



JANUARY – MARCH 2026 PROGRAMS

Join us for winter programs, January through March. All programs are free and open to the public. Children must be accompanied by an adult. All programs meet at the Mount Greylock Visitor Center unless otherwise noted. Inclement weather may cancel outdoor activities. Program registration recommended. For more information and weather updates, call the Visitor Center: (413) 499-4262.

 ADA/Reasonable Accommodation.
617-645-0358 | Moneesha.dasgupta2@mass.gov

**Daily,
9:00 am–
4:00 pm.**

Visitor Center Open.

Interpretive exhibits explore the park story through artifacts and displays. Trail maps, hike guidance, 13-minute orientation film, bathrooms, drinking water available. Wheelchair accessible.

**Ongoing,
Sundays.
10:00 am–
3:00 pm.**

Nature Scavenger Hunt.

For children and families. Adventurous self-guided quests invite you to search for natural treasures along park trails and inside the Visitor Center. We have several “seek and find” scavenger hunts for different ages and skill levels.

**Fridays,
11:00 am–
12:30 pm.
Jan. 23, Feb. 27 &
Mar. 27.**

Winter Tree Identification Hike.

For ages 8 and up. Calling all nature detectives! Learn to identify trees in their winter slumber. DCR Forester, Kevin Podkowka, leads a short, easy walk for families. Dress for winter weather, warm boots. Hiking poles and traction devices (or snowshoes) are recommended.

**Fridays.
1:00–3:00 pm.
Locations vary,
call for info.**

Discover Greylock Hike.

For ages 8 and older. Explore seasonal changes in the forest and look for signs of wildlife and unique features along an easy to moderate trail. Dress appropriately for winter weather. Trails may be snowy or icy. Hiking poles and traction devices (or snowshoes) recommended. Bring water and a snack. Call (413) 499-4262 for location.

**Fridays.
1:00–3:00 pm.
Jan. 16, Feb. 20 &
Mar. 20.**

Discover Greylock Explorers Club.

Fun, hands-on indoor/outdoor nature-based activities designed for homeschoolers, but open to all families with ages 8 and older. Call (413) 499-4262 for location.

Programs continue on next page.

Coming Events



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Saturdays,

**9:00 am–
12:30 pm &**

12:30–3:30 pm.

Jan. 17, Feb. 21 &
Mar. 28.

Winter Wildlife Tracking.

For ages 8 and up. Join guest guide Jim for a 3-hour wildlife tracking exploration. Journey less than 2-miles at a leisurely pace with some off-trail terrain, and stream crossings. Dress for winter weather. Hiking poles, traction devices for boots (or snowshoes) recommended. Bring water and a snack. Space is limited, pre-registration required, call (413) 499-4262.

Saturdays,

1:00–2:30 pm.

Jan. 3, Feb. 7 &
Mar. 7

Nice & Easy Hike.

Easy-paced, one to 3-mile guided hikes geared toward older adults, but open to all ages. Join with other hiking enthusiasts! Dress appropriately for winter weather; hiking poles and traction devices for boots (or snowshoes) recommended. Trails may be snow-covered, icy, or muddy. Bring water and a snack. Inclement weather cancels. Meet at Greylock Glen Outdoor Center, Gould Road, Adams. Call (413) 499-4262 to register, for weather updates, and directions.

**Sundays, 1:00–
2:30 pm.**

Feb. 22 &
Mar. 22.

Greylock Photography Group Meet-Up.

All ages and skill levels welcome! For everyone who loves nature and the opportunity to photograph the beauty of mountain landscapes! Meeting locations vary. Bring your camera, cellphone, or tablet. Children must be accompanied by an adult. Dress for winter weather. Trails may be snowy or icy; hiking poles, traction devices for boots (or snowshoes) recommended. For more info and location call (413) 499-4262, or visit:

www.facebook.com/groups/427752957932877.

Saturdays,

1:00–3:00pm.

Jan. 10, Feb. 14
& Mar. 14.

Locations vary
call for Info.

Family Friendly Outdoor Adventures.

For all ages. Activities may include **snow tubing** for the little ones (weather permitting, bring a soft-sided sled if you have one), a **snowshoe demo** and **snowshoe walk** with NeviTREK Handmade Snowshoes, guided winter **wildlife tracking** (pre-registration required), and a guided **mindful forest walk**! Dress for winter weather and wear sturdy snow boots. Bring your own traction devices, trekking poles or snowshoes. Warm back up inside the Visitor Center by the fireplace. Hot chocolate provided. Pre-registration, call (413) 499-4262.

Programs continue on next page.



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**Sundays,
1:00–2:30 pm.**
Jan. 11, Feb. 8 &
Mar. 8.

