




## Ranger-Led Programs

Sept 21 – Sept 27, 2025

Location	Program	Sun 21	Mon 22	Tues 23	Wed 24	Thurs 25	Fri 26	Sat 27
Toms Cove Visitor Center	<b>Aquarium Talk</b> (30 minutes)  				2:00 pm			3:00 pm
Toms Cove Visitor Center	<b>Birding with a Ranger</b> (1 hour window)  		3:00 pm					
Toms Cove Visitor Center	<b>Creature Feature</b> (15-20 minutes)  	3:00 pm		10:30 am		1:00 pm		10:30 am
Toms Cove Visitor Center	<b>Free as a Bird</b> (1.5 hours, ½ mile)	8:00 am						
Toms Cove Visitor Center	<b>History's Mysteries</b> (15-20 minutes)  		10:30 am					2:00 pm
Toms Cove Visitor Center	<b>Plant Rant</b> (15-20 minutes) 					12:00 pm		12:30 pm
Toms Cove Visitor Center	<b>Shifting Sands</b> (20-30 minutes) 				11:30 am			
Toms Cove Visitor Center	<b>Story by the Sea</b> (30 minutes)  	11:00 am				10:30 am		

**Children under 12 must be accompanied by an adult on all programs.**

 These programs are especially popular with children.

 Wheelchair accessible programs.

**Program descriptions on back**

## Program Descriptions

**Aquarium Talk** - Shellfish, hermit crabs, fish and more! Get a peek at who is swimming around out there with you by joining a ranger who will let you in on the secret lives of these diverse creatures.

**Birding With a Ranger** - See what birds the ranger is viewing off the Toms Cove Visitor Center deck. Come and go as you please anytime during the 1-hour window. Some binoculars and field guides will be available.

**Creature Feature** - Gather 'round the ranger and today's mystery "guest." Learn the life and lore of a special Assateague resident during this informal discussion.

**Free as a Bird** - Discover some of Assateague's most colorful residents on this walk designed for birders of all skill levels. A limited number of binoculars and bird guides are available.

**History's Mysteries** - What's that building on the horizon? Why is the lighthouse so far inland? Come learn about the cultural history, Park legends, lore, local tales and more!

**Plant Rant** - "Lettuce" dig up the dirt on plants to unearth their roots and blossoming potential!

**Shifting Sands** – The sands of Assateague are on the move! Learn how and why it shifts, and what that means for your next beach visit.

**Story by the Sea** - You're never too old for a story by the sea. Come learn about an animal that calls Assateague

*The National Park Service assists the U.S. Fish and Wildlife Service in interpretation and recreation management, but only in the Toms Cove area of the Virginia portion of the island. The Chincoteague National Wildlife Refuge provides many other activities throughout the rest of the refuge. Contact them at 757-336-6122 for program details.*