



# Northfield Mountain

RECREATION & ENVIRONMENTAL CENTER

Winter 2010/2011

Phone: (800) 859-2960

[www.firstlightpower.com/northfield](http://www.firstlightpower.com/northfield)

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## Cross Country Skiing; The Ski Center and Trails

The staff at Northfield Mountain is looking forward to another snow-filled winter. Once skiing begins, the Ski Shop and trails will be open Wednesday through Sunday from 9 a.m. to 4:30 p.m. Gift certificates are available. If we are not open for skiing please phone ahead: (800) 859-2960 for hours of operation.

**Cross country skiing and snowshoeing are the only accepted activities on Northfield Mountain property while there is snow on the trails.** Hiking, mountain biking, horseback riding and pets are not allowed during the ski season.

### Holiday Schedule:

**OPEN:** New Year's Day\*, Martin Luther King Day, Jan. 17\*, Presidents' Day, Feb. 21\*

\* If open for skiing, otherwise Center closed. Except for holiday openings, **trails are closed to ALL USERS Mondays and Tuesdays.**

**CLOSED:** Dec. 23 -25

### Hunting Seasons:

Hunting is allowed on the upper trails throughout the year. We encourage people to use the trails on Sundays during deer season, when hunting is not allowed in

Massachusetts. People using trails Monday through Saturday during the following hunting seasons should exercise special care and choose appropriately colored clothing.

Deer (shotgun)  
Nov. 29 - Dec 11

Deer (primitive firearm)  
Dec. 13 - 31



**Kim Noyes, (left), is a familiar face at Northfield Mountain.**

## Northfield's Educator Wins Award!

Kim Noyes was honored as the New England Environmental Education Alliance's (NEEEA) Educator of the Year at the organization's 44<sup>th</sup> annual conference held at the Lake Morey Inn in Fairlee, VT. Ms. Noyes was recognized as an environmental educator working in a non-formal setting. She is Northfield's School Program Environmental Education Coordinator.

Ms. Noyes is a dedicated environmental educator, having taught programs at all levels for nearly three decades. She annually provides affordable environmental education for over 3,000 pre-Kindergarten through 8<sup>th</sup> grade students in the Pioneer Valley of Massachusetts. In addition, she facilitates training for other educators through workshops such as Project

Learning Tree, Project WILD, and Project WET (Worldwide Water Education). She also trains other interpretive staff at area fish ladders, and in the past 20 years these instructors have reached an estimated 340,000 visitors. She has served on the boards of the Massachusetts Environmental Educators Society (MEES) and NEEEA.

## Cross Country Ski School



Take a lesson this winter!

Northfield Mountain's ski school is noted for its innovative and high quality ski instruction. Instruction is available for all ability levels for ages 8 and older. As a member school of PSIA (Professional Ski Instructors of America), we present skiing skills using current teaching methods in a fun, learning environment. All members of the full time teaching staff are certified PSIA instructors.

Group lessons are offered on weekends at 10:00 a.m. and 1:00 p.m. Participants must register at least one half hour before the class. Please call us in advance to ensure availability.

Private classes are available by appointment for people who desire one-on-one instruction on the topic of their choice.

### Ski Lesson Rates

(trail pass required in addition to lesson fee)

Group... \$20 .....1 ½ hours

(offered at 10:00 a.m. and 1:00 p.m. - must register 30 minutes before lesson. Please call ahead to confirm availability)

Private .... \$50 .....1 hour

(reservations must be made in advance)

We are proud to begin our 36th year with the Northfield Mountain Nordic Ski Patrol. New members are welcome!

## Ski and Snowshoe Rentals and Area Use Fees

### Ski/Snowshoe Rentals

Ski trail pass purchase required in addition to ski rental fee; snowshoe trail pass included in snowshoe rental fee; tax will be added to all rentals. Juniors are 8 to 14 and Seniors are 55 and older.

