



# Central & Western Massachusetts

## Programs & Events

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JANUARY – MAY 2020



# Your Guide to Wildlife Sanctuaries in Central & Western Massachusetts

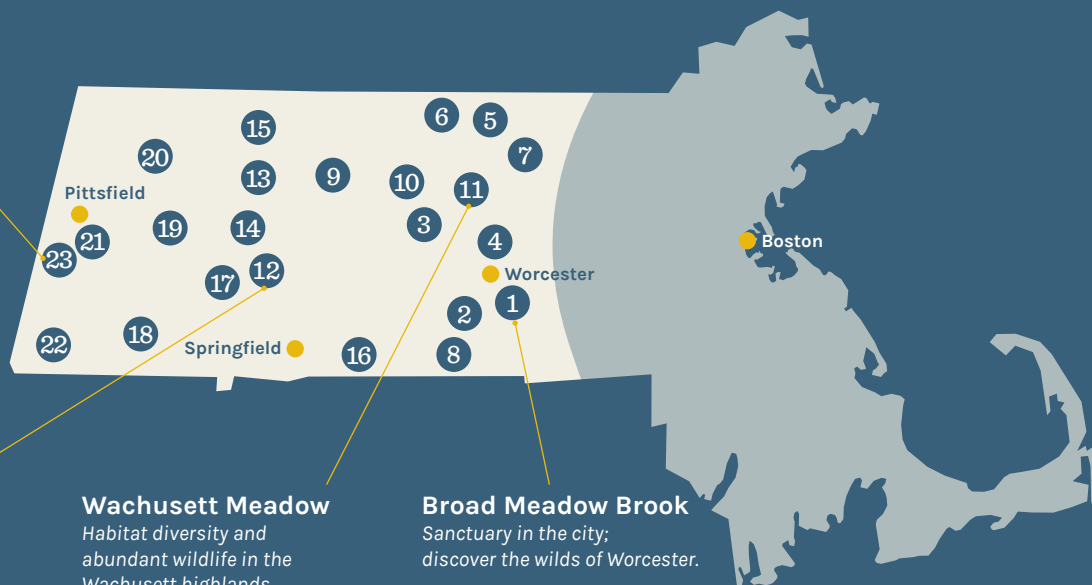
**Pleasant Valley**  
*Rugged, yet accessible—  
 nature at its best.*  
 472 West Mountain Road  
 Lenox, MA 01240

**Arcadia**  
*Forests, grasslands, meadows,  
 and marshes.*  
 127 Combs Road  
 Easthampton, MA 01027



**Wachusett Meadow**  
*Habitat diversity and  
 abundant wildlife in the  
 Wachusett highlands.*  
 113 Goodnow Road  
 Princeton, MA 01541

**Broad Meadow Brook**  
*Sanctuary in the city;  
 discover the wilds of Worcester.*  
 414 Massasoit Road  
 Worcester, MA 01604

For information on programs  
 and sanctuaries in Eastern  
 Massachusetts, visit  
[massaudubon.org](http://massaudubon.org).



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 Staffed wildlife sanctuaries with accessible features.

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# Greetings!

This catalog includes seasonal programs and events offered by Mass Audubon wildlife sanctuaries in Central and Western Massachusetts. You can also access this information on our website, [massaudubon.org/programs](http://massaudubon.org/programs).

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# Berkshire Wildlife Sanctuaries

[massaudubon.org/pleasantvalley](http://massaudubon.org/pleasantvalley)

Pleasant Valley Wildlife Sanctuary  
472 West Mountain Road  
Lenox, MA 01240  
413-637-0320

## News & Notes

### Help us breathe new life into a historic treasure...

Beginning with the purchase of the Powers and Crockett Farms in 1929, Pleasant Valley (nearly 1,400 acres) is the oldest and largest wildlife sanctuary in the Berkshires. If the walls of our historic barn could talk, they would share a varied history since erected 230 years ago in 1790. In the sanctuary's early days, the barn was a communal space that supported a tea house, restaurant, Shaker museum, and educational exhibits. Today, it is used for day camp, school and public programs, community events, art exhibits, and concerts. However, this beautiful space lacks the amenities needed to support continued collaboration and growth.

### Capital Campaign

We are in the early stages of a capital campaign to raise \$1.1 million that would support the expansion of a deck for outdoor programs, and install

accessible restrooms as well as lobby, exhibit area, and kitchen. These elements would allow the barn to maximize its potential as a community, cultural, and educational center. The fully accessible barn would also complement our popular All Persons Trail.

### You Can Make a Difference

To learn more or make a gift, contact Stephanie Bergman, Development Manager at [sbergman@massaudubon.org](mailto:sbergman@massaudubon.org) or 413-728-4858

We hope you'll share our enthusiasm for all that this historic barn has been, and all that it can be: a space that invites all people to enjoy and learn from nature in the Berkshires.

*Becky Cushing, Berkshire Sanctuaries Director*

*Dale Abrams, Berkshire Naturalist and Education Coordinator*

## Reminders

Preregistration is required unless otherwise noted.

Please check program location, as some are held off-site.

The cost of program materials is included unless otherwise noted.

**M:** Mass Audubon Members,  
**NM:** Nonmembers



This sanctuary has accessible features.

## Connect with Us



**Facebook & Instagram:**  
[@massaudubonpleasantvalley](https://www.facebook.com/massaudubonpleasantvalley)

## Weather & Gear

Most programs take place outdoors, rain or shine.

Participants will be notified ahead of time if a program is canceled due to inclement weather. Please bring water and wear sturdy, closed-toe footwear (sneakers or hiking shoes). Sunblock and insect repellent are recommended.

