

Mueller State Park Programs



January 2021

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!

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. Snow shoes are recommended with deep snow. Skiing and sledding are popular also! Check the website or call for conditions: **719-687-2366** cpw.state.co.us/placestogo/parks/Mueller

Friday, January 1st

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! **Bring water, snacks, and dress for snow!**

Hike: Elk Meadow

9:00 a.m. Meet at Elk Meadow Trailhead
Enjoy a hike through forest and meadow on gentle hills. Watch for signs of wildlife and tracks with Volunteer Naturalist Rose. 2-mile, moderate hike. Dress for the weather!

Hike: Preacher's Hollow

9:30 a.m. Meet at the Preacher's Hollow Trailhead
Explore nature in winter on a 2-mile hike through the woods with Volunteer Naturalist Penny.

Forest Bathing Walk to Welcome 2021

11:00 a.m.-1:30 p.m. Meet at Outlook Ridge Trailhead
Enjoy a fresh, new start to the year by immersing yourself in the joy and wonder of the natural world through the relaxing practice of Forest Bathing (from the Japanese, "shinrin-yoku"). Join Forest Therapy Guide Jane for this slow wander with simple invitations for activities to quiet the mind, awaken the senses and connect closely with nature and others. We'll close our time together with a safe "no contact" sharing of tea from local plants. Bring sit pad/stool if you have one, water, snacks & dress for the weather: snow boots, waterproof pants (there will be some sitting) Please wear facemask until we are safely distanced on the trail. Ages 12 and up. Maximum 6. Must pre-register with the Visitors Center.



Sunday, January 10

Snowshoe Info Session

11:00 a.m. Outlook Ridge, meet at picnic tables
Want to try snowshoeing before purchasing? Mueller has 6 sets to lend out on a FCFS basis. Call Visitor Center. (719) 687-2366 x 0 to reserve a pair and a spot for this info session. Volunteer Naturalists, Joe & Felicia will help you get them on and can answer your questions about purchasing. Please wear waterproof warm winter boots. Dress warm and bring water. At 11:30 am, join us on a beginner's snowshoe (read below).

Snowshoe Hike 1 of 3

11:30 a.m. Meet at Outlook Ridge picnic tables
Do you want to break in your new snowshoes? Join Volunteer Naturalists Felicia and Joe 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. 2.5-miles (Raven's Ridge) Bring water and a snack. If you still have energy after the snowshoe, Mueller is a great place to sled. Mark your calendar for January 24 & February 7 for hike 2 and 3 of this snowshoe series.

Friday, January 15

Hike: Cahill Cabin and Pond

8:30 a.m. Meet at Camper Services parking area
Visit the historic Cahill Cabin and learn about that family's story making a living on this land! 4-mile hike through the campground to Grouse Mountain trailhead, then to Cahill. Led by Volunteer Naturalist Cindi.



**All hikes and programs limited
Up to 10 people. Sign up at the
Visitor Center 719-687-2366
Distancing and masks required.**

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Saturday, January 16

Hike: Elk Meadow to Murphy's Cut

8:30 a.m. 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.

Animal Antifreeze

2:00 p.m. Meet on the Visitor Center patio
Discover how animals survive all winter outside!
Led by Volunteer Naturalist Rusty.



Friday, January 22

Hike: Outlook Ridge with 3 Overlooks

8:30 a.m. Meet at Outlook Ridge Trailhead
Outlook Ridge trail goes through the woods and out to 3 overlooks to great views of the valleys in the foreground and the Continental Divide in the distance. Led by Volunteer Naturalist Cindi. 4-mile, moderate hike.

Sunday, January 24

Snowshoe Hike 2 of 3

11:00 a.m. Meet at Elk Meadow Trailhead
Do you want to put some more miles on your snowshoes? Join Volunteer Naturalist Joe with a quick warm up then get on the trail. We will discuss snow traps and how to avoid them. 2.5-miles. This is the second snowshoe hike in the series of three where the distance will increase with each hike. Don't forget to bring water, a power snack and a lunch. If you still have energy after the snowshoe, Mueller is a great place to sled. Mark your calendar for February 7 for the final in the series of 3 snowshoe hikes. Don't have snowshoes? Why not reserve a set from the Visitor's Center by calling (719) 687-2366 x 0.

Sunday, January 24

Wildernessing Earth

11:00 a.m. Meet at Wapiti Trailhead
Join Volunteer Naturalist Felicia on a Wildernessing adventure around the element of Earth. In compassion, we recognize the suffering of others, then take action to help. How can we show compassion for ourselves? What can nature teach us about compassion? Join me on this trail of beauty to cultivate compassion in our lives. 1-mile. Please wear a mask, bring something to sit on, dress warm, bring snacks/lunch, water, a journal and pen. Limited to 6 adventurers, ages 16 & up. Sign up at the Visitor Center. (719) 687-2366 x 0.

Wednesday, January 27

Hike: Osborn Homestead Loop

8:30 a.m. Meet at Camper Services parking area
Explore the Osborn homestead and imagine living off the land here. 3-mile hike with Volunteer Naturalist Cindi.



Friday, January 29

Hike: Outlook Ridge to Lost Pond

8:30 a.m. Meet at Outlook Ridge Trailhead
Explore forest and valleys visiting Lost Pond and Outlook Ridge. 3-mile hike led by Volunteer Naturalist Cindi. Rating is moderate to difficult due to some steep hills. Be sure to be prepared for winter hiking. Bring lots of water, dress in layers. Poles and spikes are very useful for these hikes.

Saturday, January 30

Animal Antifreeze

2:00 p.m. Meet on the Visitor Center patio
Discover how animals survive all winter outside! Led by Volunteer Naturalist Rusty.



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