### Ski and Snowshoe Rentals

	All Day	After 1:30 p.m.
Adult/Senior .....	\$14 .....	\$12
Junior .....	\$9 .....	\$7
Skate skis .....	\$18 .....	\$16

### Combo Package

(includes trail fee, group lesson, and rentals)

Adult/Senior .....	\$42
Junior .....	\$32

### Area Use Fees

	All Day	After 1:30 p.m.
Adult.....	\$12.....	\$10
Senior.....	\$11.....	\$9
Junior.....	\$6.....	\$4

(Anyone 7 years and under, or 70 years and over, skis for free!)

### Season Passes

Adult.....	\$90
Senior & College.....	\$70
Junior.....	\$40

### National Ski Patrol

Free skiing is one of the many bonuses to joining Northfield Mountain's Nordic Ski Patrol. Members receive extensive first aid and rescue training, enjoy the camaraderie of like-minded individuals and get to ski free. We are proud to begin our 36th year! If you are interested in becoming a new member please call Tom Deam at (978) 544-5420.



Groomed trails are great to ski on.

## Winter School Programs: Environmental Education

Northfield Mountain Recreation and Environmental Center's winter programs offer unique opportunities for hands-on environmental education and recreation. Our experienced educators allow learners the opportunity to explore subjects and habitats through focused, inquiry-based programs, taking advantage of the magic of the winter season.

Please join us this winter for one of the many field trip

opportunities offered for schools and organized groups. Our goal is to provide quality learning experiences that are both educational and engaging, using the outdoors as the classroom. Please note that our fee waiver policy sets aside limited funds for individual students. Classes are offered on Wednesdays, Thursdays and Fridays.

Please call (413) 659-3714 or (800) 859-2960 to register.

*All environmental school programs support the Massachusetts Science Frameworks. For more information contact Kim Noyes, School Environmental Coordinator: (413) 659-4462.*



**Red Fox**  
U.S. Fish and Wildlife Service

## Winter World

Games, puppets, songs and a variety of hands-on activities are used to explore the world of winter. Using their senses, students will develop an awareness of winter and the challenges that this season poses to animal survival. A special focus of this program is on shelter and the challenge of staying warm. This program, designed specifically for young children, takes place both indoors and

outdoors. Pre- and post-visit materials are provided.

Science and Technology Standards Applicable:  
Earth Science (Grades PreK-1) #3, Life Science (PreK-1) #1, #3, #6, #7, #8

*Pre-school to Grade 1*

*Time Allowance: 1-1½ hours (depending on grade)*

*Group Size: 22 (groups up to 36 available on limited days) (10/1 student/adult ratio)*

*Fee: \$6/student  
minimum \$60/group*

**"My students called this the best field trip ever!"**  
**4th Grade Teacher,**  
**Elm Street School**

## Pine Cones and Pizza

Finding food in winter is a challenging task, and it is often the key to survival. Games such as Eat and Run, Pizza Bingo and Hurry Up and Hunt introduce students to the difficulty of finding food during the coldest season. This program takes place both indoors and outdoors and is a great follow-up to Winter World.

The pre- and post-visit curriculum for Winter World serves this program as well.

Science and Technology Standards Applicable:  
Earth Science (Grade 2) #3, Life Science (Grade 2) #1, #3, #6, #7, #8 (Grade 3) #1, #3, #7

*Grades 2 and 3*

*Time Allowance: 1½ hours*

*Group Size: 24 (groups up to 40 available on limited days) (10/1 student/adult ratio)*

*Fee: \$6/student  
minimum \$60/group*



**Winter nest by David Hoitt**



Photo by Patty O'Donnell

## Twigs and Tracks

The forests and fields at Northfield are alive with animal activity in winter. This program focuses on the adaptations that enable plants and animals to meet the challenge of winter survival. As twig and track detectives, students will search for signs of wildlife on snowshoes (snow permitting.) This program includes an indoor and outdoor session

with a variety of hands-on activities. Snowshoes and pre- and post-visit materials are provided.

