

# Cape Cod National Seashore Activity Guide

## June 2021

National Park Service  
U.S. Department of the Interior  
Cape Cod National Seashore



For complete information about Cape Cod National Seashore, including COVID-19 related operational changes, pick up the *Trip Planner*, available at seashore visitor centers.



Ranger leads visitors on a program.

NPS/KEKOA ROSEHILL

## Visitor Center Information

Outdoor information stations are available during COVID-19.

**Salt Pond Visitor Center,**  
50 Nauset Road, off Route 6, Eastham, 508-255-3421  
Ranger-staffed outdoor information table daily 9 am to 5 pm. Building is closed.

This visitor center offers magnificent views of Salt Pond, Nauset Marsh, and the Atlantic, and has an outstanding museum. The Nauset Marsh Trail, Buttonbush Trail, and Nauset Bicycle Trail are nearby. The America's National Parks store is open daily, with apparel, books, maps, puzzles, field guides, and other seashore-related items for sale.

Both visitor centers offer staff to assist with trip-planning, outdoor exhibits, brochures and maps, and restrooms. Consistent with CDC recommendations, people who are not fully vaccinated must continue to wear masks indoors and in crowded outdoor spaces. Masks are required for everyone on all forms of public transportation.

- Activities especially suited for families with children.
- National Park Service *Healthy Parks Healthy People* programs featuring parks as cornerstones of mental, physical, and spiritual health.

**Province Lands Visitor Center,**  
171 Race Point Road, off Route 6, Provincetown, 508-487-1256  
Ranger-staffed outdoor information table daily 9 am to 5 pm. Building is closed.

Take in the amazing views of the ocean and the surrounding dune landscape from the indoor/outdoor observation decks. The Province Lands Bicycle Trail, Race Point Beach, and the Beech Forest Trail are nearby.

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

**Reviving the Wampanoag Language**  
Wednesday, June 9 at 5 pm. 1 hour, virtual program

Jennifer Weston, Director of the Wôpanâak Language Reclamation Project, teaches about the many school- and community-based initiatives this important program has implemented since its founding in 1993. Virtual program hosted by Truro Historical Society. Details and registration: <https://trurohistoricalsociety.org/events/>

NPS/Sue Moynihan

**The Death and Life of Squanto**  
Wednesday, June 16 at 5 pm. 1 hour, virtual program.

This virtual program hosted by Truro Historical Society explores the extraordinary life of the Wampanoag man Tisquantum, or 'Squanto', and proposes new answers to the enduring mysteries that surround him. Details and registration: <https://trurohistoricalsociety.org/events/> June 16 at 5 pm.

NPS

## Visitor Activities

Long pants, appropriate footwear, hats, sunscreen, bug spray, and water are recommended for outdoor activities.

**Atwood-Higgins Homestead** - Drop in program, Thursdays, 11:30 am-12:30 pm. Structures are closed, grounds only. Originally constructed in the 18th century, visit the oldest intact structure in the park and the "layers" of history of this homestead. 269 Bound Brook Island Road, Wellfleet.

**B.A.R.K. Ranger Wagfest** - Friday, June 4 at 11 am, 30 mins. Calling all dogs! Bring your leashed, socialized person to learn about the national seashore's new B.A.R.K. Ranger program! During this short outdoor program, learn the B.A.R.K. Ranger principles, take the pledge, shake the ranger's paw, and earn some swag to wear with pride! Meet at the Salt Pond Amphitheater.

**Big View Hiking** - Mondays beginning June 21, 10 am, 2 hours, 3-4 miles. Join us for an energetic, cardiovascular hike to some of the most majestic ocean and bay views in the national seashore. Reservations are required and may be made up to one week in advance by calling the Province Lands Visitor Center at (508) 487-1256

**Captain Penniman's House** - Drop in program, Wednesdays and Fridays, 11 am-noon. Structures are closed, grounds only. Captain Penniman was one of the most successful whaling captains in New England. Join us to explore his 1868 home and learn about his family's hardships, adventures, and lifestyle. 70 Fort Hill Road, Eastham.

