

Winter 2019/2020

NORTHFIELD MOUNTAIN RECREATION & ENVIRONMENTAL CENTER

1-800-859-2960 <http://www.firstlightpower.com/recreation>

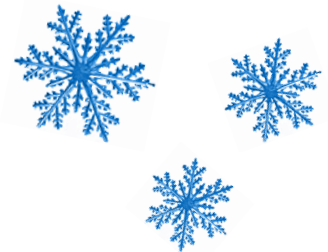


A History of Helping



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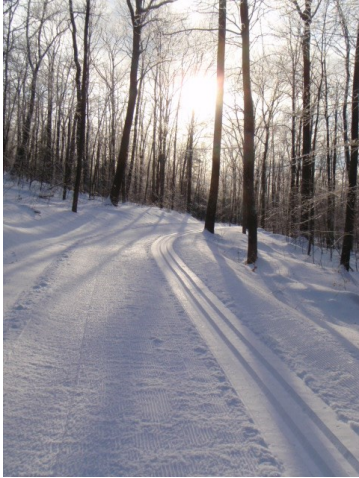
The National Ski Patrol's creed of "Service and Safety" is alive and well at Northfield Mountain. Returning to his roots, Burton Bruce recently stepped up to volunteer as the new Director of our Ski Patrol. Burton's first training took place at Northfield Mountain forty-five years ago and he has been patrolling ever since.

Speaking with enthusiasm about his vision for the future of our Nordic Patrol, Burton states, "Our push for 2020 is to put energy into recruiting efforts to grow our patroller numbers". Future plans include expanding training to include navigation and rescue programs open to the public on survival skills needed to explore New England off the beaten track. Addressing the growing trend and popularity of back-country skiing, he envisions future events focusing on map and compass skills, GPS, clothing, equipment and much more.

Favorite recollections of former patrollers include the camaraderie of training together, the high quality of instruction, a love of being outdoors in winter and the joy of lending a hand to help others. A shout out to all of our dedicated Ski Patrol members, past and present, for their commitment to service and safety and for volunteering their time to help others. Thank you!



FirstLight Power's Northfield Mountain Recreation & Environmental Center provides year-round programming in conjunction with the Northfield Mountain pumped storage hydroelectric facility's federal licensing.



**Interested in joining our
Ski Patrol?**

**Contact Brett Young at
Northfield Mountain.**

**1-413-659-4470 or email
brett.young@firstlightpower.com**



Annette Schwartz

Cross Country Skiing: The Ski Center, Trails and Rentals

Ski Center

The Ski Shop and trails will open for the season Wednesday through Sunday from 9 a.m. to 4:30 p.m., conditions permitting. **Cross country skiing and snowshoeing are the only accepted activities at Northfield Mountain while there is snow on the trails.** Hiking, mountain biking, horseback riding and pets are not allowed during the ski season.

Schedule & Holidays

OPEN: New Year's Eve, New Year's Day, Martin Luther King Day, Jan. 20, and Presidents' Day, Feb. 17, if open for skiing, otherwise the Center is closed. Our trails are open Wednesday—Sunday throughout the winter and **closed to ALL USERS Mondays and Tuesdays**, except for the holiday openings listed above.

National Ski Patrol

Free skiing is one of the many benefits to joining Northfield Mountain's Nordic Ski Patrol. Members also receive extensive first aid and rescue training and enjoy the camaraderie of like-minded individuals. Interested? Contact Brett Young at (413) 659-4470 or by email at brett.young@firstlightpower.com

Trail Use Fees

	All Day	After 1:30 p.m.
Adult.....	\$16.....	\$14
Senior.....	\$15.....	\$13
Junior.....	\$11.....	\$9

Free trail tickets for all snowshoers, as well as skiers 7 and under or 70 and over. All trail users must get a ticket each day from the Ski Shop.

Ski and Snowshoe Rentals

	All Day	After 1:30 p.m.
Adult/Senior Ski.....	\$20	\$18
Junior Ski.....	\$14	\$12
Skate skis	\$24.....	\$20
Adult/Senior Snowshoe.....	\$18	\$16
Junior Snowshoe.....	\$12.....	\$10

Ski trail pass purchase required in addition to ski rental fee. Juniors are 14 and younger and Seniors are 62 and older. MA sales tax of 6.25% will be added for rental equipment.

