



AUGUST 2026 PROGRAMS

All programs are free and open to the public. Children under 18 must be accompanied by an adult. All programs meet at the Notch Visitor Center, 1500 West Street, Amherst, MA, unless otherwise noted. To register for programs or get more information, call the Visitor Center (413) 253-2883, or email holyoke.range@mass.gov.



ADA/Reasonable Accommodation:
Call 617-645-0358, or email Moneesha.dasgupta2@mass.gov.

**Open Daily,
9:00 am–
4:00 pm.**

Visitor Center Open Hours.
The Notch Visitor Center at 1500 West Street in Amherst, features trail maps, park orientation and information, exhibits, restrooms, and drinking water. Take a walk or hike in the park. Accessible by PVTa public transit (Amherst R38). Wheelchair accessible. Lobby and restrooms are open daily; Info desk and exhibits may be closed periodically for programming.

FAMILY FRIENDLY.

**Wednesdays,
10:00–11:00 am.**

Kiddleidoscope - Nature Storytime.
For ages 0-6+, accompanied by an adult. Enjoy nature themed storybooks paired with age-appropriate activity or craft. Prepare to be outside when the weather allows. Meet inside Notch Visitor Center. All materials are provided.

HIKING AND WALKING PROGRAMS.

**Friday,
August 14.
9:00–11:30 am.**

Mountain Mindfulness Series.
For ages 12 and up. Join Kripalu-trained Jim McNerney for a 1–2-mile walk. Explore present-moment awareness, deep breathing, forest bathing, and conscious movement. Free. Meet at 10 Skinner State Park Road, Hadley, MA.
Registration required. Call (413) 253-2883, or email holyoke.range@mass.gov.

**Tuesdays &
Saturdays,
1:30–2:30 pm.**

Nice and Easy Hike.*
Easy-paced, guided hike for seniors, but open to all ages. Discover the hidden themes of natural and cultural history along the trail. Modest slope, 1-2-miles. Dress for the weather, bring water, and a snack. Hiking poles and traction footwear recommended. No registration is needed.

- Tuesdays.**
 - **Aug. 4 & 8: Built to Last, Sustainable Trails.**
 - **Aug. 11: Landscape Legacies.**
 - **Aug. 25: Rooting for Change: Fighting Invasives.**
- Saturdays.**
 - **Aug. 1: All Aboard!**
 - **Aug. 8, 15, 22 & 29: Tree Trek.**

**Read hike descriptions on last page.*

Programs Continue on Next Page.

Coming Events



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Sunday & Monday,
Aug. 2 & 24.
9:00–12:00 pm.

America 250 - Off the Beaten Path Hike.
The American Revolution in our Backyard.
For ages 12 and up. Join a Park Interpreter on a guided, strenuous hike. Learn about how the American Revolution manifested in Western Massachusetts. Explore the Horse Caves where rebellion leaders hid! Free. **Registration required.** Call (413) 253-2883, or email holyoke.range@mass.gov.

Sunday,
August 16.
1:30–3:00 pm.

Hike our Watershed
For ages 6 and up. Enjoy a 2-mile stroll along an easy-moderate trail out to Sweet Alice Brook to explore the ecology of watersheds. Look for native brook trout, and learn how these remarkable fish help tell the story of healthy streams and thriving ecosystems. No registration is needed. Dress for the weather, bring water. Sturdy footwear recommended.

SPECIAL EVENTS.

Saturday,
August 1.
9:00–12:00 pm.

**Following the Flow:
Exploring our Watershed Through Partnership.**
Join DCR and Kestrel Land Trust for a moderate guided 3-mile hike. Learn how watersheds shape our landscape. Hike along Sweet Alice Brook to observe native brook trout and the streams that feed Plum Brook Pond. Program concludes at Kestrel Land Trust Headquarters with a seated discussion on how forest and open-space conservation protect clean water and wildlife. Refreshments served. Free.

Meet at Notch Visitor Center. For ages 12 and up, best for Adults. Bring water, bug spray and sunscreen, Wear sturdy shoes. **Registration required, visit KestrelLandTrust.org, or call (413) 253-2883, or email holyoke.range@mass.gov.**

Sunday,
August 30.
2:00–3:00 pm.

Snakes of Massachusetts, with Ray Palmer.
Join us for a free program for all ages. This interactive educational talk with Ray Palmer explores native snakes, accompanied by ambassador snakes, Naga the corn snake and Inky the king snake.

Are you brave enough to pet a friendly ambassador snake? Naga and Inky are available to meet, up close. Seated, indoor interactive presentation with live snakes.

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August 1
Through
August 30.

Community Gallery.
In the Wild: An Art Exhibit by Julie Griffin.
Celebrate the beauty of the Pioneer Valley through original watercolor and gouache paintings inspired by local wildflowers, forests, wildlife, and scenic trails. Created by a local artist and school psychologist, this exhibit explores the connection between nature and wellbeing while highlighting many of the plants and animals that visitors may encounter along Massachusetts trails.

The Community Gallery is a rotating exhibit featuring art by local artists, each sharing their own perspective, story, and relationship with the Mt. Holyoke Range. Interested in showing your work? Contact: Holyoke.range@mass.gov.

June 20
Through
November 1.

Park Passport Challenge.
Mount Holyoke Range State Park is one of 12 parks participating in this year’s Park Passport Challenge! Explore 12 amazing DCR properties, collect cool stamps, and discover the wonders of nature and history. Each stamp marks a new adventure! Visit the Notch Visitor Center to get started.

***NICE AND EASY HIKE DESCRIPTIONS.**

- Landscape Legacies**
Discover how people, wildlife, and natural forces have shaped the forests of Mount Holyoke Range over thousands of years. “Read the forest” for clues to the past and future.
- Built to Last, Sustainable Trails**
Uncover the hidden work behind every trail. Learn how trail crews use sustainable techniques to create safe, enjoyable hiking experiences and protect the landscape.
- Rooting for Change: Fighting Invasives**
Learn how to identify common invasive species and discover practical ways you can help control their spread through citizen science, community action, and simple steps in your own backyard.
- Tree Trek**
Identify native trees and uncover the fascinating roles they play in our forests. From improving air quality and supporting our health and well-being to providing wildlife habitat and underground communication networks, every tree has a story to tell.
- All Aboard!**
New to the Mount Holyoke Range? This easy-paced walk is the perfect introduction to the park. Stroll along the historic Trolley Bed Trail as we uncover the stories hidden from the remnants of a bygone trolley line to the forests that have reclaimed it. Discover how people and nature have shaped this special place over time.



Mount Holyoke Range State Park
Department of Conservation and Recreation

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