



Northfield Mountain

RECREATION & ENVIRONMENTAL CENTER

Winter 2009/2010

Phone: (800) 859-2960

www.firstlightpower.com/northfield

The Visitor and Ski Center

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The staff at Northfield Mountain is looking forward to another snow-filled winter. The 2009/2010 cross country skiing season will begin with the first good snowfall on or after Saturday, Dec. 12. Once skiing begins, both the Visitor Center and Ski Shop will be open Wednesday through Sunday. Gift certificates are available at the Ski Shop and Visitor Center.

If we are not open for skiing please phone ahead: (800) 859-2960 for hours of operation.

PLEASE NOTE: During snow season you may find the upstairs portion of the building closed. If you have questions for the Center staff, please see them in the Ski Shop.

Holiday Schedule:

OPEN: New Year's Day*

Martin Luther King Day, Jan. 18*

Presidents' Day, Feb. 15*

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

CLOSED: Dec. 24th and Dec. 25th.

Trails

Ski Trails

This year's cross country ski season begins on Saturday, Dec. 12, or as soon as snow and weather conditions permit. When open for skiing, the Ski Shop and trails are open Wednesday - Sunday, from 9 a.m. to 4:30 p.m. Always call ahead to check snow conditions. If new snow has fallen overnight, please call our 24-hour snow phone, (800) 859-2960, which is usually updated by 8:30 a.m. to check on trail conditions. You can also check online at <http://www.firstlightpower.com/northfield/default.asp>.

We are open during all winter holidays (except Christmas Day and Dec. 24th) if the snow remains skiable. The trails are closed to all users on Mondays and Tuesdays, except on holidays when the Ski Shop is open.

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.

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. 30 - Dec 12

Deer (primitive firearm)
Dec. 14 - 31



Groomed cross country ski trail

Cross Country Ski School



Fresh powder on the instruction hill

Northfield Mountain's ski school is noted for its innovative and high quality ski instruction. Ski 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... \$181 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 \$501 hour

(reservations must be made in advance)

"When there's snow on the ground, I like to pretend I'm walking on clouds."

Takayuki Ikkaku, Arisa Hosaka and Toshihiro Kawabata, *Animal Crossing: Wild World*, 2005

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	\$40
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

Snowshoeing

Northfield Mountain has over six miles of dedicated snowshoe trails that will take you into the deep woods as well as to scenic overlooks. There is no charge to use the snowshoe trails, however, all trail users must display a trail ticket. We have 50 pairs of user-friendly Tubbs Snowshoes in kid's and adult's sizes



Grooming the trails for cross country skiing

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 33 available on limited days) (10/1 student/adult ratio)

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

All environmental school programs support the Massachusetts Science Frameworks.

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 36 available on limited days) (10/1 student/adult ratio)

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



Snowflake 7 by Wilson
“Snowflake” Bentley



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 36 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 36 available on limited days) (10/1 student/adult ratio)

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

Winter Recreation Programs: Skiing and Snowshoeing



Practicing a new skill.

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.

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

Self-guided snowshoe hikes are also available for school groups. 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.

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.



New Year's Resolution Hike

You resolved to exercise regularly this year – here's your chance to get out in the woods and carry through on your good intentions! Our route will go below and above the striking 40-foot high Rose Ledges, which contain remnants of old stone quarries and modern

day porcupine dens. We'll also glimpse some beautiful valley views from atop the ledges. This program will take place on snowshoes if there is sufficient snow. Dress in warm layers that can be shed as we get moving and bring water and a trail snack.

Sat., Jan. 2; 1:00 – 4:30 p.m.

Location: Northfield Mountain

For ages 10 and older

Fee: FREE, \$12 with snowshoe rentals

Pre-registration required

**We live in a
fast-paced
society. Walking
slows us down.**

~Robert Sweetgall

Winter Trails Day

In celebration of the 15th anniversary of Winter Trails® Day a limited quantity of ski equipment and snowshoe rentals will be available at no charge for first time users. Beginning at 1:00 p.m., and running throughout the afternoon, free instructional clinics will be provided for first time skiers and snowshoers. Ski clinics will begin on the half-hour and last 45 minutes.

Snowshoe instruction will begin at 1:00, 2:00 and 3:00 p.m. and last 20 minutes. This celebration is intended to attract children and adults who are **NEW** to winter sports. Winter Trails® Day is part of a national campaign called "Winter Feels Good," which promotes the health, fitness and social benefits of snow sports.

Sat., Jan. 9; 1:00 – 4:00 p.m.