Combo Package

(includes trail fee, beginner lesson, and rentals)

Adult/Senior	\$50
Junior	\$39

Season Passes

Season ski passes for trail use available for \$90 for Adults, \$70 for Seniors and College students and \$40 for Juniors.

Cross Country Ski School

Our Ski School is noted for its innovative and high quality ski instruction. Instruction is available for all ability levels for ages 8 and older. Our PSIA (Professional Ski Instructors of America) trained instructors will present skiing skills using current teaching methods in a fun, learning environment.

Group lessons are offered on weekends and private classes are available by appointment for people who desire one-on-one instruction. Reservations must be made in advance by calling (800) 859-2960.

Ski Lesson Rates

Group... \$201½ hours Offered at 10 a.m. and 1 p.m.
Must register 30 minutes before lesson. Call ahead for availability.

Private \$501 hour
Trail pass required in addition to lesson fee.

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 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. Our fee waiver policy sets aside funds for students participating in the National School Lunch Program. Classes are offered Wednesday through Friday.

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

All environmental school programs support the Massachusetts Science and Technology/Engineering Standards. For more information contact Kim Noyes, Education Coordinator at (413) 659-4462 or email kim.noyes@firstlightpower.com



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/Engineering Standards Applicable: PreK Environmental Science PreK-ESS2-1(MA), PreK-ESS2-2(MA), PreK-ESS2-5(MA), PreK-ESS2-6(MA)/Life Science PreK-LS1-1(MA), PreK-LS1-2(MA), PreK-LS1-3(MA), PreK-LS2-2(MA), PreK-LS2-3(MA), Kindergarten Environmental Science K-ESS2-2/Life Science K-LS1-1, K-LS1-2(MA), Grade 1 Environmental Science 1-ESS1-2/Life Science 1-LS1-1, 1-LS3-1

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*

The wisest and noblest teacher is nature itself.

~Leonardo da Vinci



Pine Cones and Pizza

Finding food in winter is a challenging task, and it is often the key to survival. Games such as Pizza Bingo and Eat and Run 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/Engineering Standards Applicable: Grade 2 Life Science 2-LS2-3(MA), 2-LS4-1, Grade 3 Life Science 3-LS4-2, 3-LS4-3, 3-LS4-4

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*





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 curriculum materials provided.

Science and Technology /Engineering Standards Applicable: Grade 3 Life Science 3-LS4-2, 3-LS4-3, 3-LS4-4, Grade 4 Life Science 4-LS1-1/ Technological Systems 3-5ETS2-1 (MA), Grade 5 Life Science 5-LS1-1, 5-LS2-1

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



This program focuses on predator-prey adaptations. What makes a predator a successful hunter and prey able to avoid capture?

Using detective skills, we will learn how to interpret skulls and what they can tell us about predators and prey. Through games, role playing and outdoor exploration we will study the ecological relationships between predator and prey and read the signs these creatures leave behind in the forest.

This program takes place both indoors and outdoors. Conditions 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: Grade 3 Life Science 3-LS4-2, 3-LS4-3, 3-LS4-4, Grade 4 Life Science 4-LS1-1/ Technological Systems 3-5ETS2-1(MA), Grade 5 Life Science 5-LS2-1, 5-PS3-1

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*

Winter Recreation Programs: Skiing and Snowshoeing



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 school and non-profit youth programs. Our rental equipment generally fits students 3rd grade and older and is available at this rate on Wednesdays, Thursdays, and Fridays excluding Massachusetts school vacations.

FEES

<i>Trail Ski (own equipment)</i>\$6
<i>Trail Ski (rental equipment)</i>\$13
<i>Snowshoeing (own equipment)</i>free
<i>Snowshoeing (rental equipment)</i>\$7

2020 Fitness

Whether we're wearing snowshoes, micro-spikes or winter walking shoes, let's kick off 2020 with an afternoon of fresh air, exercise and camaraderie. Past frozen streams and rocky ledges, we'll explore the Mountain's scenic trails. Brief stops along the way will showcase seasonal highlights. After warming up on our hilly terrain we'll toast to a

healthy and fit 2020 with hot drinks by our pellet stove. Wear warm, waterproof footwear and dress in layers that can easily be removed. Footwear will be dependent on snow and trail conditions and snowshoes or micro-spikes (available to borrow) may be required. Distance traveled will be between 2 and 4 miles with an elevation gain of approximately 400 feet.

Sat., Jan 4; 1:00 – 3:30 p.m.

