

BEAMAN PARK NATURE CENTER



Winter 2024 Program Schedule

Visit Beaman Park Nature Center at
5911 Old Hickory Boulevard
Ashland City, TN 37015


The Nature Center is open
Tuesday through Friday from 12-4 p.m.
and Saturday from 9 a.m.-4 p.m.

Park trails are open every day
from sunrise until sunset.

Phone: (615) 862-8580

Email: beamanpark@nashville.gov

Website: beamanpark.nashville.gov

 @beamanpark

 @beamanparknashville

Explore The Peaceful Forest

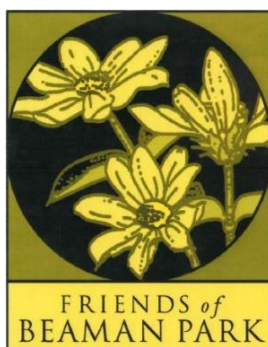
Winter is an incredible time to experience Beaman Park. The lively buzz of the summer is gone, but the peaceful forest still has many wonders to reveal.

Engage your senses as you explore the winter woods. The mostly leafless tree canopy allows for big sky views while the soothing sounds of rustling leaves, ever-flowing streams, and winter birds provide a lovely soundtrack.

At the Nature Center, relax in front of glowing fireplace or attend one of our many winter programs. We have special presentations, guided hikes, music performances, yoga classes, and more scheduled throughout this season.

Registration is required for most programs; register by calling or [emailing](#) the Nature Center. Park and program updates can be found on our [Facebook page](#) and our [website](#).

We hope to see you at Beaman Park this winter!



Recurring Programs

Winter Yoga	Select Saturdays: 12/2, 12/16, and 1/13 9:30-10:45 a.m. Age level: Adult, 13+ \$12 donation	While it's cold outside, Friends of Beaman Park invites you to enjoy yoga inside of our lovely Nature Center. Please bring your own mat to enjoy gentle yoga that is appropriate for all experience levels. Instructor: Robin Haynes
Trailhead Coffee Hour	Select Saturdays: 12/9, 1/20, and 2/10 9:00-10:00 a.m. Come and Go Anytime Age level: All ages Registration not required	Grab a free cup of coffee before your hike at our FOBP table to learn more about Friends of Beaman Park and how you can get involved. We will be set up at the Highland Trailhead. Leader: Friends of Beaman Park
Roving Naturalists	All winter long	Look for our naturalists sharing amazing nature discoveries and leading impromptu programming.

December

Birding With Barbara	Saturday, December 2 9-11 a.m. Age level: Adults, 13+ Call or email to register	Explore Beaman Park's winter bird population. We'll learn about the species which come from the north to make Tennessee their winter home. Meet at the Creekside trailhead at 9 a.m for this 2 hour hike. Leader: Barbara Harris, Tennessee Ornithological Society
Weed Wrangle at the Proctor Farm	Saturday, December 9 9 a.m.-noon Age level: 10+ Call or email to register	Friends of Beaman Park would love your help removing invasive plants and beautifying the area around Beaman Park's historic Proctor Barn. All tools will be provided. Leader: Friends of Beaman Park

Friend of Beaman Park Community Campfire

Friday, December 15

3-5 p.m. - Come and go anytime.

Warm up by the bonfire with neighbors, community members, and Friends of Beaman Park. We all share a love for nature and the Park so this is a great chance to meet other like-minded folks. Warm beverages and snacks will be provided.

Leader: Park Staff and Friends of Beaman Park



Guided Woodland Walk	Saturday, December 16 10 a.m.-noon Age level: All ages Call or email to register	Mid-December is a wonderful time to walk in the woods with a Naturalist. We will explore and examine the flora and fauna of the season during this 2 mile hike. Meet at the Creekside Trailhead. Leader: Kevin Sykes
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The Nature Center will be closed from Saturday, 12/23 through Tuesday, 12/26 for the holidays.

Holiday Scavenger Hunt

Saturday 12/23-Tuesday 12/26

Stop by anytime.

Park trails remain open during the holiday weekend, so pick up a Holiday Scavenger Hunt next to the big map outside of the Nature Center. Our kid-friendly scavenger hunts call attention to seasonal observations that promote a deeper connection to our forest and surroundings. Go on a self-led walk in the winter woods and enjoy the holidays while looking for everything on your list!

Hot Cocoa & Board Games

Saturday, December 30

Noon-2 p.m.

Age level: All ages

Registration not required



Want to relax and sip hot cocoa while playing board games and puzzles this holiday season? We will have games such as Bug Bingo, Audubon's bird matching game, Wildcraft, and Wingspan as well as numerous puzzles. Light refreshments will be provided.

Leader: Kevin Sykes

Unless "registration not required" is written in the description, please register by calling 615-862-8580 or emailing beamanpark@nashville.gov. Program space is limited, so registration helps us be prepared by knowing how many participants to expect. Registration also allows us to communicate important program details and changes to participants.

January

The Nature Center will be closed on Tuesday, January 2nd in observance of New Year's Day.

