Park News
2007 - 2008 Seashore News

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

Explore Cape Cod National Seashore

VISITOR CENTERS

Cape Cod National Seashore has two visitor centers: Salt Pond in Eastham and Province Lands in Provincetown. Both centers have staff to assist visitors with orientation and trip planning, and stores featuring books, maps, puzzles, games, and other interpretive items provided by the park's education partner, Eastern National.

Salt Pond Visitor Center: open daily from 9 AM to 4:30 PM (until 5:30 PM in July and August). This visitor center offers magnificent views of Salt Pond, Nauset Marsh, and the Atlantic beyond; an outstanding museum; and films shown in the remodeled theater with a new, digital, audio-visual system. Restrooms are located below the visitor center in front of the amphitheater. The Nauset Marsh and Buttonbush trails, and the Nauset Bicycle Trail are located nearby. Location: Off Route 6, Eastham. Telephone: (508) 255 - 3421.

Province Lands Visitor Center: open daily from 9 AM to 5 PM, May through October. Just two miles from the tip of the Cape in Provincetown, this center offers a small exhibit and regular showings of park orientation films. The observation deck offers 360-degree views of the Province Lands dunes, the Outer Beach, and the Atlantic. Restrooms are available in the parking area year round. Access to the Province Lands Bicycle Trail is nearby. Location: Off Race Point Road, Provincetown. Telephone: (508) 487 - 1256.

Consult the park's website at www.nps.gov/caco for more information, park news, and current events.

WALKING AND HIKING SELF-GUIDING TRAILS

There are eleven Self-Guiding Trails at the seashore that are open year round: *in Eastham* - the Fort Hill, Red Maple Swamp, Buttonbush, Nauset Marsh, and Doane trails; *in Wellfleet* - the Atlantic White Cedar Swamp and Great Island trails; *in Truro* - Pamet Area Bearberry Hill Overlook, Small's Swamp, and Pilgrim Spring trails; and *in Provincetown* - the Beech Forest Trail. Interpretive folders with information on natural and historic features are available at some trailheads. Trailside plant identification markers are referenced in the *Common Trailside Plants* guidebook on sale at visitor center bookstores.

Ranger-guided programs offer opportunities to explore and enjoy park resources in a variety of settings with informed staff, enhancing your park experience.

Superintendent's Message

Last Child in the Woods... and Museums

The decline in visitation to national parks, museums, and historic sites has been in the news lately. Although visitation to Cape Cod National Seashore is on the upswing, we remain focused on a dual goal - to protect our natural and cultural treasures for future generations, and to inspire these same generations to believe these treasures offer value and improve their lives.

Recently, I had two experiences which I consider "clarion calls" about visitation trends. The first came from reading *Last Child in the Woods* by Richard Louv (Workman Publishing Co.), and the second came from listening to historian and Pulitzer Prize author David McCullough's remarks at the dedication of the new visitor center at Mount Vernon, home of our first president.

Louv's book discusses the fact that many youngsters no longer have the outdoor experiences we baby boomers took for granted. He identifies societal challenges which conspire to limit outdoor relationship for many young people - from "stranger danger" and other safety concerns, to family dynamics, the sedentary pursuits of computer and TV time, and access limitations placed on public lands. He believes our education system may be unwittingly contributing to the problem by focusing on the scientific approach and testing, rather than holistic natural history and environmental studies. Field trips and time for "wonder" are replaced by less hands-on examinations that limit the opportunity for personal connections.

Louv reminds us that outdoor experiences contribute to our educational, health and emotional well-being.

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What's Inside:

2 & 3 The Basics
- Visitor Services
- Beach Activities and Fees
- General Regulations
- Visitor Safety
- Park and Area Map with Lighthouse Locations

Look to these pages for general park orientation, brief descriptions of park features, and other useful information to enhance your visit to Cape Cod National Seashore.

9 Cultural Resources
A Closer Look at Landscapes
by Park Historian William Burke

10 Natural Resources
Restoring the Cape Cod National Seashore 19th-Century Landscape: Open Coastal Habitat Restoration and Management
by Park Ecologist Evan Gwilliam

11 Management Feature
Fire Management at Cape Cod National Seashore by Park Fire Mangement Officer David W. Crary, Jr.

PLUS 2007 July and August Calendar of Events
Ranger-guided programs are listed for July and August of 2007. Ask at visitor centers for seasonal schedules at other times of year.

National Park Service
U.S. Department of the Interior

Cape Cod National Seashore
99 Marconi Site Road
Wellfleet, MA 02667

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George E. Price, Jr.

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Park Headquarters
(508) 349 - 3785
Fax Number
(508) 349 - 9052
Salt Pond Visitor Center
(508) 255 - 3421
Province Lands Visitor Center
(508) 487 - 1256
Race Point Ranger Station
(508) 487 - 2100
Oversand Information Line at Race Point Ranger Station
(508) 487 - 3698 or
(508) 487 - 2100
(ext. 110, March 15th through November 1st)
Nauset Ranger Station
(508) 255 - 2112
North Atlantic Coastal Lab
(508) 487 - 3262

Web Site
www.nps.gov/caco

Emergencies
9 - 1 - 1

On the cover: "Peaked Hills" Snail Road, Province Lands, November, 20, 2000, 3:10 PM - photograph by Jon Vaughan, award-winning photographer and author of *Coastal Effects*, a photographic tribute to Cape Cod and the Islands, available at Eastern National bookstores at both visitor centers.

Visitor Services

Cape Cod National Seashore's 40 miles of pristine ocean beach covering 44,000 acres makes it a premier destination for exploring natural and cultural features, and enjoying recreational activities.

BIKING

There are three bicycle trails under the care and maintenance of Cape Cod National Seashore: Nauset Trail in Eastham (1.6 miles), Head of the Meadow Trail in Truro (2 miles), and the Province Lands Trail in Provincetown (loop trail 5.45 miles). Massachusetts state law requires children 16 and younger to wear protective helmets when operating a bicycle or riding as a passenger. It is advisable that all riders, regardless of age, wear protective headgear to ensure a safe and enjoyable experience.

CAMPFIRE PERMITS

A limited number of campfire permits per day, per seashore beach, may be reserved up to three days in advance in person, or by phone reservation. Locations are: Salt Pond Visitor Center for Coast Guard, Nauset Light and Marconi beaches, or Province Lands Visitor Center for Head of the Meadow, Race Point and Herring Cove beaches. Fire permits for the Oversand Route are issued through the Oversand Station at Race Point. Permits are free, and must be picked up at the reserving visitor center prior to 3:30 PM the day of the fire. Demand often exceeds the number of permits available.

ACCESSIBILITY

Park trails at Doane Rock in Eastham and the Marconi Station Site in Wellfleet have been surfaced to accommodate wheelchairs. Large print versions of official park publications and the Buttonbush Trail are available for people with impaired vision. Park films have captions and audio descriptions. Coast Guard and Herring Cove beaches provide accessible parking, restrooms, changing facilities, and beach wheelchairs. Herring Cove Beach features showers that accommodate wheelchairs.

PETS

Cape Cod National Seashore requires that pets be controlled by a leash at all times. Specific areas where pets are prohibited such as ponds, shorebird nesting areas, and lifeguard-protected beaches are posted. Ask at seashore visitor centers or ranger stations about restrictions.

CAMPING

The National Park Service does not operate a campground at Cape Cod National Seashore. Camping is available at private and state-operated facilities (see page 12). Overnight camping and parking within Cape Cod National Seashore are prohibited.

How to Reserve a Fire Permit:

Reserve on:	**Sun**	**Mon**	**Tues**	**Wed**	**Thurs**	**Fri**	**Sat**
For a fire on:	**Wed**	**Thurs**	**Fri**	**Sat**	**Sun**	**Mon**	**Tues**

Superintendent's Message *continued*

McCullough's clarion call parallels Louv's, but emphasizes the general downturn of young people visiting and experiencing cultural sites, especially those which represent and inform us about our country and community. McCullough describes the benefit and richness such experiences bring to a person's life and the missed opportunity if not taken.

Fortunately, Cape Cod has countless opportunities for first hand experiences with nature and history. In addition to Cape Cod National Seashore and its abundant resources, there are town beaches, conservation areas, and historical society museums; state parks and forests; and natural history museums and wildlife sanctuaries to explore.

A common observation from both authors was the importance of an enthusiastic adult in the lives of young people to excite them and demonstrate personal value and testimony about the cultural landmarks and outdoor experiences we treasure. The infectious excitement of a parent, guardian, teacher, scout leader, or friend as the tour guide or fellow explorer of a nature trail or museum visit, is of immeasurable value.

I believe we should listen to the messages by both authors.

Perhaps you also will be moved to concern by calls from Richard Louv and David McCullough, and will figure out how you can be a positive influence in changing these trends. But most of all, perhaps we all can take the time to mentor a young person and introduce him or her to the wonders of our Cape Cod outdoors and all the history it has to offer.

George E. Price, Jr.
Superintendent

Junior Ranger Program

Calling all children ages 5-12. Become a Cape Cod National Seashore Junior Ranger! Have fun exploring the seashore and investigating its special resources. Stop by Salt Pond or Province Lands Visitor Center to pick up free program materials. After completing the activities you will receive a Junior Ranger award. It usually takes about two days to complete the program.

For more Junior Ranger fun when you return home, check out "WebRangers" at www.nps.gov/webrangers. And remember to check out the Junior Ranger Progam at other national parks you may visit in the future!

Beach Activities and Fees

Cape Cod National Seashore manages six ocean beaches in four towns: Eastham (Coast Guard and Nauset Light beaches), Wellfleet (Marconi Beach), Truro (Head of the Meadow Beach), and Provincetown (Race Point and Herring Cove beaches). All national seashore beaches include the following facilities and services: showers, paved parking, restrooms, changing rooms, drinking water, water quality testing, and lifeguards (late June through Labor Day). Two beaches, Coast Guard in Eastham and Herring Cove in Provincetown, are handicapped accessible and have wheelchairs capable of traveling over sand.

Beach entrance fees are charged. Rates for the 2007 season are:

Daily Vehicle	$15.00
Cape Cod National Seashore Season Pass	$45.00
Interagency Pass (accepted at any national park area, and other Department of Interior sites) *	$80.00
Interagency Senior Pass - allows entry for those age 62 or older (must be U.S. citizen and permanent resident) *	$10.00
Interagency Access Pass - allows entry for those legally blind or permanently disabled (must be U.S. citizen and permanent resident)*	FREE

* Photo ID required for pass usage.

Fees are collected daily from late June through Labor Day at all six seashore beaches, and on weekends and holidays from Memorial Day to late June, and after Labor Day through the end of September at Herring Cove, Race Point, Nauset Light, and Coast Guard beaches.