**Discover Nauset Marsh Walk** - Daily at 11 am, but not between June 6 and 19. 1 hour, up to 1 mile. Nauset Marsh is home to a fascinating array of plants, animals, and complex ecosystems, and contains a rich past of prehistoric and historic human history. Join a ranger for a leisurely stroll around the marsh. Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 9.

**Evenings at Salt Pond** - Tuesday, June 29 at 7 pm. 1 hour. Free. End your day the perfect way, with outdoor music and programs on the shores of Salt Pond. Musician Jay Psaros kicks off our 2021 season on June 29. Bench and lawn seating available. Grounds open at 6:30 pm. Bring insect repellent. Cancelled in the event of rain. Sponsored by Friends of the Cape Cod National Seashore.

**Family Fun** - Fridays beginning June 25, 10 am to noon. Join rangers for hands on educational activities, crafts, and very short hikes. Whether you are exploring the tidal flats, the beach, or a pond, you'll be having fun together! Locations vary weekly. Reservations are required and may be made up to one week in advance by calling the Province Lands Visitor Center at (508) 487-1256.

**Full Moon Campfire** - Thursday June 24, 7 pm, 1 hour. 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 on the beach in front of the large bathhouse and concession area, just south of the beach entrance at Herring Cove Beach in Provincetown. Accessible with assistance; please notify Province Lands Visitor Center in advance.

**Kayak the Outer Cape** - Wednesdays beginning June 23, time is tide dependent. Up to 3 hours, 3 miles. Paddle with a ranger in a meandering marsh, a captivating kettle pond, or a dune-sided lake. Locations vary weekly. All equipment provided. Previous kayaking experience required. Minimum age is 12. Reservations are required and may be made up to one week in advance by calling the Province Lands Visitor Center at (508) 487-1256. Truro and Provincetown marshes and ponds.

**In Search of the Ancient Mariner** - Wednesday, June 9 at 6:30 pm. 1 hour, 1 mile. One of the seashore's most intriguing natural events is horseshoe crab spawning. Join a ranger for a short walk to Nauset Marsh in Eastham at low tide to look for spawning activity of these "living fossils." Wear shoes that can get wet and muddy, no flip flops. Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 0.

**Old Harbor Life-Saving Station Open House** - Drop-in program beginning June 18, Fridays, Saturdays, Sundays, and Mondays from 2 to 4 pm. Built in 1898, Old Harbor is the last intact life-saving station of the original 13 on Cape Cod. A visit feels like stepping into a turn-of-the-century, working station while the crew is out on patrol. Race Point Beach, Provincetown. Beach fees apply.

**Ranger on Deck** - Daily at 10 am, 11 am, 2 pm, 3 pm, but not between June 6 and June 19. 20-30 mins. Join a ranger to look for whales, birds, and historic buildings from the outdoor deck; or to explore new topics of the ranger's choice. Province Lands Visitor Center.

**Salt Pond Paddle** - Sundays, Wednesdays, and Fridays beginning June 20, 10 am. Up to 1.5 hours, 1 mile. Enjoy this family ranger program exploring the nature of marshes and kettle ponds. Program starts at the Salt Pond Visitor Center. Minimum age is 6 years old. Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 9.

**Sharks and Seals: Cape Cod's Dynamic Duo Walk (Eastham)** - June 2, 4, and 5 at 9:30 am, then every Sunday, Monday, Wednesday, Friday and Saturday at 9:30 am beginning June 20. 1 hour, up to 1 mile in loose sand. Join a ranger at Coast Guard Beach to examine the relationship between sharks and seals and the roles they play in the balance of a healthy marine environment. Bring a pair of binoculars for seal viewing. Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 9.

**Sharks and Seals: Cape Cod's Dynamic Duo Walk (Truro)** - Tuesdays and Saturdays beginning June 22 at 10 am. 1 hour, up to 1 mile in loose sand. Join a ranger to examine the relationship between sharks and seals and the roles they play in the balance of a healthy marine environment. Bring a pair of binoculars for seal viewing. Head of the Meadow Beach, Truro. Reservations are required and may be made up to one week in advance by calling the Province Lands Visitor Center at (508) 487-1256.

