

# BEAMAN PARK NATURE CENTER



## Winter 2025

Beaman Park Nature Center  
5911 Old Hickory Boulevard  
Ashland City, Tennessee 37015  
(615)862-8580

Beaman Park is open from dawn until dusk, 7 days a week. Maps are available at each of the 3 Beaman Park Trailheads, at the Nature Center as well as at the QR code below.



## Wonderful Winter Wonderland

Beaman Park is the place to spend your winter season! With programs for people of all ages and abilities, we greet you with 15+ miles of trails (including two accessible trails!), rocking chairs for a cool sunset off the deck and programs inside by the fire.

Check out just a few of the events we have planned:

- Yoga in Winter every other Saturday
- Forest Bathing monthly
- Full Moon Night Hikes monthly

We also have special partnerships planned with:

- [The National Weather Service-Nashville](#)
- [Vanderbilt Arts and Sciences](#)
- [Nashville Ole Timey String Band](#)

The fire will be warm inside all winter, and we'll have hot beverages, too!

Have a wonderful, safe holiday, and we'll see you soon.

Zach, Isaiah, & Heather

## Recurring Programs

### Roving Naturalist

Find us on the trail!

Encounter our roving naturalist on the trail! They will have maps, cookies for dogs, and impromptu programming to enrich your Beaman experience.

### Yoga on the Deck

Saturdays, 12/7 & 12/21,  
1/11 & 1/25, and 2/8 &  
2/22

9:30-10:45 a.m.

Age level:

Adults, 13 and up

\$12 cash/check/Venmo



Friends of Beaman Park invites you to bring your own mat to enjoy gentle yoga that is appropriate for all experience levels. This program is scheduled for the Nature Center back deck but will take place inside if weather is inclement.

Instructor: Robin Haynes

### Beaman Park Weed Wrangle Days

Saturdays, 12/7, 1/4, 2/1  
& 3/1

9 a.m.-1 p.m.

Age level: All ages

Help us pull up some invasive plants to help keep our forest and park beautiful and healthy for years to come. We will be using different tools to pull, cut and remove species such as Japanese Honeysuckle and Chinese privet. Different locations throughout the Park announced—email [beamanpark@nashville.gov](mailto:beamanpark@nashville.gov) to find out and register.

Leaders: Nature Center Staff and Volunteers; volunteers are needed!

## December

### The Art of Beaman Park

Saturday, December 14

1-3:30 p.m.

Age level: All ages

Take a walk in the woods collecting inspiration for collages created with natural materials highlighting the plants, animals and other wildlife in Beaman Park.

Special presenters: Angus Galloway & Chris Vanags, Vanderbilt University, and Aaron Grayum, local artist



### Full Cold Moon Hike

Saturday,  
December 14  
5-7 p.m.

Age level: Adults,  
13 and up

Welcome the winter months by hiking the Henry Hollow Loop under the light of the December Cold Moon. Be sure to bundle up because the name of this full moon is not misleading! Sturdy hiking shoes are recommended. Leaders: Zach Knight

### Movie Night: Polar Express

Friday, December 20  
4:30-6:30 p.m.

Age level: 8 and up

There would be no Christmas without the Polar Express arriving on time! Bring a blanket and chair and we'll have Hot Cocoa and Tea, as well as popcorn for all your movie night needs.

For more information about Polar Express, check out: [https://www.imdb.com/title/tt0338348/?ref\\_=ttqu\\_ov\\_i](https://www.imdb.com/title/tt0338348/?ref_=ttqu_ov_i)  
Sponsored by: Friends of Beaman Park



## Beautify Beaman

Saturday, December 21

9 a.m.-1 p.m.

Age level: All ages

You can help Beautify the Park- through picking up trash, cleaning the nature center windows or removing invasive plants. Projects are available throughout the park, and groups are welcome.

Leaders: Nature Center Staff and Volunteers; volunteers are needed!

