# CMSP Naturalist Programs & More

# Visitor Center hours 9am-5pm Monday-Sunday

## **On Going 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-

Relax with the yoga instructor every Monday, Wednesday and Saturday at 9:00am at the Visitor Center.

#### Thursday, July 4

Program: 4<sup>th</sup> of July Tree Cookies **Time:** 11:00 am – 1:00 pm

Location: Limekiln Trailhead Details: Celebrate Independence Day by painting

patriotic tree cookies with the Naturalist. The program will be held at the picnic tables next the playground at Limekiln Trailhead. This program is recommended for ages 3-14.

Friday, July 5

Program: Campfire Talk: Sounds of the Night **Time**: 8:00 pm Location: Site 19 Details: Join the Naturalist around the campfire 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.

Saturday, July 6

Program: Junior Ranger Ecosystem Hike **Time**: 11:00 am

Location: Visitor Center

Details: Do you love outdoor activities and think you have what it takes to be a Junior Park Ranger? Come join the Naturalist for a lesson in Colorado's ecosystems. This Ecosystem Hike will be covering the shrublands 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 7-14. The hike will cover approximately 2 miles. Bringing a snack and water is recommended. We will be stopping for a break midway through the hike.

Sunday, July 7

Program: Skins and Skulls Touch Table **Time:** 12:00 pm – 2:00 pm Location: Camper Services Outdoor Education Office Details: Visit the Naturalist at the Camper Services Outdoor Education Office to learn about the animals that live at CMSP!

### All ages are welcome. Wednesday, July 10

Program: Hike Blackmer and Cougar's Shadow with a Naturalist Time: 8:30 am

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, Lindsey, at Camper Services to begin the 2.5 mile hike. The hike is recommended for ages 7 and up.

Saturday, July 13

Program: Wildlife Wonder

Time: 9:00 am

Location: Limkiln Trailhead

Details: Being an early riser can have its advantages to seeing wildlife. Join us bright eyed and bushy tailed at the Limekiln Trailhead to go on a moderate 1.5 mile hike. We may have the chance to see the parks resident wildlife. Hiking shoes and binoculars are advised, but not required. This program is recommended for ages 7 and up. Spots are limited, contact the Visitor Center to save your spot!

#### Saturday, July 13 Continued

Program: Beginner's Archery Class Time: 9:00 am - 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!

#### Tuesday, July 16

Program: Meet Sully the Snake **Time**: 12:00 pm – 2:00 pm



Location: Visitor Center

Details: Cheyenne Mountain State Park is celebrating World Snake Day! Join us at the Visitor Center for a chance to learn about our resident snakes. You will have a chance to meet our snake ambassador, Sully.

Program: Full Moon Photo Workshop **Time:** 7:00 pm - 9:00 pm

Location: Visitor Center Meeting Room

Details: Join Mike Pach for a full-moon photo shoot at Cheyenne Mountain State Park. We will meet at the visitor center for a brief lecture before heading into the park for a great view of the moon as it rises over the city. Bring your camera gear, tripod, water and headlamp or flashlight. The cost of this program is \$25 and is limited to 15 participants. A valid state park pass is required as well. Registration must be made through his website: https://www.meetup.com/cplg\_cos/events/261654427/

Mike Pach is an internationally known, award-winning photographer who conducts night-sky photography workshops in Colorado. He is the founder of the Colorado Photography Learning Group and the owner of 3 Peaks Photography.

#### Wednesday, July 17

Program: Wildflower Walk

**Time:** 9:00 am -- 11:00 am Location: Visitor Center

Details: Wildflower Wednesdays are going strong with all the moisture we have received! Meet the park's wildflower expert at the Visitor Center for a moderately easy hike. Learn about the wildflowers that grow in the park seasonally.

#### Friday, July 19

Program: Campfire Talk: Nocturnal Neighbors Time: 7:00 pm

Location: Site 19

Details: Join the Naturalist around the campfire to learn about the animals that are awake at night. Who are they? Why are they awake? What are they doing? Find all of the answers at the Campfire Talk! Program is intended for ages 7 and up.

#### Saturday, July 20

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.

used to make this meal will include diary, meat, and gluten. If camping, feel free to help us cut down our single use waste by bringing your own dishes and cutlery. We will have a dish cleaning station set up at the site. This program is recommended for ages 12 and up.



# **CMSP** Naturalist Programs & More

# Visitor Center hours 9am-5pm Monday-Sunday

### On Going 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-

Relax with the yoga instructor every Monday, Wednesday and Saturday at 9:00am at the Visitor Center.

Sunday, July 21

**Program:** Campfire Cookin' **Time:** 9:00 am – 10:00 am **Location:** Site 19 **Details:** Visit Site 19 to learn how to cook



on the open fire using a dutch oven! On the menu this Sunday will be breakfast potatoes, biscuits with gravy, and morning beverages. The ingredients used to make this meal will include diary, meat, and gluten. If camping, feel free to help us cut down our single use waste by bringing your own dishes and cutlery. We will have a dish cleaning station set up at the site. This program is recommended for ages 12 and up.

Wednesday, July 24

**Program**: Senior Stroll **Time**: 9:00 am

**Location**: Limekiln Trailhead

**Details**: Join the Naturalist for an easy 1 mile hike on the Zook Loop. We will be learning about the natural landscape and the wildlife that calls CMSP home. Bringing binoculars is recommended for wildlife watching. Meet the Naturalist in front of the restrooms at the Limekiln Trailhead.

Friday, July 26

**Program**: Nocturnal Hurdles **Time**: 7 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 recommended for ages 7 - 14. Children must have an adult present.

#### Saturday, July 27

Program: Beginner's Archery Class for Women

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. This session is intended for women only, ages 14 and up. Space is limited, so call the Visitor Center at 719-576-2016 to save your spot!

**Program**: Archery Practice Session **Time**: 10:30 am to 12:00 pm **Location**: Archery Range



**Details:** Phase 2! For those that have completed one of our beginner archery classes, you are welcome to come out and practice those skills you learned. One on one instruction will help students polish up on the basic skills they learned in the beginner session. 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**: Junior Ranger Ecosystem Hike **Time**: 1:00 pm

Location: Camper Services

**Details**: Do you love outdoor activities and think you have what it takes to be a Junior Park Ranger? Come join the Naturalist 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 7-14. 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.

Sunday, July 28

**Program:** Make Your Own Nature Journal **Time:** 11:00 am – 12:30 pm **Location:** Camper Services Outdoor Education Office **Details:** It can be fun writing or drawing what you see on your hikes. Stop by Camper Services to create a nature journal that can hold all of your Cheyenne Mountain memories.

Wednesday, July 31

**Program:** Wildflower Walk **Time:** 9:00 am -- 11:00 am **Location:** Visitor Center

**Details:** Wildflower Wednesdays are back! Wednesdays are back! Weet the park's wildflower expert at the Visitor Center for a moderately easy hike. Learn about the wildflowers that grow in the park seasonally.

# Look out! An event is coming your way! Adventure Day Cheyenne Mountain State Park — Saturday, Aug 3rd 9:00am-1:30pm at Limekiln Trailhead Bring family and friends for a day of fun! Activities include: Outdoor Games,.22 Rifle Shooting, Tomahawk Throwing, Archery, Birding, Wildlife Watching, Fishing, and much much more! Complete as many of the activities as you can to earn more chances at winning **RAFFLE PRIZES**! The raffle prizes will be announced promptly at 1:00pm.

All participants must have a valid park pass.