



Bells Bend Outdoor Center

4187 Old Hickory Blvd.

Nashville, TN 37218

(615) 862-4187

bellsbend@nashville.gov

Tuesday-Friday: 12-4pm

Saturday: 9am-4pm

and by appointment

Please join us on Facebook

Bells Bend Park is open 7 days a week from
dawn until dusk



September & October 2015 Programs

Fall Wildflower Hike

Friday, September 4

10:00-11:30am

Age level: All ages

Call to register

Develop some autumn enthusiasm as we discover the diversity of late summer and early fall wildflowers.

Leader: LinnAnn Welch

Preserving the Harvest



Saturday, September 19

12:00-1:00pm

Age level: All ages

Call to register

Learn tips and tricks to preserve fresh foods to eat all year round. We'll discuss canning, pickling, fermentation, drying, and more. It's fun, easy, and healthy!

Leader: Kevin Sykes



Historic Buchanan House Hike & Tour

Thursday, September 24

1:00-3:00pm

Age level: 10+

Call to register

Join us for the rare opportunity to tour the 1840's house on park property and learn some history along the way. We'll hike there and back, totaling about 3.5 miles.

Leader: Kevin Sykes

Sunset Bicycle Ride



Friday, September 25

5:30-7:00pm

Age level: All ages

Call to register

Enjoy the sunset while biking 1-1.5 miles of beginner level trails. Perfect for first time mountain bikers. You may reserve a park bike, but you must call in advance. Supply is limited.

Leader: Chris Guerin

Bells Bend Night Hike



Friday, September 25

8:00-9:30pm

Age level: All ages

Call to register

Come out for a night hike at Bells Bend. Hear the call of the wild. We will look and listen for animals of the night.

Leader: Chris Guerin

Canoe & Kayak Program

TBA

Age level: 10+

Cost: \$25 per person

Call or email to register

Learn to canoe or kayak on a beautiful Middle Tennessee river. Trips are designed to introduce participants to canoeing and kayaking in a fun, safe, and scenic environment. Call or email to register and/or for more information.

neel.deshpande@nashville.gov or 615-429-3549



For assistance or accommodation, please contact the Bells Bend Outdoor Center, 615-862-4187.

Please call to register, 615-862-4187.

October 2015 Programs

Bells Bend Night Hike



Friday, October 2
8:00-9:30pm
Age level: All ages
Call to register

Come out for a night hike at Bells Bend. We will look and listen for animals of the night.
Leader: Chris Guerin

Archery



Saturday, October 3
10:30am-12:00pm
Age level: All ages
Call to register

Learn the basics of archery including: safety, gear, and general principles. Bring your own equipment or use ours.
Leader: Chris Guerin



Story of Bells Bend

Saturday, October 3
1:00-2:00pm
Age level: All ages
Call to register

What makes this horseshoe bend in the Cumberland River so unique? Travel through time to learn about our rich history and heritage!
Leader: Kevin Sykes

Farm Day and Antique Tractor Show

Saturday,
October 10
9:00am-3:30pm
All ages



Show today's generation the tractors and implements of yesterday. Learn about the progression of farming through the years.

Artisan Exhibitors ~ Great Food
Barnyard Petting Zoo ~ Kids Zone

Activities subject to change.

Gardening in Winter



Thursday, October 15
1:00-2:00pm
Age level: All ages
Call to register

Just because it's cold outside doesn't mean you have to stop gardening! Learn how to grow garlic, spinach, and other hardy plants in the cold months, as well as how to prepare your garden for spring.
Leader: Kevin Sykes

Let's Ride!!



Saturday, October 17
9:30-11:00am
Age level: All ages
Call to register

There are 1-1.5 miles of beginner level trails for us to explore. Perfect for first time mountain bikers. You may reserve a park, but you must call in advance. Supply is limited.
Leader: Chris Guerin

Project Archeology



Saturday, October 24
9:00am-3:00pm
Age level: 13+
Call to register

A wonderful introduction to the world of archaeology, this session will provide information about Tennessee's first inhabitants and interesting activities for the classroom. Participants receive the *Intrigue of the Past* teacher's activity guide.
Leaders: J. Jones, V. McCormack & Staff

Please call to register: 615-862-4187

Check out programs at other Metro Parks Nature Centers, too.

For Safety and Security Needs Contact:

Park Police Office: 615-880-3429

Non life-threatening emergencies: 615-862-8600 Life-threatening Emergencies: 911

