



SEPTEMBER HAPPENINGS

TUESDAYS

- **MORNING WALK** through the TOURISTS trails and Blackinton.

WEDNESDAYS

- **HIKE** on the Appalachian Trail or nearby Mt. Greylock Reservation (2-3 hours)

THURSDAYS

- **YOGA** on our outdoor wellness deck in the woods.
- **PUBLIC ART WALK** to see the street art in North Adams.

FRIDAYS

- **NATURE MEDITATION.** Connect with the relaxing qualities of time in nature on our trails.
- **MAPPY HOUR** gather with our guides and learn about hikes, history, museums and more.

SATURDAYS

- **YOGA** on our outdoor wellness deck in the woods.
- **HIKE** on the Appalachian Trail or nearby Mt. Greylock Reservation(2-3 hours)
- **SHIBORI/TIE-DYE** hand dye pillowcases or a t-shirt.

SUNDAYS

- **YOGA** on our outdoor wellness deck in the woods.(through 9/15)
- **SUNDAY STROLL** on our trails or **KIDS CRAFT** to make nature or camp souvenirs.

Humans TOURISTS Nature Experience 9/23-25 Fall Foliage Hiking Program. Guided hikes, yoga, trail lunches, and a community dinner. Program fee \$285 pp. Email programs@touristswelcome.com for more information.

EVENTS AROUND TOWN

9/5 TOURISTS Assets for Artists Open Studio walk
9/20-22 MASS MoCA FreshGrass Festival
9/26 North Adams DownStreet Arts Night

Space on hikes is limited, please sign up. Private guided hikes and outdoor yoga are available. Contact Tracy, our Art and Adventure Coordinator, for any inquiries t.remelius@touristswelcome.com.

Schedule subject to change.