



Mount Greylock State Reservation

Department of Conservation and Recreation

JANUARY 2022 PROGRAMS

All Programs are free and open to the public. Children must be accompanied by an adult. Reasonable accommodations available upon request. All programs **meet at the Mount Greylock Visitor Center** unless otherwise noted. Please follow all current COVID guidelines. Visit [Mass.gov/COVID](https://www.mass.gov/COVID) for guidance. For additional information and **weather updates**, call the Visitor Center at **(413) 499-4262**.

OPEN DAILY VISITOR CENTER, 9:00 a.m. – 4:00 p.m.
(Closed 12/25) Interpretive exhibits explore the park story through artifacts and displays. Trail maps, hike guidance, 13-minute orientation film, bathrooms, drinking water available. Wheelchair accessible.

SUNDAYS **NATURE SCAVENGER HUNT, 10:00 a.m. - 3:00 p.m.**
Ongoing For children and families. Adventurous quests invite you to search for natural treasures along park trails. We have several “seek and find” scavenger hunts for different age and skill levels. Program is self-guided. Scavenger hunts are available at the Visitor Center. **FREE.** For all ages.

DAILY **ANIMALS IN WINTER, 10:00 a.m. - 3:00 p.m.**
Ongoing through FEB 28 Explore how animals and birds adapt to the changing seasons. Discover which animals hibernate, migrate, or change appearance. Chose a story book, craft activity, or a take home project. Self-guided activity. **FREE.** For all ages.

SATURDAY, JAN 1 **FIRST DAY HIKES, 9:30 a.m. and 12:30 p.m.**
Join friends, neighbors and DCR State Park staff for a guided moderate 2 mile hike (90 - 120 minutes). Free. Recommended for **ages 7 and older**. Dress for cold weather: wear layers and winter boots. If conditions permit, bring snowshoes and hiking poles. Dogs are welcome on a 10-foot maximum leash. There are **TWO HIKES. Space is limited. PRE-REGISTER at <https://930a-mt-greylock-first-day-hike.eventbrite.com> or <https://1230p-mt-greylock-first-day-hike.eventbrite.com> BY DECEMBER 30.** WAITLIST available.

FRIDAYS, JAN 7 and JAN 21 **MOUNTAIN MINDFULNESS WINTER WALK, 1:00 p.m.**
Join Micah Mortali M.A., author of “Rewilding” and Founder of the Kripalu School of Mindful Outdoor Leadership, on an easy to moderate winter walk that incorporates elements of forest bathing, mindful breathing, nature connection, tree identification and tracking, and meditation skills culminating in a fire ceremony and time for sharing and reflection. Leave with inspiration and skills for accessing the healing benefits of nature back home! Please dress warmly for outdoor hiking in snow. Wear snow boots with traction devices or snowshoes if you have them. Bring water and a snack. **Program duration 2 hours. FREE. For all ages.** Brought to you in collaboration with **Kripalu Center for Yoga and Health.**

Special Events continued on the following pages.

coming events



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SATURDAY,
JAN 8

GREYLOCK PHOTO GROUP: White Birches in Winter, 1:00 p.m. - 2:30 p.m.

Walk along trails through picturesque white (paper) birch tree groves, with stunning views up to the Summit! **Meet at the GOULD TRAILHEAD parking lot** on West Mountain Rd in **Adams**. NOTE: Trails may be snow-covered or icy. Dress for the weather and bring along your camera, tablet or cellphone. **All interest and skill levels are welcome!** FREE and open to all ages. Children must be accompanied by an adult. For more information and directions, call (413) 499-4262 or visit us on **Facebook** at <https://www.facebook.com/groups/427752957932877>

WEDNESDAY,
JAN 12

FOREST BATHING with Canyon Ranch Guides **10:00 a.m.**

A Canyon Ranch guide leads you on a slow, intentional walk into the woods to de-stress and get re-connected with nature. No previous experience necessary. Please dress appropriately for winter weather conditions, dress in layers and wear winter boots. If conditions permit, bring snowshoes and hiking poles. This program is FREE and **open to ages 8 and older**. Co-sponsored by **Canyon Ranch Wellness Resort, Lenox**

FRIDAY,
JAN 14

WINTER TREE IDENTIFICATION HIKE, 11:00 a.m.