# Bulletin Board

## BIRTHDAY PARTIES & EVENT RENTALS

Looking for a great place to celebrate your child's birthday or host a special event? Pleasant Valley Wildlife Sanctuary's big red barn and education center provide a beautiful natural setting.

## SNOWSHOE RENTALS

**\$2/hour M, \$3/hour NM**

Don't let the snow deter you from enjoying winter outdoors—get out and enjoy the crystalline beauty of the season with a pair of snowshoes. Adult and children's sizes are available.



## JOIN OUR COMMUNITY GARDEN

**Registration opens April 11**

Join Canoe Meadows' Community Garden and enjoy growing vegetables in the most scenic community garden in the Berkshires! See page 31 for more.



## FEBRUARY & APRIL SCHOOL VACATION WEEKS

**Tuesday–Friday, February 18–21 / 9:00 am–3:30 pm**

**Tuesday–Friday, April 21–24 / 9:00 am–3:30 pm**

Our vacation weeks are packed with nature exploration and hands-on learning outside the classroom. Sign up for one, some, or all four days. See page 34.

## BERKSHIRE SANCTUARIES WISH LIST

Canoes, kayaks, binoculars, spotting scopes, nets, and other nature study equipment. Call to learn more about granting a wish: 413-637-0320.



## BERKSHIRE NATURE DAY CAMP

**Registration opens soon!**

Summer will be here before we know it. Find information and register for camp at [massaudubon.org/berkshirecamp](http://massaudubon.org/berkshirecamp).



## PLEASANT VALLEY SPRING VOLUNTEER DAY

**Saturday, April 18 / 9:00 am–12:00 pm**

Help care for native gardens, trails, boardwalks, and more.

## CANOE MEADOWS STATEWIDE VOLUNTEER DAY

**Saturday, April 25 / 9:00 am–12:00 pm**

Help restore habitat and prepare our Community Garden for the season.



© Simi Rabinowitz

Learn more and register: [massaudubon.org/pleasantvalley](http://massaudubon.org/pleasantvalley)

# Programs for Adults

## Berkshire Sanctuaries

### Winter Hikes in the Berkshires

Embrace the winter weather and get outside this season! We'll track wildlife, identify trees by their bark, experience the serenity of the Berkshires in winter, and more. **Dress for the weather. Bring snowshoes or Microspikes, if you have them, or call in advance to reserve our snowshoes. Bring water and a snack.**

#### PLEASANT VALLEY SNOWSHOE HIKE

Pleasant Valley Wildlife Sanctuary, Lenox

**Saturdays, January 25; February 15 / 1:00–3:00 pm**

Led by Zach Adams, Sanctuary Naturalist

\$10 M, \$15 NM, per session

Embark on a winter wonderland hike around the sanctuary's scenic lower trails with gentle rolling terrain. Watch for wildlife activity around ponds, streams, meadows, and woodlands.

#### LENOX MOUNTAIN SUMMIT HIKE

Pleasant Valley Wildlife Sanctuary, Lenox

**Saturday, February 1 / 1:00–4:00 pm**

Led by Dale Abrams, Sanctuary Naturalist and Education Coordinator

\$10 M, \$15 NM

Get active during this hike to the summit of Lenox Mountain (2,126 feet), and take in an expansive 50-mile view from the top. This moderately strenuous hike follows the Trail of the Ledges and/or Overbrook Trail three miles round-trip through northern hardwood and evergreen forests for an elevation gain of 840 feet. **Hiking poles recommended.**

#### RICHARDSON BROOK WILDLIFE SANCTUARY HIKE

Richardson Brook Wildlife Sanctuary, Tolland

**Saturday, February 29 / 10:30 am–12:30 pm**

Led by Zach Adams, Sanctuary Naturalist

\$8 M, \$12 NM

Explore the secretive hemlock forests of Richardson Brook in search of snowy specialties like hemlock, fisher, porcupine, and moose. Walk the two-mile trail through the sanctuary (very uneven and rocky) looking for sights, sounds, and signs of those who spend their winter at the sanctuary.

#### SPECIAL SNEAK PREVIEW

#### COLD BROOK WILDLIFE SANCTUARY

Cold Brook Wildlife Sanctuary, Sandisfield/Otis\*

**Saturday, March 7 / 10:30 am–12:30 pm**

Led by Dale Abrams, Sanctuary Naturalist and Education Coordinator

Free

Get a "sneak preview" of the newest Berkshire wildlife sanctuary before it officially opens. Explore the forests and wetlands of this peaceful property. **Hiking poles recommended but not required. \*Sanctuary not yet open for public visitation.**

### Berkshire Resident Free Admission Days

Pleasant Valley Wildlife Sanctuary, Lenox

**Wednesdays, January 1; February 5; March 4; April 1; May 6  
Dawn–Dusk**

Free

Berkshire County residents are invited to visit Pleasant Valley Wildlife Sanctuary for free! Explore seven miles of beautiful trails and learn about our nature education programs for all ages. Stop by our Gift Shop and Nature Center while you're here! **Free for Berkshire County residents with valid license or photo ID.**

### Sky Dance of the American Woodcock

Lime Kiln Farm Wildlife Sanctuary, Sheffield

**Wednesday, March 18 / 7:00–8:00 pm**

Post Farm Marsh, Lenox

**Wednesday, March 25 / 7:00–8:00 pm**

**Wednesday, April 8 / 7:30–8:30 pm**

Led by Zach Adams, Sanctuary Naturalist

adults \$5 M, \$7 NM, per session

children Free

When the sun sets in early spring, woodcock love is in the air. Wet meadows and fields are transformed into a "runway" for their beautiful aerial courtship display. Visit our meadows to listen and watch for the woodcock's performance on their breeding grounds. Viewing the woodcock's sky dance is a natural spectacle that should not be missed. **Directions provided upon registration. Dress for the weather. Bring binoculars if you have them. Subject to change based on weather.**