BEACH PARKING LOT CAPACITIES AND TRENDS:

Coast Guard Beach/Little Creek Shuttle, Eastham: Shuttle parking area rarely fills, with moderate turnover. Beach access via Little Creek Shuttle and parking area, a half-mile away. Drop off and pick up of passengers and belongings at the beach is *PROHIBITED*. Limited handicapped parking (state-issued plate or placard required) at the Coast Guard Station parking area.

Nauset Light Beach, Eastham: Public parking area fills by 10 AM daily during the summer, with minimal turnover. Drop off and pick up of passengers and belongings at the beach is *PROHIBITED*.

Marconi Beach, Wellfleet: Parking area rarely fills during late June and July. Parking area fills occasionally in August, with moderate turnover.

Head of the Meadow, Truro: Parking area rarely fills.

Race Point, Provincetown: Parking area rarely fills during June and July. When the parking area does fill, it is usually one to two hours after Herring Cove fills.

Herring Cove, Provincetown: Parking area rarely fills during June and July. Parking area fills occassionally in August, with moderate turnover after 1 PM. Access is also available on *The Shuttle*. Seasonal snack bar.

GENERAL REGULATIONS:

- Do not disturb natural or cultural features; all are protected by federal law.
- Glass containers, flotation devices (rafts, rubber tubes), snorkel, and masks are prohibited on lifeguard-protected beaches.
- Pets must be controlled by a leash at all times. Leashes may not exceed six feet. Pets are not permitted in public buildings, picnic areas, on protected beaches, or on designated nature trails.
- Public nudity is prohibited.
- No license is required for saltwater fishing. A state license is required for freshwater fishing.
- Town licenses for shellfishing are required. Regulations and fees vary by town.
- Surfing and windsurfing are permitted in waters outside lifeguard-protected areas.
- Permits are required for all beach fires. They may be obtained on a first come, first served basis at Salt Pond Visitor Center in Eastham, the Province Lands Visitor Center in Provincetown, and the Oversand Station at Race Point. Do not bury coals.
- Sand collapses easily. Climbing steep slopes or digging deep holes above knee level is hazardous and prohibited.

OVERSAND PERMITS

Permits for driving on seashore oversand routes are required and available for purchase at Race Point in Provincetown. Bird nesting activity may force some route closures during the spring and summer. Call (508) 487 - 2100 for general information (ext. 110, March 15th through November 1st). Call (508) 487 - 3698 for route closure information.

Park and Local Area Map

Rules of the Road

MOTORIST WARNING
Wear your seat belt. It's the LAW. Massachusetts state law provides pedestrians the right of way in a cross walk. Be aware of pedestrians, bicyclists, and other park users, and share the road.

Visitor Safety

BE SAFE! OBSERVE THE FOLLOWING SUGGESTIONS:

Bicycle Safety

Bicycle accidents injure more people each year at the national seashore than all other activities combined. We ask you to stay alert and ride safely.

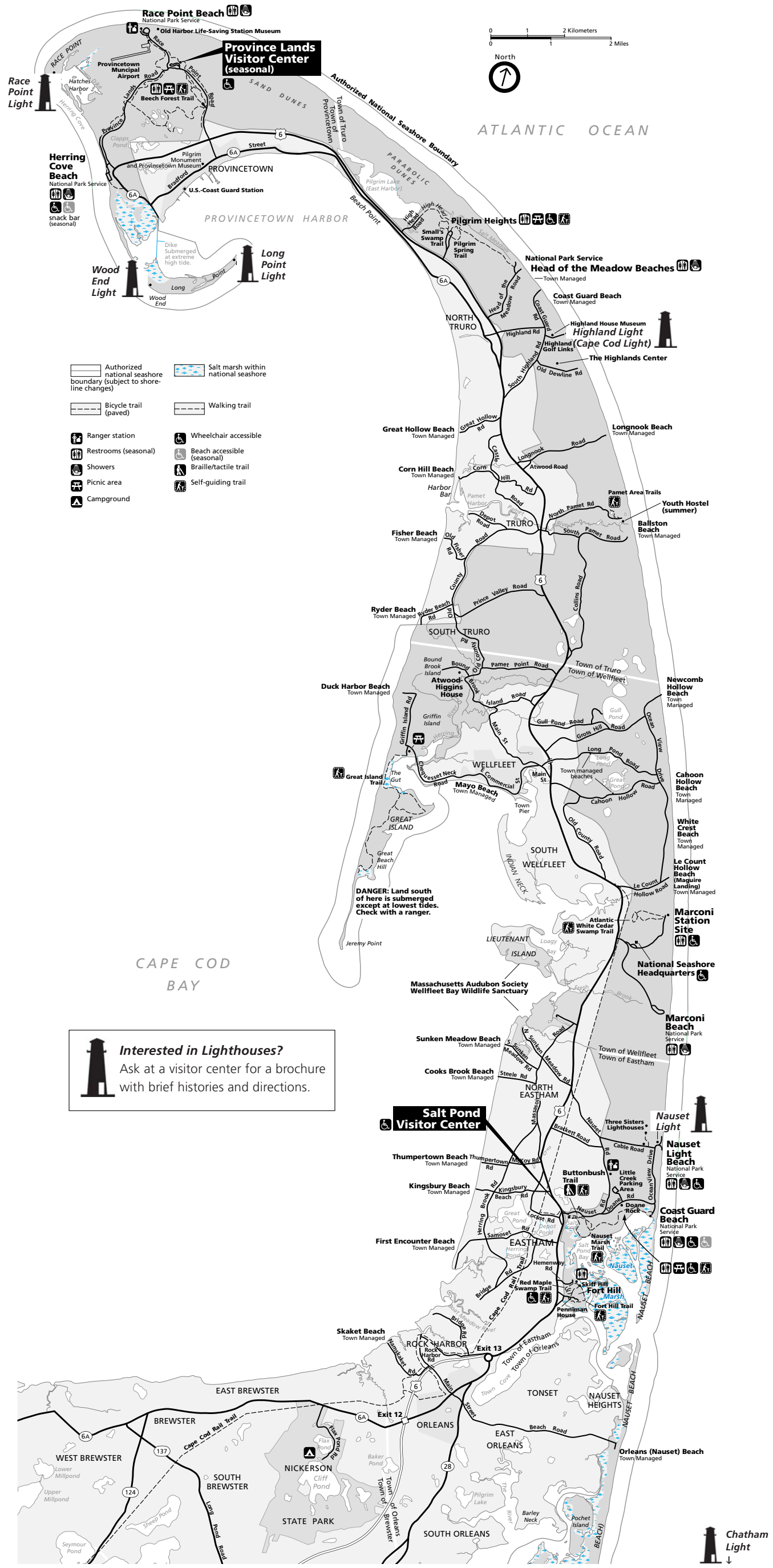
- Massachusetts state law requires children 16 and younger to wear protective helmets when on a bicycle, even if only a passenger.
- Regardless of age, all riders should wear protective headgear.
- Take time to fit your helmet properly - snug and level on your head.
- Test ride your bike to check brakes, seat, and handlebar settings.
- Trail conditions vary. Stay alert for sharp curves, steep hills, and sand-covered sections.
- Keep an eye out for rangers on bike patrols this summer and show us you care about safety and are a safe rider.
- Ask at visitor centers for other ways to stay safe biking while visiting Cape Cod National Seashore.

Beach Safety

- Rip currents and undertow are common, dangerous conditions along ocean beaches. Stay safe by swimming in lifeguard-protected areas, and closely supervise your children at all times.

General Safety

- Use sunscreen to avoid sunburn. Use a waterproof sunscreen if you intend to go swimming.
- Take precautions to avoid contact with insects. Deer ticks may carry Lyme Disease. Mosquitos may carry encephalitis or the West Nile Virus. Browntail moth "tents" cause skin irritation. Stay on trails, out of tall grasses, and inspect clothes and skin. Use repellent and wear proper clothing.
- Poison ivy is abundant in many locations. The rash it produces can cause severe discomfort. "Leaves of three, let it be."
- In summer, be alert for heavy traffic, bicycles, and pedestrians on roadways.



RANGER-LED ACTIVITIES, JULY AND AUGUST 2007

Salt Pond Visitor Center
Nauset Road, off Route 6
Eastham
(508) 255 - 3421

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

Denotes activites especially suited for families with young children.

Denotes designated National Park Service Ocean Park Stewardship programs aimed at improving awareness and protection of marine resources.

✓ Long pants (shorts for canoe trips), appropriate footwear, hats, sunscreen, insect repellent, and water are recommended for walks, hikes, and canoe trips.

Province Lands Visitor Center
Race Point Road, off Route 6
Provincetown
(508) 487 - 1256

SPECIAL PROGRAM AND RESERVATION POLICY

FEE PROGRAMS:
- Canoe trips cost $20 per adult, $12 per child 16 and under.
- Canoe lessons cost $10 per person.
- Surfcasting demonstrations cost $15 per person.
- Tickets are non-refundable, available in advance, and must be purchased either in person at visitor centers, or by phone with a credit card, prior to 4:30 PM daily.

• Canoe trips and surfcasting lessons may be reserved and paid for no more than seven days in advance. • Canoe experience is MANDATORY due to currents and winds. • The canoe lessons meet the experience required for other park-sponsored canoe trips. • Minimum age is 6 for canoe trips and 12 for canoe lessons and surfcasting. • All equipment is provided. • You may have to wade and assist with moving equipment during canoe programs. • Wear shoes (required) that can get wet.

