

## Douglas Bend Loop

Once you have mastered the first two town rides you are ready for this more challenging but still perfectly cyclable route. It is longer, has more hills and can have more vehicular traffic. It is about 20 miles depending on where you begin. I will call the Old Wal-mart (Now Sears Outlet) parking lot the start point but the Hendersonville YMCA area is also a good place to begin. So lets begin.

From Sears Outlet, take Bonita to a Right onto East Main. Let me again stress to not be put off by the traffic. The wide shoulders give you plenty of room and all traffic entering from side streets will be carefully watching before pulling out onto Main. Just past the Sonic, take a right onto Bluegrass drive and follow it straight till it makes a T. Traffic is light and courteous once away from main. Bluegrass drive actually continues on to the right but we want to make a left at the T onto Bluegrass circle. Look to our right and you can see Old Hickory Lake. We will be following the shore line for several miles.

Bluegrass Circle goes down a short but steep hill onto Caudill Drive. Take a right onto Caudill and follow it past several large homes. Some belong to County Music personalities, including the now burned former home of Johnny Cash. About here the name changes to Riverchase, then a slight left up a small hill onto Devonshire to Shute Lane. A right onto Shute Lane takes you past Jack Anderson Elementary School, past which Shute takes a left down and then up a couple of small hills. About half way up the second one I prefer to take a detour onto Shoreside to let any traffic get by me. Shoreside loops back around to Shute. Shute has a stop at this intersection but you can see traffic coming from the left and I usually try to time my arrival at the intersection so as to let all the vehicles get in front of me. Then it's down and up a medium hill to a Right onto Cages Bend Road.

Cages Bend is the most likely to have pesky traffic. Cars go pretty fast, the road is narrow and there is frequently limited sight distance or incoming traffic. I usually ride pretty far out in the right lane so overtaking vehicles have no doubt about needing to get over into the left lane to pass. This is one of those places where hugging the right edge will encourage cars into dangerous behavior. I do pull way over and slow a bit in ares where it is most safe for vehicles to pass. At Rehobeth Church, take a left onto Douglas Bend Road. the first half of Douglas Bend road has much less traffic and is a great ride along the shoreline. It meanders about and eventually connects with US 31 E, Nashville Pike. Before it does, I usually take a right onto Rosebrook Drive and then a left onto Lori Lee Drive before rejoining Douglas Bend Road. About here traffic has picked up so the jaunt through the neighborhood results in a short distance till getting back onto US 31 E. Construction has this area in flux but it always takes you to US 31 E at a traffic signal. Take a left onto 31 E and sprint past the section with narrow shoulders. No fun here but still better than sitting at home.

Take a right onto Lower Station Camp Creek road where you have a decision. I prefer to take a left onto Old Lower Station Camp Creek, past the Quarry and through some of the prettiest scenery in Sumer county. One does have to contend with the film of wet rock dust

usually found directly in front of the quarry. If that is too off putting, you can veer to right and follow Big Station Camp Blvd past the schools, then a left past Knox Doss and Station Camp High school back to Lower Station Camp Creek Road. Take a Right onto LSSC road which is still pretty nice despite recent development. You have now joined the Stop 30 loop so go on to Jenkins road and follow that loop back to East main, then back to wherever you began.

This is the last of my suggested routes for beginners which in no account means these are the only good places to ride. They happen to be close to me so fit my philosophy of beginning a ride from my own yard.

BED

### Douglas Bend Loop

Cue	Directions	Leg (Mi)	Total
	Begin at Old Walmart/Sears Outlet and head East on Main	1	1
Right	Onto Bluegrass Drive, continue Straight till a T section	0.9	1.9
Left	Onto Bluegrass Circle, ends at short steep hill	0.5	2.4
Right	Onto Caudill. Then left up small hill	0.7	3.1
Straight	About the old Johnny Cash place this becomes Riverchase	0.3	3.4
Left	Onto Devonshire, Riverchase continues to right	0.5	3.9
Right	Onto Shute lane, then left down hill past Jack Anderson	0.7	4.6
Right	Onto Shoreside, follow around and Back to Shute	0.8	5.4
Straight	Back onto Shute. I usually let traffic clear	0.3	5.7
Right	Onto Cages Bend Rd.	0.9	6.6
Left	Onto Douglas Bend rd, at Rehobeth Church	1.2	7.8
Left	Still Douglas Bend at 4 way stop, easy to miss.	1.1	8.9
Left	at T section, still Douglas Bend Rd	0.1	9
Right	Onto Rosebrook to avoid some pesky traffic	0.3	9.3
Left	Onto Lori Lee and then back to Douglas Bend	0.4	9.7
Right	Back onto Douglas Bend	0.7	10.4
Left	Onto Nashville Pike (US 31E)	0.6	11
Right	Onto Lower Station Camp Creek Rd, bear left for scenic rt	2.4	13.4
Left	Onto Jenkins Lane, part of Stop 30 Loop	1.3	14.7
Left	Veers left up hill and becomes Anderson, winds about	1.7	16.4
Left	Onto Jones, also winds about a lot	1.7	18.1
Left	Onto Stop 30 road. Crosses Bypass and RR tracks	1.1	19.2
Right	Onto East Main (US 31 E) and back to Bonita	1.1	20.3