## Beaman Forest Bathing

Saturday,  
December 21

10 a.m.-noon

Age level: Adults, 13  
and up

Cost \$25

A Forest Bathing Walk is an experience of taking time in nature with no specific goal in mind. As your guide, Certified ANFT Guide Tami Coleman will offer a series of invitations to the group and keep track of time. You'll stroll slowly, stopping to notice and share what you see, hear, smell and feel. Many studies show that taking time in nature in this way reduces stress, boosts immune response, enhances creativity, and allows for attention restoration. Learn more at <https://anft.earth/>  
Leader: Tami Coleman, Certified ANFT Guide.

## The Greens of Winter Solstice

Saturday,  
December 21

11 a.m.-noon

Age level: Adults, 13  
and up

Even in winter, there is still plenty of green in the forest. On this solstice stroll, discover the greens of winter – moss, ferns & lichen – and their role in the park's ecology. We'll end our hike with hot tea and warming snacks. Meet at Creekside Trailhead.

Leader: Jackie Shea

## Beaman Park Nature Center is closed in observance of the Christmas Holiday on December 24 & 25.

## Nature Trivia Night

Friday, December 27  
6-7:30 p.m.

Age level: Adults, 13  
and up

A night of high-spirited competition awaits as we match wits to determine who is crowned the Beaman's Wildlife Trivia Champion of 2024. There will be snacks, drinks, and prizes!

Leaders: Jackie Shea and Heather Gallagher

## 7.5mi Hike Off Your Stuffing

Saturday,  
December 28  
10 a.m.

Age level: Adults, 10  
and up

After celebrating the holidays, it's time to shed those calories from all the good eats. Hike the 7.5 mile Laurel Woods Trail with a Beaman Park Naturalist. Meet at Highland Trailhead.

Leader: Zach Knight

## Storytime Around the Campfire

Saturday,  
December 28  
10 a.m.-2 p.m.

Age level: All ages

Enjoy hot chocolate and marshmallows around the campfire listening to winter stories.

Leader: Heather Gallagher



## Beaman Park Nature Center is closed on December 31 & January 1.

## January

### Snowflakes

Friday, January 3  
10-11 a.m.  
Age level: All ages

Create winter art at the nature center making snowflakes and other winter crafts.  
Leader: Isaiah Francescon

### Winter Discovery Hike

Saturday, January 4  
11 a.m.-noon  
Age level: All ages



We are having a wild treasure hunt and you are invited! We will stroll the trails of Beaman to spy some of the beautiful and unusual plants and critters that reside in our park. Meet at Creekside Trailhead.  
Leader: Jackie Shea

### Henry Hollow Hike

Thursday, January 9  
Noon-2 p.m.  
Age level: All ages

Ring in the new year with a moderately leveled hike of the Henry Hollow Loop. This is a 2-mile loop with steady inclines and declines, so wear the right shoes. Meet at Creekside Trailhead.  
Leader: Zach Knight

### Tracks at Creekside

Saturday, January 11  
9-11 a.m.  
Age level: 10 and up

Search for tracks along Henry Creek and learn about animals that make those tracks. Be sure to wear shoes that can get muddy. Meet at Creekside.  
Leader: Isaiah Francescon and Zach Knight



### Full Wolf Moon Hike

Monday, January 13  
5-7 p.m.  
Age level:  
8 years and up

Hike Henry Hollow during the cold of the Wolf Moon.  
Leaders: Emilie Fauchet, Friends of Beaman Park, and Heather Gallagher

### Orienteering

Friday, January 17  
2-4 p.m.  
Age level: 10 and up

The forest can get confusing and look the same. Learn about how to orient yourself in the forest and how to find your way even if you get lost.  
Leader: Isaiah Francescon

### Beaman Forest Bathing

Saturday, January 18  
10 a.m.-noon  
Age level:  
Adults, 13 and up  
Cost \$25

A Forest Bathing Walk is an experience of taking time in nature with no specific goal in mind. As your guide, Certified ANFT Guide Tami Coleman will offer a series of invitations to the group and keep track of time. You'll stroll slowly, stopping to notice and share what you see, hear, smell and feel. Many studies show that taking time in nature in this way reduces stress, boosts immune response, enhances creativity, and allows for attention restoration. Learn more at <https://anft.earth/>  
Leader: Tami Coleman, Certified ANFT Guide.

