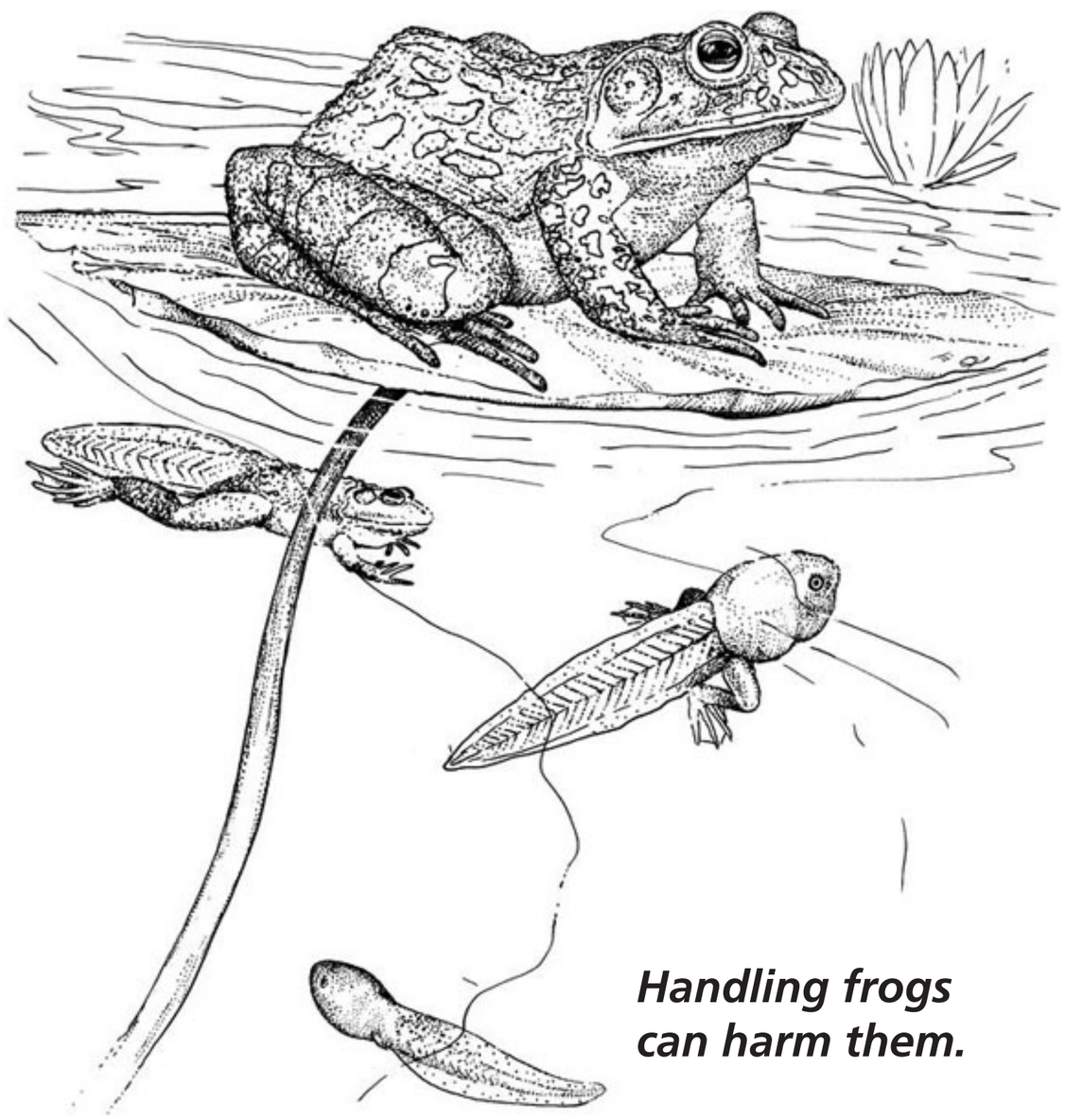
Protect Ponds

Cape Cod National Seashore

National Park Service
U.S. Department of the Interior

Kettle ponds are glacially-formed basins filled with clear, naturally-acidic fresh water. In addition to their beauty and the recreational opportunities they offer, they provide habitat essential for distinct communities of plants and animals. Their unique chemistry and ecology render these ponds particularly sensitive to human-caused impacts.



Handling frogs can harm them.

Preserve their beauty and ecology.

- Use restrooms before entering the water.
- Avoid trampling or removing shoreline and aquatic plants.
- Stay on marked trails to prevent slope erosion.
- Keep pets and horses away from ponds.
- Use well-fitting swim diapers on babies.
- Enjoy pond wildlife through observation; handling animals can harm them.
- Carry out all trash including cigarette butts.
- Keep soaps and detergents out of ponds.