


RANGER-LED ACTIVITIES, JULY AND AUGUST 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. • Surfcasting lessons cost \$15 per person. • Tickets are non-refundable, available in advance, and must be purchased either in person at visitor centers, or by phone with a credit card, prior to 4:30 PM daily. • Canoe experience is MANDATORY for all but Salt Pond Paddle trips due to currents and winds. • Minimum age is 6 for canoe trips and 12 for surfcasting. • 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.

RESERVATION POLICY: • All programs requiring reservations may be reserved no more than seven days in advance.







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: SALT POND PADDLE Sundays and Mondays at 9 AM and 3 PM. Tuesdays at 11:30 AM and 5 PM. Wednesdays at 3 PM. Fridays at 9 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. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.</p>	•	•	•	•		•	
<p>CANOEING: CANOE ADVENTURE Tuesdays, times vary. Thursdays and Saturdays at 9:30 AM. Up to 3 hours, 3 miles. Fee required.</p> 	<p>These trips may explore Nauset Marsh, kettle ponds or a bay, or may focus on a specialized topic. Locations and topics vary. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 FOR A LIST OF PROGRAM TOPICS, DETAILS, AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.</p>			•		•		•
<p>FAMILY PROGRAM: SHELLFISHING DEMONSTRATION Times vary. 1 hour. Free.</p>  	<p>Learn about local shellfish and the tradition of shellfishing. Suitable for children 6 years of age and up. Adults must stay with children. Wear shoes that can get wet. Meet at Salt Pond Visitor Center, Eastham. July 5 - 7:30 AM; July 12 - noon; July 19 - no program; July 26 - noon; August 2 - 5:30 PM; August 9 - 11AM; August 16 - 4:30 PM; August 23 - 11 AM; August 30 - no program</p>	•						







EASTHAM AND WELLFLEET PROGRAMS

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>FAMILY PROGRAM: FISH, SNAILS, AND HORSESHOE CRAB TALES Meeting time and location varies. 1 hour, ½ mile. Free.</p>  	<p>Use seine nets to explore the undersea world of the seashore. Learn about the interesting plants and animals that live here. Wading is encouraged, and shoes are required. Check in 15 minutes early to confirm reservation. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE. <i>Saturday and Sunday programs at 10:30 AM, meet at the Great Island parking area, Wellfleet. Mondays, Wednesdays, and Fridays at 1:30 PM, meet on the terrace at Salt Pond Visitor Center, Eastham.</i></p>	●	●		●		●	●
<p>WALK: TIDAL FLATS FORAY Times vary. 1½ hours, 1 mile. Free.</p>  	<p>Explore the Cape Cod Bay tidal flats and examine life found there. Wear shoes that can get wet while wading. Meet at the Great Island parking area, Wellfleet. Tuesdays: July 7 - 5:30 PM; July 14 - 9 AM; July 21 - no program; July 28 - 9:30 AM; August 4 - no program; August 11 - 8 AM; August 18 - no program; August 25 - 9 AM. Fridays: July 3 - 1:30 PM; July 10 - 6:30 PM; July 17 - 11:30 AM; July 24 - 6 PM; July 31 - noon August 7 - 5:30 PM; August 14 - 10:30 AM; August 21 - 4:30 PM; August 28 - 10:30 AM.</p>			●			●	
<p>WALK: SEARCHING FOR BIRDS 7 AM 2 hours, distance varies. Free.</p>	<p>Join a skilled birdwatcher at various sites in the park for bird identification and observation. Bring binoculars if you have them. Meet at Salt Pond Visitor Center, Eastham, to caravan to selected sites.</p>			●				
<p>BEGINNING SURFCASTING LESSON 7 AM 1¾ hours. Fee required.</p>  	<p>Learn the basics of saltwater fishing and practice the skill, but don't expect to bring home supper! Meet at the Coast Guard Station, Coast Guard Beach, Eastham. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE. * Accessible with assistance. Please notify Salt Pond Visitor Center in advance.</p>				●			
<p>YOGA ON THE BEACH 7:30 AM 1¼ hours. Free.</p>	<p>Stretch the body and the spirit in the serenest of settings. Join a ranger and certified yoga instructor for an all-level, interdisciplinary-style class held in the cool morning air at beautiful Coast Guard Beach. Meet in the parking area at Coast Guard Beach, Eastham. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE.</p>							●
<p>CANOE TRIP: 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 ON FIRST PAGE.</p>						●	
<p>EXPLORE YOUR PARK 9 AM up to 3½ hours, 3½ miles. Free.</p>	<p>Join an experienced park 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. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 FOR PROGRAM DETAILS AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE.</p>			●				