Calling all our NATURE DETECTIVES! Learn how to identify trees during their winter slumber with DCR Management Forester, Kevin Podkowka, on this family friendly hike! Be prepared for the weather; wear appropriate clothing and sturdy snow boots (traction devices, trekking poles and snowshoes may also be advisable). Inclement weather cancels. This program is FREE and **open to ages 8 and older**.

SATURDAY,
JAN 22

FAMILY FRIENDLY OUTDOOR ADVENTURES, 11:00 a.m.

Come out and join us for an afternoon of winter activities, including **snow tubing** for the little ones, a **SNOWSHOE DEMO** by NeviTREK Handmade Snowshoes, and a **guided mindfulness walk** along the Bradley Farm Trail. Please be prepared for the weather, dress in layers and wear sturdy snow boots. Traction devices, trekking poles or your own snowshoes are advisable for the hike. **Snowshoes will be available to try out during the Snowshoe Demo for ages 8 and up.**

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WEDNESDAY,
JAN 26

GEOCACHING 101, 1:00 p.m. - 2:30 p.m.

Looking for a fun way to engage your tech-savvy kids with the natural world? This outdoor activity combines hiking with a tech-aided treasure hunt. Join Kathy Gwozdz and members of Berkshire Geobash to learn the basics, then head out on the trail to test out new skills. Can you find the hidden treasure? Beginners welcome! No experience or digital device necessary. To participate fully you may **download the free geocaching.com app** and bring your digital device. **FREE. For all ages.** Dress appropriately for winter weather; hiking poles and traction devices for boots (or snowshoes) recommended. Trails may be snow-covered, icy, or muddy. Bring drinking water and a snack. Inclement weather cancels.

THURSDAY,
JAN 27

QI GONG / TAI CHI with Jeanne, 10:00 a.m. - 11:30 a.m.

Experience the ancient Chinese meditative martial arts of Qi Gong/Tai Chi. Enhance your overall optimal health and longevity. No experience necessary. All levels are welcome. **FREE. Ages 12 and older.** Children must be accompanied by an adult. Program duration 90 minutes. Wear comfortable, winter weather appropriate clothing. Program may be offered outdoors in fair weather, otherwise it will be held indoors. Co-sponsored by **Canyon Ranch Wellness Resort, Lenox.**

FRIDAY,
JAN 28

NICE AND EASY TRAIL HIKE, 1:00 p.m. - 2:30 p.m.

Easy-paced, one to 3-mile guided hikes geared toward seniors, but open to all ages. Join with other hiking enthusiasts! **Participation is limited. Pre-registration required at <https://jan28-niceandeasyhike.eventbrite.com> by January 27.** Dress appropriately for winter weather; hiking poles and traction devices for boots (or snowshoes) recommended. Trails may be snow-covered, icy, or muddy. Bring drinking water and a snack. Inclement weather cancels.

SATURDAY,
JAN 29

WINTER WILDLIFE TRACKING, 9:00 a.m. - 12:00 p.m.

Join Jim Pelletier for a three-hour guided wildlife tracking exploration! Journey less than 2-miles at a leisurely pace with some off-trail, rough terrain, and stream crossings. **FREE. Ages 8 and up. Pre-registration required at <https://jan29-winterwildlifetracking.eventbrite.com>** Dress for winter weather; hiking poles, traction devices for boots (or snowshoes) recommended. Trails may be snow-covered, icy, or muddy. Bring water and a snack. Inclement weather cancels. **Call for weather updates.**

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