Primarily for adults, children 12 and over welcome

Free, Snowshoe rental \$16

Pre-registration required by calling 800-859-2960



Sea Lamprey: Hero of our Rivers & Vampire of the Sea

Enjoy an evening focused on the intriguing and bizarre-looking sea lamprey. With a life history that includes years in our freshwater rivers and epic migrations to and from the sea, lamprey are one of the most unusual residents of the Millers River. Join Kim Noyes, Education Coordinator, for an illustrated introduction to one of our local migratory fish. Friend or foe depending on where you live, lamprey provide amazing ecological benefits to New Eng-

land freshwater streams. This program is co-sponsored with the Athol Bird and Nature Club and takes place at the Millers River Environmental Center (100 Main Street, Athol).

Wed., Jan. 8; 7:00 – 8:00 p.m.

Free

No registration required

Location: Millers River Environmental Center, Athol



Stories from a Life Rehabilitating Raptors

For Tom Ricardi, rescuing and rehabilitating hawks and owls has been a life-long labor of love. Join the Northfield Bird Club as Tom shares stories from bird encounters growing up in Worcester to more recent experiences including an eagle that regularly removed his glasses. During the past year, Tom has rescued more than 140 hawks and owls with the goal of returning them to the wild. Ricardi will use selected live birds of prey to highlight stories from his life and

passion rescuing birds. Donations are welcome and help towards expenses such as food and veterinary services for Tom's Massachusetts Bird of Prey Raptor Rehabilitation Facility. This program is primarily geared for adults and older children, although all ages are welcome.

Tues., Jan 14; 5:30 – 6:30 p.m.

Free

No registration required





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 of 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 North-

field Mountain free clinics for first time skiers begin at 1:00, 2:00 and 3:00 p.m. and last for 45 minutes. Thirty minute snowshoe clinics are offered at 1:30, 2:30 and 3:30 p.m. Clinic participants must be new to the sport and arrive 30 minutes in advance of their scheduled start time to sign in and pick up equipment.

Sat, Jan. 18; 1:00 – 4:00 p.m.

For ages 8 and older

Free

Pre-registration required by calling 800-859-2960



On the Trail of Predator and Prey; Winter Wildlife Tracking

Track a porcupine to its den. Follow in the footsteps of a red fox or a fisher as it winds its way through the forest. Spend an afternoon deciphering clues left behind by a variety of Northfield's predators and prey. Learn to identify tracks and sign with Ernie Hansche, avid tracker and naturalist. Be prepared to head off trail to track mammals in their natural habitat. Participants should be in moderate shape, wear warm, water-

proof footwear and dress warmly in multiple layers for both moving across the landscape and stopping to study wildlife sign. If we are open for skiing, snowshoes are required.

Sun., Jan. 26; 1:00 – 4:00 p.m.

For adults and teens 13 and older

Free, \$16 with snowshoe rental

Pre-registration required by calling 800-859-2960

Winter Wildlife Detectives



Join educator Kathy Richards for a fun, family adventure exploring wildlife in winter. Using detective skills, learn how to read the stories written upon the forest floor. Games, activities and outdoor exploration will ensure a fun time for all ages. Who's tracks are these? How do wild animals survive the winter? Discover what animals are active in Northfield's fields and forests. If our trails are open for skiing, snowshoes are required. If snow is insufficient

for snowshoeing, the program will take place on foot.

Sat., Feb. 8; 1:00 – 3:00 p.m.

For anyone age 6 and older

Free, Snowshoe rental \$10/person (\$30 maximum/family)

Pre-registration required by calling 800-859-2960

Full Moon Eve Snowshoe Adventure

Join other nighttime adventurers for this snowshoe hike under the light of the moon. Watch the sun set and the moon rise as we explore the winter woods. Natural history of the night, quotes and moon lore will be shared during this two mile adventure. A hot drink by our wood stove makes the perfect ending to this invigorating winter evening. Wear wind pants or gaiters if you have them, dress in warm layers that can be shed as we get mov-

ing, and bring a water bottle to take on the trail. Warm, waterproof footwear is essential. All levels of experience are welcome for this moderately strenuous outdoor adventure.

Sat., Feb. 8; 5:00 – 7:30 p.m.

