



SEPTEMBER 2025 PROGRAMS

All programs are free and open to the public. Children ages under 18 must be accompanied by an adult. All programs **meet at the Mount Greylock Visitor Center** unless otherwise noted. For more information, or to register for programs, call the Visitor Center at (413) 499-4262.



ADA/Reasonable Accommodations
Contact: Moneesha.dasgupta2@mass.gov , or call (617) 645-0358.

coming events

OPEN DAILY	VISITOR CENTER, 9:00 a.m.—4:00 p.m. Interpretive exhibits explore the park’s story through artifacts and displays. Trail maps, hike guidance, 13-minute orientation film, bathrooms, and drinking water are available. Wheelchair accessible.
ONGOING, SUNDAYS	AUTUMN SCAVENGER HUNT, 10:00 a.m.—3:00 p.m. All ages. Pick up your scavenger hunt handouts at the Mount Greylock Visitor Center.
ONGOING, SATURDAYS	SCENIC SUMMIT TOURS, 1:00 p.m. and 2:00 p.m. All ages. Short guided walk along easy paths. Explore the highest point in Massachusetts, its cultural landscape and unique ecology. Wheelchair accessible. 20—30 min. duration. Meet at the summit relief map.
WEDNESDAYS, SEPT. 3	NICE AND EASY HIKE, 10:00 a.m.—11:30 a.m. Explore Mt. Greylock on this easy paced, 2-to-3-mile hike geared for seniors, but open to all ages. Rain cancels.
FRIDAY, SEPT. 5	DISCOVER GREYLOCK HIKE, 11:00 a.m.—1:00 p.m. Ages 12 and older. Guided hike to exciting, hidden features of Mount Greylock. Be prepared for the weather. Wear sturdy shoes, bring water, snack, bug spray and sunscreen. Duration up to 2 hours. Rain cancels. Call for details.
SUNDAY, SEPT. 14	HERITAGE SUMMIT WALK, 1:00 p.m. —3:00 p.m. All ages. Join tour guides Mike and Peter for an easy walking tour. Explore the evolution of the summit’s unique “Parkitecture”. Registration required: (413) 499-4262. For details visit: housatonicheritage.org/events/heritage-walks/
FRIDAY, SEPT. 19	DISCOVER GREYLOCK AUTUMNAL EQUINOX HIKE, 1:00 p.m.—3:00 p.m. Ages 12 and older. Guided hike to exciting, hidden features of Mount Greylock. Be prepared for the weather. Wear sturdy shoes, bring water, snack, bug spray and sunscreen. Duration up to 2 hours. Rain cancels. Call for details.
SATURDAY, SEPT. 20	MT. GREYLOCK PHOTO GROUP presents GREYLOCK AFTER DARK: Photos from a Starlit Summit! 1:00 p.m.—2:30 p.m. All ages. Join Night Photographer Timothy Little for a slide show presentation filled with fantastic starlight, moonlight, technique tips and stories! Duration 90-min. For details visit www.facebook.com/groups/427752957932877
FRIDAY, SEPT. 26	STARGAZING & HISTORY OF CONSTELLATIONS with Bob Donahue, 7:00 p.m.—10:00 p.m. All ages. Learn about the different constellation patterns cultures have seen in the stars over the millennia. Look at the night sky with telescopes (provided). Duration up to 3 hours. Co-sponsored by Northern Berkshire Astronomical Society

