

# CMSP Naturalist Programs & More

Visitor Center hours 9am-4pm Monday-Sunday

## Ongoing Opportunities

Try our Trail Challenge or 100 mile Challenge any day of the week. Drop by the Visitor Center to learn how to earn your patch or coin!

-OR-

Get fit with yoga every Monday & Wednesday at 9:40 and Saturday at 9:05am at the Visitor Center.

### Friday, October 4

**Program:** Senses Hike

**Time:** 7:00 pm – 8:00 pm

**Location:** Camper Services

**Details:** How do your senses stack up against those of our park's wildlife? Find out by joining us for a moderately easy hike that will test your senses. This program is fun for all ages. Red cellophane will be provided by the Naturalist for anyone who brings a flashlight. Children must be accompanied by an adult.

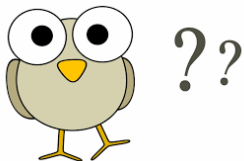
### Sunday, October 6

**Program:** Birding 101

**Time:** 11:00 am – 12:00 pm

**Location:** Visitor Center

**Details:** Are you interested in learning how to bird, but aren't sure how to start? Join the Naturalist at the Cheyenne Mountain State Park Visitor Center to learn the basics of birding! You will have the chance to practice your birding skills on an easy 0.5 mile hike on the Coyote Run trail. This program will be an hour long. Hiking shoes are recommended. Binoculars will be supplied if you do not already own a pair.



### Friday, October 11

**Program:** Sounds of the Night Hike

**Time:** 7:00 pm – 8:00 pm

**Location:** Camper Services

**Details:** Meet the Naturalist at Camper Services for a short hike to learn about the animals that thrive at night. Upon occasion those animals will make sounds that may be unfamiliar to your ears. We will discuss those sounds and learn what they mean. This program is intended for ages 7 and up.

### Sunday, October 13

**Program:** Adventure Hike on Blackmer & Cougar's Shadow

**Time:** 10:00 am – 12:30 pm

**Location:** Camper Services

**Details:** Have you ever been out hiking and had questions about what you are finding along the way? Now is your chance to get your answers! Meet the Naturalist at Camper Services to begin the 4.0 mile hike. The hike is recommended for ages 12 and up. Closed toed shoes required.

### Saturday, October 19

**Program:** Beginner's Archery Class

**Time:** 9:00 am to 10:30 am

**Location:** Archery Range

**Details:** Learn to shoot like a pro! One on one instruction will help students learn how to shoot or polish up on skills you already have. All equipment is provided. Ages 8 and up. Space is limited, so call the Visitor Center at 719-576-2016 to save your spot!

### Sunday, October 20

**Program:** Jr Ranger Ecosystems Hike

**Time:** 10:00 am – 12:00 pm

**Location:** Visitor Center

**Details:** Do you love outdoor activities and think you have what it takes to be a Junior Park Ranger? Meet the Naturalist at the Visitor Center for a lesson in Colorado's ecosystems. This Ecosystem Hike will be covering the montane forest found in the park. The Junior Ranger Handbook will be provided at the class thanks to the Friends of Cheyenne Mountain State Park. This program is recommended for ages 7-12. The hike will be approximately 2.5 miles. Bringing a snack and water is recommended. We will be stopping for a break midway through the hike.

### Friday, October 25

**Program:** Pooch Patrol

**Time:** 10:00 am – 12:00 pm

**Location:** Camper Services

**Details:** Join the Naturalist at Camper Services for a meet and greet for well-socialized pups! We'll take a .5 mile hike to learn how our domestic K-9 companions relate to the wild animals that call Cheyenne Mountain State Park home! Dogs must be kept on a 6' or shorter leash. After this hike your pooch will get a Bark Ranger bandana. Reservations Required. Please call 719-576-2016 to save your spot!



All participants must have a valid park pass.

# CMSP Naturalist Programs & More

Visitor Center hours 9am-4pm Monday-Sunday

## Ongoing Opportunities

Try our Trail Challenge or 100 mile Challenge any day of the week. Drop by the Visitor Center to learn how to earn your patch or coin!

-OR-

Get fit with yoga every Monday & Wednesday at 9:40 and Saturday at 9:05am at the Visitor Center.

### Saturday, October 26

**Program:** Adventure Hike on

Blackmer and Cougar's Shadow

**Time:** 10:00 am – 12:30 pm

**Location:** Camper Services

**Details:** Have you ever been out hiking and had questions about what you are finding along the way? Now is your chance to get your answers! Meet the Naturalist at Camper Services to begin the 4.0 mile hike. The hike is recommended for ages 12 and up.



**Program:** Archery Pumpkin Shoot

**Time:** 10:00 am to 11:00 am (Session 1)

**Location:** Archery Range

**Details:** We are swapping out our regular targets for pumpkins! Join our instructors to polish up your skills or just to come by and take aim at our festive targets. All equipment is provided. Ages 8 and up. Space is limited, so call the Visitor Center at 719-576-2016 to save your spot!

**Program:** Archery Pumpkin Shoot

**Time:** 11:15 am to 12:15 pm (Session 2)

**Location:** Archery Range

**Details:** We are swapping out our regular targets for pumpkins! Join our instructors to polish up your skills or just to come by and take aim at our festive targets. All equipment is provided. Ages 8 and up. Space is limited, so call the Visitor Center at 719-576-2016 to save your spot!

**Program:** Archery Pumpkin Shoot

**Time:** 12:30 pm to 1:30 pm (Session 3)

**Location:** Archery Range

**Details:** We are swapping out our regular targets for pumpkins! Join our instructors to polish up your skills or just to come by and take aim at our festive targets. All equipment is provided. Ages 8 and up. Space is limited, so call the Visitor Center at 719-576-2016 to save your spot!

### Saturday, October 26

**Program:** Wonders of the

Universe

**Time:** 7:00 pm — 9:00 pm

**Location:** Prairie Falcon Amphitheater

**Details:** The universe is full of wonders, so join the Naturalist at the park's Amphitheater for discussions of solar system and deep space objects with an opportunity to observe them through a telescope. This program is recommended for all ages; children must be accompanied by an adult. This is a "weather permitting" program and may be cancelled in the event of cloudy skies or inclement weather. Dress warmly! The program is limited to 15 guests so reservations are required. Please call 719-576-2016 to secure your spot!



All participants must have a valid park pass.