

# Mueller State Park Programs



## March 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.

### WINTER TRAIL CONDITIONS

Trail conditions in winter can range from dry, to 2 feet of snow, to snow packed and icy! Snowshoes or micro spikes and poles are recommended. You can check for conditions at:

[www.cpw.state.co.us/placestogo/parks/Mueller](http://www.cpw.state.co.us/placestogo/parks/Mueller)

Or call the Visitor Center 719-687-2366.

### Sunday, February 1st

#### Hike: Outlook Ridge

**9:30 am** Meet at Outlook Ridge Trailhead

Enjoy a quiet walk in the woods to a beautiful view of the mountains on the horizon. A 3-mile moderate hike with Volunteer Naturalist Rose. Dress in layers, bring water and have foot traction depending on conditions.

### Friday, March 6th

#### Hike: Elk Meadow to Murphy's Cut

**8:30 am** Meet at Elk Meadow Trailhead

Enjoy a favorite trail through forest and meadow on gentle hills. Visit the site of the old railroad bed called Murphy's Cut. Watch for signs of wildlife! Led by Volunteer Naturalist Cindi. 4-mile hike. Dress for the weather and bring water and snacks.

### Saturday, March 7th

#### Hike: Homestead Trail

**9:15 am** Meet at Homestead Trailhead

Join Volunteer Naturalist Nancy on this 2.5-mile loop to include trails # 12, 1, 13. Be prepared for winter hiking: snowshoes, poles, spikes, dress in layers and bring plenty of water.

### Forest Bathing Walk Meet at Outlook Ridge Trailhead

**10:00 - 1:00 pm** (please arrive by 9:45)

Slow down and immerse yourself in the joy and wonder of nature through the relaxing practice of Forest Bathing (Shinrin-Yoku).

Join Volunteer Naturalist Carrie and Forest Therapy Guide Jane for this mindful, easy wander with simple "invitations" for activities to awaken your senses and connect closely with the forest. We'll end with the sharing of tea from native plants! Bring sit pad/stool if you have one, water & dress for the weather – snow boots, waterproof pants suggested (there will be some sitting). Ages 8 and up. **Must pre-register at the Visitors Center via walk-in or by calling (719)687-2366.**

### Hike: Preacher's Hollow Trail

**1:00 pm** Meet at Preacher's Hollow Trailhead

Join Naturalist Penny on this moderate 2.5-mile trail. Watch for signs of wildlife! Be prepared with foot traction and water.

### Sunday, March 8th

#### Hike: School Pond Trail

**9:30 am** Meet at Preacher's Hollow Trailhead

Join Naturalist Rose on this gentle 2-mile trail. Watch for signs of wildlife! Be prepared with foot traction, water and layers.

### Friday, March 13th

#### Hike: Nobel Cabin Loop

**8:30 am** Meet at Camper Services parking area

Enjoy a lesser used trail to explore the winter woods! Join Naturalist Cindi on this 4-mile moderate hike. Bring water, a snack and dress for the weather!

### Saturday, March 14th

#### Hike: Elk Meadow

**9:30 am** Meet at Elk Meadow Trailhead

Explore the meadows and forests with Naturalist Rose. Great views of Pikes Peak on this 2-mile moderate hike. Dress for winter conditions!

### Sunday, March 15th

#### Snow Shoe Hike on Homestead Trail

**11:00 am** Meet at Homestead Trailhead

Join Volunteer Naturalist Felicia, for the third and final snowshoe hike where we are increasing the distance. We'll start with a quick warm-up, then get on the trail. During a break, we will discuss avalanches. Don't forget to bring water, a power snack and lunch.

### Thursday, March 19th

#### First Day of Spring Hike!

**10:00 am** Meet at the Visitor Center

Wishing for spring? Join Volunteer Naturalist Jim to search for signs of spring and the changing of seasons on this 1.5-mile easy hike. Dress for the weather!

### Friday, March 20th

#### Hike: School Pond and Stoner Mill Trails

**8:30 am** Meet at Preachers Hollow Trailhead

Watch for tracks and signs of wildlife on this 4-mile hike. Explore with Naturalist Cindi. Be prepared for snow!

### Sunday, March 21st

#### Hike: Outlook Ridge and Lost Pond

**9:15 am** Meet at Outlook Ridge Trailhead

Enjoy a quiet walk in the woods to a beautiful view of the mountains on the horizon followed by a drop into the valley and hike out by Lost Pond. Trails # 7, 8, 25, 11, and 1. Moderate 3-mile moderate hike led by Volunteer Naturalist Nancy. Dress in layers and bring water. Have foot traction, depending on conditions.

### Friday, March 27th

#### Hike: Elk Meadow to Murphy's Cut

**8:30 am** Meet at Elk Meadow Trailhead

Enjoy a favorite trail through forest and meadow on gentle hills. Visit the site of the old railroad bed called Murphy's Cut. Watch for signs of wildlife! Led by Volunteer Naturalist Cindi. 4-mile hike. Dress for the weather and bring water and snacks.

### Saturday, March 28th

#### Hike: Osborn Cabin

**9:30 am** Meet at Camper Services parking area

This park is riddled with old homestead cabins. Hike out to the Osborn cabin and imagine living there many years ago. Join Naturalist Penny on this 3.5-mile moderate trail. Poles and traction recommended. Bring plenty of water and dress in layers.

### 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.