

# Mueller State Park Programs



**October 2020**

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

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

**Thursday, October 1st**

**Fall Challenge Hike:**

**Rock/Brook Pond – 6.60 miles**

8:00 AM Meet at the Visitor Center  
Hike all the trails at Mueller in 4 weeks and 12 sessions – complete over 60 miles and receive a prize to commemorate your achievement! These hikes are moderate to difficult. Please bring 2 liters of water, snacks, rain gear and layers. Ask at the Visitor Center for more details.

**Hike: Lost Pond**

8:30 AM Meet at Lost Pond TH  
Explore pond life, including salamanders and snails! Join Naturalist Pam on this 2-mile moderate hike.

**Friday, October 2nd**

**Hike: Cahill Loop**

8:30 AM Meet at Grouse Mt. TH  
Join Naturalist Pam to learn about the interesting history of the Cahill family on a 3-mile hike. A fall color favorite!

**Hike: Dynamite Cabin**

10:00 AM Meet at Grouse Mt. TH  
Visit an old cabin site in the woods and imagine who lived there! Join Naturalist Cassie on this moderate 2-mile hike.

**Hug a Tree to Survive - for Kids**

2:00 PM Meet at Camper Services  
Wilderness survival practices and techniques for kids to succeed in the great outdoors, hands-on instruction from Volunteer Rusty.

**Saturday, October 3rd**

**Fall Challenge Hike:**

**Homesteads – 6.65 miles**

8:00 AM Meet at Homestead TH  
See October 1st.

**Patio Talk: Horns and Antlers**

2:00 PM At the Visitor Center  
What is the difference between antlers and horns? Learn about deer, elk, moose and sheep! Led by Naturalist Pam.

**Hike: Elk Bugling**

5:30 PM Meet at Grouse MT TH  
Every fall, bull elk seek out and compete for females. Visitors 10 and up can witness this amazing yearly event with Naturalist Pam. This is a strenuous 3-mile round trip hike, returning after dark. Bring flashlights, binoculars, rain gear and wear layers. **Must sign up at the Visitor Center via walk-in or by calling (719) 687-2366.**

**Sunday, October 4th**

**Hike: Peak View**

8:30 AM Meet at Elk Meadow TH  
Explore bird and pond life with Naturalist Pam on this easy 1.5-mile hike.

**Aspen Patio Talk**

2:00 PM Meet at the Visitor Center  
Why do aspens change color? Learn interesting facts about Mueller's most colorful tree. Led by Naturalist Pam!

**Tuesday, October 6th**

**Fall Challenge Hike:**

**Nobel Cabin/Beaver Ponds – 9.0 miles**

8:00 AM Meet at Blackbear TH  
See October 1st.

**Wednesday, October 7th**

**Hike: Brook/Rock Pond**

8:30 AM Meet at the Visitor Center  
Visit these backcountry ponds to learn about nature's engineer! Join Naturalist Pam on this moderate 5-mile hike.

**Thursday, October 8th**

**Fall Challenge Hike:**

**Grouse Mountain/Dynamite – 4.5 miles**

8:00 AM Meet at Grouse Mtn. TH  
See October 1st.

**Hike: Osborn Cabin Loop**

8:30 AM Meet at Black Bear TH  
Join Naturalist Pam on this moderate 3-mile hike. Imagine what it was like to homestead here and learn of Mueller's early residents.

**Friday, October 9th**

**Hike: Dynamite Cabin**

8:30 AM Meet at Grouse Mt. TH  
Visit an old cabin site in the woods and imagine who lived there! Join Naturalist Pam on this easy 2-mile hike.

**Hike: Cahill Loop**

10:00 AM Meet at Grouse Mt. TH  
Join Naturalist Cassie to learn about the interesting history of the Cahill family on a 3-mile, moderate hike. Best for fall colors!

**Tracking and Trailing**

2:00 PM Meet at Camper Services  
Learn about tracks and tracking animals and humans! Learn follow TRAIL SIGNS; paint an animal track to take home! 6 & up



# Mueller State Park Programs



**October 2020**

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

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

**Saturday, October 10th**

**Fall Challenge Hike: Last Day!**

**Dragonfly/Lost Pond – 3.0 miles**

**8:00 AM** Meet at Dragonfly TH  
Hike all the trails at Mueller in 4 weeks and 12 sessions – complete over 60 miles and receive a prize to commemorate your achievement! These hikes are moderate to difficult. Please bring 2 liters of water, snacks, rain gear and layers. Ask at the Visitor Center for more details.

