



# Bells Bend Outdoor Center

4187 Old Hickory Blvd.  
Nashville, TN 37218

(615) 862-4187

[bellsbend@nashville.gov](mailto:bellsbend@nashville.gov)

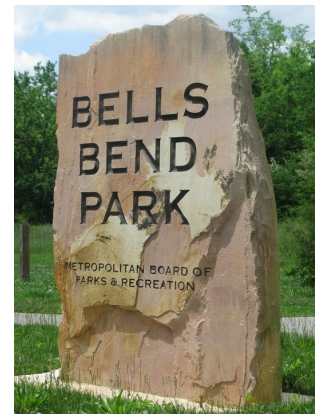
## Outdoor Center Hours

Tuesday-Friday: 12-4P.M.

Saturday: 9A.M.-4P.M.

and by appointment

Bells Bend Park is open 7 days a week from  
dawn until dusk.



## Bells Bend Park - Summer 2024 Program Schedule

*Pre-registration is required for most programs, please call (615) 862-4187 or email [bellsbend@nashville.gov](mailto:bellsbend@nashville.gov) to make sure there is a spot available to you.*

### June

#### Trail Day Clean-Up



Saturday, June 1st  
12:00-4:00P.M.  
Age level: All ages  
Call to register

National Trails Day is coming up! Celebrate with us on Saturday by giving back to Bells Bend Park with a clean-up hike. Stop by the outdoor center to pick up a trash bag, then hit your favorite trail! Help us keep the park clean and keep trash out of the Cumberland River.  
Leader: Park Staff

#### Celebrate Cicadas



Wednesday, June 5th  
12:00-1:30P.M.  
Age level: All ages  
Call to register

Do you have questions about our new noisy neighbors? We have answers! Join us to celebrate cicadas by learning about their life cycle, intriguing fun facts, and their unique anatomy.  
Leader: Krista Allen

#### Silent Sunrise Hike



Saturday, June 8th  
5:15-6:30A.M.  
Age level: Adult  
Call to register

Dawns at Bells Bend are all different but always lovely. Energize your day with the glorious views and sounds of morning in the park. Leave early if you need to, or continue hiking. Waterproof shoes recommended because of dew. Please watch for animals on the road as you drive into the Bend.  
Leader: Lise Brown

#### What Am I Stepping On?



Saturday, June 8th  
1:00-2:30P.M.  
Age level: All ages  
Call to register

Join Cheryl as she leads you on a hike to uncover and discuss the often overlooked plant life beneath our feet. Hopefully this program will increase your appreciation for the diverse flora thriving in our everyday surroundings, maybe even in your yard!  
Leader: Cheryl Medley

#### Pollinator Hike



Saturday, June 15th  
10:00-11:30A.M.  
Age level: All ages  
Call to register

Did you know June is National Pollinators Month? Celebrate by taking a hike with THREE of our naturalists to learn about our local pollinators! We will look for common park pollinators and discuss native plants that will encourage these helpful friends to visit you.  
Leader: Zoe Williams, Cheryl Medley, & Lise Brown

#### BSAS Public Star Party



Saturday, June 15th  
9:00P.M.-11:00P.M.  
Age level: All ages  
Call to register

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.  
Leader: Members of BSAS and Park Staff



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

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Bells Bend Outdoor Center will be **CLOSED**  
**Wednesday, June 19th 2024** in observation of Juneteenth.  
Bells Bend Park will still be open dawn - dusk.

## Summer Solstice Saunter



Thursday, June 20th  
12:00-1:30P.M.  
Age level: All ages  
Call to register

We will take a slow and easy stroll through the park and enjoy the sights and sounds of nature! Relax and take it easy with us as we saunter through the beautiful fields of Bells Bend on the longest day of the year.  
Leader: Krista Allen

## Full Moon Hike



Friday, June 21st  
8:00-10:00P.M.  
Age level: 8+  
Call to register

Join a park naturalist for this night jaunt to view the full moon and bask in the glow of Bells Bend Park. We will hike roughly 3 miles and if it is clear we will try to spot some of the prominent constellations.  
Leaders: Park Staff

## Birding for Beginners



Saturday, June 22nd  
9:00A.M-12:00P.M.  
Age level: 13+  
Call to register

Join us for a program covering birding basics, pro tips, and your questions. We'll discuss how to find and identify different kinds of birds. You'll learn about field guides, equipment, and online resources. Then we'll go outside and find some birds!  
Leader: Lise Brown

## Hiking Dove Farm Loop



Saturday, June 29th  
9:00-11:00A.M.  
Age level: 8+  
Call to register

Beat the heat and hit the trails early! Enjoy the beauty of the season on a guided hike around the Dove Farm Loop. Let's see what kinds of flora and fauna we can find this time of year!  
Leader: Cheryl Medley

## July

## Tree Scavenger Hunt



Every Saturday in July  
9:00AM-3:30PM  
Drop-in

This self-led program invites you to explore the diverse flora around Bells Bend Park. Pick up your scavenger hunt guide at the outdoor center and set off to discover various tree species by their unique foliage. Perfect for families, friends, or solo adventurers!



Bells Bend Outdoor Center will be **CLOSED**  
**Thursday, July 4th 2024** in observation of Independence Day.  
Bells Bend Park will still be open dawn - dusk.

## Project Archaeology Teacher Workshop



Wednesday, July 10th  
8:30A.M.-4:00P.M.  
Registration is limited

This teacher workshop is a great introduction to the world of archaeology - providing instruction on Tennessee's first inhabitants and interesting activities for the classroom. Participants receive the *Intrigue of the Past* teacher's activity guide. There is no fee to attend. It is encouraged that you bring a lunch. Please email [bellsbend@nashville.gov](mailto:bellsbend@nashville.gov) to register.  
Leaders: Melissa Donahue & Krista Allen

Please call or email to register: 615-862-4187— [bellsbend@nashville.gov](mailto:bellsbend@nashville.gov)  
Check out programs at other Metro Parks Nature Centers, too.