Location: Northfield Ski Shop

For all ages

Fee: FREE

Pre-registration required



**Winter Trails® day is
for those **NEW** to
winter sports**



Photo by Patty O'Donnell

Animal Tracking: An Outdoor Adventure! with Rachel Roberts

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. 16; 10:00-11:30 a.m.

For ages 5 and older

Fee: FREE

Pre-registration required

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. 30; 6:30 – 9:00 p.m.

Fri., Feb. 26; 6:30 – 9:00 p.m.

For ages 12 and older

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

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

Introduction to Snowshoeing for Seniors

Learn to snowshoe with other active seniors and observe animal life stories by finding 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 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. 3; 9:00 – 11:30 a.m.

For ages 50 and older

Fee: \$5 per person,

\$12 with snowshoe rentals

Pre-registration required



Photo by Michael Perekas

February Vacation Porcupine Tracking for Families

How does an animal that eats mainly leaves make it through the winter? How pointy are those quills? Which animals eat porcupines? Families will work together to discover the answers to their stickiest porcupine questions. After an indoor exploration session, we will head outside to look for tracks and other sign of porcupines at Northfield

Mountain. No previous snowshoeing experience is necessary. Wear wind pants or gaiters if you have them and dress in warm layers that can be shed as we get moving.

Fri., Feb. 19; 1:00 p.m. – 4:00 p.m.

For ages 7 and older

Fee: \$5 per person, \$12 with snowshoe rentals

Pre-registration required



Porcupine Quills and scat are frequently found at den entrances.

Nautical Knife Lanyard Workshop with Tom Deam

Knots have been used for centuries by sailors to make practical and ornamental items. Learn a few basics of this decorative art while creating a pocket knife lanyard. Participants will learn three knots and two braids (called sennits), which can be used for other decorative applications like bracelets or necklaces or practical applications like dog leashes, bell ropes, and wheel coverings. A list of books and websites

will be shared to help participants continue to learn on their own after the workshop. Instructor Tom Deam “learned the ropes” over 40 years ago in the Navy.

Sat., Feb. 27; 1:00 – 5:00 p.m.

For ages 12 and older

Fee: \$7 per person

Pre-registration required

**Program registration
and information
available at
800-859-2960**

Family Moonlight Snowshoe

A 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

and snacks will warm us on our return to the Center. No previous snowshoeing experience is necessary. Wear wind pants or gaiters if you have them and dress in warm layers that can be shed as we get moving.

Sat., Feb. 27; 5:30 – 7:30 p.m.

For ages 7 and older

*Fee: \$5 per person,
\$12 with snowshoe rentals*

Pre-registration required



Photo by Luis Argerich



**Fairy Fun is an adventure
in the late winter woods**
Photo By Ed Luschei

Fairy Fun

The beginning of March - will it be wintry and wild or warm with a hint of spring? The fairies know how to have fun either way and so do we! After reading Rose Fyleman's [A Fairy Went a-Marketing](#) around the cozy pellet stove, we'll have an adventure in the late winter woods. Playing games that fairies would like and fairy

house building will be on the agenda. Who knows what else we'll discover along the way... tracks to follow or maybe some fairy friends like chickadees or red squirrels to chat with? We'll return to the yurt to create our own flower fairy dolls to take home and warm up with hot cocoa and snacks.

Sat., March 6; 9:00 – 11:30 a.m.

For ages 4 and older

Fee: \$5 per child

Pre-registration required

New in 2010 - Wednesday Afternoon Sprint Series Races

Amherst Regional Nordic presents the Wednesday Afternoon Sprint Series. These races will take place on Wednesday afternoons in January and February, snow permitting. All are welcome; Juniors, Seniors and Masters. Registration takes place the day of the race at 3:00 p.m. with races beginning at 3:30 p.m. sharp. The entry fee is \$5 or \$3 with a Northfield Mountain trail pass. Save money and sign up for the series and pay only \$30 (\$18 with season pass.)

The Sprint Series will be a wave start format. The best two advance. Consolation round(s) for all others. Skiing technique will alternate with Classic skiing on the first and third Wednesdays and Freestyle on the second and fourth Wednesdays.

For race questions please call Sully at (413) 259-1521 (before 9:00 p.m.)

For snow conditions, call Northfield Mountain at (800) 859-2960 or visit www.firstlightpower.com/northfield/ccski.asp

Wednesdays in Jan. and Feb.

3:30 p.m. start

3:00 registration on race day

Fee: \$5 or \$3 with Northfield trail pass

For Northfield
Mountain's snow
conditions visit
www.firstlightpower.com/northfield/ccski.asp



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