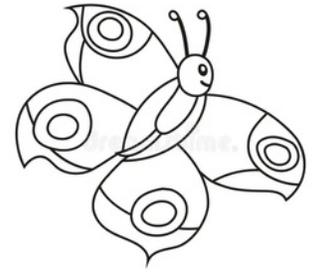


Bells Bend Outdoor Center

Spring 2026

Program Schedule



Bells Bend Outdoor Center
4187 Old Hickory Blvd.
Nashville, TN 37218
615-862-4187 phone

bellsbend@nashville.gov

Bells Bend Outdoor Center is open by appointment and
Tues - Fri: 12 - 4 pm
Sat: 9 am - 4 pm

Bells Bend Park Hiking and Mountain Biking Trails
Dawn to dusk, 365 days a year!

March 2026

Weed Wrangle

Saturday, March 7, 2026
9:00 A.M. - Noon
13+
Email to register
bellsbend@nashville.gov or call
615-862-4187

Join us in the removal of unwanted invasive plants at Bells Bend Park! As part of the annual Nashville Weed Wrangle, you can help restore and beautify the park for future generations. Please wear close toed shoes and bring gloves and any hand tools you have to use (not required).

Leader: Sarah B.

Spring Break EGGstravaganza

Wednesday, March 11, 2026
1:00 P.M. - 2:30 P.M.
8+
Email to register
bellsbend@nashville.gov or call
615-862-4187

Often iconic of the spring season, eggs and nests are often easily spotted in nature. Let's take a closer look at many different types of eggs and nests, plus the wildlife that produce them!

Leader: Christie Wiser

Climbing Day

Thursday, March 12, 2026
12:00 P.M. - 3:00 P.M.
All ages
Email to register
outdoorrec@nashville.gov or call
615-642-9745

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. Skill: Beginner/Intermediate

Leader: Krista Allen

Spring Break Family Campout

Saturday, March 14, 2026
3P.M. start, all night
All ages
Email outdoorrec@nashville.gov
or call 615-642-9745 to register

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!

Leader: Krista Allen

Most programs meet at outdoor center. To register, email us at bellsbend@nashville.gov or call (615) 862-4187



Contact the Outdoor Center for ADA accommodations

**The First
Tennesseans
Traveling Trunk**

Friday, March 20, 2026
4:30 P.M. - 6:00 P.M.
6+
Email to register
bellsbend@nashville.gov or
call 615-862-4187

This program introduces young learners to the Paleo through Mississippian cultures that inhabited the land now considered part of the State of Tennessee. Included will be First Peoples artifacts from the Tennessee State Museum traveling trunk.

Leader: Sarah B.

**A Fun Way to
Learn About
Birds: Wingspan
+ Expansions
Nature Game**

Saturday, March 21, 2026
1:00 P.M. - 3:00 P.M.
13+
Email to register
bellsbend@nashville.gov or
call 615-862-4187

Whether you're a novice or a pro, come join our game! Wingspan is a popular, bird-themed game in which you build your flock in realistic ways, learning about each bird and the overall workings of the ecological system. Join us in this bird-themed game of choices and learn about some birds. We'll have a base game for beginners, or you can explore expansions (including the new Americas module).

Leader: Lise Brown

Spring Flora Hike

Saturday, March 21, 2026
9:30 A.M. - 11:00 A.M.
All ages
Email to register
bellsbend@nashville.gov or
call 615-862-4187

Experience the magic of March on a hike through Bells Bend's fields, where winter meets spring! Discover blooming wildflowers, awakening wildlife, and the beauty of nature's transition. Led by a naturalist, this program offers a glimpse into the unique flora and fauna of this special time of year. Join us for an exploration of the wonders of March in Bells Bend.

