

SEPTEMBER—OCTOBER 2025 PROGRAMS

Programs are **free and all are welcome**. All programs meet inside the **Notch Visitor Center**, unless otherwise noted. All children must be accompanied by an adult. Program times and dates are subject to change. Inclement weather, may cancel programs, call ahead. For more information call the park at **(413) 253-2883**. **Note:** Fall programs run through October 13.



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

OPEN DAILY

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

The 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, exhibits may be closed periodically for programming.

SATURDAYS

FALL FOLIAGE GUIDED HIKE, 9:30 a.m.—11:30 a.m.

For ages 12 and up. This guided hike follows a challenging, but fun trail. Explore New England's world class fall foliage while discovering the meaning of color in our natural world. A moderate to advanced hike over rocky terrain for 3-4 miles. **Advanced registration required, please call: 413-253-2883.**

TREE TREK; A NICE & EASY HIKE, 2:00—3:00 p.m.

Easy-paced, guided hike open to all ages. Join a park interpreter for an eye opening walk about the life-supporting value of trees on the range. Modest slope, 1 -miles. Dress for the weather, bring water and a snack. **Meet park staff outside at the Visitor Center kiosk.** **This hike will not be offered on 9/27 and 10/4 due to special event programming. See on back.**

SUNDAYS

LINES, SIGNS AND BLAZES, OH MY!, 10:00 a.m.—Noon

All ages. Discover how to navigate the trails of the Range, understand our maps and plan a hike. Drop-in, stay for five minutes or an hour. **Meet park staff outside at the Visitor Center kiosk.**

HIKE OUR WATERSHED, 1:00 p.m.—2:30 p.m.

For families, friends and independent hikers a like. Hike the Brook Bank Trail and observe a watershed through the eyes of a brook trout. Come prepared with water, proper hiking shoes and a snack for a 1-2 mile easy-moderate hike. **Meet park staff outside at the Visitor Center kiosk.**

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- MONDAYS** **STORYTIME—KIDLEIDSCOPE, 10:30 a.m.—11:30 a.m.**
For ages 3-6+, accompanied by an adult. Program includes a nature themes story, paired with an activity or craft. All welcome. **Meet inside the Notch Visitor Center.** All materials are provided.
- LINES, SIGNS AND BLAZES, OH MY!, 1:00 p.m.—3:00 p.m.**
All ages. Discover how to navigate the trails of the Range, understand our maps and plan a hike. Drop-in, stay for five minutes or an hour. **Meet park staff outside at the Visitor Center kiosk.**
- TUESDAYS AND WEDNESDAYS** **LINES, SIGNS AND BLAZES, OH MY!, 10:00 a.m.—Noon**
All ages. Discover how to navigate the trails of the Range, understand our maps and plan a hike. Drop-in, stay for five minutes or an hour. **Meet park staff outside at the Visitor Center kiosk.**
- OUR OWN JURASSIC PARK, 1:00 p.m.—3:00 p.m.**
For all ages. Explore the unique geologic story of the Mount Holyoke Range, formed and shaped by fire and ice! Experience a dinosaur footprint, or two. **Meet outside at the Visitor Center kiosk.**
- THURSDAYS** **BEAR AWARE, 10:00 a.m.—Noon**
All ages. Explore Bears and their habitat while learning how we can coexist and protect them. Drop-in, stay for five minutes or an hour. **Meet outside at the Visitor Center kiosk.**
- FRIDAYS** **LINES, SIGNS AND BLAZES, OH MY!, 1:00 p.m.—4:00 p.m.**
All ages. Discover how to navigate the trails of the Range, understand our maps and plan a hike. Drop-in, stay for five minutes or an hour. **Meet outside at the Visitor Center kiosk.**
- SPECIAL EVENT! *** **SNAKES OF MASSACHUSETTS WITH RAY PALMER**
SATURDAY, SEPTEMBER 27, 2:00 p.m.—3:00 p.m.
FREE and for all ages. Discover local Massachusetts snakes in an interactive talk accompanied by a slide show, and meet ambassador snakes - Naga, the corn snake, and Inky, the king snake up close! Explore snake life cycles, benefits to ecosystems and compare images of local snakes. **Meet inside the Notch Visitor Center.**
- MOUNTAIN MINDFULNESS HIKE WITH JIM MCNERNEY**
SATURDAY, OCTOBER 4, 1:30 p.m.—3:15 p.m.
FREE and for 12 and up. Explore several simple and proven techniques on a short stroll. Includes present-moment awareness, deep breathing, forest bathing, and conscious movement to fully awaken our senses and receive the many healing properties of nature. **Pre-registration required, please call: 413-253-2883.**