More →

## Visitor Activities - continued

**Stories of the Seashore** - Mondays, Tuesdays, Wednesdays, and Fridays at 2 pm, but not between June 6 and 19. Up to 2 hours, 1-2 miles in loose sand. Explore the enchanting dune landscape of unusual plants and wild cranberry bogs, while learning about the Province Lands' unique place in American history. Wear closed-toe shoes appropriate for walking in sand. Reservations are required and may be made up to one week in advance by calling the Province Lands Visitor Center at (508) 487-1256.

**Summer by the Shore: Plein Air Painting with Eastham Painter's Guild** - Tuesdays, 8:30 - 10:30 am. Location varies. En plein air is a French expression that means "in the open air." The term is used by artists to describe the practice of painting outdoors, capturing landscapes and views in natural light. Throughout the summer, look for members of the Eastham Painter's Guild at different seashore locales capturing the many dimensions of this beautiful place. 6/8- Fort Hill, Eastham, 6/15 Highland Light, Truro, 6/22 Hemenway Landing, Eastham, 6/29 Marconi Station Site, Wellfleet.



### Become a B.A.R.K. Ranger!

Do you know the rules of B.A.R.K.?

- B- Bag your poop
- A- Always wear a leash
- R- Respect wildlife
- K- Know where to go

Visit the B.A.R.K. Ranger page on our website to help your pooch become a "Virtual B.A.R.K. Ranger" or stop by one of our visitor centers to earn some cool swag! <https://go.nps.gov/caco-bark>

**Terrace Talk** - Daily at 2 pm, but not between June 6 and 19. 20-30 minutes. Cape Cod National Seashore is home to diverse wildlife and rich history. Join a ranger at the Salt Pond Visitor Center to hear stories of the people, plants, and animals of the seashore. No reservation needed.

**Three Sisters Lighthouses** - Drop in program, Mondays, 11 am to 12 pm. Structures are closed, grounds only. These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Explore their history and importance during this drop-in program. Meet at the Three Sisters Lighthouse parking lot - space is limited - on the north side of Cable Road.

### Download the NPS App!

Plan your adventure from your phone, download maps and tours ahead of time, and find things to do and places to visit on your adventure.

While you're in the park, use the self-guided tours to learn about the park, create and share a virtual postcard, and stay informed about any alerts or closures.



### Attention All Kids!

The Junior Ranger Program is just for you! Stop by a visitor center to grab a booklet, complete the activities in the park, and bring it back to be sworn in by a park ranger! Ask for details at Salt Pond or Province Lands visitor centers.