EASTHAM AND WELFLEET PROGRAMS

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DEMONSTRATION: SURF RESCUE 10:30 AM ½ hour. Free.</p> 	<p>Join a lifeguard for a surf rescue demonstration on the beach and learn how to stay safe while swimming in the ocean. Meet at the head lifeguard stand at Marconi Beach, Wellfleet. BEACH FEES APPLY.</p>		●					
<p>WALK: WALKING WITH AUTHORS 10:30 AM 1 hour, 1 mile. Free.</p>	<p>Join local author Dana Eldridge and stroll the edge of Nauset Marsh while viewing Cape Cod through the eyes of some of the area's most beloved authors. Meet on the terrace at Salt Pond Visitor Center, Eastham. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE. No program July 11.</p>							●
<p>WALK: WEATHERING EXTREMES 10:30 AM 1 hour, 1 mile. Free.</p>	<p>Explore the moors, or heathlands, that thrive along the coastal banks high above the ocean and the bay. See how plants are adapted to their habitats and discover why these places are globally rare. Meet at the far end of Marconi Station Site parking area, off Route 6, Wellfleet.</p>		●					
<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 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE. OPEN HOUSE, browse through. Directions: Take Route 6. Turn onto Pamet Point Road in Wellfleet, at the Truro town line, follow signs. * <i>Accessible with assistance. Please notify Salt Pond Visitor Center in advance.</i></p>				T	OH		
<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 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE. OPEN HOUSE, browse through. Meet at the Penniman House at Fort Hill, Eastham. Limited parking.</p>		T	OH	OH	OH		T
<p>FAMILY PROGRAM: SEASHORE SERENDIPITY 1 PM ½ hour. Free.</p>  	<p>Meet on the terrace at Salt Pond Visitor Center in Eastham for a ranger's choice activity or demonstration. Explore any one of the interesting topics associated with Cape Cod National Seashore critters and history. Check at the information desk for program details.</p>		●		●			●
<p>SNORKEL ADVENTURE 1:30 PM 2 hours. Free.</p>	<p>Explore the amazing underwater world of Cape Cod waters and witness a fresh or salt-water ecosystem firsthand. BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 FOR LOCATION AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE. ALL EQUIPMENT PROVIDED. MINIMUM AGE 10. EXPERIENCED SWIMMERS ONLY.</p>		●					
<p>FAMILY PROGRAM: TREATS FOR TOTS 2 PM ¾ hour. Free.</p>  	<p>Children, bring your parents to Salt Pond Visitor Center to hear some savory seashore stories or participate in some fun hands-on activities about critters that live here in Cape Cod National Seashore. Geared for young children.</p>		●		●			●




