

Bells Bend Park

Summer 2026 Programs

June

Waning Moon Hike	Tuesday June 2 7:00-9:00 P.M. Age level: All ages Call to register	Join a naturalist for this night jaunt to view the waning gibbous moon and bask in the glow of the bend of the river. We will hike up to three miles while looking and listening for night life of the park. Leader: Sarah
Flip Your Lid! Crafting with Recycled Materials	Friday, June 5 2:00-3:00 P.M. Age level: Adult,13+ Call to register	Festival season is here, which makes for a great reason to wear a big old hat to commence the occasion. Have a straw or bucket hat... or old ballcap lying around that never seems to serve a purpose? Bring it or something that you found at a thrift store. We will turn it into a funky festival fashion hit! Leader: Christie Wiser
National Trails Day	Saturday, June 6	Celebrate National Trails Day with a hike in the park or a visit to our center. We would love to talk nature with you on this special day.
Loyal-TEA	Saturday, June 6 1:00-3:00 P.M. Age level: All ages Call to register	Join us for afternoon tea and an opportunity to learn more about beautiful Bells Bend Park and ways that you can help the park by volunteering your time. Leaders: Christie Wiser and Cheryl Medley
Middle TN Moth Meetup	Saturday, June 6 6:30-11:00 P.M. + Age level: Adult,13+ Call to register	Join our group of moth enthusiasts as we see what species we find in different habitats of the park. There is no instruction, so please contact us if you're interested but inexperienced. Leader: Lise Brown
Fire Building 101	Wednesday, June 17 9:00-11:00 A.M. Age level: All ages Register: email outdoorrec@nashville.gov or call (615) 642-9745	Learn the basics of fire building including safety, materials, structure, and strategies. We will attempt multiple methods from traditional to modern techniques in this hands-on class. At the end, we'll roast smores with the fire you help create. Space is limited. Leader: Krista Allen, Outdoor Nashville
Sketch-Up! Nature Journaling Your Way	Saturday, June 20 9:30 A.M.-12:30 P.M. Age level: Adult,13+ Call to register	Our monthly group welcomes all skill levels and styles of nature journaling, an engrossing process of recording what you find. Guided by naturalist, artist, and teacher Lise Brown, we learn nature in a special way. BYO supplies or use ours.

Bells Bend Park is open 7 days a week from dawn until dusk
Check out programs at the other Metro Parks Nature Centers too.
www.nashville.gov/parks/nature

Bells Bend Outdoor Center
4187 Old Hickory Boulevard
Nashville, TN 37218
phone: 615-862-4187
bellsbend@nashville.gov



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SUMMER 2026 PROGRAMS

JUNE & JULY

Celebrating Summer with Lightning Bugs

Thursday, June 25
6:00-7:00 P.M.
Age level: All ages
Call to register

Summer is officially here! Flitter on over to the center for an informal celebration of this special time of year. We will have cold lemonade and a super cute lightning bug themed craft! Leader: Christie Wisner

Campfire Cooking

Friday, June 26
5:00-7:00 P.M.
Age level: All ages
Skill: Beginner; Fee: \$5
Register: email
outdoorrec@nashville.gov
or call (615) 642-9745

Tired of just eating hot dogs on camping trips? Campfire cooking doesn't have to be intimidating! Join us at the campground to learn a simple, hearty, and fool-proof recipe you can make right over the fire-perfect for beginners and seasoned campers alike. Let us know of dietary restrictions when registering. Leader: Krista Allen, Outdoor Nashville

Strawberry Moon Full Moon Hike

Monday, June 29
7:00-9:00 P.M.
Age level: All ages
Call to register

Join a naturalist for this night jaunt to view the full moon and bask in the glow of the bend of the river. We will hike up to three miles while looking and listening for night life of the park. Leader: Sarah

Bells Bend Blackberry Boogie

Thursday, July 2
9:00-10:00 A.M.
Age level: All ages
Call to register

Join us in gathering up a few handfuls of this iconic wild fruit that symbolizes summertime in Tennessee! We will also learn more about farm fresh food that can be bought in this beautiful region. Leader: Christie Wisner

Archery

Saturday, July 11
9:00-11:00 A.M.
1:00-3:00 P.M.
Age level: All ages
Register:
email outdoorrec@nashville.gov
or call (615) 642-9745

Whether you're taking first steps into the world of archery or a seasoned archer with a quiver full of experience, we invite you to join us for a delightful morning or afternoon dedicated to practicing the skill. Bows and arrows provided. Please wear closed-toed shoes. Leader: Krista Allen, Outdoor Nashville



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

**The outdoor center is closed on major holidays
and on Tuesdays after a Monday holiday.**

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bellsbend@nashville.gov



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July

Middle Tennessee Moth Meetup

Saturday, July 11
6:30-11:00 P.M. +
Age level: Adult,13+
Call to register

Join our group of moth enthusiasts as we see what species we find in different habitats of the park. There is no instruction, so please contact us if you're interested but inexperienced. Leader: Lise Brown

Pollinator Hike

Friday, July 17
1:00-2:00 P.M.
Age level: Adult,13+
Call to register

Did you know July 18-26 is National Moth Week? Our lives would be really miserable without moths and other pollinators! Who are pollinators? What do they actually do? Why do we need them so much? Learn about the roles they play as we walk to find some! Leader: Lise Brown

Sketch-Up! Nature Journaling Your Way

Saturday, July 18
9:30 A.M.-12:30 P.M.
Age level: Adult,13+
Call to register

Our monthly group welcomes all skill levels and styles of nature journaling, an engrossing process of recording what you find. Guided by naturalist, artist, and teacher Lise Brown, we learn nature in a special way. BYO supplies or use ours.

