



TAKE A HIKE!



RIDE A BIKE



BUILD A TRAIL



LEARN ABOUT NATURE

NATIONAL TRAILS DAY

JUNE 7, 2008

Visit the Nature Centers at Warner Park, Shelby Bottoms, and the Bells Bend Outdoor Recreation Center.

Take a hike to learn about nature.

Ride a bike for fitness.

Build a trail to protect the environment and learn about nature!

Warner Park Nature Center

- 9 -11 a.m. - History of the Park (Adults)
- 10 -11 a.m. - Solar System Hike (Families)
- 1 - 2:30 p.m. - Harpeth Woods Hike (Families)
- 9 -11 a.m. - Trail Running with Westside Athletic Club (Adults)
- 10 - Noon - Horse Trail Ride with Park Police
- 1-3 p.m. - Map and Compass 101 (Adults)
- 9 - Noon - Exotic plant pull along the new greenway

Shelby Bottoms Nature Center

- 9 - 1 p.m. - Join the naturalist for a family hike
- Call 862-8539 to register.*

Bells Bend Outdoor Recreation Center

- 9 - 11 a.m. - Family Hike
- 1 - 3 p.m. - Map and Compass for Adults
- Call 862- 4187 to register*

Beaman Park

- 9 a.m. - Noon - Help build a new path to connect the new Nature Center to existing trails
- 9 -11 a.m. - Family Hike
- Call Nancy Dorman at 202-5891 for more information.*

Hamilton Creek Park

- 9 a.m.- Noon - Trail maintenance
- 1- 3 p.m. - Bring your bike for a guided ride
- For more information or to register, call 352-6299.*

National Trails Day is a celebration of trails that evolved from a 1987 report that recommended all Americans be able to go out their front doors and within fifteen minutes, be on trails that wind through their cities or towns and bring them back without retracing steps. Trails do not just appear for our enjoyment, it takes many hours of planning, labor, and negotiating to develop them.

National Trails Day, the only nationwide celebration of trails, brings awareness to trails and thanks many people and partners for their support and hard work, including volunteers, land agencies, and outdoor minded businesses. It is also a day to introduce people to the many joys and benefits of trails.

