



NASHVILLE OUTDOOR RECREATION Festival & Expo

Bells Bend Outdoor Center

4187 Old Hickory Blvd.

Nashville, TN 37218

**April 9, 2022
9:00AM-3:30PM**

ACTIVITIES & EVENTS

TIME	TOPIC	LOCATION	PRESENTED/SPONSORED BY :
All Day	Outdoor Recreation Expo	Bells Bend Park	Various
All Day	Junior Ranger Activity and NPS Information	Booth #27	Ranger Jeremy Childs, Natchez Trace Parkway
All Day	Kid Zone	Booth #23	Leadership Academy LLC.
While Supplies Last	DIY Hot Dogs and S'mores	Booth #30	Friends of Bells Bend Park (\$)
Various Times	Archery Basics	Archery Curtain (Sign-up for Time)	Leadership Academy LLC.
9:00AM	Guided Hike	Back Porch	Kevin Sykes, Beaman Park Naturalist
10:00AM	Guided Mountain Bike Ride	Outdoor Center Mnt. Bike Trailhead	SORBA Mid-TN (Bring your own bike, helmet, water, etc.)
11:00AM	Paddling With Dogs	Back Porch	Samantha Christen
12:00PM	---		
12:30PM	Meditation + shinrin-yoku (forest bathing)	Campground	Abundant Life Adventure Club
1:00PM	Nature Photography Q & A	Back Porch	Toby Cantrell and Jimi Anderson
1:00PM	Fly Fishing Demonstration	Booth #4	Middle Tennessee Fly Fishers
1:30PM	Meditation + shinrin-yoku (forest bathing)	Campground	Abundant Life Adventure Club
2:00PM	Guided Nature Hike	Back Porch	Heather Gallager, Beaman Park Director



(615) 862-4187



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