EASTHAM AND WELFLEET PROGRAMS

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>WALK: CAMP WELFLEET GONE BUT NOT FORGOTTEN 2:30 PM 1½ hours, 1 mile. Free. *</p>	<p>Walk around the grounds where Camp Wellfleet once stood and discuss the history and some stories associated with this WWII-era military base. Meet in front of the Cape Cod National Seashore headquarters building, Wellfleet. <i>Directions:</i> Follow the signs from the Marconi Area turnoff on Route 6 in South Wellfleet. * <i>Accessible with assistance. Please notify Salt Pond Visitor Center in advance.</i></p>				●			
<p>WALK: FORT HILL: WINDOW INTO THE PAST 2:30 PM 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 around Nauset Marsh in past centuries. Meet at Hemenway Town Landing (one road north of Ft. Hill off Route 6), Eastham. * <i>Accessible with assistance. Please notify Salt Pond Visitor Center in advance.</i></p>	●						
<p>WALK: LORE OF NAUSET MARSH 3 PM 1 hour, 1 mile. Free.</p>	<p>Learn about the rich natural and human history around Nauset Marsh. Learn how each has affected the other through time. Meet on the terrace at Salt Pond Visitor Center, Eastham.</p>				●		●	
<p>FAMILY PROGRAM: OPERATION: EXPLORE! 3:30 PM 2 hours. Free. * </p>	<p>Calling all future rangers, ages 8 to 13! Develop skills for adventures in the great outdoors, by attending any or all of the fun activities, including orienteering, campcraft, and survival skills, and "Cape Cod NSI" (Nature Scene Investigators). Meet at Salt Pond Visitor Center, Eastham. Parents must remain with children. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE. * <i>Accessible with assistance. Please notify Salt Pond Visitor Center in advance.</i></p>				●		●	
<p>WALK: SHORELINE STROLL 4 PM 1 hour, 1 mile. Free.</p>	<p>Explore forest, marsh, dunes, and bay habitats and discover how they work together to create a dynamic coastal barrier system known as the Great Island "gut." Meet at the Great Island parking area, Wellfleet.</p>	●				●		
<p>TOUR: THREE SISTERS LIGHTHOUSES 5 PM 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.</p>	●	●					
<p>INTERMEDIATE SURFCASTING LESSON 5 PM 2 hours. Free. * </p>	<p>Join a classroom session at Salt Pond Visitor Center in Eastham to discuss surfcasting equipment, lures, use of tackle, species of fish, and best surfcasting locations. (This program is not for beginners. Prior surfcasting experience required.) BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE. Offered July 19, August 16 and 30 only.</p>	●						

EASTHAM AND WELLFLEET PROGRAMS

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CAMPFIRE: NAUSET LIGHT BEACH 7:30 PM in July, 7 PM in August 1½ hours, ½ mile. Free. </p>	<p>Join an evening of fun around the campfire and learn about the special natural and historical resources of Cape Cod. Meet at Nauset Light Beach, Eastham.</p>		●		●			
<p>WALK: NIGHT WALK AT THE SHORE 8:30 PM in July, 8 PM in August up to 1½ hours, 1 mile. Free. </p>	<p>Experience the changing world of the seashore from dusk to dark while taking in the sights, signs, and sounds of the beach. Meet at the bathhouse at Coast Guard Beach, Eastham. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE.</p>						●	
<p>TUESDAY NIGHTS AT SALT POND VISITOR CENTER 7 PM 1 hour. Free.</p>	<p>Subject specialists, authors, and performing artists present a variety of programs throughout the summer. Check for details at the end of these listings.</p>		●					

TRURO AND PROVINCETOWN PROGRAMS

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CANOE ADVENTURE: RANGER'S CHOICE Times vary. Program duration and mileage vary. Fee required. </p>	<p>These canoe trips offer a variety of scenic adventures. Time varies each week to take advantage of cool mornings, colorful sunsets, or the light of the moon. Trips may require strong paddling experience and may include a hike. Locations vary. BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE.</p>			●				
<p>WALK: TIDAL FLATS FORAY Times vary. 1½ hours, ½ mile. Free.  </p>	<p>Get your feet wet as you explore the abundance and diversity of life in an intertidal zone in Provincetown. BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 FOR LOCATION AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE. No program July 4, August 8, and 22.</p>							●
<p>THE SEASHORE NEVER SLEEPS Times vary.</p>	<p>Explore the seashore on its own time and enjoy some of its most stunning moments that occur between sunset and sunrise. Canoe trips are 3 hours, hikes are 2 to 3 hours and cover 2 to 4 miles. SEE PROGRAM LIST ON PAGE 7. BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 FOR DETAILS AND TO REGISTER. FEE REQUIRED FOR CANOE TRIPS. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE.</p>				●			
<p>HIKE: EXPLORING THE HIDDEN CAPE 8 AM 2 hours, 3 to 5 miles, strenuous. Free.</p>	<p>Wake up early and join us for an energetic hike off the beaten path and into some unique and secluded places. This hike is paced for a cardiovascular workout and may be strenuous. Locations vary weekly. BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 FOR LOCATION AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE. No program July 18.</p>							●

TRURO AND PROVINCETOWN

SUNDAY
MONDAY
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WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

WALK: TOUR OF THE TOWN
9:30 AM
1½ hours, 3 miles.
\$10 per person.