# Relax in Nature...

## Nature & Mindfulness

The Kripalu Center for Yoga and Health, Stockbridge,  
& Pleasant Valley Wildlife Sanctuary, Lenox

Experience the New England woods in winter and at the height of spring bird migration, through the lens of consciousness and awakened perspective. Be prepared for hiking in any weather and gentle indoor movement classes. **Accommodations, meals, additional yoga classes, and healing arts services available through Kripalu for additional fees. For more details and to register, visit [kripalu.org](http://kripalu.org).**

### NATURE & MINDFULNESS: WINTER WOODS

Monday–Friday, February 17–21

Led by Dale Abrams, Sanctuary Naturalist and Education Coordinator; Zach Adams, Sanctuary Naturalist; & Katie Hagel, Kripalu Center for Yoga and Health, Yoga and Mindfulness Instructor  
\$339 M & NM

Embark on a snowshoeing adventure to discover the hidden life of winter mammals and birds, and the fascinating world of the late-winter forest. Explore some of the most popular trails in the Berkshires, including the nearby Brothers Trail and Yokun Ridge. Learn animal tracking techniques, sign recognition, and tree identification. Observe winter birds and mammals in their natural habitat. Experience the healing, meditative qualities of "forest bathing" in evergreen-rich woods and gentle yoga and movement classes indoors. Enjoy the peaceful calm of snow-covered trails as you develop both observation and mindfulness skills in the great outdoors. **Snowshoes, Microspikes, and hiking poles are provided.**

### BIRDING & MINDFULNESS

Tuesday–Friday, May 26–29

Led by Dale Abrams, Sanctuary Naturalist and Education Coordinator; Becky Cushing, Sanctuary Director; Zach Adams, Sanctuary Naturalist; & Steven Leonard, Kripalu Center for Yoga and Health, Yoga and Mindfulness Instructor  
\$309 M & NM

Observing birds in nature shares many qualities with the practice of mindfulness. The focused awareness and calm observation of both activities helps to soothe the mind and promotes connection to the natural world—and ourselves—in profound ways. This program will introduce you to the meditative joys of birdwatching. Hike Kripalu's wooded trails and explore its serene waterways during the height of spring bird migration. We will hope to see Great Blue Herons, woodpeckers, and Bald Eagles along the way. Experience the healing, meditative qualities of forest bathing in evergreen-rich woods, and relax with gentle indoor yoga and movement classes.

## Yoga in the Wild

Pleasant Valley Wildlife Sanctuary, Lenox

Sundays, May 3, 10, 17, 24 / 9:00–10:00 am

Led by Peter Sibner, Physical Therapist and Certified Yoga Instructor  
\$12 M, \$15 NM, per session

What could be better than yoga in a beautiful natural setting? Open your senses to nature while improving flexibility, strength, and balance as we connect breath, mind, and body. Class takes place outdoors and is appropriate for all levels, as modifications will be offered throughout the class. **Bring a yoga mat and water; feel free to bring a blanket and yoga blocks (some will be available). In case of inclement weather, the class will be held indoors.**



## Canoe Meadows Community Garden

Canoe Meadows Wildlife Sanctuary, Pittsfield

\$35 M, \$50 NM,

6-month Community Garden Membership

Join Canoe Meadows' Community Garden and enjoy growing your own vegetables in the most scenic community garden in the Berkshires!

**Register early to reserve your plot. Mark your calendars: registration opens April 11. New garden members must register for the free program *Introduction to Gardening Organically*, to the right.**



## Introduction to Gardening Organically

Pleasant Valley Wildlife Sanctuary, Lenox

Saturday, April 11 / 11:30 am–1:00 pm

Led by Berkshire Sanctuaries Staff and Volunteers  
Free

Organic gardening involves not using any synthetic or chemical fertilizers, insecticides, or pesticides, which benefits the local wildlife and habitat, as well as the gardener. Our experienced instructors will share the positives of organic gardening and techniques for incorporating organic growing practices in your own garden. This workshop is great for new gardeners and those who haven't gardened in several years.

# Programs for Adults

## Berkshire Sanctuaries

### Trees in Winter: Bark, Buds, & Branching Patterns

Pleasant Valley Wildlife Sanctuary, Lenox

**Saturday, March 21 / 10:00 am–12:00 pm**

Led by Dale Abrams, Sanctuary Naturalist and Education Coordinator

\$10 M, \$15 NM

No leaves? No problem! You can still learn to recognize oaks, maples, pines, cedars, and other woodland trees in winter. We'll look at tree samples, practice using a field guide, and take a hike to test our observation and identification skills. Tree ID guides available for purchase at Visitor Center Gift Shop, BYO guide, or sample guides available for loan. **Dress for the weather. Snowshoes may be required depending on conditions; bring yours, or borrow ours.**

### Trees in Spring: Bud Burst & Blossom Colors

Pleasant Valley Wildlife Sanctuary, Lenox

**Saturday, May 23 / 1:00–3:00 pm**

Led by Dale Abrams, Sanctuary Naturalist and Education Coordinator

\$10 M, \$15 NM

Springtime offers a pallet of subtle pastel colors and hues on the Berkshire Hills when buds burst open and the first leaves and flowers of spring emerge. Learn to identify trees by bud, flower, and early leaf colors so you can identify trees during the precious moments of spring and even discern the composition of our forests on distant hills with a walk around the sanctuary trails. **Tree ID guides available for purchase at Visitor Center Gift Shop, BYO guide, or sample guides available for loan.**

© Elizabeth Attardi



## Birder's Workshops



BIRDER'S WORKSHOP SERIES

### Birding for Beginners

Pleasant Valley Wildlife Sanctuary, Lenox

**Saturday, March 14 / 9:00–11:30 am**

Led by Dale Abrams, Sanctuary Naturalist and Education Coordinator

\$10 M, \$15 NM

Winter is a perfect time to start birdwatching. Birds often come close to our feeders and hardy winter birds can become familiar friends. We'll explore how to use shape, size, color, and sounds to learn different groups and species of birds. These tools, combined with behavior and habitat clues, will help you get to know our beautiful avian neighbors in no time at all. We'll spend time inside and out and warm up with coffee or tea near our picture window feeders.