EASTHAM AND WELLFLEET PROGRAMS

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ACTIVITY: SEASHORE SANCTUARY **Meeting time, length and format varies** Free.	Cape Cod National Seashore is a place to rejuvenate the body and spirit! Beach yoga, bike rides, fitness hikes, and specially- selected canoe trips* help you reconnect with nature and yourself. **By reservation only. Call the Salt Pond Visitor Center at (508) 255 - 3421 for activity details and to register. *Fee required for canoe trips.**							●
CANOE TRIP: CANOE ADVENTURE **Departure time varies** up to 3 hours, 3 miles. Fee required.	Trips may explore lakes, a bay or marsh, or may focus on a specialized topic. Locations and program content will vary. **By reservation only. Call the Salt Pond Visitor Center at (508) 255 - 3421 for specific details and to register. See Special Program and Reservation Policy above.**	●		●				
FAMILY PROGRAM: SHELLFISHING DEMONSTRATION **Departure time varies** 1 hour. Free.	Learn about local shellfish and the traditional activity of shellfishing, which has provided food for generations of Cape Codders and Native People before them. Suitable for children 6 years of age and up. Adults must stay with children. Wear shoes that can get wet. Meet at Salt Pond Visitor Center, Eastham.	●	**Meets at the following varying times based on the tides:** **July 1 - 9 AM** **July 8 - 3 PM** **July 15 - 9 AM** **July 22 - 2:30 PM** **July 29 - 8 AM** **August 5 - 1:30 PM** **August 12 - 8 AM** **August 19 - 12:30 PM** **August 26 - 6:30 PM**					
WALK: TIDAL FLATS FORAY **Departure time varies** 1½ hours, 1 mile. Free.	Explore the Cape Cod Bay tidal flats, and examine life found there. Wear shoes that can get wet while wading. Meet at the Great Island parking area, Wellfleet. **Tuesdays: July 3 - no program; July 10 - 2 PM; July 17 - no program ; July 24 - 12:30 PM; July 31 - 6 PM; August 7 - 11:30 AM; August 14 - 6 PM; August 21 - 9 AM; August 28 -4:30 PM.** **Thursdays: July 5 - 9 AM; July 12 - 3 PM; July 19 - 9 AM; July 26 - 2 PM; August 2 - 8 AM; August 9 - 2 PM; August 16 - no program; August 23 - 12:30 PM; August 30 - no program.**			●		●		
SNORKEL ADVENTURE: THE KETTLE PONDS **Meeting time varies** 2 hours. Free.	Step into the liquid home of eels, bladderwort, and dragonfly nymphs during this ranger-guided, underwater exploration of the crystal-clear, freshwater Wellfleet kettle pond environment. **By reservation only. Call the Province Lands Visitor Center at (508) 487 - 1256 for details and to register. All equipment provided. Minimum age 10. Experienced swimmers only.** *No program July 4th.*				●			
WALK: SEARCHING FOR BIRDS **7:30 AM** 2 hours, distance varies. Free.	Join a skilled birdwatcher at various sites in the park for bird identification and observations. Bring binoculars if you have them. Meet at the Salt Pond Visitor Center, Eastham, to caravan to selected sites.			●				
SURFCASTING LESSON **7:30 AM** 1½ hours. Fee required.	Learn the basics of saltwater fishing and practice the skill, but don't expect to bring home supper! Meet at the Coast Guard Station, Coast Guard Beach, Eastham. **By reservation only. Call the Salt Pond Visitor Center at (508) 255 - 3421 to register. See Special Program and Reservation Policy above.**						●	
CANOE TRIP: GULL POND **8 AM** 2 hours, 2 miles. Fee required.	Enjoy the early morning calm of a kettle pond while exploring its diverse plant and animal life. Osprey, snapping turtles, bass, black racers, eels, and the carnivorous bladderwort plant are likely to be spotted as we canoe this pond in Wellfleet described by Henry David Thoreau as "clear, handsome, and deep." **By reservation only. Call the Province Lands Visitor Center at (508) 487 - 1256 to register. See Special Program and Reservation Policy on page 4.** *No program July 31st.*			●				
WALK: CHRONICLES FROM A CAPE CODDER **10:30 AM** 1 hour, 1 mile. Free.	Join ranger Dana Eldridge as he examines how a changing Cape Cod has retained its identity, despite a variety of pressures. Meet at the terrace of the Salt Pond Visitor Center, Eastham, for a talk and walk along the edge of Salt Pond.						●	
DEMONSTRATION: SURF RESCUE **10:30 AM** ½ hour. Free.	Join a lifeguard for a surf rescue demonstration on the beach, and learn how to stay safe while swimming in the ocean. Meet at the head lifeguard stand at Marconi Beach, Wellfleet. **Beach fees apply.**		●					
WALK: WEATHERING EXTREMES **10:30 AM** 1½ hours, 1½ miles. Free.	From the edge of a 90' cliff overlooking the Atlantic Ocean, descend to the serenity and splendor of the Atlantic White Cedar Swamp. See how plants have adapted to their habitat. Meet at the far end of Marconi Station Site parking area, off Route 6, Wellfleet.			●				

Eastham and Wellfleet Programs *continued*

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WALK: SHORELINE STROLL **10:30 AM** 1 hour, 1 mile. Free.	Walk through diverse habitats and explore the natural processes of the Great Island land bridge known as "the Gut." Discover how plants and animals have adapted to this area. Meet at the Great Island parking area, Wellfleet.	●						
CAPTAIN PENNIMAN HOUSE: A WHALING FAMILY'S STORY **11 AM, T = Tour, 1 hour** **1 to 4 PM, OH = Open House** Free.	Learn about the Penniman family through a tour of their home and stories of their travels. Examine some of the hardships, adventures, and lifestyle of a whaling family. **OPEN HOUSE,** browse through. **TOUR, by reservation only. Call the Salt Pond Visitor Center at (508) 255 - 3421 to register.** Meet at the Penniman House at Fort Hill, Eastham. Limited parking.		T	OH	OH	OH		T
ATWOOD-HIGGINS HOUSE **11 AM, T = Tour, 1 hour** **1 to 4 PM, OH = Open House** Free.	Learn about early 18th-century Cape Cod architecture and one of the Outer Cape's early colonial settlement sites. **OPEN HOUSE,** browse through. **TOUR, by reservation only. Call the Salt Pond Visitor Center at (508) 255 - 3421 to register.** *Directions:* Take Route 6. Turn onto Pamet Point Road in Wellfleet, at the Truro town line, and follow the signs.				T	OH		
FAMILY PROGRAM: FISH, SNAILS, AND HORSESHOE CRAB TALES **1:30 PM** 1 hour, ½ mile. Free.	Expore the undersea world of a salt marsh through the use of seine and dip nets, and learn about the many interesting plants and animals that live there. Wading is encouraged, and shoes are required. Meet at the terrace of the Salt Pond Visitor Center, Eastham. Check in by 1:15 PM. **By reservation only. Call the Salt Pond Visitor Center at (508) 255 - 3421 to register.**		●		●		●	
FAMILY PROGRAM: STORY TIME **2 PM** 45 minutes. Free.	Parents, bring your young children to the Salt Pond Visitor Center in Eastham for this story time that introduces them to some of the critters of the land and sea. Meet in the classroom.		●		●		●	
CANOE TRIP: NAUSET MARSH **Mondays at 2 PM, Wednesdays, Thursdays, Fridays, at 9:30 AM** **Saturdays at 11 AM** 2½ hours, 2 to 3 miles. Fee required.	Venture onto the waters of Nauset Marsh and discover its abundance of life. Meet at the Salt Pond Visitor Center Amphitheater, Eastham. **By reservation only. Call the Salt Pond Visitor Center at (508) 255 - 3421 to register. See Special Program and Reservation Policy above.**		●		●	●	●	●
WALK: CHANGES IN THE TIDE **2:30 PM** 1 hour, 1 mile. Free.	What will happen to salt marshes and the plants and animals that inhabit them if the sea continues its accelerated advance across this *Narrow Land*? Meet at the Salt Pond Visitor Center, Eastham. *Through July 25th only.*				●			
FAMILY PROGRAM: BEACH PATROL **2:30 PM** 30 minutes. Free.	Join a ranger on the beach and patrol for exciting discoveries nearby. Look for birds, marine life, or learn about shipwrecks and the origins of the U.S. Coast Guard. **Thursday program:** Ride the shuttle and meet at Coast Guard Beach, Eastham, near the head lifeguard stand. **Saturday program:** Meet at Nauset Light Beach, Eastham near the head lifeguard stand. **Beach fees apply.**					●		●
WALK: CAMP WELLFLEET GONE BUT NOT FORGOTTEN **3:30 PM** 1½ hours, 1 mile. Free.	Walk around the grounds where Camp Wellfleet once stood and discuss the history and some stories associated with this WWII-era military base. Meet in front of the Cape Cod National Seashore headquarters building, Wellfleet. *Directions:* Follow the signs from the Marconi Area turnoff on Route 6, in South Wellfleet.				●			
WALK: PIECES OF THE PAST **4 PM** 1½ hours, 1½ miles. Free.	Discover some of the stories that archeology helps to uncover. Learn about the history of the various people who inhabited the lands at Fort Hill and around Nauset Marsh in past centuries. Meet at the lower parking area at Fort Hill, Eastham.	●						
CANOE LESSONS **4 PM** 1 to 1½ hours, 1 mile. Fee required.	Learn basic paddling technique and how to control a canoe, while exploring the protected habitat of Salt Pond. Meets the mandatory experience required for park-sponsored trips. Meet at the Salt Pond Visitor Center, Eastham. **By reservation only. Call the Salt Pond Visitor Center at (508) 255 - 3421 to register. See Special Program and Reservation Policy on page 4.**			●				
ACTIVITY: JUNIOR EXPLORER **4 PM** 1 hour. Free	Calling all future rangers, ages 8 to 13! Discover the real tools and skills rangers use to explore, examine, and protect the national seashore's nature and history. Topics change every week, so come once or weekly! Meet at the Salt Pond Visitor Center, Eastham. **Be sure to call the Salt Pond Visitor Center at (508) 255 - 3421 to reserve your place so you don't miss out on the fun!**		●					
WALK: LORE OF NAUSET MARSH **4 PM** 1 hour, 1 mile. Free.	Learn about the rich natural and human history around Nauset Marsh. Learn how each has affected the other through time. Meet on the terrace of the Salt Pond Visitor Center, Eastham.					●		●
TOUR: THREE SISTERS LIGHTHOUSES **5 PM** 1 hour, ½ mile. Free.	These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Learn of their history and importance. Meet at the northeast corner of Nauset Light Beach parking area, Eastham.	●		●				
CAMPFIRE: NAUSET LIGHT BEACH **7:30 PM in July** **7 PM in August** 1½ hours. Free.	Join us for an evening of fun as we gather around the campfire. Learn about the special natural and historical resources of Cape Cod. Meet at Nauset Light Beach, Eastham.		●		●			
WALK: NIGHT WALK AT THE SHORE **8:30 PM in July, 8 PM in August** 1 hour, 1 mile. Free.	Experience the changing world of the seashore from dusk to dark, while examining the sights, signs and sounds of the beach. **By reservation only. Call the Salt Pond Visitor Center at (508) 255 - 3421 to register.** Meet at the bathhouse at Coast Guard Beach, Eastham.						●	