Science and Technology Standards Applicable: Life Science (Grades 3-5) #1, #2, #3, #5, #6, #7, #9

*Grades 3 and above*

*Time Allowance: 2 hours*

*Group Size: 25 (groups up to 40 available on limited days) (10/1 student/adult ratio)*

*Fee: \$7/student minimum \$70/group*

**“The Hunter and the Hunted had the perfect balance of activities, lecture, instruction and hands-on learning”  
4th Grade Teacher,  
Elm Street School**

## The Hunter and the Hunted

This program focuses on predator-prey adaptations. What makes a predator a successful hunter and prey able to avoid capture? Through games, role playing and outdoor exploration we will study the ecological relationships between predator and prey. Using detective skills, we will learn how to interpret skulls and read the

signs these creatures leave behind. This program takes place both indoors and outdoors. Weather permitting, snowshoes will be used. The pre- and post-visit materials for Twigs and Tracks serve this program as well.

Science and Technology Standards Applicable: Life Science (Grades 4-5) #1, #3, #5, #6, #7, #9

*Grades 4 and above*

*Time Allowance: 2 hours*

*Group Size: 25 (groups up to 40 available on limited days) (10/1 student/adult ratio)*

*Fee: \$7/student minimum \$70/group*

## Winter Recreation Programs: Skiing and Snowshoeing



Smiling skiers

Trail skiing provides an opportunity for school groups to experience the winter woods. We have many sets of cross country ski rentals which are available Wednesday through Friday.

Self-guided snowshoe hikes are also available. With minimal practice, students will be able to venture on the trails and experience winter from a different

perspective. We have many sets of easy-to-use aluminum snowshoes which are available on a limited basis. Please call ahead for availability.

The prices listed are available for schools and non-profit youth programs. Our rental equipment is available at this rate on Wednesdays, Thursdays and Fridays excluding Massachusetts school vacations.

### FEES

- Trail Ski (own equipment) ..... \$4
- Trail Ski (rental equipment) ..... \$6
- Snowshoeing (own equipment) ..... n/c
- Snowshoeing (rental equipment) ..... \$6

## Public Program Registration

Call 800-859-2960 to register

1. Register by phone with your Visa or MasterCard.
2. Register by mail with a check made out to Northfield Mountain. Please send a separate check for each program.
3. Include program names, dates and participant names.
4. Mail to 99 Millers Falls Road, Northfield, MA, 01360
5. If unable to attend a program for which you are registered, please call as soon as possible so that others can take your place.
6. Refunds will be made if we are notified at least one week in advance of the program date.
7. Children under 18 years of age must be accompanied by an adult on all programs.



Public programs offer exercise, new skills and knowledge, camaraderie and fresh air.

## Winter Trails Day

Winter Trails Day offers older children and adults new to snow sports the chance to try snowshoeing and cross country skiing for free, and to discover the great fitness and social benefits with these easy-to-learn winter sports. Winter Trails Day involves almost 100 resorts and Nordic Centers nationwide, and gets 11,000 kids and adults on the snow

each year. At Northfield Mountain free clinics for first time skiers begin at 1:00, 2:00, 3:00 p.m. and last for 45 minutes. Twenty minute long snowshoe clinics are offered at 1:30, 2:30 & 3:30 p.m. for those who have never tried the sport. Clinic participants arrive 30 minutes in advance of their

scheduled start time to sign in and pickup their equipment.

*Sat., Jan. 8; 1:00 – 4:00 p.m.*

*Location: Northfield Ski Shop*

*For ages 8 and older*

*Fee: FREE*

*Pre-registration required*

**Winter Trails® Day**  
is a great  
opportunity to try a  
new winter sport for  
free!

## Snowshoeing in the Moonlight

The Mountain is a magical place on a moonlit evening. Join us as we explore how to best navigate at night, share inspiring quotes from literary lovers of the moon and stars, and take a short “solo” walk by moonlight. A warm cup of cocoa and snacks will be the perfect ending to this two-mile hike.

No previous snowshoeing experience is necessary for these adventures by the light of the moon. Wear wind pants or gaiters if you have them and dress in warm layers that can be shed as we get moving.

*Sat., Jan. 15; 6:30 – 9:00 p.m.*

*Fri., Feb. 18; 6:30 – 9:00 p.m.*

*For ages 12 and older*

*Fee: \$5 per person  
\$17 with snowshoe rentals*

*Pre-registration required*



Enjoy the magic of a full moon in winter.



