



# Bells Bend Outdoor Center

4187 Old Hickory Blvd.  
Nashville, TN 37218

(615) 862-4187

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

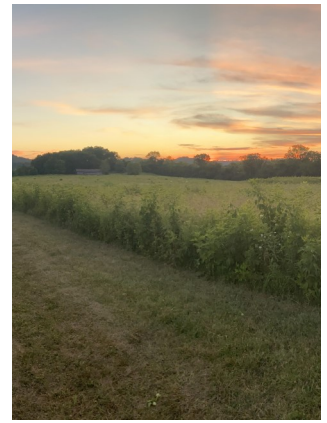
## Outdoor Center Hours

Tuesday-Friday: 12-4pm

Saturday: 9am-4pm

and by appointment

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



## Bells Bend Park - Spring 2024 Program Schedule

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

### March

#### Bells Bend Park Weed Wrangle



Saturday, March 2nd  
9:00-11:00A.M.  
Age level: All ages  
Call to register

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.  
Leader: Park Staff

#### Spring Storytime



Wednesday, March 6th  
9:00-10:00A.M.  
Age level: All ages  
Call to register

Welcome the new season with a story that is sure to spark spring fever! We'll discuss a little bit about the changing of the seasons, read a story, and finish with a seasonal activity to get ready for warm weather!  
Leader: Krista Allen

#### Climbing Day



Saturday, March 9th  
1:00-3:00P.M.  
Age level: All ages  
Call to register

Whether a beginner or a pro, this is the program for you! Come check out Bells Bend'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.  
Leader: Jon Dodson & Krista Allen

#### March Nature Hike



Wednesday, March 13th  
1:00-2:30P.M.  
Age level: All ages  
Call to register

Experience the magic of March on a nature 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 immersive program offers a glimpse into the unique flora and fauna of this special time of year. Join us for an unforgettable exploration of the wonders of March in Bells Bend.  
Leader: Krista Allen

#### Gardening with Gravelys



Saturday, March 16th  
10:00A.M.-12:00P.M.  
Age level: All ages  
Call to register

Join us as we work to prepare our garden for spring planting with a demonstration of vintage garden tractors and their capabilities. Stick around and volunteer after the demonstration and presentation to help us prepare and ready our raised garden beds as well!  
Leaders: Adam Wilck and LinnAnn Welch

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

**Please call to register: 615-862-4187.**



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## Spring Family Campout



Saturday, March 16th-  
Sunday March 17th  
4:00P.M.-10:00A.M.  
Age level: All ages  
Call to register

Enjoy a free family campout at Bells Bend's campground this spring! Beginners are welcome, but you will need to bring your own equipment. Experience the wonders of camping and stargazing together under the beautiful night sky. Join us for a memorable evening of outdoor fun and family bonding. Space is limited. Registration is required.  
Leader: Krista Allen

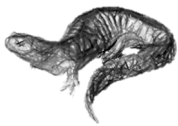
## BSAS Public Star Party



Saturday, March 16th  
8:00-10:00P.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

## Streamside Salamander



Saturday, March 23rd  
10:00A.M.-12:30P.M.  
Age level: 8+  
Call to register

The Streamside Salamander (*Ambystoma barbouri*), is a state listed endangered species in Tennessee. Habitat conservation is vital to the successful recovery of this vulnerable stream-breeding species. Come learn all about these amazing creatures and their habitat with a presentation and hike.  
Leader: Krista Allen

## April

## Spring Wildflower Hike



Saturday, April 6th  
1:00-3:00P.M.  
Age level: 8+ (due to length of hike)  
Call to register

Meet Cheryl at the outdoor center for a hike through the fields of Bells Bend to search for some of our spring wildflowers and observe some of the other unique and beautiful plants that call our park home.  
Leader: Cheryl Medley

## Saturday, April 13th 2024 9:00A.M.-3:30P.M.



Spend the day in Bells Bend Park for the 12th Annual Nashville Outdoor Recreation Festival & Expo. 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!!

For more information call, (615) 862-4187 or email, [bellsbend@nashville.gov](mailto:bellsbend@nashville.gov)

**Please call to register: 615-862-4187**

Check out programs at other Metro Parks Nature Centers, too.

**For Safety and Security Needs Contact:**

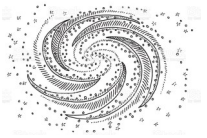
Non life-threatening emergencies: 615-862-8600 Life-threatening Emergencies: 911



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## International Dark Sky Week



April 8th-15th  
Tues.-Fri. 12-4PM  
Sat. 9AM-4PM  
Age level: All ages

It may seem harmless, but light pollution has far-reaching consequences that are harmful to all living things. Effective outdoor lighting reduces light pollution, leading to a better quality of life for all. The dark sky movement is working to bring better lighting to communities around the world so that all life can thrive. [Come by the outdoor center this week to learn more about the movement, and discover the night where you live.](#)

## Wildflower Week at Beaman Park



Sunday, April 13th -  
Saturday, April 20th  
at Beaman Park

There will be various wildflower programs going on throughout the week at Beaman Park. Please see their program schedule, social media, or call 615-862-8580 for more information.