\$10 per person includes admission to Pilgrim Monument and Provincetown Museum. Explore Provincetown's history on a walking tour co-sponsored and presented by the National Park Service and the Pilgrim Monument and Provincetown Museum. **BY RESERVATION ONLY. CALL PILGRIM MONUMENT AND PROVINCETOWN MUSEUM, 508-487-1310 FOR MEETING LOCATION AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE.**

SCAVENGER HUNT: THE AMAZING RACE - PROVINCETOWN
9:30 AM
1 to 1½ hours, 2 miles.
Fee required*

Discover Provincetown's history one clue at a time. As you race against time to win the grand prize, experience the town's unique treasures and best kept secrets. Wear comfortable shoes. Meet the ranger at the Pilgrim Monument parking area. * Admission fee charged for the Pilgrim Monument will be from \$3.50 to \$7.00 depending on group size. \$10 parking fee is refunded for stays shorter than 2 hours. **BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE.**

FAMILY PROGRAMS
10 AM



Program duration varies. Free.

These engaging daily programs introduce young visitors to the seashore's nature and history. Locations and target age vary. **SOME PROGRAMS REQUIRE RESERVATIONS. CALL PROVINCE LANDS VISITOR CENTER, 508-4787-1256, NO MORE THAN 7 DAYS IN ADVANCE.** Parents must remain with children.

Sundays: Hands-On Squid - 1½ hours, age 8 to 12. Investigate the fascinating anatomy and life history of this squishy mollusk! Meet at Province Lands Visitor Center, Provincetown. **RESERVATION REQUIRED, SPACE IS LIMITED.**

Mondays: Small Fry Special - ½ hour, age 3 to 8. Stories, songs, games, and outdoor exploration. No reservation required. Meet at Province Lands Visitor Center, Provincetown.

Tuesdays: Operation: Explore! - 1½ to 2 hours, age 8 to 13. Learn about creatures of the not-so-deep, orienteering, campcraft, or survival skills. Topics vary by week. **RESERVATION REQUIRED.**

Wednesdays: The Life-Savers - 1 hour, age 8 to 12. Learn maritime skills of the men who saved lives off the "Graveyard of the Atlantic" in the early 1900s. No reservation required. Meet at Old Harbor Life-Saving Station, Race Point Beach, Provincetown. **BEACH FEES APPLY.**

Thursdays: Lifeguard Demonstration - ½ hour, all ages. Join a lifeguard for a surf rescue demonstration on the beach and learn how to stay safe while swimming in the ocean. No reservation required. Meet at the head lifeguard stand at Race Point Beach, Provincetown.

Fridays: Junior Artist - ¾ hour, age 8 to 12. Create your own work of visual or written art. **RESERVATION REQUIRED.** Meet at Province Lands Visitor Center, Provincetown.









Saturdays: Tracking - 1 hour, 1 mile in soft sand, age 8 to 15. Be a wildlife detective by exploring animal tracks and sign. No reservation required. Meet at Province Lands Visitor Center. *No program August 21 or 28.*

WALK: PROVINCE LANDS DUNES AND BOGS
Saturday, 2 PM
Sunday, 10 AM and 2 PM
1 hour, 1 mile in soft sand. Free.

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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TRURO AND PROVINCETOWN

