

# Mueller State Park Programs



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

**April Park Updates:** The winter storm in March brought even more snow to the park-not surprising! April tends to have warmer night temperatures which can lead to snow melt and muddy trails. At the same time more snow is also a possibility. Continue to come prepared for all weather and trail conditions.

**Saturday, April 6: Tree ID on Wapiti**

**Meet at Wapiti Trailhead 12:45 p.m. - 1:45 p.m.**

Join us in exploring our Wapiti Trail. This is a moderate, 0.8 mile hike that meanders through forests and meadows with some great views. Along the trail we will investigate a variety of common tree species at the park and learn easy ways to tell which is which. We will also take a quick look at the Seek App by iNaturalist, which you can download and use on your own for plant and animal identification.

**Hug A Tree**

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

Learn the basics of surviving outside in this active program! All participants will go home with a feeling of accomplishment and their own survival items. Best for ages 3+.

**Sunday, April 14: Nature Journaling for Adults**

**Meet at the Visitor Center 1 p.m. - 2:30 p.m.**

Learn about a systematic yet creative approach to nature journaling. Discover that by observing and documenting natural objects, you become more alert and aware. In return, you possibly gain a deeper understanding of yourself. The theme this month is "Spring Awakening". Please come with your own journal/notebook and writing utensil. Along with gloves you can write in depending on the weather.

**Saturday, April 20: Nature Crafts**

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

Explore your creative side using elements from nature to make pieces of art! We hope to be outside for this, but have an inside back up location in case the weather doesn't cooperate.

**April 22-29: National Volunteer Week**

Show your appreciation this month to all of the volunteers you know, including the amazing volunteer team at Mueller! Participate in a program, stop by the Visitor Center, or comment on the Facebook page to pass along a note of thanks.

**Tuesday, April 23: Nature Journaling for Adults  
Meet at the Visitor Center 1 p.m. - 2:30 p.m.**

Learn about a systematic yet creative approach to nature journaling. Discover that by observing and documenting natural objects, you become more alert and aware. In return, you possibly gain a deeper understanding of yourself. The theme this month is "Spring Awakening". Please come with your own journal/notebook and writing utensil. Along with gloves you can write in depending on the weather.

**Saturday, April 27: Next Generation of Volunteers  
Meet at Visitor Center 12 p.m. - 3 p.m.**

This event is specifically for teens. Kids ages 13-17 can sign up to learn about volunteering at Mueller, hike to our bluebird nesting boxes and prepare them for the season, and chat about what other volunteer opportunities would excite them. This is a chance for teens to get a feel for the park and help us create a volunteer program specifically for them! Registration is required. For more info contact Anna Miller at 719-687-2366 ex 107.

**Forest Bathing Walk**

**Meet at Visitor Center 1 p.m. - 4 p.m.**

Unwind & immerse in nature's beauty through the relaxing practice of Forest Bathing/*shinrin yoku*, rooted in Japan. Join Forest Therapy Guide Jane for this 1 mile wander to quiet the busy mind, open the senses & enjoy connecting closely with the land, ending with tea brewed from local plants. Min. age 12 recommended. Dress for the weather, bring water & backpack for hands-free. Registration requested by calling the Visitor Center at 719-687-2366 ex 0.