Searching for Diurnal Moths

Friday, July 24
1:00-2:00 P.M.
Age level: Adult,13+
Call to register

Did you know some moths are active during the day? These are called diurnal moths. Join our naturalists on a hike to search for stunning species such as the Nessus Sphinx, Chickweed Geometer, and the Snowberry Clearwing, known for their intricate patterns and daytime activity. Leader: Lise Brown

The Path Less Traveled Hike

Saturday, July 25
7:00-10:00 A.M.
Age level: Adult
Call to register

Beat the heat and join a naturalist for a long nature hike on a lesser used section of the park. Bring plenty of water, and wear insect repellent and sturdy shoes. Leader: Cheryl Medley

Moth Watch

Saturday, July 25
Presentation: 7:00 P.M.
Mothing: 8:00 P.M.-12:00 A.M.+
Age level: Adult,13+
Call to register

End Moth Week with us at Moth Watch. Learn about the wonderful, often hidden world of moths and help add to the park's species list. Moth experts and enthusiasts will be on hand for help with identification. Leader: Lise Brown and Belmont University entomologist Dr. Steve Murphree.

**Please call or email to register: (615)862-4187 or
bellsbend@nashville.gov**

For Safety and Security Needs Contact:

Non life-threatening Emergencies: (615)862-8600

Life-threatening Emergencies: 911

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August

Super Cistern!	Saturday, August 1 1:00-2:00 P.M. Age level: All ages Call to register	In April 2026, Bells Bend Park received its very own cistern to collect rainwater for irrigating our gardens on campus. Learn more about this mighty water preservation tool and how much it has assisted our gardens and saved water usage. Leader: Christie Wiser
Project Archaeology Teacher Workshop: Investigating Rock Art at Bells Bend & Mace Bluff	Friday, August 7 9:00 A.M.-4:00 P.M & Saturday, August 8 9:00A.M.- 3:00 P.M. Age level: Adult Call to register	A great introduction to the world of archaeology, this workshop provides instruction on Tennessee's first inhabitants and interesting activities for the classroom. Participants receive <i>Investigating Rock Art</i> activity guide. Fee: \$25. Please email bellsbend@nashville.gov for more information. Leader: Krista Allen and LinnAnn Welch
Sketch-Up! Nature Journaling Your Way	Saturday, August 15 9:30 A.M.-12:30 P.M. Age level: Adult,13+ Call to register	Our monthly group welcomes all skill levels and styles of nature journaling, an engrossing process of recording what you find. Guided by naturalist, artist, and teacher Lise Brown, we learn nature in a special way. BYO supplies or use ours.
Star Party	Saturday, August 15 8:30-10:30 P.M. Age level: All ages Call to register	Join members of Barnard-Seyfert Astronomical Society for a night of stargazing. Many telescopes and displays will be available for up-close star viewing. Leader: Members of Barnard-Seyfert Astronomical Society and park staff
Summer Book Club: The Lighteaters by Zoe Schlanger	Saturday, August 22 10:00-11:00 A.M. Age level: All ages Call to register	<i>The Lighteaters</i> reveals that plants are far more intelligent, communicative, and socially complex than previously thought. Join us for discussion on these ideas. Leader: LinnAnn Welch
Citronella Candle Making	Saturday, August 22 11:00 A.M.-12:00 P.M. Age level: Adult, 13+ Call to register	As summer ends and the temps begin to simmer, you might be spending more time sitting outside. The mosquitoes most likely will still be buzzing around. Come make your very own citronella candle to take home. Leader: Christie Wiser
Neighbors and Friends Potluck	Sunday, August 23 1:00-3:00 P.M. Age level: All ages Contact us for more information	Gather with neighbors and friends of the park to celebrate the nearing of the end of summer and the bounty of the summer harvest. Bring a dish to share with community, well labeled with all ingredients, as well as your own plate and cutlery. Pack-in, pack-out, leave no trace activity. Leader: Sarah
Hummingbird Banding	Saturday, August 29 7:30-10:30 A.M. Age level: All ages Call to register	Most people know how small hummingbirds are, but have you ever seen how tiny the bird bands are that go on their legs? Now is your chance! Come learn about hummingbirds and banding goals while observing the bird banding process. Leader: Cyndi Routledge, SEAR-South Eastern Avian Research
Climbing Day	Saturday, August 29 1:00-3:00 P.M. Age level: All ages Register: email outdoorrec@nashville.gov or call (615) 642-9745	Whether a beginner or a pro, this program is for you! Come check out our indoor climbing wall with an auto belay system and outdoor climbing boulder. We'll have crash pads set up, but shoes, chalk, etc. not provided. We will have harnesses available for use on the indoor wall. Leader: Krista Allen, Outdoor Nashville.

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