Truro and Provincetown Programs

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CANOE ADVENTURE: RANGER'S CHOICE **Departure time varies** Program duration and mileage varies. Fee required.	From the Gut of Great Island to the tip of Long Point, these trips offer a variety of scenic adventures. Time varies each week to take advantage of cool mornings, colorful sunsets, or the light of the moon. Trips may require strong paddling experience, and may include a hike. Locations vary. **By reservation only. Call the Province Lands Visitor Center at (508) 487 - 1256 for details and to register. See Special Program and Reservation Policy on page 4.** *No program July 6th.*						●	
WALK: TIDAL FLATS FORAY **Departure time varies** 1½ hours, ½ mile. Free.	Get your feet wet as you explore the abundance and diversity of life in an intertidal zone in Provincetown. **By reservation only. Call the Province Lands Visitor Center at (508) 487 - 1256 for meeting location and to register.** *No program July 31st or August 14th.*			●				●
FITNESS HIKE: "MORE WALKING, LESS TALKING" **8 AM** 2 hours, 3 to 5 miles, strenuous. Free.	Wake up early Saturday mornings and join us for an energetic hike off the beaten path into some unique and secluded places. This hike is paced for a cardiovascular workout and may be strenuous. Locations vary weekly. **By reservation only. Call the Province Lands Visitor Center at (508) 487 - 1256 for meeting location and to register.**							●
ACTIVITY: JUNIOR EXPLORER **9 AM** 1 hour. Free	Calling all future rangers, ages 8 to 13! Discover the real tools and skills rangers use to explore, examine, and protect the national seashore's nature and history. Topics change every week, so come once or weekly! Programs occur in Truro or Provincetown. *No program August 17th.* **Call the Province Lands Visitor Center at (508) 487 - 1256 for meeting location and information.**						●	
WALK: TOUR OF THE TOWN **9 AM** 2 hours, 3 miles. $5 per person.	Explore Provincetown's history on a walking tour co-sponsored and presented by the National Park Service and the Pilgrim Monument and Provincetown Museum. **By reservation only. Call the Pilgrim Monument and Provincetown Museum at (508) 487 - 1310 for meeting location, and to register.**			●				
FAMILY PROGRAM: LIFEGUARD DEMONSTRATION **10 AM** ½ hour. Free.	Join a lifeguard for a surf rescue demonstration on the beach, and learn how to stay safe while swimming in the ocean. Meet at the head lifeguard stand at Race Point Beach, Provincetown. **Beach fees apply.**					●		
FAMILY PROGRAM: JUNIOR ACTORS **10 AM** 1 hour. Free.	Embark on an adventure into imaginative improvisation for 8 to 12 year olds. Discover seashore life and stories by acting them out with Fellow of the Royal Society of Arts in London Victoria McKee, who has worked with young adult actors on Cape Cod for several years. Meet at the Province Lands Visitor Center, Provincetown. *No program July 1st, or August 19th and 26th.*	●						
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 threatened Provincetown and its renowned harbor. Meet at Province Lands Visitor Center, Provincetown.		●					
FAMILY PROGRAM: HANDS-ON SQUID **10:30 AM** 1 to 1½ hours. Free.	Investigate the fascinating anatomy and life of one of the Atlantic's interesting cephalopods. Ages 8 to12. Space limited. Meet at Province Lands Visitor Center, Provincetown. **By reservation only. Call the Province Lands Visitor Center at (508) 487 - 1256 to register.**				●			
WALK: DUNE FOREST **11 AM** 1 hour, 1½ miles in soft sand. Free.	Explore this gem in the Province Lands dunes. Ponds, hardwood forest, and views make this walk a must! Meet at the Beech Forest parking area, off Race Point Road, Provincetown. *Bring insect repellent.*	●						
SLIDE SHOW: WET AND DRY: THE LIVES OF CAPE COD WILDLIFE **2 PM** ¾ hour. Free.	Who lives here, and how? Whales and birds and snakes and toads, and oh my, what else? Explore how they live, how they live together, and how they all need us. Meet at the Province Lands Visitor Center, Provincetown. *No progam July 6th and August 17th.*						●	
FAMILY PROGRAM: JUNIOR ARTIST **2 PM** ¾ hour. Free.	Learn about the artists of Provincetown and its backshore, and create your own work of art. Meet at the Province Lands Visitor Center, Provincetown. *No program August 20th.*		●					
WALK: TRURO HIGHLANDS HISTORIC DISTRICT **2 PM** ½ hour, ½ mile. Free.	Enjoy ocean vistas on this easy walk from the towering Highland cliffs, where for centuries Cape Cod's oldest lighthouse has served as a beacon for mariners and tourists alike. *Directions:* Take Route 6 to the Highland Road Exit in Truro and follow signs for Cape Cod (Highland) Light. Meet in the parking area. *No program July 1st or 8th.*	●						
OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION **2:30 to 5 PM** Free.	Browse through this 1898 life-saving station where teams of skilled rescuers battled the elements to save shipwreck victims from the "Graveyard of the Atlantic." Exhibits, rescue equipment, and stories bring this station to life. Park at Race Point Beach, Provincetown. Take the short walk to Old Harbor. **Beach fees apply.**	●	●	●	●	●	●	●
WALK: TRURO'S COLD WAR PAST **3 PM** 1½ hours, ¾ mile. Free.	Tour the former North Truro Air Force Station. Learn about the role the area played in our Cold War past, as well as the exciting plans for its future as the Highlands Center. *Directions:* Route 6 to Cape Cod (Highland) Light exit in Truro. Travel past the turn to the lighthouse. Turn left onto Old Dewline Road. Meet at the Payomet tent. *Occurs July 5th, 19th, August 2nd, 16th, and 30th only.*					●		
HIKE: ART IN THE DUNES **4 PM** 3 hours, 2½ to 3 miles in loose sand. Free.	On this long hike into the Province Lands dunes, view first-hand the quality of light, natural environment, and isolation that have long attracted artists and writers to Provincetown. Meet an artist-in-residence at a dune shack. **By reservation only. Call the Province Lands Visitor Center at (508) 487 - 1256 for meeting location and to register. Space is limited.** *No program August 29th.*				●			

Truro and Provincetown Programs *continued*

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HISTORICAL REENACTMENT: BEACH APPARATUS DRILL **6 PM** 1 hour. Fee required.	Listen for the keeper's command, "Open the boat room doors!" and return to the days of shipwrecks and lifesaving along Cape Cod shores. This is our 28th year of reenacting this 1902 rescue drill, complete with surfmen in uniform, 18 pounds of iron being fired out of the Lyle gun, and use of the breeches buoy. Old Harbor Life-Saving Station, Race Point Beach, Provincetown. $5 adults; $2 seniors over 62, and children 7 to 17; children 6 and under free.					●		
HIKE: SUNSET VISTAS **7:30 PM in July, 7 PM in August** 1½ hours, 2.5 miles. Free.	With water in both directions, the special quality of light in the Province Lands in Provincetown is known to produce spectacular sunsets. The ocean, salt marsh, and lighthouse vistas provide the perfect backdrop! Don't forget to bring your camera. **By reservation only. Call the Province Lands Visitor Center at (508) 487 - 1256 for meeting location and to register.** *No program July 8th or 15th.*	●						
CAMPFIRE: HERRING COVE BEACH **7:45 PM in July** **7:15 PM in August** 1½ hours. Free.	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 at the end of the right-hand parking area, Herring Cove Beach, Provincetown.		●					
CAMPFIRE: BALLSTON BEACH **7:30 PM in July** **7 PM in August** 1 hour, short walk in loose sand. Free.	Join us for an evening of old-fashioned fun and stories around a beach campfire. There's no telling who or what might appear. You may find yourself dancing with a character from the past! Bring a beach chair or blanket to sit on, and a flashlight. Park at the Ballston Beach parking area at the end of South Pamet Road, Truro, and follow the walkway to the beach. *No program August 31st.*						●	
STARGAZING: ASTRONOMY AND WEATHER **8:45 PM in July** **8:30 PM in August** Free.	Discover the night sky. A telescope with GPS capabilities will allow you to focus in on your favorite constellations with Dr. Donald Butterfield who has been stargazing for 65 years. On rainy nights, view a multimedia presentation. Meet at the Province Lands Visitor Center, Provincetown. *Sponsored by Friends of the Cape Cod National Seashore. Occurs July 11th, 25th, August 8th and 22nd only.*				●			

In the Field with a Park Scientist

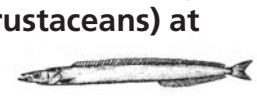
Ecosystem research and monitoring are key to providing the information needed for sound stewardship of the park's natural resources. Come join a park scientist in the field to learn about some of our ongoing research projects, see how data are collected, and hear how the data are used to preserve and protect the Cape's heritage.

All programs are free and involve walking, some in sand. Participants should wear hats, bring water, sunscreen, and insect repellent. Programs will be cancelled in heavy rain.

Dune and Dune Slack Wetland Ecology

Park Plant Ecologist: Stephen Smith
Wednesday, July 11th, 10 AM (rain date, July 12th)
Duration: 2 hours; *Conditions:* Walking in sand and full sun up to two miles. Wear hiking boots and shorts. *Meeting Location:* High Head Road parking area, off Route 6, North Truro.
Reservations required: Call (508) 487 - 3262, x104
Description: Participants will walk through the High Head dunes to seasonally-flooded, freshwater wetlands, and learn about dune ecology, upland dune migration, and some history about this landscape.

Restoration Ecology in Action: Monitoring Nekton (Fish and Decapod Crustaceans) at East Harbor Restoration Site



Park Aquatic Ecologist: Evan Gwilliam
Thursday, July 18th, 9 AM (rain date, July 19th)
Duration: 1 to 2 hours; *Conditions:* Wear shoes or sandals that can get wet and dirty while wading in sandy-bottomed, shallow water; *Meeting Location:* High Head Road, off Route 6, North Truro, at the weir.
Reservations required: Call (508) 487 - 3262, x118
Description: Participants will get an overview of the East Harbor Salt Marsh Restoration Project and learn about salt marsh ecology, restoration ecology, and monitoring techniques; includes hands-on experience sampling nekton using throw traps and beach seines.

The Herring River Salt Marsh Restoration Project

Park Ecologist: John Portnoy
Wednesday, August 1st, 9 AM
Duration: 2 hours; *Conditions:* Short walk; *Meeting Location:* Great Island parking area, Wellfleet
No reservations required.
Description: A park scientist will explain the rationale for, and the status of, an ongoing multi-agency effort to restore the tides and salt marsh plants and animals to a 1000-acre estuarine ecosystem altered by diking for the past 100 years. Restoration of Wellfleet's Herring River will be the largest wetland restoration project ever undertaken in New England.

Special Presentations Salt Pond Visitor Center

All programs are free, last about one hour, are accessible and suitable for all audiences, occur on Tuesday evenings at 7 PM, and are held at Salt Pond Visitor Center in Eastham.

CONCERT: WONDER STRAND

July 3rd. Join **local musicians and songwriters Jerusha Korim and Rick Arnoldi** for this evening of entertainment as they perform traditional and original folk-acoustic music from Cape Cod's shores.

FINBACK WHALES: CAPE COD'S LARGEST WHALE

July 10th. Growing up to 75 feet long, almost twice as long as a school bus, finback whales are commonly seen in local waters. Learn how sighting information and photographic images of finback whales are being used by researchers to unravel the mysteries of this endangered gentle giant. Presented by **Carol "Krill" Carson and Victoria Lynn Snell,** who both work with the New England Coastal Wildlife Alliance and have been involved with finback whale research in the Gulf of Maine.

CAPE COD NATIONAL SEASHORE, AN IMPORTANT BIRD AREA

July 17th. Wayne Petersen of the Massachusetts Audobon Society discusses Cape Cod National Seashore's important role in bird protection. *Note: Friends of the Cape Cod National Seashore* will hold its annual meeting at 7 PM, to be followed immediately by Mr. Peterson's program. All are welcome! *Sponsored by Friends of the Cape Cod National Seashore*.

