



# Mount Holyoke Range State Park

Department of Conservation and Recreation

## JULY 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](mailto:holyoke.range@mass.gov).



ADA/Reasonable Accommodation:

Call 617-645-0358, or email [Moneesha.dasgupta2@mass.gov](mailto: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.

## HIKING AND WALKING PROGRAMS

**Friday,  
July 10.  
9:00–11:30 am.**

### Mountain Mindfulness Series.

For ages 12 and up. Join Kripalu trained Jim McNerney for a monthly 1 to 2-mile walk exploring present-moment awareness, deep breathing, forest bathing, and conscious movement. Fully awaken your senses and receive the many healing properties of nature. Free. Meet in the Visitor Center. **Registration required. Call (413) 253-2883, or email [holyoke.range@mass.gov](mailto: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. Join a park interpreter for an eye-opening walk. Discover the hidden themes of natural and cultural history along the trail. Modest slope, 1 to 2-miles. Dress for the weather, bring water, and snack. Hiking poles and traction footwear recommended. No registration is needed. \*Read hike descriptions on last page.

**Tuesdays.**

- **July 7 & 28: Built to Last, Sustainable Trails.**
- **July 14: Landscape Legacies.**
- **July 21: Rooting for Change–Fighting Invasives.**

**Saturdays.**

- **July 4, 11, 18 & 25: Tree Trek.**

**PROGRAMS CONTINUE ON NEXT PAGE.**

Coming Events



Mount Holyoke Range State Park  
Department of Conservation and Recreation

# JULY 2026 PROGRAMS

# Coming Events

**Sunday & Monday,**  
July 5 & 20.  
**9:30 am–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, moderate to strenuous hike. Learn about how the American Revolution manifested in Western Massachusetts. Explore the Horse Caves where rebellion leaders hid! Free.

**Registration required, call or email: (413) 253-2883 or [holyoke.range@mass.gov](mailto:holyoke.range@mass.gov).**

**Sundays,**  
July 19 & 26,  
**1:30–3:00 pm.**

**Hike our Watershed.**

For ages 6 and up. Explore the ecology of watersheds and hike out to Sweet Alice Brook to look for native brook trout. Enjoy a 2-mile stroll along an easy-moderate trail while learning how these remarkable fish help tell the story of healthy streams and thriving ecosystems.

## FAMILY FRIENDLY

**Wednesdays,**  
**10:00–11:00 am.**

**Nature Storytime – Kiddleidoscope.**

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 the Notch Visitor Center. All materials are provided.

**Thursday,**  
July 23,  
**10:00–11:00 am.**

**Earth Child New England.**

Join Earth Child New England for a morning of connection, exploration, and outdoor fun. Families can enjoy a guided nature walk and scavenger hunt, mindful movement, yoga, social-emotional learning, and nature-based art. This program is designed for children ages 0–10. Afterwards, explore the park, enjoy a snack or lunch, and connect with other families. **Registration required. Call (413) 253-2883, or email [holyoke.range@mass.gov](mailto:holyoke.range@mass.gov).**

## SPECIAL EVENT

**Sunday,**  
July 19,  
**10:00 am–12:30 pm.**

**Nature Block Printing Workshop**

Inspired by Samuel Swap's artwork, on display in our Community Gallery, join the artist and create your own nature-inspired block print. Learn the basics of relief printmaking. Recommended for ages 12 and up. Free. Meet inside Notch Visitor Center. Materials provided by the Friend of Mount Holyoke Range. **Registration required. Call (413) 253-2883, or email [holyoke.range@mass.gov](mailto:holyoke.range@mass.gov).**

**PROGRAMS CONTINUE ON NEXT PAGE.**



# JULY 2026 PROGRAMS

## ONGOING

June 13  
through  
July 26.

### Community Gallery. Upstream: Views of the Connecticut River Valley.

Take in Samuel Swaps wood engravings depicting the biodiversity and beauty that rests within the Connecticut River Valley and often the Holyoke Range. Explore Samuel's block print reductions drawn from the valley and what we can learn from its inhabitants.

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? To learn more or apply, contact by email: [Holyoke.range@mass.gov](mailto:Holyoke.range@mass.gov).

June 20  
through  
November 1.

### Park Passport Challenge.

Mount Holyoke Range State Park is 1 of 12 parks participating in the 2026 Park Passport Challenge! Explore 12 amazing DCR properties across Massachusetts, 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. Find out more at the website: [mass.gov/info-details/dcr-park-passport-challenge](https://mass.gov/info-details/dcr-park-passport-challenge).

## \*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 its past and its 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 while protecting the landscape.

### Rooting for Change: Fighting Invasives.

Learn how to identify common invasive species. 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 while uncovering 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.

# Coming Events