**The Nature Center will be closed on Tuesday, January 21,  
in observance of Martin Luther King, Jr., Day.**

**The Nature Center will also be closed on Friday, January 24, for staff training.**

<b>Learn Your Trees by Twig, Leaf, Bark and Fruit</b>	Saturday, January 25 9 a.m. Age level: 13 and up	Perhaps you know the sugar maple by leaf, the oak by fruit, and hickory by bark. Let's look a little closer at winter features of twigs and silhouette to determine ID of our favorite trees. Leaders: Emilie Fauchet, Friends of Beaman Park, and Heather Gallagher
<b>Building a Fire</b>	Saturday, January 25 9 a.m.-noon Age level: All ages	Learn about fire safety and how to build a fire as well as how to keep the forest safe while having a fire outside. Leader: Zach Knight
<b>Beaman Tea Party</b>	Friday, January 31 Noon-4 p.m. Age level: All ages	Join us inside the nature center and enjoy nice warm tea on a cold January afternoon. Leader: Nature Center Staff

## February

### Storm Spotter by National Weather Service

Saturday, February 1  
11 a.m.-noon  
Age level: 13 and up



It's cooler at Beaman in summer, yes, but why does it snow in winter? Are the wildflowers blooming earlier and are the summers getting longer? Discuss these questions and more during an enhanced Storm Spotter class.

Presenters: National Weather Service-Nashville Staff

### Ridgetop Hike

Saturday, February 8  
10 a.m.-noon  
Age level:  
Adults, 13 and up

Meet at Highland Trailhead to hike the Ridgetop/Red Trail, one of first Beaman Park trails.

Leader: Zach Knight

### Full Moon Hike

Wednesday,  
February 12  
5:30-7:30 p.m.  
Age level: 8 and up

Enjoy the amazing Snow Moon with hopefully a snow filled hike around Henry Hollow Loop lit up by the full moon.

Leader: Isaiah Francescon

### Beaman Forest Bathing

Saturday,  
February 15  
10 a.m.-noon  
Age level:  
Adults, 13 and up  
Cost \$25

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Leader: Tami Coleman, Certified ANFT Guide

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## North Fork Hike

Saturday, February 15

10 a.m.

Age level: Adults, 13 and up

Hike the North Fork out and back with our naturalist and enjoy the beauty of the Park as well as the change of season from winter into spring.

Leader: Zach Knight



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### The Nature Center will be closed on February 18 in observance of President's Day.

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#### Beautify Beaman

Saturday,  
February 22  
9 a.m.-1 p.m.  
Age level: All ages

You can help Beautify the Park- through picking up trash, cleaning the nature center windows or removing invasive plants. Projects are available throughout the park, and groups are welcome.  
Leaders: Nature Center Staff and Volunteers; volunteers are needed!

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#### Early Signs of Spring Hike

Saturday,  
February 22  
2-3 p.m.  
Age level: All ages

Wear your mud boots and meet at Creekside Trailhead to search for signs of spring.  
Leader: Heather Gallagher

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#### Winter Old-Time Jam

Saturday, March 1  
1-3 p.m.  
Age level: All ages

Join us inside the warmth of the Nature Center to listen to some live Old-Time String Band tunes. This toe-tapping music is the ancestor of bluegrass and country. We will have a fire in the fireplace and light refreshments available.  
Leaders: Nature Center Staff, Friends of Beaman Park, and Nashville Old-Time String Band Association



**Beaman Park Nature Center** is located at  
5911 Old Hickory Boulevard  
Ashland City, Tennessee 37015

We are open Tuesday through Friday from noon-4 p.m. and Saturday from 9 a.m.-4 p.m.

Contact us by phone at 615-862-8580 or email at [beamanpark@nashville.gov](mailto:beamanpark@nashville.gov).

Check us out on Facebook, Instagram and watch our website for updates!