |
| 380 | **TN 169** | F3 |
| 380 | **TN 115** | F3 |
| 381 | Exit 387 | F3 |
| 381 | Exit 386B | F3 |
| 381 | Exit 387A | F3 |
| 381 | Exit 388 | F3 |
| 381 | **TN 62** | F3 |
| 382 | Exit 388A | F3 |
| 382 | **US 441** | F3 |
| 382 | **TN 33** | F3 |
| 382 | **TN 71** | F3 |
| 382 | **TN 158** | F3 |
| 383 | Exit 389 | F3 |
| 383 | Exit 389;388A | F3 |
| 384 | Exit 390 | F3 |
| 386 | Exit 392A | F3 |
| 386 | Exit 392 | F3 |
| 386 | Exit 392B | F3 |
| 386 | **US 11W** | F3 |
| 386 | **TN 1** | F3 |
| 387 | Exit 393 | F3 |
| 387 | **I-640** | F3 |
| 388 | Exit 394 | F3 |
| 388 | **US 70** | F3 |
| 388 | **US 11E** | F3 |
| 388 | **US 25W** | F3 |
| 388 | **TN 9** | F3 |
| 389 | **TN 168** | F3 |
| 391 | Exit 398, Strawberry Plains Pike | F3 |
| 395 | Exit 402 | F3 |
| 398 | Sevierville | F3 |
| 399 | **TN 139** | F3 |
| 401 | Exit 407 | F3 |
| 401 | **TN 66** | F3 |
| 405 | Exit 412 | F3 |
| 408 | Exit 415 | F3 |
| 409 | **US 25W** | F3 |
| 409 | **US 70** | F3 |
| 409 | **TN 9** | F3 |
| 410 | Dandridge | F3 |
| 411 | Exit 417 | F3 |
| 411 | **TN 92** | F3 |
| 414 | **TN 66** | F3 |
| 417 | Exit 424 | F3 |
| 417 | **TN 113** | F3 |
| 420 | **US 25W** | F3 |
| 420 | **US 70** | F3 |
| 420 | **TN 9** | F3 |
| 424 | Exit 432A | F3 |
| 425 | Newport | F3 |
| 425 | Exit 432B | F3 |
| 425 | **US 25W** | F3 |
| 425 | **US 70** | F3 |
| 425 | **TN 35** | F3 |
| 425 | **TN 9** | F3 |
| 428 | Exit 435 | F3 |
| 428 | **US 321** | F3 |
| 428 | **TN 32** | F3 |
| 433 | Exit 440 | F3 |
| 433 | **TN 73** | F3 |
| 436 | Exit 443 | F3 |
| 439 | Exit 447 | F3 |
| 442 | Exit 451 | F3 |

## Counties

Shelby County (mile 0)
Fayette County (mile 29)
Haywood County (mile 45)
Madison County (mile 69)
Henderson County (mile 97)

## Parks and preserves within 5 miles

Black Mountain Area
Brady Mountain Area
Ducks Unlimited Park
Edgar Evins State Park
Martha Sundquist State Forest

Carroll County (mile 121)
Decatur County (mile 122)
Benton County (mile 128)
Humphreys County (mile 136)
Hickman County (mile 149)
Dickson County (mile 164)
Williamson County (mile 182)
Cheatham County (mile 184)
Davidson County (mile 191)
Wilson County (mile 221)
Smith County (mile 249)
Putnam County (mile 265)
Cumberland County (mile 301)
Roane County (mile 336)
Loudon County (mile 357)
Knox County (mile 363)
Sevier County (mile 398)
Jefferson County (mile 403)
Cocke County (mile 423)

## VisitorFun attractions within 5 miles

Adventure Science Center
Andrew Jackson's Hermitage
Art Museum of the University of Memphis
Bass Pro Shops at the Pyramid
Beale Street
Belle Meade Historic Site & Winery
Belz Museum of Asian and Judaic Art
Bicentennial Capitol Mall State Park
Blues Hall of Fame
Bridgestone Arena
Centennial Park
Cheekwood Botanical Garden and Museum of Art
Cheekwood Estate & Gardens
Children's Museum of Memphis
Country Music Hall of Fame and Museum
Cumberland Mountain State Park
Edge Motor Museum
Fire Museum of Memphis
Fort Negley
Frist Art Museum
Gaylord Opryland Resort
Grand Ole Opry
Honky Tonk Highway
Johnny Cash Museum
Knoxville Museum of Art
Lane Motor Museum
Loveless Cafe
Memphis Brooks Museum of Art
Memphis Rock 'n' Soul Museum
Memphis Zoo
Metal Museum
Muse Knoxville
Nashville Zoo at Grassmere
National Civil Rights Museum
Opry Mills
Pink Palace Museum and Planetarium
Ryman Auditorium
Stax Museum of American Soul Music
Sun Studio
Sunsphere
Tennessee State Museum
The Bluebird Cafe
The Cotton Museum
The Escape Game Nashville
The Mall at Green Hills
The Parthenon
The Peabody Memphis
Montgomery Bell State Park
Mount Roosevelt Wildlife Management Area
Natchez Trace State Forest
Shelby Bottoms
West Tennessee National Wildlife Refuge Complex

## Maps along the road

Shelby County
Fayette County
Haywood County
Madison County
Henderson County
Carroll County
Decatur County
Benton County
Humphreys County
Hickman County
Dickson County
Williamson County
Cheatham County
Davidson County
Wilson County
Smith County
Putnam County
Cumberland County
Roane County
Loudon County
Knox County
Sevier County
Jefferson County
Cocke County
Memphis
Bartlett
Lakeland
Arlington
Gallaway
Braden
Brownsville
Jackson
Parker's Crossroads
Wildersville
Dickson
Burns
Fairview
Kingston Springs
Pegram
Mount Juliet
Lebanon
Tuckers Crossroads
Gordonsville
Baxter
Cookeville
Monterey
Mayland
Crossville
Crab Orchard
Rockwood
Harriman
Midtown
Kingston
Oak Ridge
Lenoir City
Farragut
Knoxville
Sevierville
Dandridge
Newport

## Where this is

United States › Tennessee › Tennessee Highways › I-40 in Tennessee

Vanderbilt University Museum of Art
Zoo Knoxville

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