

Cape Cod National Seashore Activities May 1 through May 28, 2010

National Park Service
U.S. Department of the Interior



SALT POND VISITOR CENTER

OPEN DAILY 9 TO 4:30 PM, OFF ROUTE 6, EASTHAM.
508 - 255 - 3421

This visitor center offers magnificent views of Salt Pond, Nauset Marsh, and the Atlantic; an outstanding museum; and hourly films in the theater. Staff are on duty to help with trip planning, and there is a well-stocked store offering books, maps, puzzles, games and other interpretive items for sale. Restrooms are available in the parking area. The Nauset Marsh and Buttonbush trails, and the Nauset Bicycle Trail are located nearby.

** Note that the bike bridge near Coast Guard Beach is closed due to storm damage.*

PROVINCE LANDS VISITOR CENTER

OPEN DAILY 9 TO 5 PM, BEGINNING MAY 15.
OFF RACE POINT ROAD, PROVINCETOWN.
508 - 487 - 1256

Just two miles from the tip of the Cape, this center features an observation deck with 360-degree views; a small exhibit area; showings of park orientation films on the hour (9-4); staff on duty to assist with trip planning, and sales of books, maps, puzzles, games, and other interpretive items. In spring whales are often viewable from here. Restrooms are available in the parking area. The Province Lands Bike Trail and Race Point Beach are nearby.

** Note: Building rehab is underway. Opening may be delayed.*

Outdoor programs may be cancelled due to inclement weather. Some program sites do not have restrooms. All programs are free. Salt Pond Visitor Center is located off Route 6 at Nauset Road, Eastham, and is accessible. Province Lands Visitor Center is off Race Point Road, Provincetown, and is accessible. = family program

SATURDAYS

In Eastham



TOUR: A WHALING FAMILY'S STORY - 11 AM, 1 hour. Free. Bring the family and learn about the Penniman family through a tour of their home, and stories of their travels. Examine the hardships, adventures, and lifestyle of a whaling family. **BY RESERVATION ONLY.** Call Salt Pond Visitor Center, 508-255-3421, ext 0. Meet at the Penniman House at Fort Hill, off Route 6.

WALK: LORE OF NAUSET MARSH - 2 PM, 1 hour, 1 mile. Free. Learn about the natural and human history around Nauset Marsh and how each has affected the other through time. Meet on the terrace at Salt Pond Visitor Center, off Route 6. *No program May 1 or 8.*

In Wellfleet



WALK: WEATHERING EXTREMES - 10:30 AM, 1 hour, 1 mile. Free. Explore the heathlands of Cape Cod, which thrive along the coastal banks high above the ocean and the bay. See how plants are adapted to this habitat and discover why these plants are globally rare. Meet at the far end of the Marconi Station Site parking area, off Route 6. *No program May 1 or 8.*

In Provincetown



WALK: BEECH FOREST BEAUTY - 1 PM, 1 hour, 1½ miles in soft sand. Free. Watch spring erupt in a unique hardwood forest nestled in the dunes of the Province Lands. Each week will bring new changes.

Discover the diversity of this ecosystem as you look for animal tracks, plants growing in sand dunes, cranberry bogs, and vernal pools. Favorable winds might bring spring birds like warblers. Meet at the Beech Forest parking area, off Race Point Road.

WALK: HATCHES HARBOR AND RACE POINT LIGHT - 2 PM, 2 hours, 3 miles in soft sand. Free. The site of an ongoing salt marsh restoration project, Hatches Harbor offers a unique opportunity to walk through areas of marsh, dune, and ultimately approach the exterior of Race Point Light. A wonderful location for photographing Cape Cod's famous light, and a lighthouse. Meet at Province Lands Visitor Center to caravan to hike location.

WALK: SPRING SUNSETS - 7 PM, Location and distances vary. Free. Put the day to rest with a stroll through beautiful dunes, salt marshes, or forests at sunset. Meet at Province Lands Visitor Center, off Race Point Road.

Are you interested in maritime history? Now in its 16th year, the month of May is designated ***Cape Cod Maritime Days*** with many scheduled Capewide events that celebrate Cape Cod's rich maritime history.

Full details are available at: www.ecapechamber.com/MaritimeDays/schedule.asp

OPEN HOUSE: RACE POINT LIGHTHOUSE - Sunday, May 16, 10 AM to 3 PM. Free. Sponsored by the Cape Cod Chapter of the American Lighthouse Foundation. Meet at Race Point Beach parking area for a free shuttle to the lighthouse.

OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION with Richard Ryder, Lieutenant Commander, US Navy, Retired - Tuesdays, May 18 and 25; and Thursdays, May 20 and 27, 2 to 4 PM. Free. What better way to celebrate Maritime Days than to join our author and local expert on the U.S. Lifesaving Service? The grandson of one of the keepers at Old Harbor, Richard grew up with the maritime tradition and visited the station in its original Chatham location. Park at Race Point Beach and take the short walk to Old Harbor.

THE DAY THEY SHELLED CAPE COD - Thursday, May 27, 7 PM, 40 minute slide-illustrated program. Free. On July 21, 1918, as many as 800 people stood along the shore of Orleans and witnessed the German U-Boat #156 fire upon and sink 4 barges and set afire an accompanying tug. Local historian and maritime author Bill Quinn heard the dramatic details from an eye witness, Eva L. (Ellis) Quinn, his mother. Join us for this exciting story of enemy attack, surfmen heroics, and enterprising Cape Codders. Takes place at Salt Pond Visitor Center, Eastham.