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MULTIMEDIA PRESENTATION: THE HIDDEN LIFE OF CAPE COD NATIONAL SEASHORE 2 PM ¾ hour. Free.</p>  	<p>Dive into the exciting world of colorful creatures beneath the ocean's surface. Learn how connected we are to the national seashore's hidden marine realm. Province Lands Visitor Center auditorium, off Race Point Road, Provincetown.</p>		●					
<p>WALK: TRURO'S COLD WAR PAST 2 PM 1½ hours, ¾ mile. Free.</p> 	<p>Tour the former North Truro Air Force Station. Learn about the role the area played in our Cold War past and the exciting plans for the station's future as the Highlands Center. <i>Directions:</i> Take Route 6 to Cape Cod (Highland) Light exit in Truro. Travel past the turn to the lighthouse. Turn left onto Old Dewline Road. Meet in the parking area.</p>			●				
<p>WALK: DUNES OF HIGH HEAD 3:30 PM 1½ hours, 1½ miles. Free.</p>	<p>Explore the High Head area, where dune ponds and heathlands overlook scenic East Harbor. Find out about restoration efforts and the changing ecosystem of East Harbor and why this body of water went from being a harbor to a lake and then back to being a harbor. Meet at the pavilion at the Pilgrim Springs parking area in North Truro to caravan to the program site.</p>					●		
<p>WALK: TRURO HIGHLANDS HISTORIC DISTRICT 4 PM ½ hour, ½ mile. Free.</p> 	<p>Enjoy ocean vistas on this easy walk from the towering Highland cliffs where for centuries Cape Cod's oldest lighthouse has served as a beacon for mariners and tourists alike. <i>Directions:</i> Take Route 6 to the Highland Road exit in Truro and follow signs for Cape Cod (Highland) Light. Meet in the parking area.</p>					●		
<p>OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION 2:30 to 5 PM Free.</p>  	<p>Built in 1898, Old Harbor is the last intact lifesaving station of the original 13 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. BEACH FEES APPLY.</p>	●	●	●	●	●	●	●
<p>HIKE: ART IN THE DUNES 4 PM 3 hours, 2½ to 3 miles in loose sand. Free.</p>	<p>On this long hike into the Province Lands dunes, view firsthand the quality of light, natural environment, and isolation that have long attracted artists and writers to Provincetown. Meet an artist-in-residence at a dune shack. BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 FOR MEETING LOCATION AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE. SPACE IS LIMITED.</p>		●					
<p>HISTORICAL REENACTMENT: BEACH APPARATUS DRILL 6 PM 1 hour. Fee required.</p>  	<p>Listen for the keeper's command, "Open the boat room doors!" and return to the days of shipwrecks and lifesaving along Cape Cod shores. Watch uniformed surfmen fire a line from a cannon to a ship in distress and haul the victim to shore. This is our 30th year reenacting this 1902 rescue drill. Takes place at Old Harbor Life-Saving Station, Race Point Beach, Provincetown. \$5 for adults; \$2 for seniors over 62 and children 7 to 17; children 6 and under are free.</p>				●			

TRURO AND PROVINCETOWN

		SUNDAY	MONDAY	TUESDAY	WEDNES-	THURSDAY	FRIDAY	SATURDAY
<p>PHOTOGRAPHY WORKSHOP: LEAVE ONLY FOOTPRINTS, TAKE ONLY PICTURES 6:30 PM in July, 6 PM in August. 2 hours, up to 2½ miles. Free.</p>	<p>Join a ranger and semi-professional photographer for a sunset hike and photography workshop. Instruction and advice provided for capturing unique perspectives of the seashore. All levels and formats (digital or film) are welcome. Tripods recommended but not necessary. BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 FOR MEETING LOCATION, AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE.</p>	•						
<p>CAMPFIRE: HERRING COVE BEACH 7:30 PM in July, 7 PM in August 1 hour. Free.</p>	<p>Enjoy sunset on the beach and an evening of folklore and games around the campfire. Bring a beach chair or towel to sit on. Meet the rangers at the end of the right-hand parking area, Herring Cove Beach, Provincetown. * <i>Accessible with assistance. Please notify Province Lands Visitor Center in advance.</i></p>	•						
<p>CAMPFIRE: BALLSTON BEACH 7:30 PM in July, 7 PM in August 1 hour, short walk in soft sand. Free.</p>	<p>Join us for an evening of old-fashioned fun and games around a beach campfire. As dusk settles in and the stories get started, watch out for things that go bump in the night. Bring a beach chair or blanket to sit on and a flashlight. Meet at the Ballston Beach parking area at the end of South Pamet Road, Truro.</p>					•		
<p>STARGAZING: NIGHTIME DISCOVERY 9 PM in July, 8:45 PM in August 1 hour. Free.</p>	<p>Open your senses and experience the beach at nighttime. On clear nights, lie back and learn basic astronomy and lore about the constellations as they emerge. Meet at the national seashore Head of the Meadow Beach parking area (not the town lot) in Truro. Bring a flashlight, blanket, bug spray, and binoculars if you have them. On cloudy nights, enjoy a beach hike instead.</p>			•				
<p>SUNDAY NIGHTS AT PROVINCE LANDS VISITOR CENTER 7 PM, 1 hour, free.</p>	<p>Cape Cod is known for its dynamic natural and cultural resources, compelling stories, and opportunities for fascinating research. Join our subject specialists for one-hour programs that explore these aspects of the Outer Cape. Check for details on next page.</p>	•						

