



Sample programming for groups up to 80 people.

Each activity operates in groups of up to 20 persons simultaneously. Participants choose one activity in the morning and one activity in the afternoon.

Mindfulness Explorations – Forest Bathing

Unplug and take a rejuvenating stroll through the forest with us.

Forest bathers will immerse themselves in the sights and sounds all around you, allowing you to become acquainted with life in the forest. Through bird and tree identification as well as wildlife tracking, you can begin to know our natural world more intimately.

This activity is appropriate for all levels of fitness. It is meant as an introduction and ok for beginners who would like to explore forest-bathing and mindfulness concepts.

Mindfulness Explorations - Yoga

Unplug and take a rejuvenating stroll through the forest with us.

Yogis will embark on a reflective walk to a clearing with where we will practice yoga. You will build strength, flexibility, and self-awareness while deepening your appreciation for our local forests and reaping the mind-body health benefits of nature and community.

This activity is appropriate for all levels of yoga experience. It is meant as an introduction and ok for beginners who would like to explore yoga and mindfulness concepts.

Norwottuck Rail Trail and Northampton Bikeway

Norwottuck is the name given to the valley by the Nipmuc people who inhabited the region for thousands of years prior to the arrival of colonists in the mid-1600s. The trail transects the middle of the Valley and travels along the former Central Mass Railway that operated in the late 19th and early 20th century.

Departing Amherst College we will head east on the trail, **pausing** at the Range View bike rest area for a view of the Holyoke Range. Continuing towards Northampton, we will cross the Connecticut River, appreciating the longest river in New England that travels from the Canadian border to the Long Island Sound.

Entering into Northampton, we will jump on the Northampton Bikeway and continue towards the town of Easthampton enjoying the sights of “Noho” before returning to Amherst.

This is a flat 12 mile out and back ride accessible to all biking abilities.

Taste of the Valley's Farms

The Pioneer River Valley has some of the best soil in the country as well as some of the oldest farms. Agricultural products in the valley range from goat cheese, Asian pears, a diverse mix of vegetables, organic strawberries, mushrooms, wine, cheese and grass-fed beef. **Participants will** have a chance to ask questions of the farmers and understand what is involved with managing a small, profitable farm in the Pioneer Valley.

This is an informal talk with **an** agrotourism expert and farm worker covering the agricultural history of the region including: Native American peoples, soil and geology, sustaining small farms in the Valley, diversity of farm products, and how farming supports the local economy. Participants receive a "picnic box" of food samples from three farms.

Everyone needs to eat, so whether you are interested in farming or not, there is something on this experience for all to enjoy and savor!