

# Mueller State Park Programs



**January 2020**

**Always hike with a map, water, and weather protection!**

Mueller State Park is open every day for hiking, camping and enjoying the outdoors! The Visitor Center is open 9:00 am until 4:00 pm during the winter months. It will be open New Year's Day for our First Day Hikes! Start out 2020 right with a hike in a state park!

**WEATHER:** Winter conditions in the mountains are variable. The trails may be dry or have snow. Often the snow is deeper in the shady forest than can be seen from the trailhead. Usually snowshoes or micro spikes are recommended. Skiing and sledding are popular also! Check the website or call for conditions: **719-687-2366**  
[cpw.state.co.us/placestogo/parks/Mueller](http://cpw.state.co.us/placestogo/parks/Mueller)

**Wednesday, January 1<sup>st</sup>**  
**First Day Hikes - Happy New Year!**

Colorado State Parks have taken on the tradition of hosting hikes on New Year's Day – to start the New Year out right! Three different hikes are offered for First Day Hikes at Mueller today! **Bring water, snacks, and dress for snow!**

**Hike: Elk Meadow**

**9:00 am** Meet at Elk Meadow Trailhead  
 Enjoy a hike through forest and meadow on gentle hills. Watch for signs of wildlife with Volunteer Naturalist Rose. Great views of Pikes Peak! 2.5-mile, moderate hike. Dress for the weather!

**Hike: Wapiti Trail**

**10:00 am** Meet at the Visitor Center parking lot  
 Explore the nature trail in winter splendor! Discover what wildlife are active in winter. Led by Volunteer Naturalist Charlene. 1-mile, moderate hike. Dress for the weather!

**Forest Bathing Walk to Welcome 2020**

**11:00 - 1:30 pm** (please arrive by 10:45)  
 Meet at Outlook Ridge Trailhead  
 Enjoy a fresh, new start to the year by immersing yourself in the joy & wonder of nature through the relaxing practice of Forest Bathing (from the Japanese, "shinrin-yoku"). Join Volunteer Naturalist Carrie and Forest Therapy Guide Jane Scanlon for this mindful, slow wander with simple "invitations" for activities to quiet your mind, awaken your senses and connect closely with nature. We'll end with the sharing of forest tea! Bring sit pad/stool if you have one, water & dress for the weather – snow boots, waterproof pants suggested (there will be some sitting). Ages 9 and up. Maximum 12. Must pre-register at the Visitors Center via walk-in or by calling [719687-2366](http://719687-2366).

**Saturday, January 4th**

**Hike: School Pond Trail**

**9:30 am** Meet at Preacher's Hollow Trailhead  
 Hike or snowshoe on this gently-sloped trail in the southeast part of the park. Naturalist Rose will lead this 2-mile hike.

**Saturday, January 11th**

**Hike: Homestead Trail**

**9:30 am** Meet at Homestead Trailhead  
 Snow in the pines, chickadees calling and hiking with friendly folks is a great way to surround yourself on a Saturday morning! Join Volunteer Naturalist Rose on a 2.5-mile hike.

**Sunday, January 12<sup>th</sup>**

**Snow Shoe Hike on Outlook Ridge**

**11:00 am** Meet at Outlook Ridge Picnic Tables  
 Do you want to break in your new snowshoes? Join Volunteer Naturalist Felicia, for this snowshoe hike which is great for beginners. We'll do some stretching warm-ups and discuss what to wear and pack. This is the first in a series of three snowshoes hikes where the distance will increase with each hike. Don't forget to bring water. Next on 2/9 and 3/15.

**Saturday, January 19th**

**Hike: Black Bear Trail**

**9:30 am** Meet at Camper Services parking area  
 Be ready for a 2-3-mile hike with Naturalist Rose. Watch for signs of wildlife along the way. Dress in layers and bring water!

**Saturday, January 25th**

**Hike: Elk Meadow Trail**

**9:30 am** Meet at Elk Meadow Trailhead  
 Explore the montane forests and rolling meadows with the massive Pikes Peak in view. Gradual hills on this 2.5-mile hike with Naturalist Rose.

**Animal Antifreeze**

**2:00 pm** Meet at the Visitor Center  
 How do animals survive the winter? Join Naturalist Rusty to discover animals' special abilities and adaptations. Do an experiment simulating animals in winter to find out! Inside and outside program.