Technology-Based Programs

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. Visitors must provide their own GPS units.



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 cell phones.



TUESDAY NIGHTS AT SALT POND VISITOR CENTER

All programs are at 7 PM, last about 1 hour, and are free to the public.

Sponsored by Friends of the Cape Cod National Seashore. ♿

JULY 7 - MARINE INVASIVE SPECIES IN THE NORTHEASTERN UNITED STATES - Cape Cod National Seashore biologist Megan Tyrrell and Mary Carman of Woods Hole Oceanographic Institution will present a program about marine invasives. Discover sea squirts and other proliferating non-native marine species.

JULY 14 - AN INTRODUCTION TO SOUND IN THE SEA - Underwater sound is ubiquitous and can be used actively for underwater sensing. Kenneth G. Foote of Woods Hole Oceanographic Institution will describe the nature of underwater sound and present some prominent and lesser known applications that have changed or are changing the way we view the world.

JULY 21 - ONCE UPON A TIDE: SEA SONGS AND STORIES FOR THE FAMILY - Join "Stand-Up Chameleon" Jackson Gillman for a rollicking mix of interactive songs and stories that will delight and enchant all ages. For this show, he will draw on his fun and fishy repertoire from the sandy beach to the briny deep. **Additional presentation at Province Lands Visitor Center at 3:30 PM.**

JULY 28 - MARINE MAMMAL RESCUE AND RESEARCH - Misty Niemeyer and Peter Holster of IFAW/Marine Mammal Rescue and Research Program focus on the marine mammal strandings on our shores. Rescue procedures, research, and conservation practices will be highlighted during the presentation.

AUGUST 4 - WINDMILLS OF CAPE COD: THEIR GENIUS, MADNESS, HISTORY, AND FUTURE - Dan Lombardo, author of *Windmills of New England: Their Genius, Madness, History & Future* as well as other historical books on Cape Cod, will present a talk and slides about these icons of our landscape.

AUGUST 11 - MODERN SEA RESCUE - This multimedia presentation by a Coast Guard aviator from Air Station Cape Cod includes an overview of the history and mission of Coast Guard aviation in the Northeast as well as photos and video of aircraft and rescues.

AUGUST 18 - CAPTAINS, LIGHTHOUSES, AND LIFESAVERS - Award-winning local author Jim Coogan will share memorable tales on the maritime history of Cape Cod. In a land known as a "Graveyard of the Atlantic," captains, lighthouses, and lifesavers, experienced both the harrowing and heroic.

AUGUST 25 - OUR WATER OUR WORLD - Deborah Cramer, author of *Great Waters: An Atlantic Passage* and visiting scholar at MIT's Earth System Initiative, presents her new work, *Smithsonian Ocean: Our Water Our World*. Featuring some of the world's finest marine photography, this work serves as the companion book to the new permanent Sant Ocean Hall at the National Museum of Natural History and beautifully reveals the ocean as Earth's lifeline. The presentation will be followed by a book signing.

SEPTEMBER 1 - CRANBERRIES 101: NEIGHBOR TO NEIGHBOR - Dawn Gates Allen of the Cape Cod Cranberry Growers will use a Powerpoint presentation to discuss the growing of cranberries and related educational and outreach efforts. Free cranberry samples!

SUNDAY NIGHTS AT PROVINCE LANDS VISITOR CENTER

All programs are at 7 PM, last about 1 hour, and are free to the public.