Primarily for adults, children 12 and older welcome

Free, \$16 with snowshoe rental

Pre-registration required by calling 800-859-2960



Motmots, Manakins and Monkeys

Enjoy a quick visit to the tropics and discover the rich diversity of birds in Costa Rica. Kim Noyes, Northfield Mountain's Education Coordinator, will share photos and stories from a recent visit to this Central American country. Dancing manakins, slow-moving sloths, monkey troops and the Resplendent Quetzal are just part of the incredible biodiversity. This program will explore connections to New England's ecology as Costa Rica is

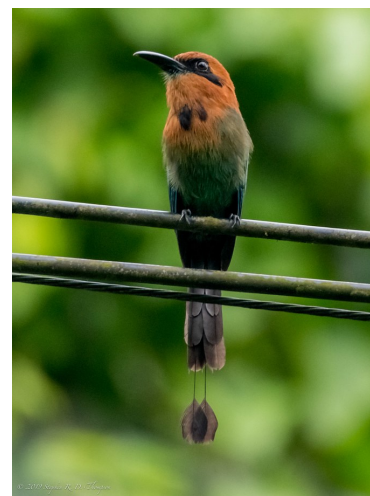
the winter home for many of our breeding birds. Join us for this taste of the tropics and a colorful respite from cabin fever. This program is co-sponsored with the Northfield Bird Club and is most suitable for adults and teens, although all ages are welcome.

Tues., Feb. 11; 5:30 – 6:30 p.m.

Suitable for adults and teens

Free

No registration required



Rocking with Fossils and Minerals

This family program will focus on rocks and fossils. Presented by the Connecticut Valley Mineral Club of Springfield, MA, learn about minerals used in everyday life and fossils found in the Connecticut River Valley. Enjoy the opportunity to touch and get a close-up view of a variety of cool rocks and fossils from long ago. This program is appropriate for adults and children age 8 and older. Check out cvmineralclub.org

Sat., Feb. 15; 1:00 – 2:30 p.m.

For anyone age 6 and older

Free

Pre-registration required by calling 800-859-2960





Map and Compass on Snowshoes

Join us for a day of outdoor fun and skill building with Ernie Hansche, experienced wilderness trip leader and avid naturalist. Learn how to navigate through the woods, how to orient and read a map, set a bearing and follow it using map and compass. Tricks for not getting lost as well as fire building skills will all be a part of this outdoor adventure. Bring a trail lunch and dress for the outdoors in warm, waterproof footwear and layers that can be easily removed and added. The

group will travel up to three miles off-trail over hilly terrain. Depending on trail conditions the program may be on snowshoes or micro-spikes (available to borrow).

Sat., Feb. 29; 10:00 a.m. – 2:00 p.m.

For adults and interested teens, 13 and older

Free; \$16 with snowshoe rental

Pre-registration required by calling 800-859-2960



Full Moon Family Adventure

Join Northfield Mountain staff for a fun, family adventure by the light of the moon. Learn how to navigate like nocturnal creatures, pretend to be predators sneaking up on prey and learn about the shocking scientific mysteries rolled up in Wintergreen Lifesavers! A cup of cocoa around our pellet stove will warm us on our return to the Center. No previous snowshoeing experience is

necessary. Bring water, wear light-weight waterproof pants, warm socks, and dress in warm layers that can be shed as we get moving. Warm footwear is essential. If we are open for skiing, snowshoes are required. All levels of experience are welcome.

Thur., March 7; 5:00 – 7:15 p.m.

For ages 7 and older

Free; Snowshoe rental \$10/person (\$30 maximum/family)

Pre-registration required by calling 800-859-2960



**Northfield Mountain Recreation
and Environmental Center**

99 Millers Falls Road
Northfield, MA 01360

800-859-2960

Birding Barton Cove and the Power Canal

Barton Cove and the Power Canal in Turners Falls are two great spots to view migrating birds in March. Join experienced birder, Bill Lafley, and Northfield Mountain staff to search for ducks, geese and other birds along the Connecticut River. Bring binoculars, wear warm boots and dress warmly for a morning outdoors. If available, please bring a spotting scope. The program begins at the Great Falls Discovery Center (2 Avenue A, Turners Falls) before carpooling to nearby locations. All levels of experience are wel-

come for this program which is co-sponsored with the Northfield Bird Club. for this program which is co-sponsored with the Northfield Bird Club.

Sat., March 28; 10:00 a.m.–12:30 p.m.

For ages 12 and older

Free

Pre-registration required by calling 800-859-2960

Location: Program meets at the Great Falls Discovery Center, Turners Falls