

# Mueller State Park

## Programs



### January Programs 2026

**Programs happen rain, snow, or shine unless posted otherwise. Trails this time of year may be snowy or icy.**

**Thu, Jan. 1: First Day Hikes and chili fundraiser!**

**9 a.m.-3 p.m. Mueller State Park**

We are starting 2026 off with fresh air and movement! Whether you are a morning or afternoon person or prefer hiking with friends or your kids there is a perfect hike for you. Come prepared with water, layers, a snack and sturdy footwear. Spikes may be helpful this time of year.

From 11am-1:30pm there will be a chili fundraiser in the Visitor Center for the Friends of Mueller State Park. Cups of warm vegetarian chili will be available for a suggested donation of \$5. Cash only. Funds raised will give more students an opportunity to explore our beautiful park and improve visitor experiences.

**4 Guided hike options for Jan. 1 below:**

**Annual Elk Meadow First Day Hike**

**9:15-11:15 a.m. Elk Meadow Trailhead**

Enjoy this little over 2 mile trail passing by meadow views and the popular Peak View Pond guided by experienced Mueller naturalists. This trail was revamped this summer by Mueller's trail crew!

**For families...**

**11 a.m.-12:30 p.m. Outlook Ridge Trailhead**

Have you ever wanted to learn more about the forest and hiking at Mueller State Park? Hike to the first outlook, learn about hiking safety and become a Junior Ranger. Best for ages 6-12, but all are welcome. Children and their grown ups should attend together.

**For those who like to go slow...**

**7th Annual First Day Forest Bathing**

**12-2:30 p.m. Outlook Ridge Trailhead**

Certified Forest Therapy Guide, Jane, is back! Slow down and connect to nature with this reflective practice. Bring a sit pad, water, snacks & layers (snow boots and waterproof pants suggested). End with forest tea made from local plants. Register in advance online at [cpw.state.co.us/events](http://cpw.state.co.us/events).

For those who like to sleep in...

**1-2 p.m. Wapiti Trailhead**

This is a 1 mile hike with some great views. The route includes areas of flat trail mixed with mild and moderate hills. Great for those new to hiking at Mueller who want to get a feel for our trails. There will be an option to extend the hike for those who want to go farther.

**Sun, Jan. 4: Guided Nature Hike**

**9:15 a.m.-11:15 a.m. Meet at Homestead Trailhead**

Discover what plants and animals you can see this time of year along the trail on this 2.5 mile loop. Bring layers, water, and sturdy footwear. Led by volunteer naturalist, Rose.

**Sun, Jan. 11: Guided Nature Hike**

**9:15 a.m.-11:15 a.m. Meet at Homestead Trailhead**

Explore more of the park's trails on this 4 mile figure eight double loop hike. You'll be guided by an experienced Mueller naturalist. Bring layers, water, sturdy footwear and a snack. Led by volunteer naturalist, Rose.

**Fri, Jan. 16: Basic Survival for Kids**

**2-3 p.m. Meet at Visitor Center**

How do you prepare for a hike? What should you pack? What do you do if you get lost? Learn survival skills everyone can use. This program is geared towards kids and their guardians, but all are welcome. Ages 5 and up.

**Sun, Dec. 18: Junior Rangers in the Forest**

**12-1 p.m. Meet in front of the Visitor Center**

We recently revamped our Jr.Ranger booklet that includes favorite activities from the original and new ones. Explore the park's wilderness and wildlife, and become a Junior Ranger. Children and their grown ups should attend together. Currently the new books are only being used in this program. The original books are still available at the Visitor Center.

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**Fri, Jan. 23: Animal Antifreeze****2-3 p.m. Meet at Visitor Center**

How do animals survive the winter? Do a fun experiment to learn how animals stay warm and see if your inner animal can beat the cold. Best for ages 5 and older.

**Sat, Jan. 31: Snowshoe Hike****10 a.m.-11:15 a.m. Meet at Wapiti Trailhead**

Enjoy a short 0.8 mile snowshoe hike and learn how some animals can "float" across the snow. Bring your own snowshoes if you have them. If not, extra adult snowshoes will be available. To reserve a pair of snowshoes call the Visitor Center at 719-687-2366. You can also rent adult and child snowshoes at the GearLab in Woodland Park.