Leader: Cheryl Medley

**Hike the River
Loop**

Tuesday, March 24, 2026
7:30 A.M. - 8:45 A.M.
13+
Email to register
bellsbend@nashville.gov or
call 615-862-4187

Meet behind the outdoor center and take a briskly paced hike along the 3 mile River Loop Trail with a naturalist. We will not stop much during the first half of the hike to allow those on tight morning schedules to stay on pace. For the return, staff may point out interesting flora and fauna along the way but there will be minimal stops. This program will be repeated in April and May.

Leader: Sarah B.

**Gardening with
Gravelys**

Saturday, March 28, 2026
10:00 A.M. - 12:00 P.M.
All ages
To register call 615-862-4187

Join us for a demonstration of vintage garden tractors and their capabilities as experienced Gravelys operators work to prepare our garden for spring planting.

Leaders: Adam Wilck and LinnAnn Welch

April 2026

**Silent Sunrise
Hike**

Saturday, April 4, 2026
6:10 A.M. - 7:20 A.M.
18+
Email to register
bellsbend@nashville.gov or
call 615-862-4187

Soak in the beauty of Bells Bend Park as we do a short, contemplative walk. We'll listen to birdsong and see spring sprouting around us.

Leader: Lise Brown

**Hike the River
Loop**

Tuesday, April 7, 2026
7:30 A.M. - 8:45 A.M.
13+
Email to register
bellsbend@nashville.gov or
call 615-862-4187

Meet behind the outdoor center and take a briskly paced hike along the 3 mile River Loop Trail with a naturalist. We will not stop much during the first half of the hike to allow those on tight morning schedules to stay on pace. Along the return, staff may point out interesting flora and fauna along the way. Recurring Program.

Leader: Sarah B.

Most programs meet at Bells Bend Outdoor Center, 4187 Old Hickory Blvd Nashville, TN 37218

To register, email us at bellsbend@nashville.gov or call (615) 862-4187

For Safety and Security Needs Contact: Non life-threatening emergencies: 311 or 615-862-8600

Life-threatening emergencies: 911

Bells Bend 6 Miler Trail Race

Saturday, April 11, 2026 8:00 A.M

A 6 mile trail run/race to kick off the Nashville Outdoor Recreation Festival, meander or bolt across 6 miles of grassy trails with a few rolling hills. Nashville Running Company's Bells Bend 6 Miler is BACK. Bells Bend Park boasts 800+ acres of uninhabited natural environment that edges the Cumberland River. The trails are soft – mostly cross country style grass and packed dirt surfaces. There are gorgeous peeks of the river as the course rounds through the park. The well groomed trails at Bells Bend are great for trail novices, and those wanting to test their limits can truly fly out here!

Additional information: <https://www.nashvillerunning.com/pages/bells-bend-6-miler>
Register on-line through April 9 or in person the morning of the race.



14th Annual Outdoor Recreation Festival!

Saturday, April 11
9:00 A.M. - 3:00 P.M.
All ages
Email questions to
outdoorrec@nashville.gov



Spend the day in Bells Bend Park for the 14th Annual Nashville Outdoor Recreation Festival. Come out and see the latest and greatest equipment, ask questions from the pros, attend a workshop, or maybe even try a new activity! We will have archery, rock climbing, bouldering, and so much more for you to try FREE!!

Seedy Situation: Seed Give-away

Saturday, April 18, 2026
11:00 A.M. - 12:00 P.M.
All ages
Registration not Required
Growing season is just around the corner and we want to share seeds with you! If you have any spare seeds you want to bring to share, feel free.
Leader: Christie Wiser

Earth Day Youth Wild Edibles Scavenger Hunt

Saturday, April 18, 2026
Afternoon, time TBD
6+
Register by April 9 to
bellsbend@nashville.gov
v or call 615-862-4187
Join experienced seasonal foods chef Nicollette Maio for a hands-on foraging and food preparation demonstration. Youth under 16 must be accompanied by a caregiver.
\$3 per participant.
Leader: Nicolette Maio, Nico's Wild Kitchen, Sarah B., Metro Parks



BSAS Star Party Saturday, April 25, 2026

8:30 P.M. - 10:30 P.M.

