


RANGER-LED ACTIVITIES, MAY 23 through JUNE 30, 2009

 Denotes activities that are accessible with minor assistance. Contact park staff if you have questions about accessibility.

✓ Long pants (shorts for canoe trips), appropriate footwear, hats, sunscreen, bug spray, and water are recommended for outdoor activities.

 Denotes activities especially suited for families with children.

 Denotes National Park Service Ocean Park Stewardship programs aimed at improving awareness and protection of marine resources.


SPECIAL PROGRAM AND RESERVATION POLICY

FEE PROGRAMS: • Canoe trips cost \$20 per adult, \$14 per child 16 and under. • Salt Pond Paddle trips cost \$17 per adult, \$12 per child 16 and under. • Tickets are non-refundable and must be purchased either in person at visitor centers, or by phone with a credit card, prior to 4:30 PM daily. • Canoe trips may be reserved and paid for no more than seven days in advance. • Canoe experience is MANDATORY for all but Salt Pond Paddle trips due to currents and winds. • Minimum age is 6 for canoe trips. • All equipment is provided unless otherwise noted. • You may have to wade and assist with moving equipment during canoe programs. • Wear shoes (required) that can get wet.







Salt Pond Visitor Center, Nauset Road, off Route 6, Eastham 508-255-3421

Province Lands Visitor Center, Race Point Road, off Route 6, Provincetown 508-487-1256








EASTHAM AND WELLFLEET PROGRAMS

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CANOEING: GULL POND 8 AM 2½ hours, 1 to 2 miles. Fee required.</p>	<p>Enjoy the early morning calm of a kettle pond while exploring its diverse plant and animal life. BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE. Through June 12 only.</p>					●		
<p>CANOEING: SALT POND PADDLE 9:30 AM 1½ hours, 1½ miles. Fee required.</p>	<p> Take a leisurely paddle in the protected waters of Salt Pond and nearby area of Nauset Marsh in Eastham to explore the beauty and significance of this awe-inspiring place. Meet at Salt Pond Visitor Center amphitheater, Eastham. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.</p>						●	
<p>HIKE: EXPLORE YOUR PARK Varying times 3 to 3½ hours, 3 to 4 miles. Free.</p> <p>May 26, 1 PM - Great Island Hike - Traverse salt marshes, woodlands, dunes, and the beaches along Cape Cod Bay with views of Wellfleet Harbor, and uncover the rich history of this early whaling outpost. Meet at Great Island parking area, Wellfleet.</p> <p>June 2, 1 PM - In the Vagabond's Footsteps: Walking Henry Beston's Great Beach - Henry Beston's words in <i>The Outermost House</i> continue to draw people to Coast Guard Beach. And while his little house has long since been lost to the ocean, it is still possible to experience Beston's beach. Be prepared for walking in soft sand. Meet at Coast Guard Beach parking area, Eastham.</p> <p>June 9, 9 AM - Freshbrook Village: Gone But Not Forgotten - Learn about the 19th- century Freshbrook Village while exploring the diverse environments of the Marconi area. Long pants recommended. Meet at Marconi Beach parking area, Wellfleet.</p>	<p>Join an experienced ranger and explore the beauty and variety of park destinations, resources, or stories. Participants must be good walkers. Dress for the weather. Bring water, sunscreen, and bug spray. Listed dates only. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0, MAXIMUM 7-DAY ADVANCE RESERVATIONS.</p>			●				