HERRING RIVER RESTORATION

July 24th. Preparations are underway by federal, state, and local organizations to pave the way for the largest- ever salt marsh wetland restoration project in Massachusetts. This project is expected to benefit water quality, finfish, shellfish, marsh birds, and people. Presented by **Cape Cod National Seashore Park Ecologist Dr. John Portnoy**.

SHIPWRECK STORIES FROM CAPE COD

July 31st. Listen to some stories about a few of the more interesting shipwrecks on Cape Cod and see some of the ship models. Hailing from the "shipwreck room" at the Highland House Museum in Truro, **lifetime resident and shipwreck diver Dan Sanders** will present this talk using some slides, photos and ship models.

DEEP BLUE DISCOVERIES

August 7th. Join **Jeff Croll, founder of Deep Blue Discoveries Marine Exploration and Education Program**, on an exciting underwater discovery of marine life in New England waters. Through his DVD footage you will feel like you're diving beside him while he explores rocky and sandy bottoms and other underwater habitats.

UNDERSTANDING SALT MARSH DIEBACK ON CAPE COD

August 14th. Join **Cape Cod National Seashore Plant Ecologist, Steve Smith,** to learn about the newly-discovered pattern of salt marsh dieback taking place in local salt marshes. Examine the factors playing out within the seashore that are different from those in other east coast marshes.

BIRDS IN THEIR HABITAT: BLENDING BIRD BIOLOGY WITH ENGAGING ENTERTAINMENT

August 21st. This theatrical and educational performance uses masks, comedy, and movement to teach about birds and their habits. Presented by **lifelong bird enthusiast and performance artist Henry Lappen.** *Sponsored by the Massachusetts Cultural Council and the Eastham Cultural Council.*

STATE OF THE PARK: 45 YEARS OLD AND STILL GROWING

August 28th. Join **Park Superintendent George Price** in a conversational look at the resources, programs, and challenges facing the national seashore. One of the most heavily visited units of the National Park System, the seashore faces significant challenges from shoreline change, maintaining relevancy with future visitors, and allowing for a variety of recreational activities while preserving resources. The Superintendent will host a dialogue on these, and other topics.

Special Presentations Province Lands Visitor Center

Unless otherwise noted, all programs are free, last about one hour, are accessible and suitable for all audiences, and held at the Province Lands Visitor Center in Provincetown.

BLUES/COUNTRY/FOLK-ROCK CONCERT: VICKY McKEE
TWO PERFORMANCES: Saturday, July 21st and August 4th at 7 PM.
Enjoy all-original music celebrating the diversity of life, love, and nature, by **local singer/songwriter, Vicky McKee**, accompanied by guitar and harmonica, with Jack Pearson on bass and percussion. *Note:* Meet at the Province Lands Visitor Center amphitheater.

SLIDESHOW: SALT MARSH RESTORATION IN YOUR COMMUNITY
Tuesday, July 3rd at 2 PM.
In the Northeast, where the majority of salt marshes have been diked and degraded, most restoration projects take place on a small scale. The Outer Cape is home to the largest restoration projects in New England. Discover how these restoration projects affect your community now and in the future.

BACK BY POPULAR DEMAND: SONG OF THE SANDY MOORING
Wednesday, July 4th and August 15th at 7 PM.
Filmed in the late 1960s, this film provides an authentic glimpse of Provincetown through its robust fishing fleet, Portuguese traditions, and artistic spirit. Free popcorn!

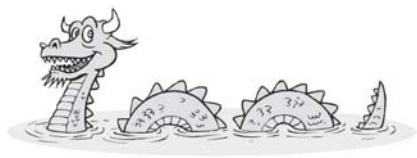
MULTIMEDIA PRESENTATION: THE WRECK OF THE *SOMERSET,* BRITISH MAN-OF-WAR
Sunday, July 8th at 7 PM.
Immortalized by Henry Wadsworth Longfellow's poem, "Paul Revere's Ride," the story of the *Somerset* in the Revolutionary War ended in a fierce storm in 1778, when it ran aground on the Peaked Hill Bars. **Park Ranger Brennan Murray** will share this shipwreck story, including DVD footage from the recovery of the ship's remains.

MULTIMEDIA PRESENTATION: STILL STANDING: TRAP FISHING IN AMERICA
Tuesday, July 17th at 7 PM.
This PBS documentary is told through the eyes of a family struggling to keep the vanishing art of trap fishing alive. Provincetown's fishing industry is prominently featured. **Seth Rolbein, the editor of the *Cape Cod Voice*** has created five documentaries for National Public Television that have won national and international awards, including an Emmy for best documentary.

PERFORMANCE: CAPE COD LIFE-SAVERS OF OLD
Tuesday, July 31st at 8 PM.
National Park Service Rangers, dressed in early Life-Saving Service uniforms will share tales of life in the lonely shore stations, terrible shipwrecks, and dramatic rescues from the "Graveyard of the Atlantic." Between shipwrecks, life could be funny, spooky, and just plain strange. *Note:* Meet at the Payomet Tent, Highlands Center, North Truro. *Directions:* Take Route 6 to Cape Cod (Highland) Light exit in Truro. Travel past the turn to the lighthouse. Turn left onto Old Dewline Road.

SLIDE LECTURE: CHARACTERS AND LORE OF PROVINCETOWN
Wednesday August 1st at 7 PM.
For over three centuries, Provincetown has been a unique place. Much of what makes it special has to do with the characters who have briefly visited and those who have called it home. Stories of the boy who rode on a whale, and another who was almost swallowed by one, compete with the Flying Nutrinos and the resident who climbed the Pilgrim Monument - on the outside! **Jim Coogan, Cape Cod writer and historian**, will tell their tales, followed by a book signing.

FAMILY PROGRAM: JIM COOGAN "MEET THE SEA MONSTER AND THE CRANBERRY WHO COULDN'T BOUNCE"
Sunday, August 5th, 2 PM.
Join **Cape Cod author and folklorist, Jim Coogan**, for stories, puppets and fun. Jim is the author of two children's books about Cape Cod: *I Saw a Sea Monster, Yes I Did!* and *Clarence the Cranberry Who Couldn't Bounce.*



SLIDESHOW: CAPE COD STRANDING NETWORK: RESCUING STRANDED MARINE MAMMALS
Tuesday, August 7th, 2 PM.
The **Cape Cod Stranding Network** responds to hundreds of calls every year to assist stranded whales, dolphins, and seals around Cape Cod. Discover why animals strand, how the network responds, and hear stories of rescues and releases.

READING: FOOTPRINTS ON THE SEA BY JOSEPHINE DEL DEO
Wednesday, August 8th at 7 PM.
Provincetown author Josephine Del Deo will read from her unpublished novel *Footprints on the Sea*, offering a view of the Provincetown Del Deo experienced in the 1950s, and the relationship between Provincetown's art and fishing communities.

SLIDESHOW: DUNE SHACKS: PAINTINGS BY DAVID FOREST THOMPSON
Tuesday, August 14th at 7 PM.
Artist David Forest Thompson's painting convey the allure of the wind-battered dune shacks dotting the Province Lands dunes on Cape Cod's outer beach. Thompson will share his experiences along with stories of these unique shacks and the creative individuals who spent time in them. Followed by a book signing.

Dunes

FAMILY PERFORMANCE: BIRDS IN THEIR HABITAT
Tuesday, August 21st at 2 PM.
This theatrical and educational performance uses masks, comedy, and movement to teach about birds and their habits. Presented by **lifelong bird enthusiast and performance artist Henry Lappen.** Meet at the Province Lands Visitor Center Amphitheater. *Sponsored by the Friends of Cape Cod National Seashore.*

SLIDE LECTURE: JIM COOGAN "SAIL AWAY LADIES"
Wednesday, August 29th at 7 PM.
During the great age of sail, hundreds of women sailed with their seafaring husbands. **Jim Coogan's** award-winning book, *Sail Away Ladies: Stories of Women in the Age of Sail*, presents the tales of twelve Cape Cod women as told through their journals and letters. Mr. Coogan is a regular columnist for the Cape Cod Times and the author of five books about Cape Cod, which will be on sale after the program.

Partner Programs

Cape Cod National Seashore has many partners who enrich visitor programming, preserve historic structures, and provide financial support for seashore projects.

Friends of the Cape Cod National Seashore

The Friends is a non-profit organization whose purpose is to enhance people's enjoyment of the seashore through financial and volunteer support. Friends sponsors a variety of programs throughout the year.
WWW.FCCNS.ORG

OLD-FASHIONED PATRIOTIC BAND CONCERTS - Thursday, July 5th at 7 PM, at Salt Pond Visitor Center, Eastham; Tuesday, July 10th at 7 PM, at the Amphitheater at Province Lands Visitor Center, Provincetown.

FREE concerts by the Lower Cape Concert Band performing a variety of music from show tunes to marches.

FAMILY SUNSET CAMPFIRES and SING ALONGS - Tuesday, July 31st at 8 PM, at Race Point Beach, Provincetown; and Thursday, August 23rd at 7:30 PM, at Nauset Light Beach, Eastham.

FREE. Enjoy an evening campfire on the beach with songs led by Cape Cod musicians Denya LeVine and Tim Dickey.

Nauset Light Preservation Society

Tours conducted by Nauset Light Preservation Society volunteers. Wednesday and Sundays in July and August, from 4:30 to 7:30 PM. Donations accepted. **WWW.NAUSETLIGHT.ORG**

Truro Historical Society Sites

Highland Lighthouse: Daily, 10 AM to 5:30 PM. Tours daily. $4 all ages. Children must be 51" tall to climb Highland Light. (508) 487 - 1121.
Highland House Museum: Monday to Saturday, 10 AM to 4:30 PM; Sundays, 1 to 4:30 PM. $4 adults,12 and under free. Lighhouse/Museum combination admission $6 per adult.
WWW.TUROHISTORICAL.ORG

2007 is the 150th anniversary of Highland Light. Come celebrate National Lighthouse Day, August 7th, with cake, discounts, and other activities. For details, call (508) 487 - 1121 or check **WWW.TUROHISTORICAL.ORG**

Plein Air Painting in the Seashore

For the last 28 years, members of the Eastham Painters' Guild have been capturing the beauty of Cape Cod in their paintings. For the second summer they will be painting "en plein air" in the park. Speak to the artists and watch as they fill their canvases with paint and capture the beauty of Cape Cod National Seashore.

Highlands Center Partnership Collaborative

"Highlands Fest" is a celebration of the Highlands Center at Cape Cod National Seashore's mission to foster the unique cultural and natural heritage of Cape Cod by fostering an environment where scientific research, artistic creation, and educational programs can flourish.

Set atop the dramatic sea cliffs of Cape Cod National Seashore in Truro, the Highlands Center public and private sector partners include: Highlands Center, Inc., Barnstable County's AmeriCorps Cape Cod, Cape Cod National Seashore and the NPS Atlantic Resarch Center, Fine Arts Work Center in Provincetown, Truro Center for the Arts at Castle Hill in Truro, Payomet Performing Arts Center in Truro.