Sponsored by Friends of the Cape Cod National Seashore. ♿

JULY 5 - DOES IT REALLY RAIN TOADS, AND WHY DO SNAPPING TURTLES SNAP? Get the real story from Cape Cod National Seashore biologist Bob Cook about the life history, habitats, and behaviors of the 24 species of salamanders, frogs, toads, snakes, and turtles found here.

JULY 12 - SCIENCE OF THE DEEP: THE STEAMSHIP PORTLAND - The *Portland* and all hands were lost off Cape Ann during a storm in 1898. Deborah Marx, maritime archeologist for Stellwagen Bank National Marine Sanctuary, will present a program about the wreck and recent archeological investigations.

JULY 19 - TALES FROM THE SEA - From good old-fashioned yarns and sea chanteys to tall ships and great storms, historian Jim Coogan will share our salty Cape Cod heritage. A retired teacher, Jim has written seven books about Cape Cod and is a regular columnist for the Cape Cod Times.

JULY 26 - A PASSION FOR BIRDS, AN EDUCATIONAL AND COMIC PERFORMANCE WITH MASKS - This program uses masks to inspire an appreciation and understanding of the avian world. You'll be captivated by Henry Lappen's beautiful masks and comic portrayal of birds as you learn how animals adapt to their environment and why they look and act the way they do. *Supported in part by a grant from the Provincetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*

AUGUST 2 - DOLPHIN COMMUNICATION: FACT AND FICTION - Join Laela Sayigh, Biology Department, Woods Hole Oceanographic Institution, for a fascinating look at dolphin communication, including current research, facts, and myths about these interesting whistling marine mammals.

AUGUST 9 - LITTLE-KNOWN FACTS AND STRANGE STORIES ABOUT THE OUTER CAPE'S HISTORY - Join Truro Historian Richard Whalen for stories about Englishmen in Truro before the Pilgrims arrived in Provincetown Harbor; the topographical origin of Truro's name 300 years ago; and how Cape Cod National Seashore almost didn't happen.

AUGUST 16 - DRIFTING IN THE GULF STREAM - Floats and drifters tracked in the Gulf Stream reveal a great deal about the ocean. Phil Richardson, Physical Oceanography Department at Woods Hole Oceanographic Institution, discusses where the water comes from, where it goes, and what happens to it along the way.

AUGUST 23 - HATCHES HARBOR RESTORATION: 10 YEARS AND COUNTING! - About 10 years ago the seashore began restoring the tidal regime to Hatches Harbor salt marsh in Provincetown. Stephen Smith, plant ecologist at the national seashore, will discuss the dramatic effects on plants and fish, the results so far, and future prospects.

AUGUST 30 - PROTECTING WHALES AND SHIPS IN STELL-WAGEN BANK NATIONAL MARINE SANCTUARY - A new ship-tracking technology, intended for vessel safety and homeland security, is finding application in whale conservation. Anne Smrcina, educator at Stellwagen Bank National Marine Sanctuary, will share these exciting discoveries.

In the Field with a Park Specialist

Research and monitoring are key to providing the information needed for sound stewardship of the park's natural and cultural resources. Join a park professional in the field to learn about some of our ongoing research projects, see how data are collected, and hear how the data are used to preserve and protect the Cape's heritage.

Programs are free and involve walking. Participants should wear hats and bring water, sunscreen, and bug spray. Programs will be canceled in heavy rain.

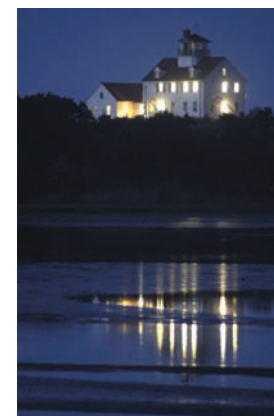
An Overview of Tidal Restoration at East Harbor - Park Plant Ecologist Stephen Smith - Wednesday, July 8, 10 AM. *Duration:* 1 to 2 hours. *Conditions:* Wear long pants and either waders, old shoes, or hiking boots that can get muddy and wet. *Meeting location:* High Head Road dirt "parking area" just after turnoff from Route 6, North Truro. *Reservations required.* Call 508-487-3262 ext. 104. Explore part of East Harbor (the area around High Head Road) and learn about the past, present, and future efforts to restore this back-barrier lagoon and marsh system. Discussion will include invasive plants, salt marsh vegetation, seagrasses, macroalgae, estuarine fauna, hydrology, water quality, and more.