### Calling All 4th and 5th Graders!

**EVERY KID OUTDOORS:** All 4th and 5th graders and their families are invited to visit national parks and other federal lands for free through August 2021. To find out more and to obtain a voucher for free entry, visit: [www.everykidoutdoors.gov](http://www.everykidoutdoors.gov).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Summer Solstice</b> <b>Sunday, June 20</b>  <small>NPS/KEKOA ROSEHILL</small>		<b>1</b> <b>10 am</b> Ranger on Deck <b>11 am</b> Ranger on Deck <b>11 am</b> Discover Nauset Marsh <b>2 pm</b> Terrace Talk <b>2 pm</b> Ranger on Deck <b>2 pm</b> Stories of the Seashore <b>3 pm</b> Ranger on Deck	<b>2</b> <b>9:30 am</b> Sharks and Seals (Eastham) <b>10 am</b> Ranger on Deck <b>11 am-noon</b> Captain Penniman's House <b>11 am</b> Discover Nauset Marsh <b>11 am</b> Ranger on Deck <b>2 pm</b> Terrace Talk <b>2 pm</b> Ranger on Deck <b>2 pm</b> Stories of the Seashore <b>3 pm</b> Ranger on Deck	<b>3</b> <b>10 am</b> Ranger on Deck <b>11 am</b> Ranger on Deck <b>11 am</b> Discover Nauset Marsh <b>11:30 am-12:30 pm</b> Atwood Higgins Homestead <b>2 pm</b> Terrace Talk <b>2 pm</b> Ranger on Deck <b>3 pm</b> Ranger on Deck	<b>4</b> <b>9:30 am</b> Sharks and Seals (Eastham) <b>10 am</b> Ranger on Deck <b>11 am-noon</b> Captain Penniman's House <b>11 am</b> Discover Nauset Marsh <b>11 am</b> Ranger on Deck <b>11 am</b> B.A.R.K. Ranger Wagfest <b>2 pm</b> Terrace Talk <b>2 pm</b> Ranger on Deck <b>2 pm</b> Stories of the Seashore <b>3 pm</b> Ranger on Deck	<b>5</b> <b>9:30 am</b> Sharks and Seals (Eastham) <b>10 am</b> Ranger on Deck <b>11 am</b> Ranger on Deck <b>11 am</b> Discover Nauset Marsh <b>2 pm</b> Terrace Talk <b>2 pm</b> Ranger on Deck <b>3 pm</b> Ranger on Deck
	<b>6</b>	<b>7</b> <b>11 am-noon</b> Three Sisters Lighthouses	<b>8</b> <b>8:30-10:30 am</b> Plein Air Fort Hill	<b>9</b> <b>11 am-noon</b> Captain Penniman's House <b>5 pm</b> Reviving the Wampanoag Language <b>6:30 pm</b> In Search of the Ancient Mariner	<b>10</b> <b>11:30 am-12:30 pm</b> Atwood Higgins Homestead	<b>11</b> <b>11 am-noon</b> Captain Penniman's House
<b>13</b>	<b>14</b> <b>11 am-noon</b> Three Sisters Lighthouses	<b>15</b> <b>8:30-10:30 am</b> Plein Air Highland Light	<b>16</b> <b>11 am-noon</b> Captain Penniman's House <b>5 pm</b> The Death and Life of Squanto	<b>17</b> <b>11:30 am-12:30 pm</b> Atwood Higgins Homestead	<b>18</b> <b>11 am-noon</b> Captain Penniman's House <b>2-4 pm</b> Old Harbor Life-Saving Station	<b>19</b> <b>2-4 pm</b> Old Harbor Life-Saving Station
<b>20</b> <b>9:30 am</b> Sharks and Seals (Eastham) <b>10 am</b> Ranger on Deck <b>10 am</b> Salt Pond Paddle <b>11 am</b> Discover Nauset Marsh <b>11 am</b> Ranger on Deck <b>2 pm</b> Terrace Talk <b>2-4 pm</b> Old Harbor Life-Saving Station <b>2 pm</b> Ranger on Deck <b>3 pm</b> Ranger on Deck	<b>21</b> <b>9:30 am</b> Sharks and Seals (Eastham) <b>10 am</b> Ranger on Deck <b>10 am</b> Big View Hiking <b>11 am</b> Discover Nauset Marsh <b>11 am</b> Ranger on Deck <b>11 am-noon</b> Three Sisters Lighthouses <b>2 pm</b> Terrace Talk <b>2-4 pm</b> Old Harbor Life-Saving Station <b>2 pm</b> Ranger on Deck <b>2 pm</b> Stories of the Seashore <b>3 pm</b> Ranger on Deck	<b>22</b> <b>8:30-10:30 am</b> Plein Air Hemenway Landing <b>10 am</b> Ranger on Deck <b>10 am</b> Sharks and Seals (Truro) <b>11 