Highlands Fest takes place throughout the day into the evening, **Saturday, July 7th**th, rain or shine, at The Highlands Center at Cape Cod National Seashore. The day's free activities begin at 11 AM with storytelling under the Payomet tent, followed by children's clay and white-line printmaking activities, a puppet show, and the annual favorite, "wetfest." The day continues with displays, presentations, and tours of the grounds. Events conclude with a performance of Payomet's production of William Luce's dramatic portrait of Lillian Hellman, "Lillian" at 8 PM. Admission is $20 for adults, $5 for children 12 and under. Call the Payomet Box Office at (508) 487 - 5400 for reservations.

Directions: Take Route 6 to the Highland Light Exit in North Truro. Go east on Highland Road. At the end, take a right onto South Highland Road. After approximately .6 miles, take a left onto Old Dewline Road. The Highlands Center is at the end of the road.

Payomet Performing Arts Center

From magicians and political satirists, to period actors and children's theater classes, Payomet's ambitious second season at its Highlands Center location offers the caliber and variety of programming audiences of all ages have come to expect from this eclectic performing arts group. **WWW.PPACTRURO.ORG**

Cape Cod Storyteller Project

Saturdays in July and August, 11 AM, 30 minutes. FREE. **Storyteller Moriah Vecchia** presents stories, poetry, and music featuring the culture, history, people, sailors, and fishermen of Cape Cod's yesterday and today. Fun for the whole family! Meet at the Payomet Tent at the Highlands Center, North Truro. See directions above under the ***Highlands Fest*** listing. Call (508) 487 - 5400.

Truro Center for the Arts at Castle Hill

Founded in 1971, Truro Center for the Arts at Castle Hill is an Outer Cape cultural center offering classes with world-renowned artists in painting, drawing, printmaking, sculpture, photography, performing arts, clay, and writing. Castle Hill also sponsors a year-round calendar of exhibitions, lectures, forums, concerts, and other activities for the local arts community and visitors alike. This fall at the Highlands Center, Castle Hill will oversee the construction and operation of Cape Cod's only wood-fired kiln. **WWW.CASTLEHILL.ORG**

A Closer Look at Landscapes

By William Burke, Park Historian

**"I know a little garden close, Set thick with lily and red rose,
Where I would wander if I might From dewy morn to dewy night."**

**William Morris, English Poet and Craftsman,
from *The Life and Death of Jason (1867), A Garden by the Sea***

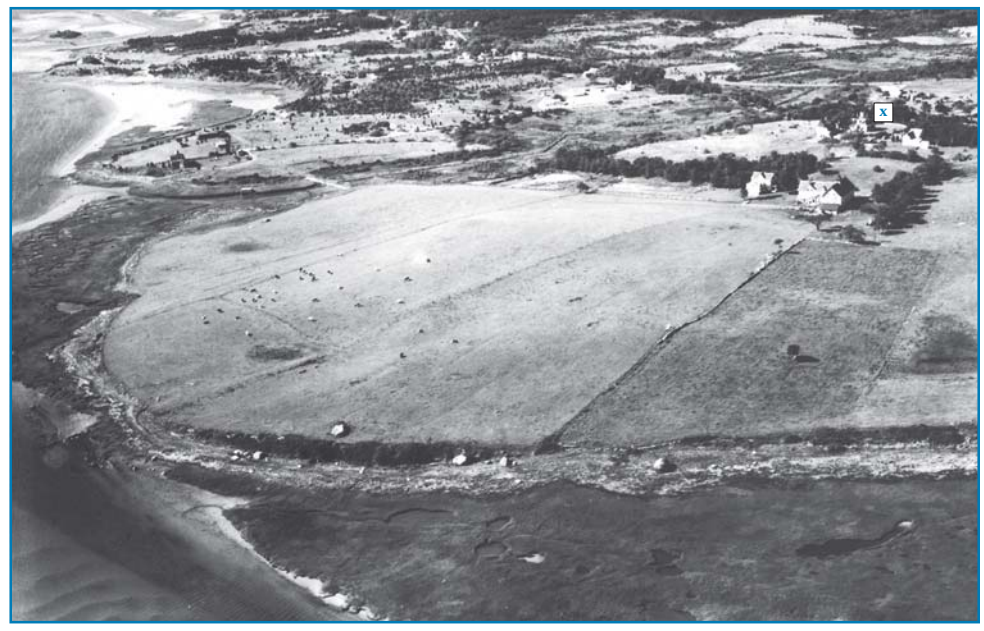
Since the beginning of time, humans have carved out niches in the natural world for survival or enjoyment or both. Early on, the approach emphasized function over form – maybe clearing the under story from a wooded area for hunting or riding, or circling rocks in a flat spot to establish a campfire area. More recently, people have created elaborate formal landscapes like parks, gardens, and, of course, the American dream: a white picket fence and green lawn. Today, the term "landscaper" is equated with a professional who comes to your house to perfect your array of plants, turf and walkways. In contrast, in the national seashore, the landscapes being preserved reflect the lives of hard-working, rural Cape Codders.

Landscapes of yesteryear abound here, from the brambly, sweeping fields of Fort Hill to the abandoned cranberry bogs of the Pamet in Truro. You might not think twice about some of them, like the miles of meandering sand roads in the remotest parts of the seashore and the barren heathlands of Marconi. But they are everywhere you look, both manicured ones and overgrown ones – ones that are tabbed officially historic to those that gradually disappear under encroaching vegetation. They are like human thumbprints on the land that reveal the culture of past and present people. Hence the official National Park Service term: "cultural landscapes."

There are many distinct cultural landscapes in the national seashore. The five that are perhaps the best documented and preserved are Fort Hill, the Truro Highlands, Atwood Higgins in Wellfleet, the dune shacks, and the Pamet Bog in Truro. Yet, as long as some physical remains of the past are present, like walls, fences, gardens, roads, paths, fields, lawns, or historic plantings, there are plenty of others to ponder: Long Point in Provincetown holds subtle remains of civil war batteries, oil works, wharves, and an entire village with school. Fresh Brook Village in Wellfleet, an abandoned fishing village that is now a collection of cellar holes and curiously-beautiful flower beds that still awaken every spring, sits in anonymity alongside an abandoned stretch of the Old Kings Highway. Or perhaps the old hollows of Wellfleet and Truro, named Lombard, Higgins, Longnook and Paradise, could be considered cultural landscapes that still retain some houses and the feel of isolation caused by the plunging hills that descend along their flanks. All told, there may be as many as 30 of these cultural resources in the national seashore.

The recognition of these notable landscapes is a fairly recent phenomenon. Except for some battlefields and sites related to landscape architects like Frederick Law Olmsted, it has only been since the 1980s that landscapes emerged as an important historic asset to be preserved. Traditionally, emphasis was placed on preservation of structures in the built environment, and guidelines existed primarily for archeology, architecture, and museum objects. Today, a team of National Park Service professionals, collectively known as the Olmsted Center for Landscape Preservation, identify, map, document, and preserve landscapes: from the grounds of the Statue of Liberty to the carriage paths of Acadia, right down to our vernacular (locally common) landscapes at the Cape. They even operate a historic plant nursery that will help us replace the aging cottonwoods at the Penniman House, and host arborist training programs. They are currently working with the park in documenting, assessing conditions, and recommending future treatment for many of our cultural landscapes. Their reports will help the park and its partners retain the historic fairways and heathland of the Highland Links; understand the subtle, small scale features that surround the dune shacks; and keep the fields at Fort Hill open in the face of invasive, non-native species, while maintaining a healthy ecosystem for box turtles and nesting birds.

So enjoy your rambles amidst the beauty of Cape Cod National Seashore. And don't forget to stop and smell the roses. Remember that the landscape you create at home will someday tell your story.



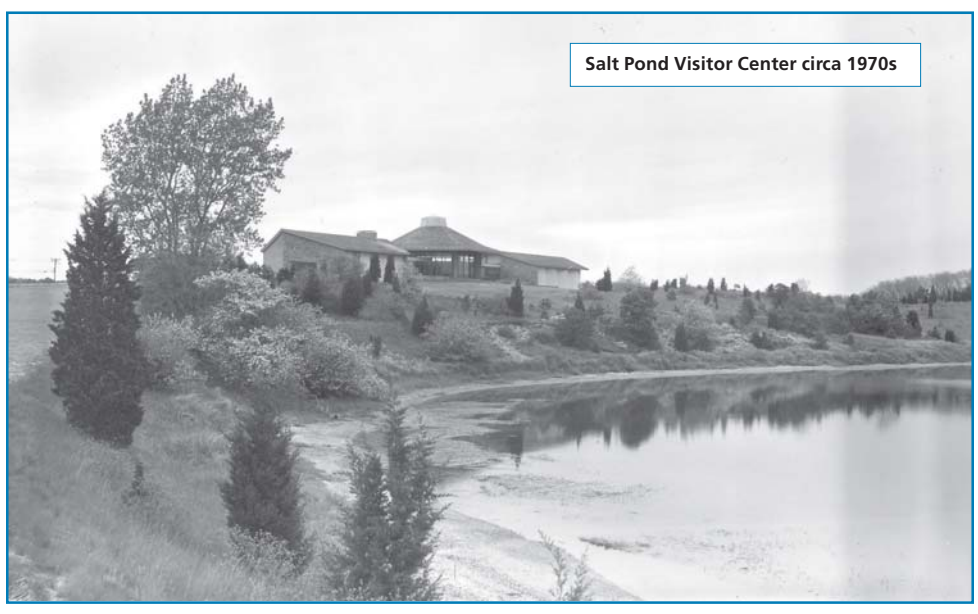
Nauset Marsh and Fort Hill area, Eastham, circa 1930s, photo courtesy of William P. Quinn. Note: For reference, location of Penniman House indicated with blue "x" in white box.

Nauset Marsh and Fort Hill, Eastham, aerial view, 2005, National Park Service photograph by Barbara Dougan. Note: For reference, location of Penniman House indicated with blue "x" in white box.

