



Mount Greylock State Reservation **INTERPRETIVE PROGRAM**

Visitors Center
30 Rockwell Road, P.O. Box 138, Lanesborough, MA 01237
(413) 499-4262

For Seniors and all ages

Nice and Easy Hikes

Wednesdays, 10:00am, June 16 - Oct. 28, 2009.

Get outdoors and stay active with “*Nice and Easy Hikes*” around Mount Greylock State Reservation. These FREE hikes are held weekly, every Wednesday at 10:00am, from June through October. Call the Visitors Center for hike location and meeting place. Wear appropriate clothing for the weather, sturdy walking shoes and hiking poles are recommended, but not required. Bring water and a snack. In the event of rain or snow the hike is cancelled.

Local hiking enthusiast, Sam Kissel leads these **easy-paced, two-hour, one to two mile-long walks geared especially for seniors**, but open to all ages. A different trail is featured each week and may include tree and plant identification, birding and local history, depending on the interests of the hikers. Reasonable accommodations may be available upon request. Sponsored by the Department of Conservation and Recreation (DCR).

For more information and weekly hike location meeting place call the Mount Greylock Visitors Center in Lanesborough: (413) 499-4262, or visit www.massparks.org .



Coming Event

Department of Conservation and Recreation, Massachusetts State Parks