All ages

Meet at Bells Bend Outdoor Center to join the members of Nashville's Barnard-Seyfert Astronomical Society for a night of stargazing! Many telescopes and other displays will be available for up-close star viewing.

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To register, email us at bellsbend@nashville.gov or call (615) 862-4187
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Life-threatening emergencies: 911

NTOS Spring Bird Count

Saturday, April 25, 2026
8:00 A.M.
All ages
To register, email
harrbarbara@bellsouth.net

The Nashville Tennessee Ornithological Society (NTOS) Spring Bird Count is an annual, volunteer-driven event that monitors bird populations across Davidson County, including key sites like Bells Bend Park. Bells Bend is a premier location for spotting early spring migrants, shorebirds, and raptors. If you wish to participate in the Nashville Chapter of the Tennessee Ornithological Society annual Spring Bird Count, email Barbara Harris. Please see nashvillebirds.org for more information.

Leader: Barbara Harris and Metro Parks staff

May 2026

Campfire Cooking

Friday, May 1, 2026
5:00 P.M. - 7:30 P.M.
All ages Email
outdoorrec@nashville.gov or
call 615-642-9745 to register

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. Call 615-642-9745 or email outdoorrec@nashville.gov to register. Please let us know about any dietary restrictions when registering. Fee: \$5/participant.

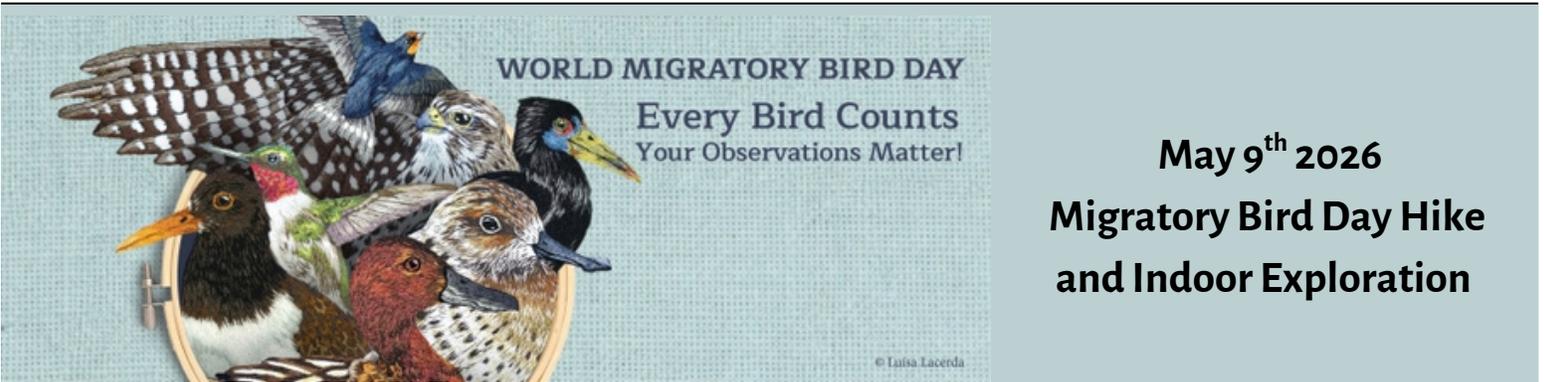
Leader: Krista Allen

Houseplant Basics

Saturday, May 2, 2026
1:00 P.M. - 2:00 P.M.
13+
Email to register
bellsbend@nashville.gov or
call 615-862-4187

Do you have less than a "green thumb"? Struggle to keep plants alive? Come on in for this fun and informative workshop. We'll introduce easy starter plants, including Tennessee natives, and share how to help them thrive. You'll even leave with a cutting to make your home a little greener.