BIRDER'S WORKSHOP SERIES

### Birding by Ear

Pleasant Valley Wildlife Sanctuary, Lenox

**Saturday, April 11 / 9:00–11:30 am**

Led by Zach Adams, Sanctuary Naturalist

\$10 M, \$15 NM

Learning to identify the calls and songs of birds can be fun and challenging. Making connections between bird songs and the ecosystems or places they occur can help you sort and classify the myriad bird songs we hear into manageable groups. We'll share tricks to sound identification while experiencing how bird sounds go hand-in-hand with habitat, behavior, and other clues, as well as review resources available to you that help in developing identification skills.

BIRDER'S WORKSHOP SERIES

### Sparrows

Pleasant Valley Wildlife Sanctuary, Lenox

**Saturday, April 25 / 7:00–9:30 am**

Led by Zach Adams, Sanctuary Naturalist

\$10 M, \$15 NM

Sparrows require focused study for observers to be able to differentiate between their fine features and subtle songs. Learn the intricacies of sparrow identification with this short presentation, followed by time in the field to explore the endlessly fun and complicated little brown birds in the wild. **The program begins at Pleasant Valley and may involve carpooling to nearby sanctuaries.**

## Birding Cape May & Southern New Jersey

Southern New Jersey

**Friday–Sunday, May 1–3 / 7:00 am–5:00 pm**

Led by Zach Adams, Sanctuary Naturalist, & Dale Abrams, Berkshire Sanctuaries Naturalist and Education Coordinator  
\$550 M, \$625 NM

Explore the incredible birds of southern New Jersey through famous birding locations like Edwin B. Forsythe National Wildlife Refuge (Brigantine), Cape May Meadows, Belleplain State Forest, and more. We will spend two nights in Cape May Courthouse as we travel around the county looking for southern specialties including Yellow-throated Warbler, Prothonotary Warbler, Worm-eating Warbler, Saltmarsh Sparrow, Seaside Sparrow, King Rails, Brown Pelicans, and much more. **Transportation, lunches, and lodging is included in price. This is a birding focused, modest amenities (shared lodging) trip, covering lots of ground with minimal down time.**

## Spring Wildflower Walks

Canoe Meadows Wildlife Sanctuary, Pittsfield

**Saturday, May 9 / 10:30 am–12:30 pm**

Led by a Sanctuary Naturalist

Pleasant Valley Wildlife Sanctuary, Lenox

**Saturday, May 16 / 10:00 am–12:00 pm**

Led by Linda Cysz, Botanist

\$6 M, \$8 NM, per session

Search our meadows and woodlands for blooming wildflowers and other signs of spring as we enjoy a leisurely walk in the warm sunshine. Learn to use guidebooks and smartphone apps to look up plants that we discover. **Bring a snack and a hand lens, if you have one.**

## Birding & Brunch

Pleasant Valley Wildlife Sanctuary, Lenox

**Saturday, May 23 / 9:00–11:00 am**

Led by Zach Adams, Sanctuary Naturalist

\$15 M, \$20 NM

Eating pancakes, drinking coffee, and listening to warblers sing—what could be better? Enjoy a hearty pancake breakfast while listening to a talk on identifying birds by ear, then take a short walk around Pleasant Valley to test your newly trained ears in action—and walk off breakfast!



© Lee Millet

## Free Spring Birding in the Berkshires



*Beginners welcome. All programs free of charge. Bring binoculars, if you have them, or call to reserve a pair. Preregistration not required unless noted.\**

### BIRDING AT CANOE MEADOWS

Canoe Meadows Wildlife Sanctuary, Pittsfield

**Fridays, April 17, 24 / 7:30–9:00 am**

**Fridays, May 1–29 / 7:00–8:30 am**

Led by Zach Adams, Sanctuary Naturalist, or Dale Abrams, Sanctuary Naturalist and Education Coordinator

Canoe Meadows' beautiful grounds are ideal for spotting migrant species, especially colorful wood-warblers, orioles, and thrushes. Explore wetlands, meadows, and woodlands, while seeing different bird species each week.

### BIRDING AT PLEASANT VALLEY

Pleasant Valley Wildlife Sanctuary, Lenox

**Wednesdays, April 29–May 27 / 7:00–8:30 am**

Led by Zach Adams, Sanctuary Naturalist

Pleasant Valley's beaver ponds, wetlands, woods, and meadows are super sites to see warblers, tanagers, orioles, and more during spring migration and nesting season.

### BIRDING AT LIME KILN FARM

Lime Kiln Farm Wildlife Sanctuary, Sheffield

**Saturdays, May 9, 16 / 7:00–9:00 am**

Led by Dale Abrams, Sanctuary Naturalist and Education Coordinator

Celebrate the height of spring migration with a morning bird walk at Lime Kiln Farm. Listen and look for warblers, orioles, sparrows, thrushes, and other songbirds, while enjoying woodland trails and views of the Taconic Range.

