



Mount Holyoke Range State Park

Massachusetts Department of Conservation and Recreation

WINTER 2023 PROGRAMS

FREE public programs from January through March. **Programs meet inside the Notch Visitor Center**, unless otherwise noted. Parking is free. All children must be accompanied by an adult. Reasonable accommodations available upon request. Please follow all current COVID guidelines. Visit [Mass.gov/COVID](https://www.mass.gov/COVID) for more guidance. Program times and dates are subject to change. Inclement weather extreme cold, may cancel programs, call ahead. Trails may be snow-covered, icy, or muddy. For more information call the park at **(413) 253-2883**.

**OPEN
THURSDAY
through
MONDAY**

NOTCH VISITOR CENTER, 9:00 a.m.—4:00 p.m.
Open December through mid-March. The Visitor Center features park orientation information, exhibits, restrooms, and drinking water. Try our Visitor Center Scavenger Hunt! Take a walk or hike in the park. Accessible by [PVTA public transit](#) (Amherst R38). Wheelchair accessible. Located at 1500 West Street in Amherst.

**SUNDAYS &
THURSDAYS**

RANGE REVEALS, 9:00 a.m.—noon
For ages 7 and up. Three self-guided exploration stations reveals wonders of the Range. Park staff is on-hand to help uncover the story.
Mountain Building. A better understanding of how the Range was made.
Dinosaur Tracks. Dinosaurs were once here! Let’s look closer at fossilized tracks.
Animal Tracking—If you look carefully you can see what animal has been here.

**SUNDAYS
EXCEPT
JAN. 15 &
FEB. 12**

WINTER WONDERLAND CHALLENGE, 1:00—3:00 p.m.
For ages 10-Adult. Ask the park staff for the “trail of the day” and try these self guided exploration challenges as you hike along. Come back and share with park staff:
Animal Tracking Excursion—who’s been here?
Tree Bark Challenge— how many trees can you ID?

**SUNDAY
JAN. 8
FEB. 5**

WINTER HIKING TIPS, 10:00—10:30 a.m.
For ages 7 and up. Before you head out on the trail take in this short hiking safety demonstration. Familiarize yourself with the Range’s trails. Park staff offer great trail suggestions.

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Notch Visitor Center, Mount Holyoke Range State Park
1500 West Street, Amherst, MA 01002. Tel. (413) 253-2883

coming events



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THURSDAYS NICE & EASY HIKE, 1:00—3:00 p.m.

JAN. 5, 12,
19, 26

FEB. 2, 9, 16,
23

MAR. 2, 9

See the forest differently through the eyes of winter. Easy-paced, guided hikes geared toward active seniors, but open to all ages. Modest slope, 2 to 3-miles. Dress appropriately for winter weather; hiking poles and traction devices for boots (or snowshoes) recommended. Hike meeting location changes.

North Side Ramble: Jan. 5, 19, Feb. 2, 16, Mar. 2. Meet at Notch Visitor Center in Amherst.

South Side Ramble: Jan. 12, 26, Feb. 9, 23, Mar. 9. Meet at 79 Batchelor Street Parking Lot in Granby.

FRIDAYS

JAN. 6, 13,
20, 27

FEB. 3, 10,
17, 24

MAR. 3

KIDLEIDOSCOPE, 10:00—11:00 a.m.

For ages 3-6, accompanied by an adult. Program includes a story, activity, and a craft. Discover more about the local wildlife who make the park their home. Siblings and friends welcome. Meet in the Notch Visitor Center. All materials are provided.

Whose Tracks are These?: Jan. 6 & 27, Feb. 17.

Chipmunk Song: Jan. 13, Feb. 3 & 24.

White Owl, Barn Owl: Jan. 20, Feb. 10 & Mar 3.

FRIDAYS

JAN. 6, 13,
20, 27

FEB. 3, 10,
17, 24

MAR. 3, 10

FRESH LOOK HIKES, 1:00—2:30 p.m.

Geared for adults but for all ages. Park staff guided hikes for either discovery or healing, 1 to 2-miles, Dress appropriately for winter weather. Hiking poles and traction devices for boots, or snowshoes, recommended. Meet in the Notch Visitor Center.

Forest Bathing: Jan. 6 & 20, Feb. 3 & 17, Mar 3.

Can the forest help us feel more at peace? Yes! A Forest Bathing walk is a great way to cleanse and find inner peace. Come experience how on this walk.

Tale of Two Trails: Jan. 13 & 27, Feb. 10 & 24, Mar. 10.

Two parallel trails here tell two very different stories, and over two very different times. Come hear, explore and discover.

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SATURDAYS WINTER EXPLORATIONS,

JAN. 7, 14,
21, 28

10:00—11:00 a.m. & 1:00—2:00 p.m.

For families, age 9 & up. Park staff-guided discovery. Held inside Visitor Center.

FEB. 4, 11,
18, 25

Animal Tracking: Jan. 7 & Feb. 4.

Winter is a great time to see what animals wander in the park. See how to identify park wildlife by the tracks they leave behind and see what they've been up to!

MAR. 4, 11

Tree Bark ID: Jan. 14 & Feb. 11.

No leaves? - no problem! There is a year-round way to identify trees—bark! Learn some basics, and try out a new skill.

How was the Range Formed?: Jan. 21 & Feb. 18.

The Holyoke Range is a unique geologic formation. Dig a little deeper into this fascinating story.

Range Haiku: Jan. 28 & Feb. 25.

Discover the basics of this short form of poetry dedicated to nature. Capture in words your own Range experience!

Emergent Spring: Mar. 4 & 11.

Spring is just around the corner. Discover early signs of spring.

FEBRUARY
18—26

STORYWALK*: *Under and Over the Snow*, by Kate Messner

For families with children. A children's picture book story about who lives over and under winter's snow. Walk a short route near the Visitor Center to read this wonderful story.

*The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Kellogg-Hubbard Library. Story Walk® is a registered service mark owned by Ms. Ferguson. This StoryWalk® is provided by Massachusetts Department of Conservation and Recreation Interpretive Services.

