



These activities are offered by Metro Nashville Parks and Recreation - Outdoor Recreation program. Age and ability level are noted for each event. Some activities may charge a small fee. Unless otherwise noted, advance registration is required. These activities are offered at various park locations across the city. Exact location of the activities will be provided when you register.



Questions?

Phone: 615-642-9745

Email: outdoorrec@nashville.gov or krista.allen@nashville.gov

Outdoor Nashville - Fall 2025 Programs

Pre-registration is currently required for most programs, so please email outdoorrec@nashville.gov to make sure there is a spot available to you.

Local Rivers Paddle



Friday, Sept. 5th
10:00am-2:00pm
Age level: 13+
Skill: Intermediate
Location TBD
Fee: \$25

Join us for a guided fall paddle as we explore the beauty of Middle Tennessee by water! Depending on water levels, we'll head out on one of our choice of several local rivers—Stones, Harpeth, Duck, or Piney, for a 5-7 mile downriver trip, led by experienced paddling leaders. Expect 2-3.5 hours on the water, surrounded by the sights and sounds of the changing season. Previous paddling experience is required.

Archery Session #1



Saturday, Sept. 13th
9:00am-11:00am
Age level: All ages
Skill: Beginner
Bells Bend Park
Free

Whether you're taking your first steps into the world of archery or you're a seasoned archer with a quiver full of experience, we invite you to join us for a delightful morning dedicated to practicing this skill. Bows and arrows provided. You may bring your own equipment, but may only use practice tips. Please wear closed toed shoes.

Archery Session #2



Saturday, Sept. 13th
1:00pm-3:00pm
Age level: All ages
Skill: Beginner
Bells Bend Park
Free

Whether you're taking your first steps into the world of archery or you're a seasoned archer with a quiver full of experience, we invite you to join us for a fun afternoon dedicated to practicing this skill. Bows and arrows provided. You may bring your own equipment, but may only use practice tips. Please wear closed toed shoes.

Intro to Paddling: Kayak, Canoe, SUP



Wednesday, Sept. 17th
10:00am-1:00pm
Age level: 7+
Skill: Beginner
Hamilton Creek
Fee: \$15

This fun and safe introductory program teaches the basics of paddling in kayaks, canoes, and stand-up paddleboards (SUP) on flat water. Participants will learn water safety, paddling techniques, and how to enjoy time on the water with confidence. Perfect for kids and beginners!

Harpeth River Paddle



Saturday, Sept. 20th
9:00am-3:00pm
Age level: 18+
Skill: Intermediate
TBD
Fee: \$25

Kick off your weekend with a splash! Join a naturalist-led paddle down the scenic Harpeth River, where you'll enjoy beautiful views, and the chance to learn about local wildlife and river ecology along the way. This program is perfect for both beginners and seasoned paddlers looking to connect with nature in a new way. Kayaks and personal flotation devices (PFDs) are provided with registration, so all you need to bring is a sense of adventure and a willingness to get a little wet!

See you at Stones River



Wednesday, Sept. 24th
9:00am-3:00pm
Age level: All ages
Skill: n/a
Stones River Greenway
Free

Have you ever wanted to know more about the recreation opportunities surrounding Percy Priest Lake and Stones River? Drop by and see us at the Stones River Greenway – Percy Priest Dam Trailhead to get the latest news and learn more about what we're doing with Outdoor Nashville!

Toddler Trek



Friday, Oct. 3rd
9:00am-11:00am
Age level: All ages
Skill: Beginner
Mill Ridge Park
Free

Hiking with a toddler can feel like a lot to plan, so let us take the stress out of it! Toddler Trek is a guided, group adventure, perfect for families with little ones. We'll kick things off with a reading of *Goodbye Summer, Hello Autumn*, then head out on a short, toddler-friendly hike through Mill Ridge Park with plenty of time for nature exploration and discovery along the way. Non-toddlers are welcome too—come enjoy the outdoors, connect with others, and make lasting memories on the trail!



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Kid Survival Skills



Tuesday, Oct. 14th
9:00am-12:00pm
Age level: 8+
Skill: Beginner
Beaman Park
Free

Participants will be introduced to skills necessary for successful, and safe excursions in the outdoors in this hands-on class at Beaman Park. We will be outside the entire time so dress for the weather! Parents are required to stay for the duration of the event.

Climbing Day



Wednesday, Oct. 15th
12:00pm-3:00pm
Age level: All ages
Skill: Beginner/
Intermediate
Bells Bend Park
Free

Whether a beginner or a pro, this is the program for you! Come check out Bells Bend Outdoor Center's indoor climbing wall with our auto belay system and outdoor boulder. We'll have the crash pads set up and ready to go. Shoes, chalk, etc. not provided. We will have harnesses available for use on the indoor wall.

Fall Family Campout



Friday, Oct. 17th
Start at 4:00pm
Age level: All ages
Skill: Beginner
Bells Bend Park
Free

Join us for a free family-friendly campout under the stars at Bells Bend's campground. Bring your own food and camping gear, and enjoy optional group activities that will be offered throughout the evening. Space is limited, so be sure to reserve your spot early!

Full Moon Hike



Wednesday, Nov. 5th
5:00pm-7:00pm
Age level: 8+
Skill: Beginner
Bells Bend Park
Free

Join us for this night jaunt to view the full moon and bask in its glow as we meander through Bells Bend Park. We'll hike roughly 3 miles using the moon and stars to light our way. If the skies are clear, we'll pause at key points to orient ourselves using some of the prominent constellations.

Knot Tying



Saturday, Nov. 8th
9:00am-12:00pm
Age level: All ages
Skill: Beginner
Fort Negley Park
Free

Knot tying is an incredibly useful skill that can be used in many everyday situations! Drop by our table at Fort Negley Visitor Center for a chance to practice knots you may already know and learn a few new ones along the way. Whether you're a beginner or looking to brush up on your skills, this session is a great way to build confidence and have fun while learning the ropes—literally!

Campfire Cooking



Friday, Nov. 14th
5:00pm-7:00pm
Age level: All ages
Skill: Beginner
Bells Bend Park
Fee: \$5

Tired of just eating hot-dogs on camping trips? Campfire cooking doesn't have to be intimidating! Join us at Bells Bend Park's campground to learn a simple, hearty, and fool-proof recipe you can make right over the fire—perfect for beginners and seasoned campers alike. Please let us know about any dietary restrictions when registering.

Pedals & Petals: Cornelia Fort



Saturday, Nov. 15th
12:00pm-3:00pm
Age level: 13+
Skill: Beginner
Cornelia Fort Airpark
Free

Come with us for a relaxed, scenic bike ride along the Shelby Bottoms Greenway, beginning at Cornelia Fort Airpark trailhead. Along the way, we'll make several stops to explore and discuss the park's rich plant life. As the season shifts, we'll focus on identifying plants not just by their flowers, but by their seeds and late-season changes as well. Bring your own bike if you have one. A limited number of bikes are available to reserve, or you can rent one at the nearby B-Cycle station.



- **Nashville Outdoor Recreation Festival: Saturday, April 11th, 2025 at Bells Bend Park**
- Metro Parks B.A.R.K. Rangers Program - coming on our winter schedule
- Cold Weather Camping Classes - coming on our winter schedule
- Pedals & Petals: TBD - this program is a series—so far we have done Whites Creek Greenway and Cornelia Fort. Let us know where you want to see it next!

Follow us on social media for highlights and more information on Outdoor Nashville programs!



Outdoor Nashville



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