### BLUE HERONS AT TRACY BROOK

Tracy Brook Wildlife Sanctuary, Richmond

**Thursdays, May 21; June 4 / 7:00–8:30 am**

Led by Zach Adams, Sanctuary Naturalist, or Dale Abrams, Sanctuary Naturalist and Education Coordinator

Explore the heart of one of our newest Berkshire wildlife sanctuaries before it officially opens. View one of the largest Great Blue Heron rookeries in the region and observe migrant songbirds at this birding hot spot. **Meet at Pleasant Valley at 6:45 am to carpool to Tracy Brook (parking is limited). \*Preregistration is required.**

# Child & Family Programs

## Berkshire Sanctuaries

### Wildlife CSI: Understanding Animal Tracks & Sign Mysteries

Saturdays, January 25; February 1; February 15 / 10:00 am–12:00 pm

Adults and families with children 8 and up

Led by Zach Adams, Sanctuary Naturalist, or Dale Abrams, Sanctuary Naturalist and Education Coordinator

adults \$8 M, \$10 NM, per session

children \$4 M, \$6 NM, per session

Search for tracks, scat, and other signs of wildlife that stay active through winter. You'll discover new "whodunit" mysteries that take place out in nature while we're typically warm inside our homes. **Dress for the weather. Snowshoes may be required depending on conditions; bring yours, or borrow ours.**

January 25: Lime Kiln Farm Wildlife Sanctuary, Sheffield

February 1: Canoe Meadows Wildlife Sanctuary, Pittsfield

February 15: Pleasant Valley Wildlife Sanctuary, Lenox

### Moonlight Owl & Wildlife Prowls

Wednesday, February 5 / 6:30–8:00 pm

Wednesday, March 4 / 7:00–8:30 pm

Adults and families with children 8 and up

Led by Zach Adams, Sanctuary Naturalist, or Dale Abrams, Sanctuary Naturalist and Education Coordinator

adults \$6 M, \$8 NM, per session

children \$3 M, \$4 NM, per session

Enjoy a moonlit evening listening and watching for owls and other nocturnal wildlife. We'll explore fields, forests, and wetlands, learning about animal adaptations for night hunting. Afterward, we'll warm back up with tea and hot cocoa. **Dress for the weather. Snowshoes may be required depending on conditions; bring yours, or borrow ours.**

February 5: Canoe Meadows Wildlife Sanctuary, Pittsfield

March 4: Pleasant Valley Wildlife Sanctuary, Lenox



### School Vacation Weeks

Pleasant Valley Wildlife Sanctuary, Lenox

Children ages 7–12

Led by Max Galdos-Shapiro, Sanctuary Education Coordinator, & Zach Adams, Sanctuary Teacher Naturalist

\$50 M, \$65 NM, per day

\$240 M, \$320 NM, per week

Our vacation weeks are packed with nature exploration and hands-on learning outside the classroom. Sign up for one, some, or all five days. **Bring a lunch and two snacks each day. Space is limited; early registration recommended.**

#### WINTER ADVENTURE VACATION WEEK

Monday–Friday, February 17–21 / 9:00 am–3:30 pm

Learn about wildlife that stay active in the cold and snow, and the adaptations that enable them to survive. Depending on the conditions, we'll build snow shelters and snowshoe or hike to "secret" parts of the sanctuary. **Snowshoes provided. Dress for the weather; warm outerwear and waterproof boots required.**

#### SPRING EXPLORERS VACATION WEEK

Monday–Friday, April 20–24 / 9:00 am–3:30 pm

Spring is a great time to experience the natural world as plants and wildlife awaken, energized and full of life. Explore our forests, ponds, and wetlands for new plant growth, early bird arrivals, and emerging amphibians and reptiles. **Dress for the weather; mud boots are required.**





© Norman Corliss

## Bluebird Nest Box Building Workshop

Pleasant Valley Wildlife Sanctuary, Lenox

**Saturday, February 22 / 1:30–3:30 pm**

Families with children ages 5 and up

Led by Zach Adams, Sanctuary Naturalist

adults \$20 M, \$25 NM

children Free

Get crafty in our cozy red barn and build something that will help improve wildlife habitat in your neighborhood. These hands-on, family-friendly workshops will teach you where and how to place bluebird nest boxes in ideal habitats to attract inhabitants. Build the pre-cut kit together and take your box home in the end. No experience necessary. **All materials included. Nest boxes suited for Eastern Bluebirds and other small, cavity-nesting species such as Tree Swallows, House Wrens, Black-capped Chickadees, Tufted Titmice, and White-breasted Nuthatches.**

## Bat House Building Workshop

Pleasant Valley Wildlife Sanctuary, Lenox

**Saturday, April 11 / 1:30–3:30 pm**

Families with children ages 5 and up

Led by Zach Adams, Sanctuary Naturalist

adults \$25 M, \$35 NM

children Free

Bat houses on your property are a great way to support some declining but important predators of flying insects. Learn about bats in your area and their natural history, then build a bat house to take home. Bat roosting boxes make a great addition to your neighborhood, helping to naturally keep away pesky insects like mosquitos. **No experience necessary.**

## Spring Salamander & Frog Search

Pleasant Valley Wildlife Sanctuary, Lenox

**Fridays, April 17, 24 / 6:30–8:30 pm**

Adults and families with children of all ages

Led by Dale Abrams, Sanctuary Naturalist and Education Coordinator

adults \$6 M, \$8 NM, per session

children \$3 M, \$4 NM, per session

Spotted Salamanders and Wood Frogs spend their days under logs, stones, and other forest-floor objects, venturing out only on cool, moist evenings. Search our woods and wetlands for these fascinating nocturnal animals, and learn about their interesting lives. **Children must be accompanied by an adult. Dress for the weather with long pants, long sleeves, and boots.**

## Evenings at the Beaver Ponds

Pleasant Valley Wildlife Sanctuary, Lenox

**Fridays, May 15, 29 / 6:00–7:30 pm**

Adults and families with children of all ages

Led by a Sanctuary Naturalist

adults \$6 M, \$8 NM, per session

children \$3 M, \$4 NM, per session

Visit our beaver ponds with an experienced naturalist, and search for beavers and other animals attracted to these rich wetlands. Learn about the natural history of beavers and how they continue to change Pleasant Valley's landscape 85 years after their reintroduction to the area. **Wear long pants, a shirt with long sleeves, and a hat. Bring binoculars, if you have them.**

© The Lazy Explorer

## Berkshire Nature Day Camp Registration opens soon!



Summer will be here before we know it!  
Find information and register at  
[massaudubon.org/berkshirecamp](http://massaudubon.org/berkshirecamp).