SEPT.-OCT. PROGRAMS CONTINUED ON NEXT PAGE



SEPTEMBER & OCTOBER 2025 MOUNTAIN MINDFULNESS PROGRAMS

PROGRAMS CONTINUED

ONGOING	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 and vary in duration (60—150 min.). Beginners welcome! Please see individual program descriptions below. For more info, and to Register, call (413) 499-4262 or visit www.facebook.com/groups/1643203319328901/events
WEDNESDAYS, SEPT. 10 & OCT. 8	QI GONG AND MINDFUL WALK with JALA PRITCHARD 1:00 p.m.—2:30 p.m. For all ages. Qi Gong is an ancient Chinese practice that incorporates movement, breath and meditation to promote relaxation, health and vitality. No experience is necessary. Guided program. Mindful Walk starts at 1:00 p.m. and Qi Gong starts at 1:45 p.m. Space is limited. Rain cancels.
FRIDAYS, SEPT. 12 & OCT. 10	MINDFUL FOREST WALK with SUZY CONROY 1:00 p.m.—3:00 p.m. All ages. On this family friendly MINDFUL WALK, Suzy will guide us on a slow saunter incorporating elements of forest bathing, meditation and mindful breathing. Space is limited.
WEDNESDAYS, SEPT. 17 and 24	YOGA AND MEDITATION with JACQUI GERO 10:30—11:45 a.m. All ages. Join us for this free 75-minute yoga class, while enjoying the beautiful mountain views! Bring a mat, otherwise we have extras to offer. Class ends with a short, guided meditation. Space is limited.
SUNDAY, SEPT. 21	AUTUMN EQUINOX YOGA & WONDER WALK with VICKI ZACHAREWICZ , 11:00 a.m.—1:00 p.m. All ages. Throughout our Yoga and Wonder Walk experience, we will invite present moment awareness, reducing stress and gaining inspiration from the living earth. Space is limited.
WEDNESDAY, OCT. 15	FOREST BATHING WALK with JACQUI GERO 10:00 a.m.—12:30 p.m. All ages. Join Jacqui for this moderate 1-2-mile mindful outdoor experience, incorporating elements of mindful breathing, nature connection and meditation. Dress for the weather; wear sturdy boots; trekking poles recommended, bring water and a snack. Space is limited.
FRIDAY, OCT. 17	WONDER WALK with VICKI ZACHAREWICZ 11:00 a.m.—1:00 p.m. All ages. Throughout our Wonder Walk experience, we will invite present moment awareness, reducing stress and gaining inspiration from the living earth. Space is limited.

OCTOBER PROGRAMS CONTINUED ON NEXT PAGE

coming events



OCTOBER 2025 PROGRAMS

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OPEN DAILY

VISITOR CENTER, 9:00 a.m.—4:00 p.m.

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

**ONGOING,
SUNDAYS**

LEAF PEEPIN’ IN THE PARK, Noon—3:00 p.m.

For all ages. Get your Autumn Scavenger Hunts and Fall Foliage Activity Packet for the kids at the Visitor Center! This is a **self-guided activity**, or may be led by a Park Interpreter. Please NOTE: Supplies are limited.

**SEPT. 27
THROUGH
OCT. 25**

**MT. GREYLOCK PHOTO GROUP
SHOW US YOUR COLORS!**

For all ages and skill levels. An **online** opportunity to share your fall foliage nature photographs of Mount Greylock’s landscapes! Call for details, or visit us on Facebook at www.facebook.com/groups/427752957932877

**WEDNESDAYS,
OCT. 8 & 15
FRIDAYS,
OCT. 10 & 17**

MOUNTAIN MINDFULNESS, start times vary

Explore healthy, mind-body techniques: yoga, meditation, Tai Chi, Qi Gong, Forest Bathing and other mindfulness practices. Guided by certified teachers and vary in time (60—150 min.). Beginners welcome! **Call for details** or visit us on Facebook at www.facebook.com/groups/1643203319328901. Space is limited. Some age restrictions apply. See info on previous page.

**FRIDAY,
OCT. 24**

BATS OF GREYLOCK, 6:30—8:30 p.m.

All ages. Learn about the bats of Mount Greylock! Explore the crucial role of bats in our ecosystem and recent threats that have driven many species close to extinction. A presentation at the Visitor Center, followed by a short, easy night walk to observe bat behavior at dusk, and listen using an echo-meter.

**WEDNESDAY,
OCT. 29**

GEOCACHING 101, 11:00 a.m.—12:30 p.m.

All ages. 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. No experience necessary. To participate fully download the free geocaching.com app. Dress appropriately for variable weather. Bring water and a snack.



WONDERING WHERE TO SEE THE BEST FALL FOLIAGE?

View our Scenic Fall Foliage Viewing Alternatives brochure at www.mass.gov/doc/mgry-fall-driving-routes/download
For more information, call or visit us online at www.mass.gov/locations/mount-greylock-state-reservation

WARNING: Auto roads to the summit (Rockwell and Notch Roads) may be congested during peak foliage weekends and holidays in late-September through mid-October. Expect possible parking delays at the summit. The auto roads are subject to closure in the event of traffic delays exceeding 60 minutes at the summit. For an enjoyable experience plan accordingly to avoid traffic.
NOTE: Auto Roads close for the winter on Oct. 30, at 3:00 p.m.

coming events