



Cheyenne Mountain State Park is continuing the tradition of the First Day Hike!

COLORADO SPRINGS, Colo. –Cheyenne Mountain State Park is located south of Colorado Springs at 410 JL Ranch Heights Road. Take Nevada Avenue south, which becomes Colorado State Highway 115 to JL Ranch Heights Road opposite the Main Gate One entrance to Fort Carson. Turn to the west to the park entrance. Programs are free unless otherwise noted, but vehicles entering the park must have a \$7 daily or \$70 annual State Parks pass. For more information, call 719-576-2016.

January Programs 2017

Sunday, January 1

Program: 1st Day Hike

Time: 10:00 a.m.

Location: Cheyenne Mountain State Park Limekiln Trailhead Parking Lot

Details: Celebrate the arrival of a new year and get a head start on your fitness goals by participating in our First Day Hikes at Cheyenne Mountain State Park. Join park staff and volunteers on one of three different guided hikes varying in length. Choose from a one, three or five mile hike. There will be lots of free give-aways and after the hike join us by the fire for some free hot cocoa and cookies. Hike is for all ages but children need to be accompanied by an adult. Dress for the weather and don't forget to bring water. No need to RSVP, just show up ready for a good time.

The hike is free but a valid parks pass is required on all vehicles entering the park.

Information: 719-576-2016, www.cpw.state.co.us

Saturday/Sunday, January 21/January 22

Program: Bears

Time: 1:00 p.m.

Location: Cheyenne Mountain State Park Visitor Center

Details: Two opportunities for a great winter program. Join us to learn everything you need to know about how bears survive through the winter. We will start the program with a short talk about bears and where they go in the winter, followed by a "hibernation" story. After that we will bundle up for a short hike to a simulated bear den, where we will discover even more about bears and how they live. To end the program we will decorate and eat bear cupcakes, back at The Visitor Center. Program is geared toward 3-6 year olds but children of all ages are welcome. Parent/guardian must accompany all children throughout the program. Registration is required. Please call 719-576-2016 or stop by the visitor center to sign up.

The program is free but a valid parks pass is required on all vehicles entering the park.

Information: 719-576-2016, www.cpw.state.co.us

Ongoing 2017 Programs

Program: CMSP Trail Challenge and 100 Mile Trail Challenge

Time: Ongoing! Begins Jan. 1st, 2017

Location: Cheyenne Mountain State Park Trail System

Details: Want to challenge yourself this year? The goal of the Cheyenne Mountain State Park Trail Challenge is to complete ALL 18 of the existing trails for a total of 21.87 miles. Not enough of a challenge for you?? The 100 Mile Trail Challenge goal is to log 100 miles of trail within the park. This challenge will kick off with the First Day Hikes. A quick sign up is necessary and sign up sheets will be available at the visitor center anytime after Jan 1st. All miles must be logged and checked off by staff. Completion of the Trail Challenge will earn a special patch and the 100 Mile completers will earn a CMSP Challenge Coin.

The challenge is free but a valid parks pass is required on all vehicles entering the park.

Information: 719-576-2016, www.cpw.state.co.us

Every Monday, Wednesday, and Saturday

Program: Yoga in the Park

Time: 9:00 a.m.

Location: Visitor Center Meeting Room

Details: What better setting for a morning workout than Cheyenne Mountain State Park! Join certified instructor Sudhanshu Semwal for Sankalp Yoga every Monday, Wednesday, and Saturday. Beginners are welcome. Dates, times, and locations are subject to change. Call 719-576-2016 to confirm classes or sign up for the weekly email reminder.

Donations are appreciated and a valid parks pass is required on all vehicles entering the park.

Information: 719-576-2016, www.cpw.state.co.us