# LOCATIONS & REGISTRATION INFORMATION

## Central MA



### BROAD MEADOW BROOK CONSERVATION CENTER & WILDLIFE SANCTUARY, 430 ACRES

414 Massasoit Road, Worcester

508-753-6087 | [bmbrook@massaudubon.org](mailto:bmbrook@massaudubon.org)

[massaudubon.org/broadmeadow](http://massaudubon.org/broadmeadow)

Broad Meadow Brook in Worcester is the largest urban wildlife sanctuary in New England, with more than 400 acres cooperatively managed or owned by Mass Audubon. Interpretive signs guide you along trails through woods, fields, streams, and marsh. Also serves as a visitor center for the National Park Service's Blackstone River Valley National Heritage Corridor.

#### NATURE CENTER HOURS:

Tuesday–Saturday, 9:00 am–4:00 pm; Sunday, 12:30–4:00 pm;

Closed Mondays

**TRAIL HOURS:** Daily dawn to dusk

**ADMISSION:** Mass Audubon members and Worcester residents: Free  
Nonmembers: \$4 adults; \$3 children (2–12); \$3 seniors (65 and older)

### BURNCOAT POND WILDLIFE SANCTUARY, 245 ACRES

Greenville Street, Spencer | 978-464-2712

[massaudubon.org/burncoatpond](http://massaudubon.org/burncoatpond)

Encompasses the complete northern cove of its namesake pond and provides critical habitat for resident and migratory wildlife. Its moderate-to-rugged trails also offer peaceful walks through fields, hardwood white pine forest, wetlands, and streams, ending at the pond.

### COOK'S CANYON WILDLIFE SANCTUARY, 60 ACRES

South Street, Barre | 978-464-2712 | [massaudubon.org/cookscanyon](http://massaudubon.org/cookscanyon)

Named for the small ravine in which Galloway Brook flows, Cook's Canyon was once an early 20th-century tourist destination. The main attraction: a waterfall that descends in a series of cascades over rocky ledges.

### EAGLE LAKE WILDLIFE SANCTUARY, 362 ACRES

Causeway Street, Holden | 978-464-2712 | [massaudubon.org/eaglelake](http://massaudubon.org/eaglelake)

From large red oaks to extensive wetlands, Eagle Lake supports a wealth of wildlife. The canopy of mature forest provides nesting sites for Scarlet Tanagers, Great Crested Flycatchers, and Rose-breasted Grosbeaks. The pond attracts numerous waterfowl during spring and fall migration.

### FLAT ROCK WILDLIFE SANCTUARY, 326 ACRES

Ashburnham Hill Road, Fitchburg

978-464-2712 | [massaudubon.org/flatrock](http://massaudubon.org/flatrock)

Just minutes from downtown Fitchburg, the bustling sounds of the city fade into a chorus of songbirds, rustling leaves, and zipping dragonflies here. This wooded area provides habitat for species needing large territories such as the fisher, coyote, and red fox. Bobcats and black bears occasionally travel through these woods over rocky ledges and through hemlock groves.

### LAKE WAMPANOAG WILDLIFE SANCTUARY, 377 ACRES

Raymond Street, Gardner

978-464-2712 | [massaudubon.org/lakewampanoag](http://massaudubon.org/lakewampanoag)

Since Lake Wampanoag is one of the lesser visited wildlife sanctuaries, it's easy to be alone there. That is, of course, if you don't count the fascinating wildlife that inhabit this sanctuary, including moose, bears, deer, bobcats, and coyotes. The ecologically managed grasslands (e.g., mowing late in the season) support Bobolinks and Savannah Sparrows.

### LINCOLN WOODS WILDLIFE SANCTUARY, 63 ACRES

Union Street, Leominster | 978-464-2712

[massaudubon.org/lincolnwoods](http://massaudubon.org/lincolnwoods)

Lincoln Woods offers a small dose of nature in the heart of Leominster. The trail system, which ranges from level to short slopes with surfaces that are smooth to uneven, traverses the mature woodlands.

### NASHOBA BROOK WILDLIFE SANCTUARY, 420 ACRES

Concord Road (Route 225), Westford

978-464-2712 | [massaudubon.org/nashobabrook](http://massaudubon.org/nashobabrook)

Migrating songbirds rest and feed in the fields and woodlands of Nashoba Brook. Foxes, owls, and hawks hunt for small prey in the grass, by the stream, or atop stone walls. This mostly wooded property consists of various sanctuary parcels and the town of Westford's Richard Emmet Conservation Land. *Please note: Parking area is not plowed in winter.*

### PIERPONT MEADOW WILDLIFE SANCTUARY, 211 ACRES

Marsh Road, Dudley | 978-464-2712

[massaudubon.org/pierpontmeadow](http://massaudubon.org/pierpontmeadow)

Nature has reclaimed parts of this former farmland, once entirely cleared for agricultural purposes. Stone walls still stand amidst pine groves and along the edge of meadows. Valuable shrubland provides nesting habitat for a number of declining bird species such as the Brown Thrasher and Eastern Towhee. *Please note: Sanctuary is located on Marsh Road and not Henry Marsh Road.*

### POOR FARM HILL WILDLIFE SANCTUARY, 53 ACRES

West Main Street, New Salem | 978-464-2712

[massaudubon.org/poorfarmhill](http://massaudubon.org/poorfarmhill)

Poor Farm Hill Wildlife Sanctuary is part of a large mosaic of conservation land located in New Salem. The expansive area provides forest habitat for warblers and ground-nesting birds as well as large mammals including bobcat, black bear, and moose.