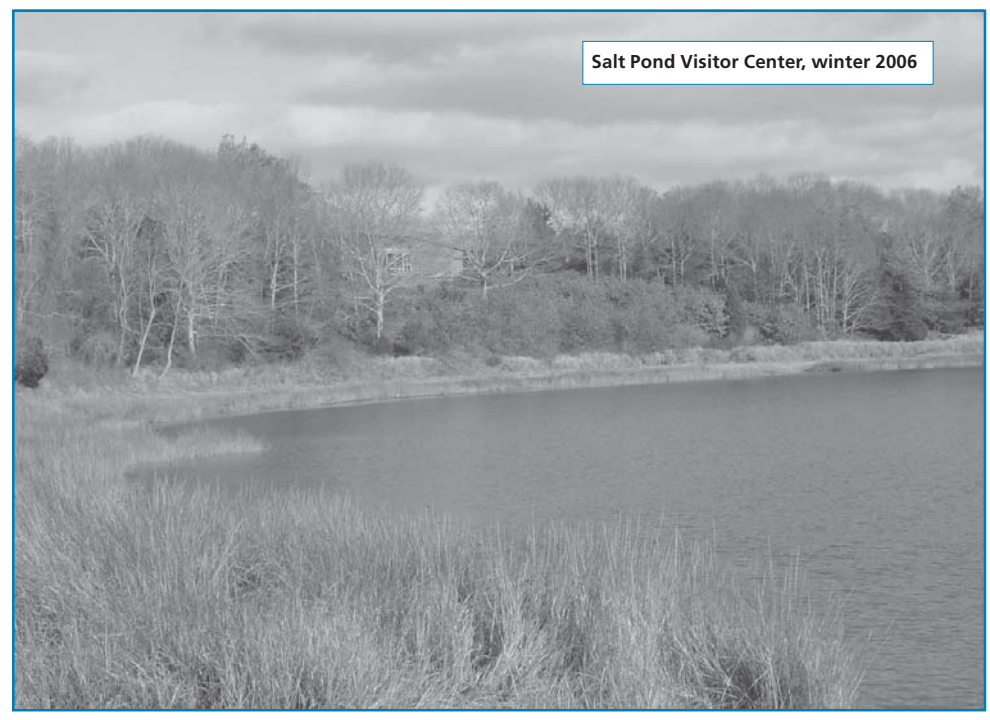
The Pamet Bog House, North Pamet Road, Truro, circa 1970s, National Park Service photograph. Inset: historic photo of Pamet Bog House, circa 1912, courtesy of Elizabeth Dyer Haskell.

Vista Management at Salt Pond Visitor Center

Salt Pond Visitor Center was built in 1964. It was sited to provide outstanding panoramic views of the park's resources. Since the 1970s, a pine-oak-cedar woodland had become established along the banks of Salt Pond, obscuring that view. The goal of the park's vista managment plan for this area is to provide filtered views by selective cutting and burning, and limited use of a targeted herbicide that is painted on freshly-cut stumps to prevent or limit re-growth. The plan was approved by the Eastham Conservation Commission and the Massachusetts Historical Commission/State Historic Preservation Officer, and the first phase was carried out in spring, 2007.



Salt Pond Visitor Center circa 1970s



Salt Pond Visitor Center, winter 2006

Restoring the Cape Cod National Seashore 19th-Century Landscape: Open Coastal Habitat Restoration and Management

By Evan Gwilliam, Park Ecologist

The Outer Cape landscape is a reflection of the lifestyle and culture of resident peoples past and present. Between the 17th and early 20th centuries, the Outer Cape was a predominantly open landscape containing few trees, and dominated by heathland and grassland habitat, the result of traditional uses including agriculture, livestock grazing, and lot clearing. The impact by European settlers was dramatic with the mid-1800s representing the height of grazing and land clearing practices. At that time, the local landscape was approximately sixty percent open; eighty percent of the towns of Eastham, Truro, and Wellfleet were cleared for agriculture, grazing, and other purposes. The removal of trees, plowing, harrowing, and grazing led to severe disturbance of the soil, strongly influencing future plant communities. By the turn of the 19th century, poor soil and a regional shift to a more industrial economy led to an abandonment of agricultural practices, and subsequent habitat shift from open heathlands and grasslands to shrublands and woodlands. The effect of a century of agriculture on the soil has since resulted in a permanent change in the vegetation communities of the Outer Cape.

Open landscape is disappearing on the Outer Cape and in other coastal regions of the Northeast due to the decline of traditional agriculture, succession, and the impact of recreation and development. This change is cause for concern not only for species conservation, but also from the perspective of chronicling human history. The open coastal landscape provides a direct connection to the natural and cultural heritage of the area. Simply by viewing the landscape, the observer can make a connection with the land, the sea, the Outer Cape's long agrarian legacy, and the distinctly recognizable open vistas that at one time defined the region's character. The loss of this landscape may interfere with modern residents' understanding the history of the Cape, and means a loss of the important natural resources that are associated with coastal open habitat.

The restoration of coastal open habitat and coastal heathlands and grasslands in particular, is a priority at the seashore. To achieve that goal, the seashore has initiated a project to identify methods and feasibility of restoring culturally and ecologically-significant areas of open habitat. The general goals of this project are:

1) Identify and test ecologically-based methods and techniques for open coastal landscape restoration and long-term management, while mitigating impact on sensitive plant and animal species and habitat, and limiting the incursion of introduced and invasive species.
2) Create an adaptive restoration and management plan based on well-defined natural and cultural resource benchmarks.
3) Within five years, restore close to 25 acres (~10 hectares) to the landscape typical of the Outer Cape in the mid 19th century.

A list was prepared of possible restoration sites using current vegetation maps, aerial photography, and historical and cultural significance. The Marconi Barrens site, near Marconi Beach in Wellfleet was selected. The Marconi Barrens area was the location of Camp Wellfleet, an Army and Navy training facility during and after World War II. During the U.S. Military's tenure, the landscape was heavily altered: it was continuously traversed by heavy machinery, manipulated by earth moving equipment, and used as a target range. The combination of disturbed soil and proximity to oceanic influences (e.g., wind, salt spray) has led to a slowing of the succession process. As a result, large areas of open coastal heathland habitat continue to exist at this site. The proximity to other important cultural and natural resource sites such as the Marconi Wireless Station Site and the Atlantic White Cedar Swamp, in addition to logistical considerations like property ownership, and cultural vista management and interpretation, makes the Marconi Barrens the most suitable site for restoration.

Approximately 34 acres have been selected for restoration - a meaningful size that allows for plant and animal communities to become successfully established, and for observers to physically experience the resource. This initial restoration project will create an area of predominately sub-shrub habitat composed of sandplain heathland and grassland, with a sparse over-story of pines and other trees and shrubs similar to the open coastal habitat common here in the mid-19th century.

Humans have always had an impact on the landscape. The open landscape common to the Outer Cape for much of the last three centuries has all but disappeared. This project seeks to recreate areas within the seashore that will allow for the experience and study of these open habitats, using careful planning, execution and management.

Heathlands in the Marconi Station area, Wellfleet, scene of upcoming restoration project. National Park Service photograph.

Camp Wellfleet, circa 1960. Note: For reference, location of existing water tower in the Marconi Station area indicated with a blue "x" in a white box. National Park Service photograph.

Old Harbor Life-Saving Station Campaign
A Project of
Friends of the Cape Cod National Seashore

There's Something New at Old Harbor...

Friends of the Cape Cod National Seashore is raising funds to improve the visitor experience at Old Harbor Life-Saving Station at Race Point Beach in Provincetown through the acquisition of exhibits and furnishings. The goal of the project is to introduce visitors to Cape Cod's rich maritime history, and the exciting chapter represented by Old Harbor Life-Saving Station.

Friends of the Cape Cod National Seashore is a vibrant, thriving organization committed to the support and promotion of the historical, scientific, educational, and recreational projects of the seashore for which there are no federal funds available. Among its many activities are: assisting with the maintenance of public hiking trails, coordinating conservation projects, funding the preservation of historic structures, making seashore facilities and programs more accessible to the handicapped, and administering special funds for research projects.

Friends Annual Meeting, Tuesday, July 17, 2007
7 PM, Salt Pond Visitor Center, Eastham

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Fire Management at Cape Cod National Seashore: Policy and Practice

by David W. Crary, Jr., Fire Managment Officer

HISTORY AND BACKGROUND:

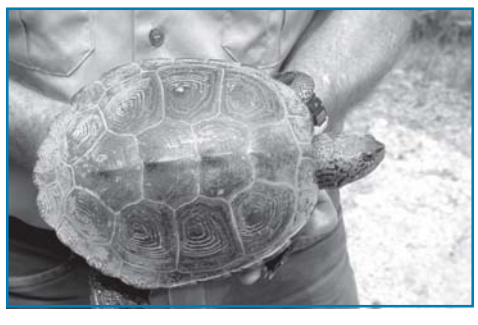
History indicates the Native Americans of the Outer Cape employed the use of fire for a variety of purposes including clearing underbrush, promoting berry production, and increasing food for wildlife. After the Europeans arrived in the 17th century, naturally-occurring wildfires were common. Over the last 100 years, large fires have burned in forests that are now within the boundary of Cape Cod National Seashore. In 1910, a large fire burned from the old railroad depot on Bracket Road in Eastham, all the way to the Nauset Lighthouse. During two different years in the 1930s, two wildfires burned over 1000 acres each in Wellfleet. In the early 1960s, a fire scorched over 400 acres in Truro. During the last half of the 20th century, suppression efforts became more successful. The most recent decades of fire suppression have altered historic fire cycles and allowed wildland fuels to accumulate, raising the threat of wildfires.

Through a careful approach and plan to reintroduce the use of fire to the once-open countryside, both scenic vistas and native game species may substantially benefit. Prescribed fire is used to approximate and restore the natural vegetative disturbance of periodic fire occurrence. This vegetative management tool is used to maintain fire dependent ecosystems. Generally, a low-intensity prescribed fire is applied by trained experts to clear ground of dangerous fuels like dead wood and brush. This low-intensity fire is vital to the life cycles of fire-dependent range and forest lands.

Most prescribed fires are ignited by crews using a drip torch, a hand-carried device that pours out a small stream of burning fuel. Exactly how each unit is ignited depends on weather, the lay of the land, and the intensity of the fire needed to meet the goal of the burn. All prescribed fires are conducted under the leadership of a Prescribed Burn Boss using direction from a written Prescribed Burn Plan.

RESTORATION OF NATIVE ECOSYSTEMS AND PROTECTION OF RARE SPECIES:

In 2006 over 22 rare, threatened, or endangered upland plant and animal species were documented in Cape Cod National Seashore. Many of these species are associated with heathlands, and pitch pine, scrub, and tree oak habitats. Managing for these rare species involves maintaining a diversity of open grassland and heathland habitats, and a variety of different age scrub and tree communities. Prescribed fire will be used to recreate and maintain the historical habitat structure necessary for these rare species.



Diamond-backed terrapin

Interestingly, prescribed fire will assist the threatened diamondback terrapin by providing open upland nesting areas and by extending habitat in restored marshes. Dusky wing skippers and buck moths are two uncommon moth species that depend on pitch pine and scrub oak forests for survival. In addition, as part of an integrated program to restore tidally-restricted wetlands in the seashore, prescribed fire will be used to remove woody debris cumulations and to control invasive species in restoration project locations.

Dusky wing skipper

Buck moth

WILDFIRE PROTECTION:

When the Cape Cod National Seashore was established, protection of park resources from the negative effects of wildland fire was one of the issues facing the seashore's first managers. The policy at the time at many national parks was to aggressively suppress all fires for community protection. The seashore signed cooperative fire protection agreements with Outer Cape towns and maintained trained, fire-protection rangers and fire engines in Provincetown and Wellfleet.