SUNDAYS

In Eastham



WALK: FORT HILL REVEALED at Hemenway Landing - 2:30 PM. 1½ hours, 1 mile. Free. Both a natural and cultural treasure within the national seashore, Fort Hill has stories to be revealed. Let the mystery of this ranger-guided program (whether nature or history-based) lure you to this very special place. Meet at Hemenway town landing in Eastham (1 road north of Fort Hill off Rt. 6). Accessible with assistance. Notify Salt Pond Visitor Center in advance, 508-255-3421 ext. 0. *No program May 2.*



LIGHTHOUSE TOUR AND OPEN HOUSE: THE THREE SISTERS OF NAUSET - Tour: May 2 and 23, at 4 PM, 1 hour, ½ mile. Open house: May 16, from 1 to 3:30 PM. Free. These 19th-century

lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Come and learn of their history and importance. For tour, meet at Nauset Light Beach parking area. For open house, meet at the lighthouses on Cable Road. *Listed dates only.*

In Wellfleet



WALK: SHORELINE STROLL - 10:30 AM, 1 hour, 1 mile. Free. 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 the Great Island parking area. *No program May 2.*

In Provincetown



WALK: PROVINCE LANDS DUNES AND BOGS - 10 AM, 1 hour, 1 mile in loose 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.



OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION - 2 to 4 PM. Free. Built in 1898, Old Harbor is the last intact lifesaving station of the original 13 of 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 and take the short walk to Old Harbor. *No program May 30. Beach fees may apply.* ♿

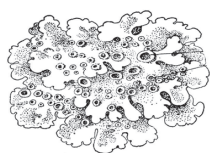
FRIDAYS

In Truro



Dunes

WALK: HEATHLANDS AND HIGH DUNES - 1 PM, 1½ hours, 1 mile. Free. Welcome spring at Pilgrim Springs! Follow a narrow path through a rare heathland community overlooking a poplar stand. Along the way, discover the spring flowers and leaves so important to animals like rabbits and birds who make this their home. Your hike concludes with spectacular views of the high dunes over East Harbor. Meet at the shelter in the Pilgrim Heights parking area, off Route 6.



A Look at Lichen

Friday, May 21, 4 PM, up to 1 hour. Free.

Join Cape Cod National Seashore science staff and learn about lichen biology and its relationship to air quality. Meets at Salt Pond Visitor Center, off Route 6, Eastham. ♿

Highland Lighthouse

OPENS MAY 15TH.

OPERATED DAILY BY THE TRURO HISTORICAL SOCIETY.

Enjoy an interpretive center, climb the lighthouse tower, and



take in the beautiful view from the top. 508 487-1121. **ADMISSION TO LIGHTHOUSE: \$4 PER PERSON (CHILDREN MUST BE 48" TALL TO CLIMB HIGHLAND LIGHT.)**

WWW.TRUROHISTORICAL.ORG

Nauset Light Tours

FREE TOURS CONDUCTED BY NAUSET LIGHT PRESERVATION SOCIETY VOLUNTEERS FROM 1 TO 4 PM. SUNDAYS, MAY 9, 16, AND 23.



WWW.NAUSETLIGHT.ORG

When visiting the park, remain in designated areas to reduce exposure to disease-carrying insects, poison ivy, and other natural risks. Observe trail conditions, and be aware of naturally-occurring hazards.

EXPLORE YOUR PARK

Join an experienced ranger and explore the beauty and variety of park destinations, resources or stories.



Participants must be good walkers for most programs. Dress for the weather. Bring water, sunscreen, and insect repellent. All programs are on Tuesdays, by reservation only, and free. Call Salt Pond Visitor Center, 508-255-3421, to register and for more information.

May 4 - IN THE VAGABOND'S FOOTSTEPS: Walking Henry Beston's Great Beach - 9 AM. Up to 3 hours, 3 miles. Henry Beston's words in *The Outermost House* have served as a siren song, drawing people over the decades 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. Hike down the barrier beach, revisiting the classic book, and discovering the beach for ourselves. Be prepared for walking in soft sand. Meet at Coast Guard Beach parking area, Eastham.

May 11 - KAYAK OR CANOE TRIP: HERRING RIVER FLOAT - 9:30 AM, 3 hours, 3 miles. Bring your own canoe or kayak and gear (including life vests which will be required) and explore one of the seashore's hidden treasures. The trip will return via the same route. Water levels will determine starting point.

May 18 - WALK: WALKING IN THE WILDERNESS: CAPE COD - 9 AM, up to 3 hours, 3 miles. "Saunter" through the "wilderness" of old Cape Cod, while exploring the influential philosophy and writings of Henry David Thoreau. Examine excerpts from his essay *Walking* and his book *Cape Cod*. Meet at the far end of the Marconi Station Site parking area, Wellfleet.

May 25 - HIKE: GREAT ISLAND HIKE - 1 PM, up to 3½ hours, 3½ miles. Traverse salt marshes, woodlands, dunes, and the beaches along Cape Cod Bay. Take in the scenic vistas of Wellfleet Harbor, and uncover the rich history associated with this early whaling outpost. Be prepared for walking in soft sand. Meet at the Great Island parking area, Wellfleet.

Check the park's website for details about beaches, self-guiding trails, scenic routes and overlooks, historic structures, and more at
www.nps.gov/caco