### ROCKY HILL WILDLIFE SANCTUARY, 441 ACRES

Cardinal Lane, Groton | 978-464-2712 | [massaudubon.org/rockyhill](http://massaudubon.org/rockyhill)

Located on the Groton-Ayer town line, this sanctuary has impressive ledges, large boulders, beaver ponds, vernal pools, and extensive uninterrupted woodlands. It lies within a state-designated Area of Critical Environmental Concern and supports moose, beavers, porcupines, nearly 100 species of birds, and more than 240 plant species. *Please note: Parking area may not be plowed in winter.*

### RUTLAND BROOK WILDLIFE SANCTUARY, 1,779 ACRES

Off of Pat Connor Road, Petersham

978-464-2712 | [massaudubon.org/rutlandbrook](http://massaudubon.org/rutlandbrook)

Combined with neighboring conservation lands, Rutland Brook is part of one of the most extensive parcels of uninterrupted protected land in central Massachusetts. Here, moderate-to-strenuous interlinking trails wind through stands of hemlock and white pine and along boulder-strewn Rutland Brook.



### WACHUSETT MEADOW WILDLIFE SANCTUARY, 1,130 ACRES

113 Goodnow Road, Princeton

978-464-2712 | [wachusett@massaudubon.org](mailto:wachusett@massaudubon.org)

[massaudubon.org/wachusettmeadow](http://massaudubon.org/wachusettmeadow)

Wachusett Meadow is a former farmstead that offers spectacular scenery and supports abundant wildlife throughout woodlands, wetlands, and meadows. Historic buildings and barns are still in use for educational programming and resident sheep graze the pastures. Trails traverse many interesting features including Brown Hill Summit, Glacial Boulder, ancient trees, and beaver ponds.

#### NATURE CENTER HOURS:

Tuesday–Friday, 10:00 am–2:00 pm; Saturday, 10:00 am–4:00 pm;

Sunday and Monday Holidays, 12:30–4:00 pm; Closed Mondays

**TRAIL HOURS:** Daily dawn to dusk

**ADMISSION:** Mass Audubon members and Princeton residents: Free  
Nonmembers: \$4 adults; \$3 children (2–12); \$3 seniors (65 and older)

## Western MA



### ARCADIA WILDLIFE SANCTUARY, 728 ACRES

127 Combs Road, Easthampton | 413-584-3009

[arcadia@massaudubon.org](mailto:arcadia@massaudubon.org) | [massaudubon.org/arcadia](http://massaudubon.org/arcadia)

Spanning Easthampton and Northampton, Arcadia's diverse terrain (forest, meadows, grasslands, marsh, and wetlands) attracts an extraordinary variety of wildlife. You will also find a thriving population of wildflowers, thanks to its rich, loamy soil, which is characteristic of the Connecticut River floodplain.

#### NATURE CENTER HOURS:

Monday–Saturday, 9:00 am–3:00 pm; Sunday, seasonally

**ADMISSION:** Members and Northampton & Easthampton residents: Free  
Nonmembers: \$4 adults; \$3 children (2–12); \$3 seniors (65 and older)

### CANOE MEADOWS WILDLIFE SANCTUARY, 253 ACRES

Holmes Road, Pittsfield | 413-637-0320

[massaudubon.org/canoemeadows](http://massaudubon.org/canoemeadows)

Located just one mile from the center of Pittsfield, Canoe Meadows brings wildness to Berkshire County's largest city, attracting warblers, turtles, ospreys, otters, and the occasional bear. Gentle, flat trails wind through the sanctuary's scenic woods, fields, and wetlands, and along the edge of the Housatonic River.

### CONWAY HILLS WILDLIFE SANCTUARY, 105 ACRES

South Deerfield Road (Route 116), Conway  
978-464-2712 | [massaudubon.org/conwayhills](http://massaudubon.org/conwayhills)

Once, cow pastures along with hay and tobacco fields covered much of the area. Now, many of the fields have reverted to forests, which provides habitat for coyotes, bears, moose, and bobcats. A single loop trail with a moderate ascent takes you through a previously harvested white pine and hemlock forest, past aging stone walls, by a large sugar maple "wolf" tree, and over some rocky ledges. *Please note: Only roadside parking available.*

### GRAVES FARM WILDLIFE SANCTUARY, 633 ACRES

Adams Road, Williamsburg | 413-584-3009  
[massaudubon.org/gravesfarm](http://massaudubon.org/gravesfarm)

For more than 125 years, this property was managed as a dairy farm. The now-protected wildlife sanctuary is complete with mixed forest, dramatic geologic features, pristine cold-water streams, and serene pastoral landscapes.

