



## Cheyenne Mountain State Park

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.

### **First Day Hike** January 1<sup>st</sup>



## January 2018 Programs

**Monday, January 1<sup>st</sup>**

**Program:** First Day Hike

**Time:** 10:00 A.M.

**Location:** Cheyenne Mountain State Park Limekiln Trailhead

**Details:** Come enjoy the first day of 2018 with this nationwide First Day Hike event! Join us at Cheyenne Mountain State Park for 3 different guided First Day Hikes to choose from - Zook Loop/1-mile, Sundance/3-miles, and Blackmer/5-miles. All three hikes start at 10:00AM from Limekiln Trailhead. Special giveaway items will be available while supplies last. Dress appropriate for the weather and bring water. Free hot chocolate available at Visitor Center after the hikes. This annual event has proven fun for all ages and in any conditions! No registration is required. Pets are not allowed on any of these trails.

A valid parks pass is required on all vehicles entering the park (Daily \$7, Annual \$70).

**Information:** 719-576-2016, [www.cpw.state.co.us](http://www.cpw.state.co.us)

## Ongoing Programs

**Programs:** CMSP Trail Challenge and 100 Mile Trail Challenge

**Time:** Ongoing!

**Location:** Cheyenne Mountain State Park Trail System

**Details:** After receiving such a popular response from our 2017 participants, the Trail Challenge will continue into 2018! Join the 500+ participants who have already accepted our challenge! 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 is a go-at-your-own-pace kind of challenge. A quick sign up is necessary and sign-up sheets will be available at the visitor center during business hours. 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 (Daily \$7, Annual \$70).

**Information:** 719-576-2016, [www.cpw.state.co.us](http://www.cpw.state.co.us)

**Every Monday, Wednesday, and Saturday**

**Program:** Yoga in the Park

**Time:** 9:05 a.m. – 10:15 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](http://www.cpw.state.co.us)