

# WELCOME TO BELLS BEND PARK

4187 Old Hickory Blvd.

## HELP PROTECT THE PARK

Follow these rules

- Bells Bend is open from dawn to dusk
- Trails are for use by pedestrians only
- Plants, wildlife and all natural and historic features are strictly protected
- Stay on designated trails
- Dogs must be on leashes not exceeding six feet in length
- Put trash in receptacles or pack it out
- Group camping area, including fire rings, is for use by permit only
- PROHIBITED**
  - Bicycles, horses and motorized vehicles
  - Firearms and hunting
  - Drugs and alcohol

## SAFETY IS OUR HIGHEST PRIORITY

- Enjoy the park with a friend
- Leave valuables at home
- Take car keys with you
- Some trail segments are subject to flash flooding. Exit immediately during periods of heavy rain.

**PARK POLICE:**  
615-880-3429



## LEGEND

- TRAILS
- - - 2.3 MILE LOOP
- ..... ENTRY ROADS
- - - - OLD FARM ROAD
- POPLAR HOLLOW TRAILHEAD
- NATURE CENTER
- FLOODPLAIN



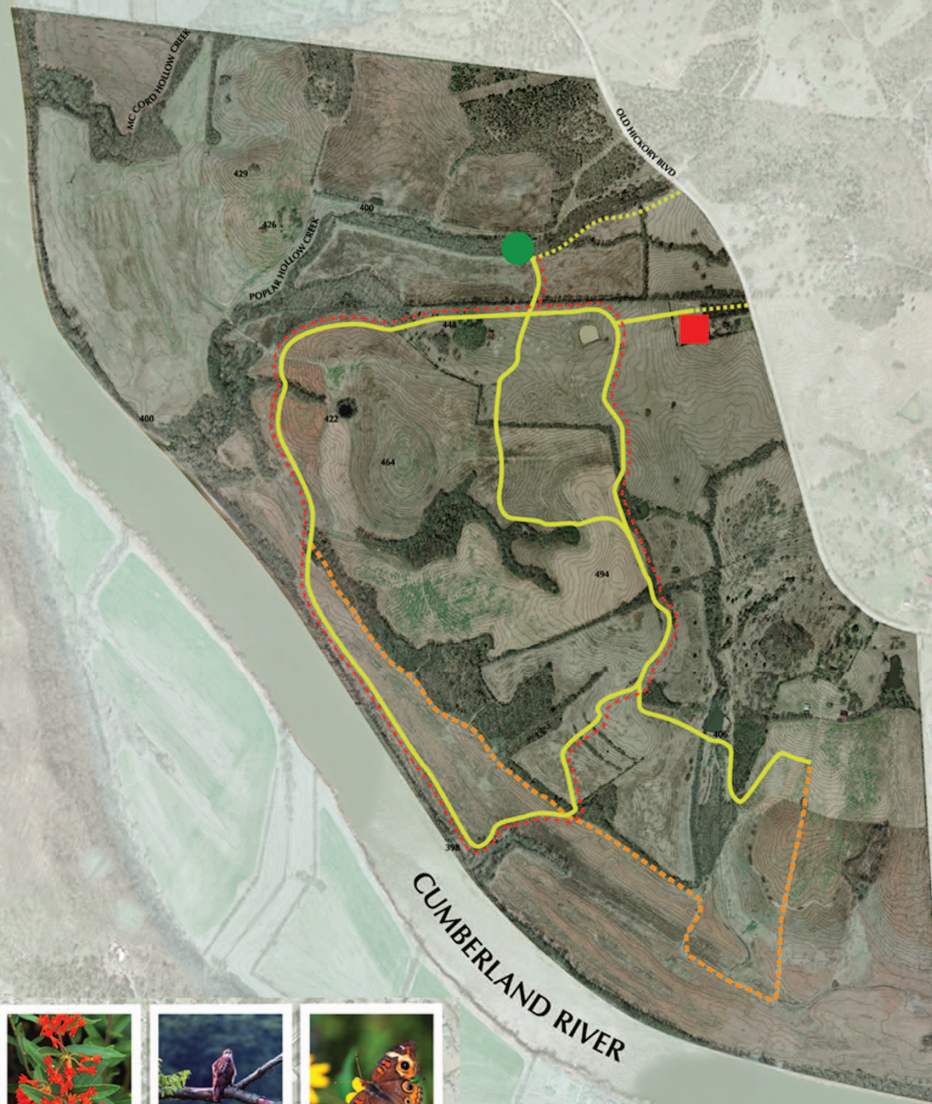
Butterfly Weed



Red-tailed Hawk



Common Buckeye Butterfly



**BELLS BEND PARK**  
Metropolitan Board of Parks and Recreation



## Natural and Cultural History

Located in western Davidson County, this park takes its name from a peaceful arc of the Cumberland River known as Bells Bend. This rural preserve is defined by its agricultural history, its bountiful opportunities for viewing wildlife, and a landscape shaped by the river.