First Hike of the New Year	Saturday, January 6 1-3 p.m. Age level: All ages	Ring in the new year with a guided hike in the woods of Beaman Park. This will be a 2 mile moderate-level hike starting at the Creekside Trailhead. Leader: Kevin Sykes
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7.5 Miles on the Laurel Woods Trail

Thursday, January 11
9 a.m.-1 p.m.
Age level: 10+
Call or [email](#) to register



Join a naturalist for a winter hike on the 7.5-mile portion of the Laurel Woods Trail. Discover the beauty of the season amid nature's simplicity.
Leader: Luke Mahrenholz

S'mores By The Fire

Saturday, January 13
12-1:30 p.m.
Come and go anytime
Age level: All ages
Registration not required

Gather around the crackling fire at the Nature Center to share the warmth and indulge in a delicious treat!
Leader: Luke Mahrenholz

The Nature Center will be closed on Tuesday, January 16th in observance of MLK Jr. Day.

Meet The Banjo

Saturday, January 20
10-11 a.m.
Age level: All ages
Call or [email](#) to register

Listen to some old time banjo tunes and learn about the history of this unique folk instrument.
Leader: Kevin Sykes

Forest Bathing

Saturday, January 27
1-2:30 p.m.
Age level: Adults, 13+
Fee: \$12
Call or [email](#) to register

Slow down and unwind while enjoying the peaceful beauty of Beaman Park on a Forest Bathing walk. We'll explore easy and open-ended ways to engage the senses, connect with the natural world, and experience the present moment. Forest Bathing or Shinrin-Yoku is a worldwide practice that reduces stress, promotes well-being, and deepens connections with the natural world.
Presenter: ANFT Certified Guide Elizabeth Sanford

Wolf Moon Night Hike

Saturday, January 27
5-7 p.m.
Age level: 13+
Call or [email](#) to register

Embark on a 3.2 mile night hike under the luminous glow of the Wolf Moon. Experience the enchantment of the moonlit trail as you explore with a guide. This hike will begin at the Nature Center parking lot.
Leader: Luke Mahrenholz

February

FeederWatch With Us

Saturday, February 3
9:30-10:30 a.m.
Age level: All ages
Call or [email](#) to register

Learn to identify common feeder birds while you help us watch the feeders and count birds as part of this winter's FeederWatch study.
Leader: Kevin Sykes

The Hidden Lives of Nashville's Mammals

Saturday, February 3
2-4 p.m.
Age level: All ages
Call or [email](#) to register

Vanderbilt biologist, Dr. Maria Luisa Jorge, joins us to share years of research about the diverse mammalian population in Beaman Park and beyond.
Leader: Dr. Maria Luisa Jorge

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Little Marrowbone Creek Exploration

Thursday, February 9
1-3 p.m.
Age level: All ages
Call or [email](#) to register

Bring your water shoes/boots and get ready to walk Little Marrowbone Creek with a naturalist. We will investigate the flora, fauna, and natural features of this unique section of Beaman Park.
Leader: Luke Mahrenholz

Tree Bud Hike

Saturday, February 10
10 a.m.-1 p.m.
Age level: Adults, 13+
Call or [email](#) to register

Tree buds are beautiful, unique, and often overlooked. Let's look for and ID budding branches in the Park.
Leader: Heather Gallagher

Almost Spring Wildflower Hike

Saturday, February 17
9:30-11:30 a.m.
Age level: All ages
Call or [email](#) to register

Spring is just around the corner, so it's not too early to start looking for ephemeral wildflowers. Join us at the Creekside Trailhead to search for signs of wintergreen, toothwort, bloodroot, hepatica, and more!
Leader: Kevin Sykes

The Nature Center will be closed on Tuesday, February 20th in observance of Presidents' Day.

Blooming Sedges of Sedge Hill

Saturday, February 24
10 a.m.-noon
Age level: Adults, 13+
Call or [email](#) to register

How did Beaman Park's Sedge Hill Trail get its name? Learn about Sedge identification and diversity on this short hike.
Leader: Luke Mahrenholz

Winter Old-Time Jam

Saturday, February 24
1-3 p.m.
Age level: All ages
Registration not required

Join us inside the warmth of the Nature Center to listen to some live Old-Time String Band tunes. This toe-tapping music is the ancestor of bluegrass and country. We will have a fire in the fireplace and light refreshments available.

Leaders: Nature Center Staff, [Friends of Beaman Park](#), and [Nashville Old-Time String Band Association](#)



Remember Our Recurring Programs!

- Winter Yoga - Saturday 12/2, 12/16, and 1/13 from 9:30 -10:45 a.m.
- Trailhead Coffee Hour – Saturday 12/9, 1/20, and 2/10 from 9-10 a.m.
- Roving Naturalist – Look for our naturalists sharing amazing nature discoveries and leading impromptu programming on the trails all winter long

Want to get involved? Email us at beamanpark@nashville.gov.



Beaman Park Nature Center is located at
5911 Old Hickory Boulevard
Ashland City, Tennessee 37015

We are open Tuesday through Friday from noon-4 and Saturday from 9-4.

Contact us by phone at 615-862-8580 or email at beamanpark@nashville.gov.

Check us out on Facebook or watch our website for updates!



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