

# Mueller State Park Programs



**April 2021**

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

## **WINTER/SPRING TRAIL CONDITIONS**

Trail conditions in spring can be dry or have 2 feet of snow! Check for current conditions on our website [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.

**All hikes and programs limited  
Up to 15 people. Sign up at the  
Visitor Center 719-687-2366  
Distancing and masks required.**

**Friday, April 2**

**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 the Cahill homestead. Led by Volunteer Naturalist Cindi.

**Friday, April 9**

**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 a snack.

**Saturday, April 10**

**Hike: Revenuer's Ridge Trail**

**9:15 a.m.** Meet at Outlook Ridge Trailhead  
This is a pleasant, relatively easy single-track route through the woods with interesting rock formations along the way. RT approx. 3.5 miles. Led by Volunteer Naturalist Nancy.

**Hug a Tree - Winter Survival - for Kids and Families**

**2:00 p.m.** Meet at the Visitor Center  
Wilderness survival practices and techniques for kids to succeed in the great outdoors, through hands-on instruction from Volunteer Naturalist Rusty.

**Sunday, April 11**

**Forest Bathing Walk to Welcome Spring!**

**12:00-2:30 p.m.** Meet at Outlook Ridge Trailhead  
Immerse in the joy and wonder of early spring through the wellness practice of Forest Bathing (from the Japanese, shinrin-yoku). Join Nature and Forest Therapy Guide Jane for this mindful, wander with simple "invitations" for activities to quiet your mind, awaken your senses and connect closely with yourself, nature and others. We will close our time with a "no contact" forest tea ceremony. Bring a sit pad or stool, water, snacks or lunch and small backpack. Masks required until we are distanced on the trail. Dress for the weather. Ages 14 and up. Limited to 8, sign up at the Visitor Center (719)687-2366.

**Friday, April 16**

**Hike: Osborn Homestead Loop**

**8:30 a.m.** Meet at Camper Services parking area  
Hike to the historic Osborn cabin and see the valley where they lived, farmed and raised livestock! Led by Volunteer Naturalist Cindi. 3-mile, moderate hike. Bring water and dress in layers!

**Dark Sky Hike**

**7:45 p.m.** Meet at Outlook Ridge Trailhead  
Easy one mile round trip. Learn about fun facts about the night sky; identify the North Star and constellations. Dress for cool weather. Bring headlamp and ice walkers. Led by Volunteer Naturalist Jim.

**Saturday, April 17**

**Walk: Bird Walk**

**8:30 a.m.** Meet at Elk Meadow Trailhead  
Its spring and birds are on the move! Come see what birds have recently arrived from their wintering grounds. Join Volunteer Naturalist Craig on this 1.5-mile walk.

**Hike: Black Bear Trail**

**9:15 a.m.** Meet at Camper Services parking area  
Join Volunteer Naturalist Nancy on this 3.5-mile loop hike including trails 12 and 13. Be prepared for all trail conditions!



**Wednesday, April 21**

**Wildernessing - Cultivating Compassion**

**Celebrate Earth Day**

**10:00 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, and then take action to help. How can we show compassion for ourselves? What can nature teach us about compassion? Join in on this trail of beauty to cultivate compassion in our lives. Please wear a mask, bring something to sit on, dress for the weather, bring snacks, water, a journal and pen. 1-mile walk. Limited to 10 adventurers, ages 16 & up. Sign up at the Visitor Center. (719)687-2366 ext. 0.

**Friday, April 23**

**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 then to Cahill. Led by Volunteer Naturalist Cindi.

**Saturday, April 24 8:30 a.m.** Meet at Elk Meadow Trailhead

Its spring and birds are on the move! Come see what birds have recently arrived from their wintering grounds. Join Volunteer Naturalist Craig on this 1.5-mile walk.

**Hike: School Pond and Stoner Mill**

**9:15 a.m.** Meet at the Visitor Center parking area

About 3.5 miles of gentle hills through forest and meadow. Be prepared for winter and bring lots of water. Micro spikes, poles or snowshoes may be helpful, depending on conditions. Led by Volunteer Naturalist Nancy.

**Nature Crafts**

**2:00 p.m.** Meet at the Visitor Center

Bring your creativity to life using supplies provided by Mother Nature herself. Led by Volunteer Naturalist Rusty. Fun for all ages.

**Monday, April 26**

**Full Moon Hike**

**7:30 p.m.** Meet at Outlook Ridge Trailhead

Dress for cool weather. Bring headlamp and ice walkers. Easy one mile round trip. Learn fun facts about the moon and stars.