Leader: Amanda Healan



Migratory Bird Hike

Saturday, May 9, 2026
5:30 A.M. - 8:30 A.M.
13+
Email to register
bellsbend@nashville.gov or
call 615-862-4187

The early birder gets the birds! For Migratory Bird Day, we'll start with a dawn birding hike. Be prepared to hike through wet areas. Let us know when you register if you need binoculars. We'll follow the hike with a program on bird migration. Join us for one or both!

Leader: Lise Brown

Bird Migration Exploration

Saturday, May 9, 2026
9:00 A.M. - 11:00 A.M.
13+
Email to register
bellsbend@nashville.gov

We'll follow our dawn birding hike with an indoor program on all aspects of bird migration—their adaptations, timing, different types of migration, and lots more.

Leader: Lise Brown

Archery Basics Session #1

Saturday, May 9, 2026
Session 1: 9:00 - 11:00 A.M.
Session 2: 1:00-3:00 P.M.

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 or afternoon dedicated to practicing this skill. Bows and arrows provided. Please wear closed-toed shoes.

Archery Basics Session #2

All Ages
To register, email
outdoorrec@nashville.gov or
call 615-642-9745

Leader: Krista Allen

Wild Edibles

Saturday, May 16, 2026
11:00 AM - 1:00 PM (drop-in)
All ages
Email to register
bellsbend@nashville.gov or
call 615-862-4187

Learn from Sharen Bracy, author of *Eating Wild*, about native Tennessee plants that are edible or have medicinal properties! Sharen will introduce you to several edible plant varieties—some of which may be growing in your own backyard—and discuss ways to prepare them to make delicious treats! She will have some samples and items available for purchase.

Leader: Sharen Bracy

Hike the River Loop

Tuesday, May 19, 2026
7:30 A.M. - 8:45 A.M.
13+
Email to register
bellsbend@nashville.gov or
call 615-862-4187

Meet behind the outdoor center and take a briskly paced hike along the 3 mile River Loop Trail with a naturalist. We will not stop much during the first half of the hike to allow those on tight morning schedules to stay on pace. For the return, staff may point out interesting flora and fauna along the way but there will be minimal stops.

Leader: Sarah B.

Sunset Painting Party

Friday, May 22, 2026
6:00 P.M. - 7:30 P.M.
All ages
Email to register
bellsbend@nashville.gov or
call 615-862-4187

Plein air painting can offer many rewards and a few challenges! Let's explore ALL the possibilities during the beautiful Bells Bend Sunset hour. Supplies provided.

Leader: Christie Wiser

Book Club: *The Book of Hope*, Jane Goodall

Saturday, May 23, 2026
10:00 A.M. - 11:00 A.M.
18+
Email to register
bellsbend@nashville.gov or
call 615-862-4187

Join us for an inspiring discussion of *The Book of Hope* by Jane Goodall. This memoir is a profound exploration of humanity's potential for positive change, offering inspiring stories and insights that encourage environmental conservation and hope for a sustainable future.

Leader: LinnAnn Welch

The Nature Center will be CLOSED Tuesday May 26, 2026 in Observance of Memorial Day

Moonlight Meander

Friday, May 29, 2026
7:30 P.M. - 8:30 P.M.
All ages
Email to register
bellsbend@nashville.gov or
call 615-862-4187

Bask in the moonlight as we explore the spring beauty that Bells Bend Park has to offer this time of year. This will involve a very easy 1-mile stroll along our primitive paths.

Leader: Christie Wiser

Sketch-Up! Nature Journaling Your Way

Saturday, May 30, 2026
9:30 A.M. - 12:30 P.M.
13+
Email to register
bellsbend@nashville.gov or
call 615-862-4187

Sharpen your powers of observation as you draw and/or write about what you find. Longtime artist, writer, and naturalist Lise Brown will lead this gathering of curious explorers of all levels. Let us know when you register if you'll BYO supplies or use ours.

Leader: Lise Brown

Contact us for group and individual volunteer projects including:

Mountain bike trail maintenance

Invasive plant removal

Gardening

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To register, email us at bellsbend@nashville.gov or call (615) 862-4187

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