



Disc golf crowd has new reason to visit Cheyenne Mountain State Park

COLORADO SPRINGS, Colo. – Looking for a new way to shake off the winter blues? Visit Cheyenne Mountain State Park and bring your favorite flying disc.

You can try out your roller, tomahawk and hyzer throws on our newly installed 9-hole disc golf course in the Meadows Campground loop. It's a fun, short course but still challenging. If you are new to disc golf, it's played with plastic flying discs. Players use a variety of throwing motions to avoid obstacles and hit elevated targets, usually steel baskets suspended from chains.

If you want a more traditional park experience, lace up your hiking boots and take a guided hike as we search for signs of wildlife and spring. Each Saturday in March offers a different twist on a different trail.

While you are at the park, sign up for our ongoing trail challenge to start earning stamps towards a free patch. Hike or bike enough to rack up 100 miles and you'll earn a free Challenge coin.

If you like archery, then you'll love this news: the annual Field/3D archery permit is valid for 12 months from the time of purchase. This permit is required for anyone 17 years of age and older that use the Field/3D archery range. The permit is \$3 per day or \$30 for an annual pass. A valid vehicle pass is also required for use of the static and field ranges.

Here is a list of the programs scheduled in March:

March Programs 2019

Saturday, March 16

Program: Signs of Wildlife

Time: 11:00 am

Location: Limekiln Trailhead

Details: Tracks, fur, scat, oh my! Join our naturalist for a 1 mile moderately easy hike on the Zook Loop. You will be sleuthing for signs of the native wildlife found in the park. Animal sightings possible! The hike is recommended for ages 7 and up. Please dress for the weather.

Saturday, March 23

Program: Signs of Spring

Time: 10:00 a.m.

Location: Limekiln Trailhead

Details: Spring is here, which means our natural landscape is transforming! Join the Naturalist for a moderately easy 1 mile hike to see how the park is gradually changing. We will keep our eyes peeled for different wildlife and plants. Please dress for the weather.

Saturday, March 30

Program: Nature's Camo

Time: 11:00 am

Location: Camper Services

Details: Hunters are not the only ones that get to wear camo! Learn how wildlife uses their own camouflage to survive. Meet the Naturalist at Camper Services for an easy 1 mile hike on Raccoon Ridge. We will be playing a game that will stump even the savviest sleuth. Please dress for the weather.

Ongoing Programs

Programs: CMSP Trail Challenge and 100 Mile Trail Challenge

Time: Ongoing! Begins Jan. 1st, 2019 – Ends Dec. 31st, 2019

Location: Trail System

Details: Join the 800+ participants who have already accepted our challenge! The goal of the 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.

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.

Cheyenne Mountain State Park is located at 410 JL Ranch Heights Road, south of Colorado Springs, off of Colorado Highway 115. From the city, take Nevada Avenue south, which becomes Colorado State

Highway 115 to JL Ranch Heights Road opposite the Main Gate One entrance to Fort Carson. Programs are free unless otherwise noted, but vehicles entering the park must have a valid State Parks Pass (\$8 daily or \$80 annual).

For more information, call 719-576-2016 or visit,
<http://cpw.state.co.us/placetogo/Parks/CheyenneMountain/>

Follow us on Facebook and Instagram for events and information.