**For Safety and Security Needs Contact:**

Non life-threatening emergencies: 615-862-8600 Life-threatening Emergencies: 911



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## Archery Basics



Saturday, July 13th  
9:00-10:30A.M. or  
1:00-2:30P.M  
Age level: 8+  
Call to register

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 afternoon dedicated to practicing this skill. Bows and arrows provided. Please wear closed toed shoes.  
Leader: Krista Allen

**National Moth Week** celebrates the beauty, life cycles, and habitats of moths. “Moth-ers” of all ages and abilities are encouraged to learn about, observe, and document moths in their backyards, parks, and neighborhoods. Come learn about these amazing creatures and celebrate them with us all through the week!

## Moth Memes



Saturday, July 20th-  
Saturday, July 27th  
Tues.-Fri. 12-4P.M.  
Sat. 9A.M.-4P.M.  
Drop-in

Swing by the outdoor center and check out our hilarious and educational exhibit featuring a collection of moth memes! Discover the fascinating world of moths' attraction to light while enjoying a laugh.  
Leader: Krista Allen

## Moth Storytime



Saturday, July 20th  
11:00A.M.-12:30PM  
Age level: All ages  
Call to register

Moths sometimes have a reputation for being “boring” compared to butterflies. Kids and adults alike will be surprised to find out just what makes moths so exciting and unique during a reading of *An Extraordinary Ordinary Moth* by Karlin Gray. We will finish with a craft!  
Leader: Krista Allen

We will also be celebrating Moth Week at Beaman Park. Join us to kick off the week with **Moth Watch at Beaman Park** Saturday, July 20th 8:00-11:30PM

## Searching for Diurnal Moths



Friday, July 26th  
10:00-11:30A.M.  
Age level: All ages  
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 like the Chickweed Geometer and the Confused Eusarca, known for their intricate patterns and daytime activity. Explore the beauty and significance of these often-overlooked creatures in the wild.  
Leader: Lise Brown & Zoe Williams

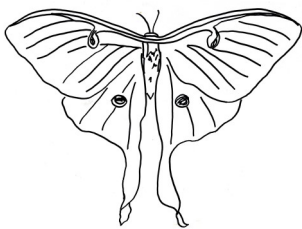
## Summer Book Club: *Much Ado About Nothing*



Saturday, July 27th  
12:00-1:00P.M.  
Age level: Adult  
Call to register

Read our summer book, *Much Ado About Nothing: A year intoxicated by Britain's rare and remarkable moths* by James Lowen, independently, then join us to discuss our thoughts on the book and celebrate Moth Week!  
Leader: LinnAnn Welch & Krista Allen

## Moth Watch



**Saturday,  
July 27th  
8:00-  
11:30P.M.  
Age level: 8+**

**End the week with us at Moth Watch! This unique opportunity will give you a chance to learn about moths and help contribute scientific data for the population at Bells Bend! We will start with an A/V presentation at 8PM. Stick around after to check out the lights and curtains hung to try and attract some of these beautiful creatures. We will have several moth experts/enthusiasts on site to help with identifications and questions. At last year's event, we ID over 100 different species!**

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## Hummingbird Banding



Saturday, July 27th  
8:30-11:00A.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 that go on their legs are? Now is your chance! Come by and learn about hummingbirds and banding goals while observing the bird banding process.  
Leader: Cyndi Routledge, SEAR-South Eastern Avian Research

## August

## Late Summer Wildflower Hike



Saturday, August 3rd  
10:00-11:30A.M.  
Age level: All ages  
Call to register

Late summer is the ideal time to view the beautiful fields of Bells Bend awash in the purples, golds, and greens of the season! Join Cheryl for a stroll to see the abundant ironweed, goldenrod, wingstem, and more.  
Leader: Cheryl Medley

## Garden Tours



Saturday, August 10th  
1:00-3:00P.M.  
Age level: All ages  
Call to register

Our demonstration garden is in full swing! In addition to providing nutritious veggies and fruits for the dinner table, gardening offers a variety of health benefits. Stop by to see what we are growing this year, and learn the benefits and ease of having your own home garden.  
Leader: Park Staff

## Insect Hike



Wednesday,  
August 14th  
12:00-1:30P.M.  
Age Level: All ages  
Call to register

Bells Bend is alive with the hum of insects this time of year! Butterflies flit from goldenrod to ironweed and grasshoppers spring out of the way as you walk down the trails. Join a naturalist on a hike to learn about and see some of the insects that call the park their home.  
Leader: Krista Allen

## Dry Creek Exploration



Saturday, August 17th  
10:00A.M.-12:00P.M.  
Age level: All ages  
Call to register

Let's take a short walk to dried up Poplar Creek and see what creatures and plants pop up along the way! We will use all 5 of our senses on this hands-on program. This activity is geared more toward our younger explorers, but all are welcome!  
Leader: Krista Allen

## Taste and Smell: Herbs



Saturday, August 31st  
10:00A.M.-12:00P.M.  
Age level: All ages  
Call to register

Stop by our herb garden to check out what we've got cooking! We will have opportunities to taste and smell fresh vs dried herbs, and we will talk about various preservation methods and uses!  
Leader: Krista Allen

Follow us on social media for: highlights of local flora and fauna, and more information on park programs, special events, and the Friends of Bells Bend.



Bells Bend Park



@BellsBendPark

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