



These activities offered by the Metro Parks Outdoor Recreation Program are ideal for beginners and families. Some activities may charge a small fee, and advance registration is required.

Activities are offered throughout the year at various park locations across the city.

Metro Parks Outdoor Recreation Program

Bells Bend Outdoor Center 4187 Old Hickory Blvd.

Nashville, TN 37218

Phone: 615-642-9745

email: OutdoorRecreation@nashville.gov

website: [Outdoor Recreation | Nashville.gov](https://www.nashville.gov/departments/parks/outdoor-recreation)

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Outdoor Nashville Spring 2024 Programs

Pre-registration is currently required for all programs, so please Email OutdoorRecreation@nashville.gov to make sure there is a spot available to you.

Climbing Day at Bells Bend Outdoor Center

Saturday March, 9th
1:00pm-3:00pm
Age level: All
Cost: None
Email to register: [Outdoor-Recreation@nashville.gov](mailto:OutdoorRecreation@nashville.gov)

Bells Bend will be hosting a climbing day for all ages. We will use both the indoor wall and the outside boulder. Wear loose comfortable clothing, non bulky shoes and be ready to get sore.

Instructor: Jon Dodson and Krista Allen

Beginner Mountain Bike Ride

Friday, March 22nd
5:00pm-7:00pm
Age level: 8+
Cost: None
Cane Ridge Park
Email to register: [Outdoor-Recreation@nashville.gov](mailto:OutdoorRecreation@nashville.gov)

This program will be held at Cane Ridge skills loop. Great spot to learn and hone your skills. We will provide bikes, helmets and instruction. Make sure to dress appropriately and have fun!

Instructor: Jon Dodson

Make a Cane Fishing Pole

Saturday, March 30th
10:00am-12:00pm
Age level: All
Cost: None
Email to register: [Outdoor-Recreation@nashville.gov](mailto:OutdoorRecreation@nashville.gov)

Bring the kids or just yourself to make a fishing pole out of the native River Cane plant. We will meet at the Outdoor Center at Bells Bend and do a short hike to cut the Cane. Then we'll return to the center to make the poles. We will provide all supplies and you get to take them home with you!

Instructor : Jon Dodson

Outdoor Expo

Saturday, April, 13th
9:00am-3:30pm
Age level: All
Cost: None
No registration required

It is our annual Outdoor Expo event! There will be lots of vendors and activities—bike rides, hikes, orienteering, and fly fishing demonstrations— just to name a few. And don't forget the food trucks! You don't want to miss this. It will be the best one yet.

Music City Disc Golf Tournament

Fri, Sat, Sun. 4/19-4/21
All day
Mill Ridge Park

Music City Disc Golf will be hosting an elite series tournament at Mill Ridge Park. It is a elite level event with big name disc golfers attending. If you want to see what all the hype about disc golf is, this is for you! For more info: <https://www.eventbrite.com/e/2024-music-city-open-presented-by-lone-star-disc-tickets-780874024227>



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

