

1	I-24	EB	Grundy	Rest Area	133.6	0.6 miles west of US-64	(931) 924.2199
2	I-24	WB	Grundy	Rest Area	133.6	0.6 miles west of US-64	(931) 924.2198
3	I-24	EB	Marion	Rest Area	160.0	1.3 miles east of SR-28	(423) 942-3280
4	I-40	EB	Madison	Rest Area	73.0	5.0 miles west of SR-138	(731) 422.4164
5	I-40	WB	Madison	Rest Area	73.0	5.0 miles west of SR-138	(731) 422.5691
6	I-40	WB	Benton	Rest Area	131.5	5.0 miles east of SR-69	(731) 584.4201
7	I-40	EB	Benton	Rest Area	130.5	5.0 miles east of SR 69	(731) 584.4422
8	I-40	EB	Dickson	Rest Area	170.0	2.5 miles west of SR-46	(615) 446.0686
9	I-40	WB	Dickson	Rest Area	170.0	2.5 miles west of SR-46	(615) 446.0749
10	I-40	EB	Cumberland	Rest Area	324.4	8.0 miles east of US-127	(931) 484.0241
11	I-40	WB	Cumberland	Rest Area	326.6	10.0 miles east of US-127	(931) 484.2914
12	I-40	EB	Jefferson	Rest Area	420.0	1.0 miles east of SR-92	(865) 397.1106
13	I-40	WB	Jefferson	Rest Area	425.0	1.4 miles east of SR-113	(865) 397.1018
14	I-75	NB	McMinn	Rest Area	45.2	3.8 miles south of SR-30	(423) 745.7858
15	I-75	SB	McMinn	Rest Area	45.2	3.8 miles south of SR-30	(423) 745.9265
16	I-81	SB	Jefferson	Rest Area	2.0	2.2 miles northeast of Jct. I-40	(865) 674.6576
17	I-81	NB	Greene	Rest Area	38.0	8.4 miles east of SR-70	(423) 234.0149
18	I-81	SB	Greene	Rest Area	41.0	10.6 miles east of SR-70	(423) 234.0139
19	US-51 NB/SB		Lauderdale	Rest Area		5.3 miles north of Covington	(731) 738.2490
20	I-24	EB	Montgomery	Welcome Center	0.40	0.5 miles south of KY state line	(931) 648.5509
21	I-24	WB	Marion	Welcome Center	160.0	1.3 miles east of SR-28	(423) 942.0933
22	I-24	EB	Hamilton	Welcome Center	171.8	0.8 miles north of GA state line	(423) 821.2628
23	I-40	EB	Shelby	Welcome Center	0.30	Riverside Drive, Memphis, TN	(901) 543.6757

24	I-40	EB/WB	Smith	Welcome Center	267.0	5.5 miles west of SR-56	(615) 683.6410
25	I-40	WB	Cocke	Welcome Center	446.0	1.0 miles west of Hartford Rd.	(423) 487.3258
26	I-55	NB	Shelby	Welcome Center	3.10	3.1 miles north of MS state line	(901) 543.7628
27	I-65	NB	Giles	Welcome Center	3.0	2.9 miles north of AL state line	(931) 468.2654
28	I-65	SB	Robertson	Welcome Center	121.0	KY state line	(615) 325.4721
29	I-75	NB	Hamilton	Welcome Center	0.7	0.7 miles north of GA state line	(423) 894.6399
30	I-75	SB	Campbell	Welcome Center	161.0	0.2 miles south of KY state line	(423) 784.5820
31	I-81	SB	Sullivan	Welcome Center	75.3	VA state line	(423) 764.5821
32	I-155	EB	Dyer	Welcome Center	8.7	8.7 miles east of Mississippi River	(731) 286.8323
33	I-26	EB/WB	Unicoi	Welcome Center	NA	Exit 46 - 9 miles west of NC SL	(423) 743-4146
34	I-26	EB/WB	Sullivan	Welcome Center	5.0		(423) 246-0214
35	I-40	WB	Haywood	Welcome Center	44.0	35 miles W of Jackson	(731) 779-1223