



This is a sample itinerary. Your itinerary needs to connect your learning objectives and activities to park resources: the beach, salt marsh, nature trails, visitor centers, historic houses, lighthouses etc. Check the park website at [www.nps.gov/caco](http://www.nps.gov/caco) for information about park resources. The majority of your time and activities should be spent in the park. Show a morning, afternoon, and evening program for each day of your stay.

*Information in Italic font is background information and is not needed on your itinerary.*

\*\* Indicates required items to be included in your itinerary.

Day 1 - date

\*\*Stop at Eastham Fire Department. Turn in one copy of the NEED Emergency Information Form, a list of names/phone numbers for emergency contact.

\*\*Stop at Salt Pond Visitor Center. Turn in a second copy of NEED Emergency Information Form. If closed, turn in the next morning.

\*\* Provide an estimated time of arrival after 2 PM.

\*\*3 PM           **Fire Drill and Safety Orientation Meeting.** The fire drill is required to be held from assigned beds within 2 hours of arrival. *The general safety meeting should cover points included in the NEED Program: Mission and Guidelines brochure.*  
**NOTE:** *Safety is the park's number one concern. There are no excuses for unsafe behavior and individuals wandering into erosion control or protected natural resource areas. Groups observed engaging in unsafe behavior, breaking fire codes in the NEED Building, or damaging resources will not be accepted into the program in future years, and may result in the group being asked to leave without a refund.*

3:30 - 5:30 PM (example) **Beach Exploration**, Coast Guard Beach. Scavenger hunt, Learn about beach/dune wildlife by tracking, and observation.

5:30 – 7 PM       Dinner and break

7 -9 PM           (example) **Beach campfire** at Coast Guard Beach. Maritime history stories and campfire songs. Fire permits are provided to users of the NEED program. *Have the permit with you when at the fire.*

Day 2 - date

7:30 - 8:30 AM Breakfast and clean-up

- 9 - 11:30 AM (example) **Bird Study**: Learn about beak and foot adaptations of shorebirds, compare to the birds in the upland forests. Location Nauset Marsh Trail. Walk the 1.5 mile trail along the marsh to the Salt Pond Visitor Center. **Salt Pond Visitor Center** - visit the museum and watch the 12 minute film *The Sands of Time*.
- 11:30 - 1 PM Lunch and break
- 1 - 2 PM Teacher/student discussion to connect why the class made the trip to the seashore to prepare them for the ranger program that will follow.
- 2 - 4 PM **\*\*Park Ranger Program** - All groups should plan for an afternoon ranger program early in their stay. (Example) **Beach Erosion Study**. Sediment study, wave/current transport of sediment observations. **Wind transport and Dune Formation Study**. Why are plants important to dunes? Why are barrier dunes important to salt marshes?
- 4 - 6:30 PM Free time and Dinner
- 7 - 9:00 PM (Example) **Night Hike: Nocturnal Animals** - Hike to Doane Rock Picnic Area along the bike trail and old Nauset Marsh Trail.

### Day 3 - Date

- 7:30 - 8:30 AM Breakfast and clean-up
- 9 AM - noon (Examples) **Salt Marsh Study**: Crab and shellfish dip netting in the Salt Pond located by the Salt Pond Visitor Center. Discover native and exotic species, biodiversity. OR **Habitat Diversity: Exploring Parabolic Dunes Uplands and Wetlands**. Travel to the Province Lands. Hike the dune trail from Shank Painter Rd. to the beach and back. Observe, animal tracks, wetland plant species like wild cranberries, rare coastal plain plants, toads etc. OR go to the **Province Lands Visitor Center for Maritime History: Shipwrecks and Lifesaver Stories**.
- 11:30 - 1PM Lunch and break
- 1 - 4:30 PM (Example) **Whale Watch** out of Provincetown
- 5:30 - 6:30 PM Free time and Dinner
- 7 - 9 PM (Example) **Night Hike on Coast Guard beach**- look for nocturnal animals, especially invertebrates. *At the start of the walk, dig a small depression in the sand and leave some dead fish or something smelly. Come back and check at the end of the beach walk, and the next morning.*

### Day 4 - date

- 7:30 - 8:30 AM Breakfast and clean-up.

- 9 AM - noon (Example) **Bay Side Beach: A Low Energy Beach.** Compare the sediments, elevations, and building of beach hard structures- (revetments, bulkheads, jetties along Cape Cod bay. Go at low tide to explore tidal flats, find shellfish, crabs etc.
- 11:30 - 1 PM Lunch and break
- 1 - 4 PM (Example) **Maritime History:** Arrange for a tour of a lighthouse. AND/OR explore the museum in the Salt Pond Visitor Center to learn/view related artifacts. *See the NEED Program: Mission and Guidelines brochure for information on contacting the lighthouse administrators, except for the Three Sisters Lighthouses, they are not managed by the park.*
- 5:30 - 6:30 PM Free time and Dinner
- 7 PM (Example) **Group-Trip Summary.** Discuss what was learned and how to make the trip better in future years. Begin clean-up and packing process.

### **Day 5 - Date**

- 7 - 8 AM Breakfast and clean-up
- 8 - 8:30 AM packing and loading all gear into vehicles
- 8:30 - 10:30 AM Plan at least 2 hours for 4 adults to clean- or 8 work hours for cleaning. It is our experience that youths, even when supervised do a poor cleaning job. Adults need to expect to do the cleaning.
- \*\*10:30 - 11 AM Planned check-out time with Charles\_Ehl@nps.gov
- 11AM + Depart, make sure all doors are locked and the key has been returned to the key lock box.

**Note: All groups must complete the cleaning inspection and depart before noon.**

Tide schedules available at: [http://www.boatma.com/tides/tides\\_capecod.html](http://www.boatma.com/tides/tides_capecod.html). For Nauset Marsh low tides, add three hours to the tides listed for Nauset Harbor.