Try snowshoeing this year!

## Introduction to Snowshoeing for Women

Learn how to snowshoe with other active women and put your new-found skills to work exploring Northfield Mountain's snowshoe trails. We'll begin indoors with a brief session on equipment, design and history and then venture outside. We'll explore some of our favorite trails as well as the natural history of this special season.

Add a new activity, and perhaps some new friends, to your winter repertoire. Tips on equipment and clothing, invigorating exercise and sharing hot chocolate and tea around our wood stove will complete the afternoon. It is proven that people learn faster and have more fun in a supportive environment. Here's an opportunity

you won't want to miss, to learn from and with other women. Wear wind pants if you have them and dress in warm layers.

*Sat., Jan. 22; 12:30 - 4:00 p.m.*

*For women ages 16 and older*

*Fee: \$5 per person*

*\$17 with snowshoe rentals*

## Animal Tracking: An Outdoor Adventure!

Join educator Rachel Roberts for this exciting program tracking animals. Together we will do a variety of hands-on science and art activities connected to animal tracking in the winter. There will also be a brief story time with a wonderful book about animals in the wintertime and time to look at books about tracking. This class will reinforce participants' understanding of animal behavior

throughout the winter months and tracking animals all year long. We will spend part of the class outdoors to look for signs of animals around Northfield Mountain and play some tracking games (so dress appropriately). Rachel Roberts is an award winning science teacher and mom who loves to share her passion for nature and art.

*This program is supported in part by a grant from the Northfield Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*

*Sat., Jan. 29; 10:00-11:30 a.m.*

*For ages 5 and older*

*Fee: Free!*

*Pre-registration required*

**"I love the deep silence of the midwinter woods. It is a stillness you can rest your whole weight against."**

**-Florence Page Jacque  
Snowshoe Country, 1944**



Snowshoeing is easy to learn.

## Introduction to Snowshoeing for Seniors

Learn to snowshoe with other active seniors and observe animal life stories by following their tracks in snow. New, lightweight snowshoes are the perfect tools for gaining grip on snowy or icy terrain and using ski poles gives extra contact points to further increase stability in a variety of winter conditions. After

an indoor introduction to equipment, participants will practice techniques on flat terrain and gentle hills. With our new skills we'll visit wildlife spots to look for signs of porcupine, fox or deer. Hot drinks, snacks and handouts on snowshoeing and tracking will round out this morning with naturalist Beth Bazler. Wear wind

pants or gaiters if you have them and dress in warm layers that can be shed as we get moving.

*Wed., Feb. 2; 9:00 - 11:30 a.m.*

*For ages 50 and older*

*Fee: \$5 per person*

*\$12 with snowshoe rentals*

*Pre-registration required*

## The Winter Sky

Meet Orion the Hunter, Gemini the Twins, Taurus the Bull and Sirius, the brightest star in the sky. This program is an introduction to the winter constellations and the stories behind them. Winter is a wonderful season for star gazing with clear, crisp nights and plenty of dark skies. Enjoy stories about the Great Bear, the Seven Dancing Stars and the

Queen of Ethiopia. This program will take place both indoors and outdoors so please dress warmly and bring a flashlight and binoculars if you have them. Please note that Sunday, February 13 is the cloud date. This program will provide a new way to enjoy those dark, chilly evenings.

*Sat., Feb. 12; 7:00 – 8:30 p.m.*

*For ages 8 and older*

*Fee: Free!*

*Pre-registration required*



**Orion c. 1825.**

## Fox Fun for Families

What makes a fox a fox? By looking at mounts, skulls and books indoors and following tracks outdoors to observe behavior, the group will try to answer this essential question. Families will learn through activities and the use of tracking journals, and will come up with their own important questions about these “ghosts of the woods.” Via books, field research and group wisdom, we will do our best to find

answers – or maybe discover even more fascinating questions! Please bring water; wear wind pants or gaiters if you have them; and dress in warm layers that can be shed as we get moving. A light snack will be shared on the trail and the group will return to the building to warm up with hot chocolate at the end of the program.