am</b> Discover Nauset Marsh <b>11 am</b> Ranger on Deck <b>2 pm</b> Terrace Talk <b>2 pm</b> Ranger on Deck <b>2 pm</b> Stories of the Seashore <b>3 pm</b> Ranger on Deck	<b>23</b> <b>9:30 am</b> Sharks and Seals (Eastham) <b>10 am</b> Ranger on Deck <b>10 am</b> Salt Pond Paddle <b>11 am</b> Discover Nauset Marsh <b>11 am-noon</b> Captain Penniman's House <b>11 am</b> Ranger on Deck <b>2 pm</b> Terrace Talk <b>2 pm</b> Ranger on Deck <b>2 pm</b> Stories of the Seashore <b>3 pm</b> Ranger on Deck <b>TBD</b> Kayak the Outer Cape	<b>24</b> <b>10 am</b> Ranger on Deck <b>11 am</b> Discover Nauset Marsh <b>11 am</b> Ranger on Deck <b>11:30 am-12:30 pm</b> Atwood Higgins Homestead <b>2 pm</b> Terrace Talk <b>2 pm</b> Ranger on Deck <b>3 pm</b> Ranger on Deck <b>7 pm</b> Full Moon Campfire	<b>25</b> <b>9:30 am</b> Sharks and Seals (Eastham) <b>10 am</b> Ranger on Deck <b>10 am</b> Salt Pond Paddle <b>10 am-noon</b> Family Fun <b>11 am</b> Discover Nauset Marsh <b>11 am-noon</b> Captain Penniman's House <b>11 am</b> Ranger on Deck <b>2 pm</b> Terrace Talk <b>2-4 pm</b> Old Harbor Life-Saving Station <b>2 pm</b> Ranger on Deck <b>2 pm</b> Stories of the Seashore <b>3 pm</b> Ranger on Deck	<b>26</b> <b>9:30 am</b> Sharks and Seals (Eastham) <b>10 am</b> Ranger on Deck <b>10 am</b> Sharks and Seals (Truro) <b>11 am</b> Discover Nauset Marsh <b>11 am</b> Ranger on Deck <b>2 pm</b> Terrace Talk <b>2-4 pm</b> Old Harbor Life-Saving Station <b>2 pm</b> Ranger on Deck <b>3 pm</b> Ranger on Deck
<b>27</b> <b>9:30 am</b> Sharks and Seals (Eastham) <b>10 am</b> Ranger on Deck <b>10 am</b> Salt Pond Paddle <b>11 am</b> Discover Nauset Marsh <b>11 am</b> Ranger on Deck <b>2 pm</b> Terrace Talk <b>2-4 pm</b> Old Harbor Life-Saving Station <b>2 pm</b> Ranger on Deck <b>3 pm</b> Ranger on Deck	<b>28</b> <b>9:30 am</b> Sharks and Seals (Eastham) <b>10 am</b> Ranger on Deck <b>10 am</b> Big View Hiking <b>11 am</b> Discover Nauset Marsh <b>11 am-noon</b> Three Sisters Lighthouses <b>11 am</b> Ranger on Deck <b>2 pm</b> Terrace Talk <b>2 pm</b> Old Harbor Life-Saving Station <b>2 pm</b> Ranger on Deck <b>2 pm</b> Stories of the Seashore <b>3 pm</b> Ranger on Deck	<b>29</b> <b>8:30-10:30 am</b> Plein Air Marconi Station Site <b>10 am</b> Ranger on Deck <b>10 am</b> Sharks and Seals (Truro) <b>11 am</b> Discover Nauset Marsh <b>11 am</b> Ranger on Deck <b>2 pm</b> Terrace Talk <b>2 pm</b> Ranger on Deck <b>2 pm</b> Stories of the Seashore <b>3 pm</b> Ranger on Deck <b>7 pm</b> Evenings at Salt Pond: Jay Psaros in Concert	<b>30</b> <b>9:30 am</b> Sharks and Seals (Eastham) <b>10 am</b> Ranger on Deck <b>10 am</b> Salt Pond Paddle <b>11 am</b> Discover Nauset Marsh <b>11 am-noon</b> Captain Penniman's House <b>11 am</b> Ranger on Deck <b>2 pm</b> Terrace Talk <b>2 pm</b> Ranger on Deck <b>2 pm</b> Stories of the Seashore <b>3 pm</b> Ranger on Deck <b>TBD</b> Kayak the Outer Cape	<b>31</b> <b>10 am</b> Ranger on Deck <b>11 am</b> Discover Nauset Marsh <b>11 am</b> Ranger on Deck <b>11:30 am-12:30 pm</b> Atwood Higgins Homestead <b>2 pm</b> Terrace Talk <b>2 pm</b> Ranger on Deck <b>3 pm</b> Ranger on Deck	Cape Cod National Seashore is on the web! For more information, go to: <a href="http://www.nps.gov/capecod">www.nps.gov/capecod</a> Facebook: @CapeCodNPS Instagram: @CapeCodNPS Twitter: @CapeCodNPS YouTube: Cape Cod National Seashore	