### HIGH LEDGES WILDLIFE SANCTUARY, 792 ACRES

Off of Patten Road, Shelburne | 978-464-2712  
[massaudubon.org/highledges](http://massaudubon.org/highledges)

Enjoy the spectacular panoramic views of the Deerfield River Valley and Mount Greylock from the ledges. Spring is the best time to see many wildflowers, although the entire flower season offers both common and uncommon wildflowers and ferns. Some trails may be strenuous, but the views are worth it. *Please note: Parking area is not plowed in winter.*

### LAUGHING BROOK WILDLIFE SANCTUARY, 367 ACRES

793 Main Street, Hampden | 413-584-3009  
[massaudubon.org/laughingbrook](http://massaudubon.org/laughingbrook)

Fans of Thornton W. Burgess are no strangers to the setting at Laughing Brook; the children's author wove his tales around the wild animals that live here. The "laughing" brook has at times become a roaring river, depositing sand used by turtles. Strong winds have downed trees, leaving behind new shelter for salamanders.


### LIME KILN WILDLIFE SANCTUARY, 363 ACRES

Silver Street, Sheffield | 413-584-3009 | [massaudubon.org/limekiln](http://massaudubon.org/limekiln)  
Lime Kiln Farm hosts more than 500 species of plants including many rare varieties. A key tract of land within the 14,000-acre Schenob Brook Area of Critical Environmental Concern, the rolling hayfields, limestone ridge, conifer forest, and former pastures attract more than 50 species of butterflies as well as Pileated Woodpeckers, Alder Flycatchers, and Red Foxes.

### LYNES WOODS WILDLIFE SANCTUARY, 188 ACRES

Edwards Road, Westhampton | 413-584-3009 | [massaudubon.org/lynes](http://massaudubon.org/lynes)  
Forest, shrubby fields, wetlands, and old stone walls tell the story of Lynes Woods' past as a former working farm and orchard. You can take an easy one-mile loop walk along a woodland path to crystal clear Lyman Brook and listen for the music of water rushing over rocks. *Please note: Parking area is not plowed in winter.*

### PLEASANT VALLEY WILDLIFE SANCTUARY, 1,405 ACRES

 472 West Mountain Road, Lenox  
413-637-0320 | [berkshires@massaudubon.org](mailto:berkshires@massaudubon.org)  
[massaudubon.org/pleasantvalley](http://massaudubon.org/pleasantvalley)

Set amidst more than 1,300 lush acres in the Berkshires, Pleasant Valley's varied trails wind through forests, meadows, wetlands, and along the slopes of Lenox Mountain, making this an excellent location for easy-to-strenuous hiking. While exploring, there's a good chance you will see evidence of the sanctuary's most visible wildlife resident, the beaver, via dams, dens, or lodges.

#### VISITOR CENTER HOURS:

May (Memorial Day)–October (Columbus Day) Daily, 9:00 am–4:00 pm;  
October (Columbus Day)–May (Memorial Day), Tuesday–Sunday,  
10:00 am–4:00 pm; closed Mondays

**TRAILS:** Dawn to dusk on days Nature Center is open

**ADMISSION:** Members and Lenox residents: Free

Nonmembers: \$5 adults; \$3 children (2–12); \$3 seniors (65 and older)

### RICHARDSON BROOK WILDLIFE SANCTUARY, 109 ACRES

New Boston Road (Route 57), Tolland  
978-464-2712 | [massaudubon.org/richardsonbrook](http://massaudubon.org/richardsonbrook)

Named for the brook at its southern boundary, this wildlife sanctuary offers a challenging trail that meanders by numerous large trees and boulders, an interesting stone structure, and finally to Richardson Brook itself. *Please note: only roadside parking available (not plowed in winter).*

### ROAD'S END WILDLIFE SANCTUARY, 190 ACRES

Corbett Road, Worthington | 978-464-2712 | [massaudubon.org/roadsend](http://massaudubon.org/roadsend)

An abandoned farmstead that was once selectively lumbered and cleared for agricultural purposes. A white pine forest now stands in an old field, and pastures have become beaver meadows. Two gentle loop trails through the fields, forests, and along a brook quickly transport you to the "middle of nowhere." *Please note: Parking area is not plowed in winter.*

### WEST MOUNTAIN WILDLIFE SANCTUARY, 1,812 ACRES

Prospect Street, Plainfield | 978-464-2712  
[massaudubon.org/westmountain](http://massaudubon.org/westmountain)

West Mountain, situated within the watershed of the federally designated Wild and Scenic Westfield River, is part of one of the largest aggregations of conserved land in Massachusetts. The sanctuary provides valuable habitat for moose, black bears, otters, fishers, bobcats, a number of state-listed rare plants and animals, and nesting sites for threatened ground-nesting birds. *Please note: Only roadside parking available; parking area is not plowed in winter.*

Cover Photos

Hiker © Bill Madden

Northern Cardinal © Alison Borrelli

Berries © Andy Eckerson

## Registration Procedures & Policy Guidelines

### THREE EASY WAYS TO REGISTER!

Advance registration with full payment is required for all programs unless otherwise noted.

**Online:** Register online at [massaudubon.org/catalog](http://massaudubon.org/catalog). Please note: Some programs and trips do not take online registration. In these instances, please call the wildlife sanctuary that is hosting the program during business hours.

**By Phone:** Please call the sanctuary hosting the program to complete your registration with a credit card by phone.

**In Person:** Stop by the wildlife sanctuary that is hosting the program to register in person. Please note: In-person registration should be done prior to the program start date to ensure space availability.

### CANCELLATION/REFUND

To receive a refund for a program you no longer plan to attend, you must notify the wildlife sanctuary that is hosting the program at least one week prior to the program start date. Each wildlife sanctuary reserves the right to change programs, schedules, and instructors or to cancel programs due to low enrollment. A full refund will be processed if the wildlife sanctuary cancels the program. Refunds require approximately three weeks for processing. Please be aware that summer camp and vacation week programs have a separate refund policy. Please refer to the camp brochure or call for this information.

### ADDITIONAL INFORMATION

If you have additional questions about registration policies or a particular program, please call the wildlife sanctuary that is hosting the program.

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