"Froggie Went A-Courtin:" The Use of Breeding Calls to Inventory and Monitor Frogs and Toads - Park Wildlife Biologist Bob Cook - Friday, July 10, 8 PM. *Duration:* 2 hours. *Conditions:* Moderate walking. Dress for evening temperatures and be prepared for biting insects (long sleeves and hats recommended). *Meeting location:* Beech Forest Trail parking area, off Race Point Road, Provincetown. No reservations required. Join park wildlife biologist Bob Cook and learn how nighttime surveys for calling frogs and toads are used to document the eight different species that live here and to monitor their occurrence and abundance.

A Fresh Look at an Old Property - Park Archeologist Frederica Dimmick and Park Historian William Burke - Wednesday July 22, 9 AM (rain date July 23). *Duration:* 2 hours. *Conditions:* short walk. *Meeting location:* Atwood-Higgins House, Wellfleet. No reservations required. Discover why historians have recently found significance in the 20th-century outbuildings adjacent to the 1730 Atwood-Higgins House and learn how archeological investigations have added to our knowledge of the "old house." Find out how to lay out a grid for your own excavations at home and observe the art of note taking, field drawings, and plans.



THE SEASHORE NEVER SLEEPS



Coast Guard Station, Eastham (photo, Brenda R. Jones, Jones Photography)

Explore the seashore on its own time and enjoy some of its most stunning moments that occur between sunset and sunrise. Canoe trips are 3 hours, hikes are 2 to 3 hours and cover 2 to 4 miles. **FEE REQUIRED FOR CANOE TRIPS. OTHER PROGRAMS ARE FREE. BY RESERVATION ONLY. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PAGE 4. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 FOR MEETING LOCATION AND TO REGISTER.**

July 1, 6:45 PM - Sunset Canoe Trip

July 8, 9 PM - Full Moon Hike

July 15, 5 AM - Sunrise Walk

July 22, 9 PM - Night Sky Explorations

July 29, 6:30 PM - Sunset Walk

August 5, 9 PM - Full Moon Canoe Trip

August 12, 9 PM - Perseid Meteor Shower Hike

August 19, 8:30 PM - Night Sky Explorations

August 26, 5:30 AM - Sunrise Walk

Friends of the Cape Cod National Seashore

The Friends is a non-profit organization whose purpose is to enhance people's enjoyment of the seashore through financial and volunteer support. www.fccns.org

Air National Guard Band of the Northeast, Free Concert - Friday, July 3 at 7 PM, at Salt Pond Visitor Center Amphitheater, Eastham. ♿

Old-Fashioned Patriotic Band Concerts - Thursday, July 9 at 7 PM, at Salt Pond Visitor Center, Eastham; Tuesday, July 14 at 7 PM, at Province Lands Visitor Center, Provincetown. FREE concerts by the Lower Cape Concert Band performing a variety of music from show tunes to marches.

Family Sunset Campfires and Sing Alongs - Monday, July 6 at 8 PM, at Race Point Beach, Provincetown; and Tuesday, August 4 at 7:30 PM, at Nauset Light Beach, Eastham. FREE. Enjoy an evening campfire on the beach with songs led by Cape Cod musicians Denya LeVine and Tim Dickey.

Outer Cape Chorale Chamber Singers - Thursday, August 13 at 7 PM, at Salt Pond Visitor Center, Eastham. FREE. Enjoy an evening of "Songs of the Sea" with this popular local group. ♿

ADDITIONAL FAMILY PROGRAM

Sponsored by Friends of the Cape Cod National Seashore.

JULY 21, 3:30 PM - ONCE UPON A TIDE: SEA SONGS AND STORIES FOR THE FAMILY at PROVINCE LANDS VISITOR CENTER - Join "Stand-Up Chameleon" Jackson Gillman for a rollicking mix of interactive songs and stories that will delight and enchant all ages. For this show, he will draw on his fun and fishy repertoire from the sandy beach to the briny deep. ♿