EASTHAM AND WELLFLEET PROGRAMS





		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>WALK: SEAL SEARCH 9:30 AM 1½ hrs, 1½ miles in soft sand. Free.</p> 	<p>Curious about seals in our local waters? In this hike along the Coast Guard spit, we'll look for seals and learn about the species we might see, as well as some of the special adaptations seals have that make them perfectly suited for a life in the sea. Meet at Coast Guard Beach parking area, Eastham. <i>Through June 12 only.</i></p>					●		
<p>WALK: SHORELINE STROLL 10 AM 1 hour, 1 mile. Free.</p> 	<p>Explore the various habitats of forest, marsh, dunes, and bay, while discovering how they all work together to create a dynamic coastal barrier system known as the Great Island 'gut'. Meet at Great Island parking area, Wellfleet. <i>Through June 11 only.</i></p>				●			
<p>WALK: STORMY NIGHTS! 10 AM 1 hour, 1 mile. Free.</p> 	<p>Cape Cod is known as the "Graveyard of the Atlantic," with over 3,000 recorded wrecks. The skeletons of these old wrecks are thrust up on the beach, only to be covered again by shifting sands or taken back to sea. Join a ranger for a short walk to discuss some famous wrecks, and discover whether anything remains of the Newcomb Hollow wreck that mysteriously appeared in the winter of 2007/2008. Meet at the Newcomb Hollow Beach parking area, off Ocean View Drive, Wellfleet. <i>Through June 8 only.</i></p>	●						
<p>WALK: FORT HILL: WINDOW INTO THE PAST 10 AM 1½ hours, 1½ miles. Free.</p> 	<p>Discover some of the stories that archeology helps uncover. Learn about the history of the various people who inhabited the lands at Fort Hill and surrounding Nauset Marsh over past centuries. Meet at Hemenway Town Landing (one road north of Fort Hill off Route 6), Eastham. * <i>Accessible with assistance. Please notify Salt Pond Visitor Center in advance. Through June 10 only.</i></p>			●				
<p>CAPTAIN PENNIMAN HOUSE: A WHALING FAMILY'S STORY T = Tour, 11 AM, 1 hour. OH = Open House, 1 to 4 PM. Free.</p>	<p>Learn about the Penniman family through a tour of their home and stories of their travels. Examine some of the hardships, adventures, and lifestyle of a whaling family. TOUR, BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0. OPEN HOUSE, browse through. Meet at the Penniman House at Fort Hill, Eastham. Limited parking.</p>		T	OH	OH	OH		T
<p>ATWOOD-HIGGINS HOUSE T = Tour, 11 AM, 1 hour. OH = Open House, 1 to 3 PM. Free.</p> 	<p>Learn about early 18th-century Cape Cod architecture and one of the Outer Cape's early colonial settlement sites. TOUR, BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT.0. OPEN HOUSE, browse through. <i>Directions: Take Route 6. Turn onto Pamet Point Road in Wellfleet, at the Truro town line, follow signs. * Accessible with assistance. Please notify Salt Pond Visitor Center in advance.</i></p>				T	OH		
<p>FILM: "PORTRAIT OF A COAST - 21ST CENTURY" 1:30 PM 45 minutes. Free.</p> 	<p>From the Storm of 1978 to the new Chatham inlet created during the April 2007 nor'easter, Cape Cod's coastline is constantly changing. Join a ranger for a viewing and discussion of this newly-updated film that beautifully documents and explains our dynamic coast. Takes place inside at Salt Pond Visitor Center, Eastham. <i>No program May 30. See special program listing on page 5.</i></p>							●