**Forest Bathing Walk**

**9:30 AM-12:30 PM** Meet at the Visitor Center patio - -Immerse yourself in the joy & wonder of nature through the wellness practice of Forest Bathing (from the Japanese, shinrin-yoku). Join Nature & Forest Therapy Guide Jane for this mindful, slow wander with simple “invitations” for activities to quiet your mind, awaken your senses and connect closely with yourself, nature and others. We’ll close with a safe, “no contact” tea ceremony using local plants. Bring a sit pad or stool if you have one, water, snacks or lunch & small backpack. Dress for the weather. Ages 14 and up welcome. Limited to 8 people, sign up at the Visitor Center (719)687-2366.

**Patio Talk: Elk**

**2:00 PM** Meet at Visitor Center  
Find out about these fascinating and elusive animals, nicknamed the “Ghosts of the Forest”. Led by Naturalist Pam.

**Hike: Elk Bugling**

**5:30 PM** Meet at Grouse MT TH  
Every fall, bull elk seek out and compete for females. Visitors 10 and up can witness this amazing yearly event with Naturalist Pam. This is a strenuous 3-mile round trip hike, returning after dark. Bring flashlights, binoculars, rain gear and wear layers. **Must sign up at the Visitor Center via walk-in or by calling (719) 687-2366.**

**Sunday, October 11th**

**Hike: School Pond**

**8:30 AM** Meet at School Pond TH  
Learn about a unique ecosystem – wetlands! Led by Naturalist Pam, 2-mile hike.

**Patio Talk: Owls**

**2:00 PM** Meet at the Visitor Center  
Owls have many unique characteristics that enable them to be silent, effective hunters! Discover - with Naturalist Pam.

**Wednesday, October 14th**

**Hike: Peak View**

**8:30 AM** Meet at Elk Meadow TH  
Explore bird and pond life with Naturalist Pam on this easy 1.5-mile hike.

**Thursday, October 15th**

**Hike: Cahill Loop**

**8:30 AM** Meet at Grouse Mt. TH  
A favorite trail year-round especially for fall colors and great views of Pikes Peak. Join Naturalist Pam on a 3-mile hike.

**Friday, October 16th**

**Hike: Elk Meadow, Murphy’s Cut**

**8:30 AM** Meet at Elk Meadow TH  
Join Volunteer Cindi on this 4-mile hike through the meadows and forest to the site of a historic railroad!

**Hike: Stoner Mill Trail**

**10:00 AM** Meet at School Pond TH  
Explore the woods and wildlife in fall with Naturalist Cassie. 2-mile, moderate hike.

**Saturday, October 17th**

**Knots and Lashing**

**2:00 PM** Meet at Visitor Center  
Learn the camp skill of tying knots and lashing! Fun, interactive and practical! What can you build with sticks and rope? Led by Volunteer Rusty.

**Wednesday, October 21st**

**Hike: Homestead Trail**

**9:00 AM** Meet at Homestead TH  
Explore the forest and animals getting ready for winter. 2-mile hike led by Naturalist Linda.

**Friday, October 23rd**

**Hike: Outlook Ridge**

**8:30 AM** Meet at Outlook Ridge TH  
Hike with Volunteer Cindi to see Geer Pond and unusual Bacon Rock. Moderate 4-miles.

**Hike: Cahill Loop**

**8:30 AM** Meet at Grouse Mt. TH  
A favorite trail and colorful history of the Cahill family on a 3-mile, moderate hike. Led by Naturalist Cassie.

**Saturday, October 24th**

**Nature Crafts**

**2:00 PM** Meet at Visitor Center  
Bring your creativity to life using supplies provided by Mother Nature herself, hands-on instruction by Volunteer Rusty.

**Friday, October 30th**

**Hike: Elk Meadow, Murphy’s Cut**

**8:30 AM** Meet at Elk Meadow TH  
Join Volunteer Cindi on this 4-mile hike through the meadows and forest to the site of a historic railroad!

**Hike: Preacher’s Hollow**

**8:30 AM** Meet at Preacher’s Hollow TH  
Explore the forest as it changes from summer winter! 2-mile, moderate hike led by Naturalist Cassie.