



# Mount Greylock State Reservation

Department of Conservation and Recreation

## JANUARY—MARCH 2025 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:

Cell: 617-645-0358, Email: [Moneesha.dasgupta2@mass.gov](mailto:Moneesha.dasgupta2@mass.gov)

coming events

### OPEN DAILY

#### VISITOR CENTER, 9:00 a.m.—4:00 p.m.

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, ONGOING

#### NATURE SCAVENGER HUNT, 10:00 a.m.—3:00 p.m.

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.

### SUNDAYS, JAN. 12, FEB. 9, MAR. 9

#### CABIN FEVER STORY TIME, 1:00—2:30 p.m.

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.

### SUNDAYS, JAN. 19, FEB. 16

#### WINTER WONDERLAND ACTIVITY DAY 1:00—3:00 p.m.

For all ages. Join us for a fun-packed time of winter activities. Winter crafts, scavenger hunts, board games, and sledding if snow permits. Designed as self-guided activities but also led by a Park Interpreter. Bring your own sled if you have one!

### WEDNESDAYS, JAN. 8, FEB. 12, MAR. 12

#### MOUNTAIN MIDFULNESS PROGRAM SERIES: FOREST BATHING WALK, 2:00—3:30 p.m.

For 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, JAN. 15 & 29, FEB. 5 & 19, MAR. 19 & 26

#### MOUNTAIN MIDFULNESS PROGRAM SERIES: QI GONG/TAI CHI FOR WINTER WELLNESS 1:00—2:30 p.m.

For ages 12 and older. Experience the ancient Chinese meditative martial arts of Qi Gong/Tai Chi with guest guide Jala. 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, appropriate winter clothing. Program held indoors, or outdoors in fair weather.

**PROGRAMS CONTINUED ON NEXT PAGE.**



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PROGRAM CONTINUED.

THURSDAYS,  
JAN. 23,  
FEB. 27,  
MAR. 27

**MOUNTAIN MIDFULNESS PROGRAM SERIES:  
QI GONG/TAI CHI, 2:00—3:30 p.m.**

For 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, appropriate winter clothing. Program held indoors, or outdoors in fair weather. Co-sponsored by Canyon Ranch Wellness Resort, Lenox.

FRIDAYS,  
ONGOING

**DISCOVER GREYLOCK HIKE, 1:00—3:00 p.m.**

Easy-paced, one to 3-mile guided hikes geared toward seniors, but open to all ages. Dress appropriately for winter weather. Trails may be snowy or icy. Hiking poles and traction devices (or snowshoes) recommended. Bring water and a snack.

FRIDAYS,  
JAN. 24,  
FEB. 28,  
MAR. TBA

**WINTER TREE IDENTIFICATION HIKE  
11:00 a.m.—12:30 p.m.**

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. Call for the March date.

SATURDAYS,  
JAN. 25,  
FEB. 22,  
MAR. 22

**MOUNTAIN MIDFULNESS PROGRAM SERIES:  
MINDFULNESS FOREST WALK, 1:00—3:00 p.m.**

Free for all ages and skill levels. This walk with guest guide Suzy invites you into present moment awareness. Reduce stress and gain inspiration. Incorporate elements of meditation and mindful breathing. Dress appropriately for winter weather. **Space is limited, pre-registration required** at (413) 499-4262. For more details visit [www.facebook.com/DCRMountGreylock/events](http://www.facebook.com/DCRMountGreylock/events).

SATURDAYS,  
JAN. 18,  
FEB. 15,  
MAR. 22

**WINTER WILDLIFE TRACKING, two options each day:  
9:00 a.m.—12:30 p.m. and 12:30—3:30 p.m.**

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** at (413) 499-4262. Call for details or visit [www.facebook.com/DCRMountGreylock/events](http://www.facebook.com/DCRMountGreylock/events)

MONDAY,  
FEB. 17

**Space is limited, pre-registration required** at (413) 499-4262. Call for details or visit [www.facebook.com/DCRMountGreylock/events](http://www.facebook.com/DCRMountGreylock/events)

PROGRAMS CONTINUED ON NEXT PAGE.

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Mount Greylock State Reservation

30 Rockwell Road, Lanesborough, MA 01237. Tel. (413) 499-4262

coming events

## JANUARY—MARCH 2025 PROGRAMS

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### PROGRAMS CONTINUED.

SATURDAYS,  
JAN. 11,  
FEB. 8,  
MAR. 8

#### GREYLOCK PHOTOGRAPHY GROUP MEET-UP 1:00—3:00 p.m.

All ages, interest and skill levels are 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) are recommended. For more info and location call (413) 499-4262, or visit [www.facebook.com/groups/427752957932877](https://www.facebook.com/groups/427752957932877).

SATURDAYS,  
JAN. 25,  
FEB. 22,  
MAR. 22

#### FAMILY FRIENDLY OUTDOOR ADVENTURES 12:30—3:30 p.m.

For all ages. Free. Come outside and join us for an afternoon of winter fun! Activities may include **snow tubing** for the little ones (weather permitting, bring a soft-sided sled if you have one), **winter wildlife tracking (pre-registration required)**, and a guided mindful woodland 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. Call the Visitor Center for more details and **pre-registration: (413) 499-4262**.

SATURDAYS,  
JAN. 4,  
FEB. 1,  
MAR. 1

#### MOUNTAIN MINDFULNESS PROGRAM SERIES: FAMILY FRIENDLY WINTER WALK, 1:00—3:00 p.m.

For all ages. A gentle guided forest walk to invite present moment awareness, reduce stress, and gain inspiration by incorporating elements of meditation and mindful breathing. Suitable for all skill levels. Dress for winter weather. **Pre-registration required** at (413) 499-4262. For details visit [www.facebook.com/DCRMountGreylock/events](https://www.facebook.com/DCRMountGreylock/events).