Cabin Fever Story Time.
For all ages. Join Park Interpreter Mike by a warm fire for entertaining tall tales and remarkable legends from Mount Greylock’s past. Stop by, sit awhile, and enjoy some good old-time local lore! Hot cocoa provided.

MOUNTAIN MINDFULNESS PROGRAM SERIES

Explore healthy, mind-body techniques such as yoga, meditation, Tai Chi, Qi Gong, Forest Bathing and other mindfulness practices. Sessions guided by certified teachers. Beginners welcome! Start times and locations vary. To **pre-register** call (413) 499-4262. See below for program details, or visit:
www.facebook.com/groups/1643203319328901

**Wednesdays,
10:00–
11:30 am.**
Jan. 14, Feb. 11
& Mar. 11.

Forest Bathing Walk.
Ages 8 and older. A guided slow and intentional woodland walk to de-stress and re-connect with nature. No previous experience necessary. Dress appropriately for winter weather, wear winter boots (or snowshoes) and hiking poles. Co-sponsored by Canyon Ranch Wellness Resort, Lenox.

**Wednesdays,
1:30–2:30 pm.**
Jan. 28 &
Feb. TBA,

Qi Gong For Winter Wellness With Jala.
Ages 12 and older. Experience the ancient Chinese meditative martial arts of Qi Gong with guest guide Jala Pritchard. This series of movements helps keep the body in balance and healthy through the winter season by boosting the immune system. All experience levels welcome. Wear comfortable winter clothing. Program held indoors, or outdoors in fair weather. Call for February date.

**Thursdays,
10:00–
11:30 am.**
Jan. 22, Feb. 26,
& Mar. 26.

Qi Gong/Tai Chi.
Ages 12 and older. Experience the ancient Chinese meditative martial arts of Qi Gong/Tai Chi with guide Jeanne. Enhance overall optimal health and longevity. All experience levels welcome. Wear comfortable winter clothing. Program held indoors, or outdoors in fair weather. Co-sponsored by Canyon Ranch Wellness Resort, Lenox.

Programs continue on next page.

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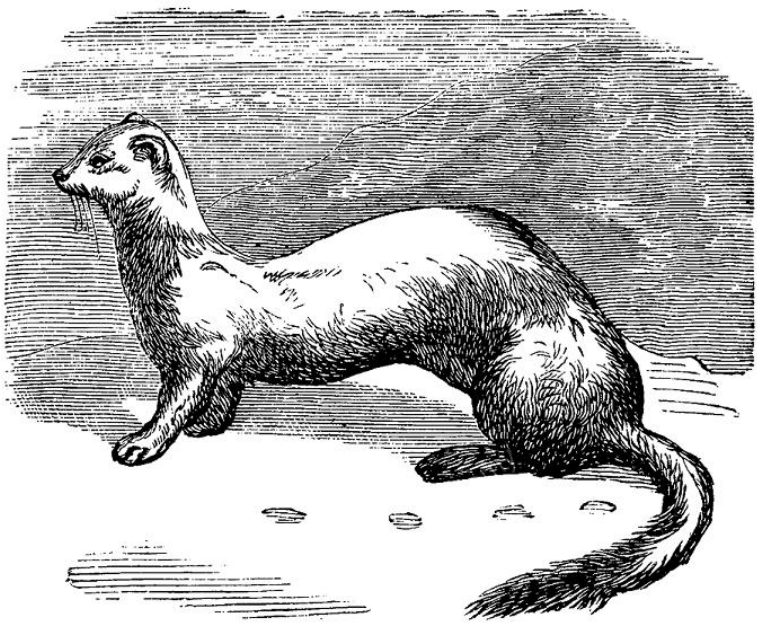
**Thursday,
Feb. 19.
1:00–2:15 p.m.**

Gentle Yoga and Nature Meditation.
All ages. Join us for this free 75-minute yoga class, while enjoying beautiful mountain views! Bring a mat, otherwise we have extras to offer. Class ends with a short, guided meditation. Space is limited. Meet at the Mount Greylock Visitor Center, 30 Rockwell Rd., Lanesborough.

**Thursdays,
1:00–3:00pm.
Jan. 8 &
Mar. 19.**

Winter Wonder Walk.
Free and for all ages and skill levels. A peaceful guided walk on a slow intentional journey to de-stress while connecting with nature. A mindful outdoor experience incorporates elements of forest bathing, mindful breathing, nature connection, and meditation skills. Dress for winter weather. **Space is limited, pre-registration required**, call (413) 499-4262.

**Saturdays,
1:00–3:00pm.
Jan. 24 &
Feb. 28.**



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