*Sat., Feb. 26; 1:00 – 4:00 p.m.*

*For ages 7 and older*

*Fee: \$6 per person  
\$11 with snowshoe rentals*

*Pre-registration required*

“If I had influence with the good fairy who is supposed to preside over the christening of all children, I should ask that her gift to each child in the world be a sense of wonder so indestructible that it would last throughout life.”  
Rachael Carson

## The Sudden and Unexpected Decline of Massachusetts Bats

Bats are the only flying mammals in the world, and one of the few to use sonar. Recently, their populations have plummeted. Join Dr. Thomas French, Director of the Massachusetts Natural Heritage and Endangered Species Program, to learn more about our native Massachusetts bats and their sudden and unexpected decline. White-nose syndrome (WNS) was first observed in

2006 in New York and has quickly spread throughout the region and beyond. Those interested in bats and wildlife issues won't want to miss this informative and timely presentation.

This program is co-sponsored with the Athol Bird and Nature Club.

*Wed., March 9; 7:00 – 8:30 p.m.*

*For ages 10 and older*

*Fee: Free!*



**Little Brown Bat**  
U.S. Fish and Wildlife Service



Bald Eagles have nested at Barton Cove since 1991

Call our 24-hour snow phone (800) 859-2960 to check on trail conditions or check online at <http://www.FirstLightPower.com/northfield/updates.asp>



## Early Spring at Barton Cove

Barton Cove is the site of ancient waterfalls, vernal pools, dinosaur quarries and nesting bald eagles. Join naturalist Kim Noyes on this two mile leisurely hike. We'll observe the first flower

of spring, search for nesting eagles and explore the rich geologic, natural and cultural history of Barton Cove.

Sat., March 19; 1:00-3:30 p.m.

For ages 10 and older

Fee: Free!

Pre-registration required

## Reading the Forested Landscape

Tom Wessels, author and forest ecologist, has recently published a new book, *Forest Forensics: A Field Guide to Reading the Forested Landscape*. Tom's approach is similar to gleaning a crime scene for evidence. Using clues such as the shapes of trees, scars on their trunks, the pattern of decay in stumps, the construction of stone walls, and the lay of the land, it is pos-

sible to unravel complex stories etched into our forested landscape. We will begin indoors with a slide presentation and then head outside to explore the landscape with new eyes. Join Tom for this program that takes natural history from the species level to the landscape level. Tom Wessels is an ecologist and founding director of the Master's Degree program in Conserva-

tion Biology at Antioch University New England. His books include: *Reading the Forested Landscape*, *The Granite Landscape*, *Untamed Vermont*, and *The Myth of Progress: Toward a Sustainable Future*.

Sat., April 2; 1:00—5:00 p.m.

For ages 12 and older

Fee: \$25 per person  
\$10 for indoor session only

Pre-registration required

## Growing Up Wild—A Professional Development Opportunity for Educators of Young Children

*Growing Up Wild: Exploring Nature with Young Children* is a brand new early childhood education activity guide that builds on children's sense of wonder about nature. The activity guide is written for educators of children ages 3-7 and includes crafts, art projects, music, science, reading and math connections and much more. Educators will participate in a variety of interactive, hands-on, fun-filled activities and gain experience and skills helpful for taking children outside to explore the

natural world. Explore early spring on a seasonal scavenger hunt, learn about MA frogs and toads, meet Herman the Worm and learn simple ways to bring live animals into your teaching while composting. This professional development workshop is great for teachers, camp counselors, child care providers, home school parents and other educators. The workshop will take place both inside and outside and will be taught by Northfield Mountain's Kim Noyes and Beth Bazler and Karen

Eldred, a Pre-School Teacher at Buckland-Shelburne Elementary. *Growing Up Wild* is correlated to the National Association for the Education of Young Children (NAEYC) Standards and the Head Start Domains.

Sat., April 9; 9:00-3:30 p.m.

For Educators of Young Children ages 3-7

Fee: \$40, includes activity guide

Pre-registration required