## A New Park for Nashville

In 1989 the city purchased this 808-acre tract and land banked it for future use as a municipal landfill. However, on the day of his inauguration in 1993, Mayor Bill Purcell declared the site would be transferred to the Parks Department and be preserved forever as green space. Opened to the public in 2007, it is the fourth largest in the Department's portfolio.

## Nature Abounds

The Cumberland River forms the park's western boundary and its dominant natural influence. Thirty percent of the property is in the floodplain and floodway. Several streams, farm ponds and wetland areas can be explored. Upland

areas are characterized by gently rolling slopes, former pastureland with woody fencerows and tree-covered knobs. Years of farming have impacted the diversity of vegetation found here today. Common trees include Sycamore, Cottonwood, Hackberry, Boxelder, White Ash, and a variety of Oaks and Hickories. The unmowed fields are spectacular in the fall with vibrant purple ironweeds,



Milkweed Pods

bright yellow gold-erods, and many-flowered asters. In winter, look for a blanket of showy, bronze-orange broomsedge



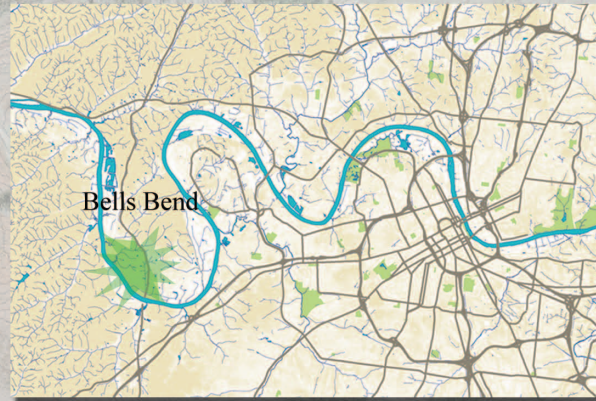
Black-eyed Susans

The variety of habitats provides homes to a plethora of wildlife species- meadow-larks, bluebirds, buntings, woodcocks, sparrows, orioles, goldfinches, woodpeckers, and hawks are just a few of the common bird species. Many migratory birds stop through during their long journeys north and south. A few of the mammals that can be found are deer, beaver, muskrat, coyote, and skunk. Beginning in February, frogs can regularly be heard singing, and a variety of other species of amphibians and reptiles also inhabit this site.

All Photos by Deb Beazley

## Early History

With its rich floodgates, gentle rolling hills, streams and wetlands, Bells Bend has attracted human activity since the Paleolithic Period over 12,000 years ago. The first people were primarily transient hunter-gatherers, but by the Mississippian period (800 A.D. – 1600 A.D.), Native Americans developed cities, trade and advanced agricultural practices along the Cumberland River. Evidence of a village, burial sites and a number of artifacts make Bells Bend Park the most archeologically significant location in the Metro Parks system.



Directions: From I-40 take exit # 204 and go north on Briley Parkway. Take exit # 24 and turn left onto State Rt. 12 toward Ashland City. Go 2.9 miles and turn left at the stop light onto Old Hickory Blvd. Go 4 miles, the entrance to Bells Bend Park (trailhead) is on your right. The Bells Bend Outdoor Center is the next entrance on the right.

A 2.3 mile loop trail and several old farm roads are accessible from the trailhead at the parking lot.


## Bells Bend Outdoor Center

4187 Old Hickory Blvd.  
Nashville, TN 37218

615-862-4187

[www.nashville.gov/parks/nature](http://www.nashville.gov/parks/nature)  
[bellsbend@nashville.gov](mailto:bellsbend@nashville.gov)

Park Police 615-880-3429

 615-862-8400

# Bells Bend Park

