



September-October 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.
Exhibits closed on
Tuesdays and
Wednesdays after
October 19th.

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 PVRTA 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
in September &
Fridays in
October.
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.

Friday,
September 18.
6:30–8:00 pm.

Echoes in the Night - Bats of the Range.
Join us for Echoes in the Night: Bats of the Range and discover the amazing world of bats! Learn how these nighttime flyers survive, why they are important to nature, and how we can help protect them through fun activities and bat call monitoring with our very own DCR Wildlife Biologist. Free, family friendly and open to all. No registration is needed. Meet inside the Notch Visitor Center.

Thursday,
October 1.
10:30 am–
12:30 pm.

Between the Trees – Mindful Parenting in Nature.
Join Earth Child New England, the Green River Doula Network, and the DCR for a collaborative offering for early postpartum families with children in the 0-2 years age range. Enjoy a babywearing demonstration followed by a Q&A, connect in nature on a story walk, practice baby and me mindfulness and yoga, and end with a caregiver circle facilitated by a local mental health professional. For more information and to register, visit [Earth Child NE](https://www.earthchildne.org) or Call (413) 253-2883, or email holyoke.range@mass.gov.

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Coming Events



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Saturday,
October 31.
10:00 am–
12:00 pm.

Halloween Hike!
Dress up as your favorite Mount Holyoke Range creature. Join park staff for a fun, family-friendly, easy-relaxed, 1 mile Halloween hike. Discover the wild world around our park and enjoy Fall fun inside Notch Visitor Center. For ages 4 and up, open to all. Trail is not suitable for strollers.

HIKING AND WALKING PROGRAMS.

Friday,
September 11.
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 the Notch Visitor Center. **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.

- **Sept. 8 & 22: Built to Last, Sustainable Trails.**
- **Sept. 15: Landscape Legacies.**
- **Sept. 1 & 29: Rooting for Change: Fighting Invasives.**

Saturdays.

- **Sept. 5, 12, 26 & Oct. 3, 10: Tree Trek.**

**Read hike descriptions on last page.*

Monday,
Sept. 14 &
Sunday,
Sept. 18.
9:00 am–
12:00 pm.

Off the Beaten Path Hikes:
America 250: The American Revolution in our Backyard.
For ages 12 and up. A guided, 3-4 mile, strenuous hike to the Horse Caves. Explore where rebellion leaders hid! Learn about how the American Revolution manifested in Western Massachusetts. Free. Wear sturdy hiking shoes, bring water, a snack and prepare for uneven, rocky terrain. **Registration required.** Call (413) 253-2883, or email holyoke.range@mass.gov.

Monday,
Sept. 21, Oct. 5 &
Sunday,
Oct. 11 & 25.

Fall Foliage.
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 strenuous hike over rocky terrain for 3-4 miles. Wear sturdy hiking shoes, bring water, and a snack. Free. **Registration required.** Call (413) 253-2883, or email holyoke.range@mass.gov.

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Sunday,
Sept. 27. & Oct.
4 & 11.
9:30–
11:30 am.

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 needed. Dress for the weather, bring water.

SPECIAL EVENTS.

Sunday,
October 4.
2:00–3:00 pm.

**Meet the Artist –
Stitched Through the Seven Sisters.**
Join visual artist Kerry St. Laurent for an informal Q&A. Glimpse into her video and mixed-media series, *Stitched Through the Seven Sisters*, inspired by her almost-daily practice of connecting with the local trail system. Kerry’s work explores nature, mapping, memory, and the ways wandering helps us find our way back to ourselves. All ages.

ONGOING.

**September 5
Through
September 27.**

Community Gallery.
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.

**October 3
Through
October 31.**

**Printing with the Sun - A Range of Blue
By Madge Evers.**
Using decaying plant material found along hiking trails in the Holyoke Range, local artist Madge Evers creates a large-scale 3x4-foot cyanotype image. Accompanying that are smaller cyanotype studies, information about the origins of the cyanotype process, Emily Dickinson’s Herbarium, and botanist Anna Atkin’s use of cyanotype process to create the first book to use photograph-based illustrations. All ages.

**Stitched Through the Seven Sisters
By Kerry St. Laurent.**
A location-specific exhibit series about honoring an almost-daily practice of communing with nature as Kerry stitches herself through local trails. Matte hot press photographic prints are layered with matte gouache. This nods to mapping and ink and colored pencil stitching, which references both woven comfort and the idea that wandering counters life’s unraveling, then knits us back together.

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**June 20
Through
November 1,
2026.**

DCR Park Passport Challenge.

Mount Holyoke Range State Park is one of 12 parks participating in 2026’s Park Passport Challenge! Explore 12 amazing DCR properties, collect cool stamps, and discover the wonders of nature and history. Visit the Notch Visitor Center to get started. For all ages.

**September 19
Through
October 31,
2026**

**STORY WALK®
If You Find a Leaf by Aimee Sicuro**

For families with children. A Children’s picture book story about the fanciful journey a leaf can provide. Walk a short route near the Visitor Center to read this Fall story.

*The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT, and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg Hubbard Library. A Story Walk® is a great non-personal tool for Pre-K and K-12 audiences. It is self-guided, allowing the interpreter to provide for an audience that may not be able to attend a program.

***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.

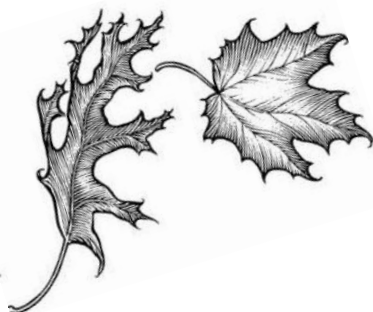
Uncover the hidden work behind every trail. Learn how trail crews use sustainable techniques to create safe, enjoyable hiking experiences and protect the landscape.

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 discover 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.



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