## Knot Tying



Saturday, April 27th  
Drop-in  
Age level: All ages  
Call to register

Knot tying is an incredibly useful skill that can come in handy in a wide range of situations. Practice knots you already know and learn a few new ones! Stop by the outdoor center to grab an instruction page and some cord. This activity is self-led.

# May

## NTOS Spring Bird Count



Saturday, May 4th  
Various times  
Age level: 8+  
Email Barbara Harris to register

The Nashville Chapter of the Tennessee Ornithological Society annual Spring Bird Count will be held on Saturday, May 4th. If you wish to participate, please see [nashvillebirds.org](http://nashvillebirds.org) for more information. Email Barbara Harris to register at [harrbarbara@bellsouth.net](mailto:harrbarbara@bellsouth.net)  
Leader: Nashville Chapter of the Tennessee Ornithological Society

## Spring Book Club



Saturday, May 11th  
9:30-10:30A.M.  
Age level: 18+  
Call to register

Join our Spring Book Club for a captivating exploration connection to nature through David Haskell's *The Songs of Trees: Stories from Nature's Great Connectors*. After reading independently, gather at the outdoor center for enriching discussions on the profound relationships shaping our world.  
Leaders: LinnAnn Welch & Krista Allen

## Wild Edibles



Saturday, May 11th  
11:00-1:00P.M.  
Age level: All ages  
Call to register

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

## Cicada Storytime



Wednesday, May 15th  
9:00-10:00A.M.  
Age level: All ages  
Call to register

Dive into the captivating world of cicadas with "Cicada Symphony"! Learn about the many different species of these insects, some of which emerge every year while others wait up to seventeen years underground. Through rhythmic verse and fun facts, discover the fascinating life cycle of cicadas and their buzzing, clicking antics.  
Leader: Krista Allen

**Please call to register: 615-862-4187**

Check out programs at other Metro Parks Nature Centers, too.

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## Bells Bend's World Migratory Bird Day Celebration

### Protect Insects, Protect Birds - Saturday, May 18th 2024

During much of the day, we will have booths with information on the Nashville Chapter of the Tennessee Ornithological Society, Bird Safe Nashville, and the Audubon Society. Below is a sample of programs that will be offered.

#### **Sunrise Birding Trip with Lise Brown** **5:30 A.M. Age level: Adult**

Lise Brown leads this early morning hike in search of birds unique to field habitats as well as those common to the area. We should encounter both migrants and summer residents as we progress down to the river and cover numerous spots in the park that are bird favorites.

#### **Southeastern Avian Research with Cyndi Routledge** **9:30A.M.**

Did you know that up to 80% of a hummingbird's diet consists of insects? That although hummingbirds are essentially built to feed on the nectar of flowers, they cannot live on that nectar alone. They must fill out their diet with protein by hunting and consuming insects. In fact, hummingbirds are expert hunters. Join Cyndi Routledge, of Southeastern Avian Research, to learn all about hummingbird's feeding habits, adaptations, and the many fascinating behaviors of these tiny birds.

#### **Migratory Shorebirds with Chris Sloan** **11:00A.M.**

Shorebirds are some of the world's longest distance migrants, but they are also a source of great consternation for many birders. In this program, Chris Sloan, current Board Chair of the American Birding Association and past president of the Tennessee Ornithological Society, will share identification tips to help you demystify shorebird identification.

#### **The Effect of Periodical Cicada Emergences on Migratory and Non-Migratory Birds with Dr. Steve Murphree** **1:00P.M.**

The emergences of 13-year (southern) and 17-year (northern) periodical cicada broods in eastern forests of North America have many impacts on local food chains and food webs. In addition to aerating the forest soil when they emerge and adding fertilizer to that soil after they die, the sudden presence of these nutritious, easily preyed-upon insects affects a number of other species. For example, birds that prey on insects, both migratory and non-migratory, shift from feeding on moth and butterfly caterpillars to feeding on periodical cicada adults. Higher numbers of caterpillars survive to eat more tree leaves. Birds and other animals, as opportunistic and naïve predators, consume a steady supply of periodical cicadas. Migratory birds carry the extra energy they acquire to their destinations so a periodical cicada emergence has a direct effect even on these distant communities. Live cicadas of Brood XIX of the 13-year periodical cicadas will be present at the May 18 International Migratory Bird Day event at Bells Bend Park, so we should be able to observe local and migratory bird species feeding on the cicadas.

#### **Bird Facts & Conservation with Debbie Sykes** **3:00P.M.**

Nashville Wildlife Conservation Center will teach about protecting birds by coexisting and conserving their habitats. Included will be a live specimen and bird-related objects.

**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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