# COLORADO PARKS & WILDLIFE Mueller State Park Programs

Always hike with a map, water, and weather protection

**April Park Updates:** Due to the huge drifts created by the March snow storm, we will no longer be grooming trails for the rest of the season. 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! I 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 \*This event has been rescheduled, spots are still available, date TBD.

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.

at 719-687-2366 ex 0.

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

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May Park Updates: All of the campgrounds will be open at the park on May 11. Looking for other fun things to do nearby? CPW is hosting Get Outdoors Day on Saturday, June 1 at Memorial Park in Colorado Springs. We're also prepping for Outdoor Skills Day at Mueller on Saturday, June 29. This is a fun day for people of all ages to enjoy and learn about target shooting, archery, fishing, geocaching, camping and more!

### Friday, May 3: Star Party Visitor Center Parking Lot 8:30-10:30 p.m.

The Colorado Springs Astronomical Society will have several telescopes set up outside of the Visitor's Center for everyone to view the stars and planets of the night sky.

# Saturday, May 4: Morning Bird Walk Meet at Elk Meadow Trailhead 8:30 a.m.

Migrating birds are returning, while some have overwintered at Mueller, still others are passing through to summer breeding grounds further north. Come see and hear these along with a general nature hike. 1.5 mile slow-paced walk. Led by volunteer naturalist Michael along with Special Guest Joe LaFleur (local birding expert). You will be provided with some additional hints on bird identification.

### Sunday, May 5: Junior Rangers in the Forest Meet in front of the VC 1-2 p.m.

Ever wanted to learn more about the forest and critters at Mueller State Park? Mueller has lots of wildlife and wildlands to see. We will learn about the basics of Mueller State Park's wilderness and wildlife and complete the requirements to become a Junior Ranger! Children and their grown ups should attend together.

# Friday, May 10: Skins & Skulls Meet at the Visitor Center 10 a.m.-12 p.m.

Ever wonder what it'd feel like to pet a deer, skunk, or bear? This is your chance to do it in a way that is safe for you and wildlife. Explore a variety of fur and skulls of Colorado native animals.

### Friday, May 10 cont...Hug A Tree Meet at Visitor Center 2 - 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+.

# Saturday, May 11: Archery Meet at the Livery 1-3 p.m.

Whether you're new or a pro to the sport, archery at Mueller is a great time to test your skills! All supplies are provided, simply come with your listening ears and a good attitude. All ages are welcome; foam bows are available for younger kids. Some adaptable equipment is also available-call for more details. There will be a safety briefing at 1 and 2 p.m. You must attend one of these briefings in order to participate.

# Friday, May 17: Nature Crafts

Meet at Camper Services Building 2 - 3 p.m.

Get in touch with your creative side with this fun art program using items you can find outside! All ages are welcome. Guardians, please plan to stay with your child during the program.

# Saturday, May 18: Fly Fishing Basics Meet at Dragonfly Pond 10 a.m. - 12 p.m.

Learn how to fly fish and how it's different from other styles like bait fishing, trolling, and spinning. Use your new or seasoned skills to try to catch a fish at one of Mueller's favorite ponds.



More May programs below!

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### Forest Bathing Walk

Meet at Outlook Ridge Trailhead 1 - 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.

# Tuesday, May 21: Hike Wapiti Trail Meet at the south side of the VC parking lot 9 a.m.

Come along on this 1.5 mile general nature hike. See the beginning of Spring in the high country. Learn some of the montane trees and perhaps some of the birds of early spring. 1.5 mile slow-paced hike. Led by volunteer naturalist Michael.

# Thursday, May 23: Nature Journaling for Adults Meet at the Visitor Center 1 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 "Early Summer". Please come with your own journal/notebook and writing utensil. Usually lasts 1.5-2 hours.

### Moon Hike

### Meet at Outlook Ridge Trailhead 9 p.m.

Watch the full moon rise over Pikes Peak and learn fun facts about the night sky. This is an easy one mile round trip hike. Dress for cool weather and bring a headlamp.

# Friday, May 24: Knee High Nature Meet at Camper Services Building 2 - 3 p.m. Explore the wonders of nature at your level! Best for ages 3-5.

Saturday, May 25: Fly Fishing Basics Meet at Dragonfly Pond 10 a.m. - 12 p.m.

Learn how to fly fish and how it's different from other styles like bait fishing, trolling, and spinning. Use your new or seasoned skills to try to catch a fish at one of Mueller's favorite ponds.

### Sunday, May 26: Junior Rangers by the Pond Meet at Dragonfly Pond 1-2 p.m.

Ever wanted to learn more about the aquatic critters at Mueller State Park? Mueller has lots of wildlife and wildlands to see, including wildlife in and around the ponds. We will learn about the basics of Mueller State Park's wilderness and aquatic wildlife and complete the requirements to become a Junior Ranger! Children and their grown ups should attend together. Meet at Dragonfly Pond.

### Thursday, May 30: Nature Journaling for Adults Meet at the Visitor Center 1 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 "Early Summer". Please come with your own journal/notebook and writing utensil. Usually lasts 1.5-2 hours.

### Friday, May 31: Knots & Lashing Meet at Camper Services Building 2 - 3 p.m.

Want to learn another good survival skill? Knot tying is important when building outdoor shelters, fishing, and rescuing yourself or others. Learn how to tie two commonly used knots. Everyone will create a project to take home. Best for ages 6+.