EASTHAM AND WELLFLEET PROGRAMS

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>WALK: LORE OF NAUSET MARSH 3 PM 1 hour, 1 mile. Free.</p>	<p>This alluring place has drawn people to its shores for thousands of years, including some famous artists and authors in recent centuries. Discover some of the stories associated with this special place. Meet on the terrace at Salt Pond Visitor Center, Eastham.</p>				●			
<p>WALK: WALKING WITH AUTHORS 3 PM 1 hour, 1 mile. Free.</p>	<p>Experience Cape Cod through the eyes of some of the area's most famous or most beloved authors, such as Beston, Thoreau, Hay, and others. Take this opportunity to see what they saw and hear what they heard. Join local author Dana Eldridge for this stroll at the edge of Nauset Marsh. Meet on the terrace at Salt Pond Visitor Center, Eastham. <i>Through June 19 only.</i></p>					●		
<p>WALK: LIFE ON THE EDGE 3 PM 1 hour, 1 mile. Free.</p> 	<p>Witness the impact the sea has on the shore and the species that live there. Explore the beach below the bluff and discuss the issues associated with an ever-changing shoreline. Meet at Nauset Light Beach parking area, Eastham. <i>Beach fees may apply.</i></p>		●					
<p>TOUR: THREE SISTERS LIGHTHOUSES 3 PM in May, 4 PM in June 1 hour, ½ mile. Free.</p>  	<p>These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Learn of their history and importance. Meet at the northeast corner of Nauset Light Beach parking area, Eastham. <i>Beach fees may apply.</i></p>	●	●					
<p>FAMILY PROGRAM: NATURE JOURNALING 3 PM 1 hour, 1 mile. Free.</p>  	<p>Scientists, explorers, and writers keep journals to record their experiences. Explore and participate in activities to help you look at the seashore in new and different ways. Participants receive a journal to use for the program and take home. Meet at Hemenway town landing (one road north of Fort Hill, off Route 6), Eastham. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT 0. MAXIMUM 7-DAY ADVANCE RESERVATIONS. For school-age children. <i>Through June 7 only. * Accessible with assistance. Please notify Salt Pond Visitor Center in advance.</i></p>	●						
<p>FAMILY PROGRAM: OPERATION: EXPLORER! 3 PM 2 hours. Free.</p>  	<p>Calling all future rangers, ages 8 to 13! Develop skills for adventures in the great outdoors. Parents must remain with children. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0 FOR MEETING LOCATIONS AND TO REGISTER. MAXIMUM 7-DAY ADVANCE RESERVATIONS. Listed dates only. * Selected programs accessible with assistance. Please notify Salt Pond Visitor Center in advance.</p> <p>May 23 - Campcraft and Survival Skills - Get ready for your summer adventure by brushing up on some basic outdoor and survival skills such as fire building, finding shelter, finding direction, and avoiding ticks and poisonous plants. May 30 - Creatures of the Not-So-Deep - Freshwater ponds are teeming with tiny creatures that are essential to Cape Cod's healthy ecosystem. Join us on a walk to discover just what these creatures are and why they are so important. Wear an old pair of shoes or boots that can get wet and muddy. June 6 - Spring Birds of the Cape - As warm weather returns to Cape Cod many of our wonderful resident and returning birds nest and raise young, or feast upon the shoreline grub on their long journeys north. Join us on a short excursion to look and listen for the rich diversity of bird life found nearby. Wear weather-appropriate clothing, and bring binoculars and a hat. Limited pairs of binoculars will be available to share. June 13 - Family Orienteering - See how a simple map and compass can add to your outdoor enjoyment and safety. You'll learn to use these tools and then take part in a small orienteering adventure. The ranger will loan you a compass, or you may bring your own.</p>							●

PROVINCETOWN PROGRAMS

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

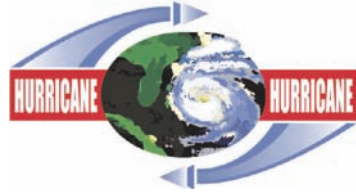
<p>WALK: BEECH FOREST BEAUTY 9 AM 1½ hrs, 1 mile on hard-pack surface and soft sand. Free.</p>	<p>Stroll among ponds and a hardwood forest nestled among the dunes in Provincetown. Wear comfortable walking shoes and bring bug spray. Meet at the Beech Forest parking area, off Race Point Road, Provincetown. <i>May 30, June 6 and 13 only.</i></p>							●	
<p>FAMILY PROGRAM: ORIENTEERING 10 AM 1 hour. Free.</p> 	<p>Calling all future rangers! See how a simple map and compass can add to your outdoor enjoyment and safety. You'll learn to use these tools and then take part in a small orienteering adventure. The ranger will loan you a compass, or you may bring your own. Province Lands Visitor Center, off Race Point Road, Provincetown. <i>June 6 and 13 only.</i></p>							●	
<p>MULTIMEDIA PRESENTATION: THE HIDDEN LIFE OF CAPE COD NATIONAL SEASHORE 11 AM 45 minutes. Free.</p> 	<p>Dive into the exciting world of colorful creatures beneath the ocean's surface. Learn just how connected we are to the national seashore's hidden marine realm. Province Lands Visitor Center auditorium, off Race Point Road, Provincetown. <i>Through June 10 only.</i></p>			●					
<p>FILM: MARITIME MATINEES 1:30 PM up to 45 minutes. Free.</p> 	<p>Cape Cod's maritime history is linked to ports and stories around the world. Join us for these beautiful films that bring this rich history to life. Province Lands Visitor Center auditorium, off Race Point Road, Provincetown. May 23 and June 20: <i>The City that Lit the World</i> - New Bedford as the preeminent whaling port in the 1800s. May 30 and June 27: <i>Song of the Sandy Mooring</i> - 1960s Provincetown and its cultural heritage as a fishing and artistic community. June 6: <i>To the Farthest Port of the Rich East</i> - Salem, Massachusetts' role as a major player in world commerce in the late 1700s. June 13: <i>Around Cape Horn</i> - a 1929 voyage around Cape Horn in the massive bark, <i>Peking</i>.</p>							●	
<p>OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION 2 to 4 PM Free.</p> 	<p>Built in 1898, Old Harbor is the last intact lifesaving station of the original thirteen built on Cape Cod. The station has been extensively rehabilitated and restored, and there are exciting plans to furnish it with exhibits. Browse through, learn about its storied past, and view rescue equipment. Park at Race Point Beach in Provincetown and take the short walk to Old Harbor. <i>Through June 10 only.</i></p>		●	●					
<p>WALK: PROVINCE LANDS DUNES AND BOGS 2:30 PM 1 hour, 1 mile in soft sand. Free.</p>	<p>Explore an enchanting dune landscape of unusual plants and wild cranberry bogs. Discover the hidden story of America's oldest public lands, and how actions by enterprising settlers changed this landscape. Meet at Province Lands Visitor Center, off Race Point Road, Provincetown.</p>	●						●	

SPECIAL PROGRAMS

THE REALITY OF CAPE COD HURRICANES

Saturday, May 30, 1 PM, 1 hour. Free.
Salt Pond Visitor Center, Eastham ♿

Hurricanes infrequently visit New England. When they do, however, they leave their mark. Bob Thompson, Meteorologist-in-Charge of the National Weather Service Taunton Forecast Office, will discuss the conditions that bring hurricanes to this corner of world; the impacts to expect from rain, wind, and storm surge; preparations people can and should take; and the importance of having current weather information. Mr. Thompson will also discuss key products and services from the National Weather Service that can help people respond to these low frequency, high impact events.



OUT OF SIGHT! (BUT NOT OUT OF MIND)

Monday, June 8, 2 PM, 45 minutes. Free.
Province Lands Visitor Center, Provincetown. ♿

Monday, June 8, 2009 is World Ocean Day. People around the globe will be celebrating the importance of the world's oceans and our intimate connections to them. Join us for a multimedia presentation focused on ocean resources around Cape Cod, including Stellwagen Bank National Marine Sanctuary.



Stellwagen Bank National
Marine Sanctuary

PORTUGUESE FESTIVAL PARADE

Saturday, June 27, 3 PM. Free.
Commercial Street, Provincetown ♿



Provincetown's Portuguese Festival is an annual celebration of the town's Portuguese heritage. Join in the parade fun along Commercial Street in Provincetown, and look for Cape Cod National Seashore staff portraying the men of the US Life-Saving Service in 1902.

NEW TECHNOLOGY-BASED PROGRAMS

Two new activities are available at Cape Cod National Seashore.



The Fort Hill Quest is a GPS-based information scavenger hunt of the Fort Hill area in Eastham. Download the coordinates and clue booklet from the seashore website, www.nps.gov/caco/planyourvisit/outdooractivities.htm, or pick up a free copy at Salt Pond Visitor Center in Eastham.

Cell phone tour stops are located throughout the seashore. Look for the green and brown "Dial and Discover Seashore Stories" signs at Salt Pond, Coast Guard Beach, Fort Hill, Province Lands Visitor Center, and the Marconi Site. Cell phone tour scripts are available at visitor centers for persons with hearing impairments.



Visitors must provide their own GPS units and cell phones.

PARTNER PROGRAMS

Friends of the Cape Cod National Seashore

RUM SOAKED CROOKS - *Sea Chanteys and Ballads*

Saturday, May 23, 7 PM, 1 hour. Free.
Salt Pond Visitor Center, Eastham ♿

The "Crooks" are back by popular demand! Tap your toes to sea chanteys and folk music and enjoy stories of the sea.



BEACH CAMPFIRE

Monday, June 22, 8 PM, 1 hour. Free.
Marconi Beach, Wellfleet

This is the first of three special campfire programs this season being offered by Friends of the Cape Cod National Seashore. Gather 'round the fire and enjoy the waning hours of daylight with musicians Denya Levine and Tim Dickey.