Currently, the National Park Service, in cooperation with local fire departments, is implementing a plan to reduce the danger to seashore forests and grasslands and surrounding homes from possible wildfires as a preventative measure. The plan includes reducing the build-up of fuel accumulation in the forests, along roads, along the seashore boundary, and near structures through a combination of prescribed fire and mechanical treatments (brushing and cutting trees and vegetation). When this plan is fully implemented, the threat to the surrounding forest from wildfire will be reduced, and fire managers will be better able to safely and aggressively suppress any accidental or malicious fires.

WILDLAND URBAN INTERFACE:

As part of an overall fire management plan, Cape Cod National Seashore is working with homeowners to identify and reduce the amount of fuel, called "fuel loading," around structures in and adjacent to the park. The mix of homes and the larger landscape of wildland fuels is referred to as the Wildland Urban Interface (WUI). Homes in the WUI are at risk from wildfires during periods of dry and windy weather and due to the flammable nature of vegetation and the build-up of dead, woody-brush debris, needles, and leaves.

Homeowners can reduce the threat to homes and property for wildfire by doing simple things such as creating defensible space around the home, providing safe access for fire fighting equipment, and having a safety plan. Defensible space is an area around a structure where fuels and vegetation are treated, cleared or reduced to slow the spread of wildfire towards the structure. Defensible space also reduces the chance of a structure fire moving from the building to the surrounding forest. Defensible space provides room for firefighters to do their jobs. Houses are more likely to withstand a wildfire if grasses, brush, trees and other common forest fuels are managed to reduce a fire's intensity. The National Park Service and local fire departments have trained staff that can assist homeowners in evaluating existing conditions to improve fire safety. For more information contact the town fire department or:

Fire Management Program,
Cape Cod National Seashore
99 Marconi Site Road, Wellfleet, MA 02667
508-349-3785 x 247

More information on wildfire protection in the Wildland Urban Interface can be found on line through the FIREWISE website: http://www.firewise.org/.

FIRE RESEARCH:

In 1986, the National Park Service, in cooperation with the University of Massachusetts/Amherst, initiated an applied, prescribed-fire research study. This study was undertaken to educate researchers on the effectiveness of the use "treatments" of varying frequency and time of year on forest composition, fuel loading, and fire behavior. Treatments included the use of prescribed burning, mowing, and brush cutting. The initial study area was comprised of sixty, tenth-acre plots.

In 1995 larger, one-acre plots were established, and in 2003 nine additional half-acre demonstration plots were established. Referred to as the *Lombard-Paradise Hollow Fire Management Research Area*, the study area encompasses approximately 30 acres of land within Cape Cod National Seashore. Located west of Route Six in South Truro, it is situated on top of a plateau between the Paradise and Lombard Hollows.

The research conducted at Lombard-Paradise Hollow has set the stage for larger scale fuel treatments to be conducted throughout the seashore. Treatments have been evaluated with respect to their effectiveness in restoring and maintaining ecological integrity of the park's fire-adapted ecosystems. The study has assisted fire managers in the development of treatment methods to maintain natural resources, provide for safety in the WUI, and to decrease the chances of catastrophic wildfire within the seashore.

A brochure, available from the park's Fire Management Office, is available for self-guided tours of the research area.

Prescribed fire research study at *Lombard-Paradise Hollow Fire Management Research Area*, Truro

CULTURAL RESOURCES AND FIRE MANAGEMENT:

The integrity of cultural resources depends, to some extent, on fire. Park management may choose to use fire as just one tool to help preserve historic landscapes as is currently the case at the Fort Hill area in Eastham. Some of the vistas that were extant at the establishment of the park have become increasingly obstructed by forest growth. Fire is being used in the on-going vista management project at the Salt Pond Visitor Center in Eastham - a location where the vista led to the initial siting of the facility.

Pictured below: Fire is employed as one of the tools identified as part of the management plan to preserve the historic landscape at Fort Hill, Eastham.

Historic Buildings at Cape Cod National Seashore

The Penniman House, Eastham

The Penniman House, completed in 1868, was styled after the French Second-Empire period. It included every known comfort of the day and many innovative ideas. The Captain Edward Penniman family enjoyed this fine home for nearly 100 years. *Off Route 6, approximately one mile north of the Orleans rotary at Fort Hill in Eastham. Limited parking.*

The Three Sisters lighthouses and Nauset Light, Eastham

Lighthouses have served as guides to mariners off Cape Cod shores since the late 1700s. This aspect of maritime history is interpreted at the Three Sisters and Nauset Light. The wooden Three Sisters, off Cable Road, are now arranged in their original configuration. *Take Route 6 to the traffic light at Salt Pond Visitor Center at Nauset Road in Eastham. Turn onto Nauset Road and follow signs to Coast Guard and Nauset Light beaches. Park at Nauset Light Beach. The Three Sisters are located 1/4 mile west on Cable Road. (Beach fees may apply.)*

Atwood-Higgins House, Wellfleet

The Atwood-Higgins House is a fine example of a properly-framed Cape Cod cottage, which grew from a half-house in the early 1700s to a full-Cape house with eight rooms by the 19th century. *Take Route 6. Turn onto Pamet Point Road in Wellfleet, at the Truro town line. Take Pamet Point Road and follow signs to Atwood-Higgins. Limited parking.*

Pamet Cranberry Bog House, Truro

This building, located among former cranberry bogs in the Pamet Valley, was built around 1830, moved to its present site around 1888-89, and modified in the mid-1890s. It supported the cranberry harvesting that occurred there until the 1960s. *Friends of the Cape Cod National Seashore* maintains a small demonstration bog nearby. Views of the house can be seen from atop Bearberry Hill. *Follow North Pamet Road in Truro, off Route 6, to its end. Limited parking.*

Old Harbor Life-Saving Station, Provincetown

At Old Harbor, the National Park Service interprets the dramatic story of shipwrecks and the role of the US Lifesaving Service in preventing shipwrecks and performing rescues off the Outer Cape. During the summer months, reenactments of the historical breeches buoy drill are performed weekly. *Take Route 6 to Race Point Road in Provincetown. Park at Race Point Beach. (Beach fees may apply.)*

Local Area Information

Chambers of Commerce:

Cape Cod Chamber of Commerce:
Website: www.capecodchamber.org
Email: info@capecodchamber.org
Phone: 1- 888 33-capecod or 508 362-3225

Chatham:
Website: www.chathaminfo.com
Email: chamber@chathaminfo.com
Phone: 1-800 715-5567
Info Booth: 508 945-5199

Orleans:
Website: www.capecod-orleans.com
Email: info@capecod-orleans.com
Phone: 1-800 865-1386
Info Booth: 508 255-1386

Eastham:
Website: www.easthamchamber.com
Email: info@easthamchamber.com
Phone: 508 240-7211
Info Booth: 508 255-3444

Wellfleet:
Website: www.wellfleetchamber.com
Email: info@wellfleetchamber.com
Phone: 508 349-2510

Truro:
Website: www.trurochamberofcommerce.com
Email: info@trurochamberofcommerce.com
Phone: 508 487-1288

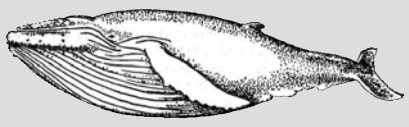
Provincetown:
Website: www.ptownchamber.com
Email: info@ptownchamber.com
Phone: 508 487-3424

Outer Cape Bicycle Rentals:

Arnold's, Provincetown	508 487-0844
Black Duck, So. Wellfleet	508 349-9801
Gale Force, Provincetown	508 487-4849
Idle Times, Eastham	508 255-8281
Idle Times, Wellfleet	508 349-9161
Little Capistrano, Eastham	508 255-6515
Provincetown Bikes	508 487-8735

Whale Watching in Provincetown:

Dolphin Fleet	800 826-9300
Portuguese Princess	800 442-3188



Dune Tours in Provincetown:

Art's Dune Tours	508 487-1950

Outer Cape Campgrounds, RV Parks, State Parks:

Atlantic Oaks, Eastham	508 255-1437
Maurice's, So. Wellfleet	508 349-2029
Paine's, So. Wellfleet	508 349-3007
Horton's, No.Truro	508 487-1220
North of Highland, No. Truro	508 487-1191
Adventure Bound Camping, No. Truro	508 487-1847
Dune's Edge, Provincetown	508 487-9815
Coastal Acres, Provincetown	508 487-1700
Nickerson State Park, Brewster	508 896-3491

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- **Through phone order at: (508) 255 - 6860, or by mail: Salt Pond Visitor Center, Route 6, Eastham, 02642**

- **Cape Cod National Seashore cap - $15.95**
- **Official Cape Cod National Seashore Handbook - $8.50**
- **Field Bag Grande - $45.00**
- **32-ounce water bottle - $12.95**

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The Cape Cod Collection

Enrich your Cape Cod National Seashore experience! Visit the Eastern National bookstore in either visitor center to learn more about your favorite seashore place, resource, or story. The bookstore staff offers their "top 10" choices here:

The Outermost House, by Henry Beston
This vivid chronicle of "A Year of Life on the Great Beach of Cape Cod" is a classic depiction of the natural rhythms of Coast Guard Beach in Eastham: the tides and windblown dunes, the raucous shorebirds, and the brilliant, starry nights of summer.

The House on Nauset Marsh, by Wyman Richardson
Dr. Richardson's philosophical memoir lovingly describes his Cape Cod refuge from a busy medical career, reflecting on the shifting moods of land and sea, the creatures of the salt marsh and woods, and stories of Cape Cod in gentler times.

Cape Cod, by Henry David Thoreau
This classic describes Thoreau's mid-19th century journeys along the outer coast, where he explored the complex relationship between sea and shore. His wry observations of life in the lighthouses, the fishing huts, and isolated farms are made in the context of the seashore, where "a man may stand and put all America behind him."

Cod, by Mark Kurlansky
In this deceptively whimsical biography of a fish, a thousand years of cod fishing is also a tragic tale of environmental failure, liberally embellished with great gastronomic detail. Cod, it turns out, is the reason Europeans originally set sail across the Atlantic.

Salt, A World History, by Mark Kurlansky
Salt is the only rock we eat, and was once one of the world's most valuable commodities. This colorful history is a multi-layered masterpiece that blends economic, scientific, political, religious, and culinary records into a rich and memorable tale.

Why I Wake Early, by Mary Oliver
Mary Oliver has been awarded the Pulitzer Prize for poetry and the National Book Award over a career spanning nearly half a century. This collection of 47 new poems is imbued with the extraordinary perceptions of the Provincetown poet who considers the natural world around us, and finds a multitude of reasons to marvel.

The Nature of Cape Cod, by Beth Schwarzman
This field companion to the natural sites of Cape Cod provides maps and narrative descriptions of 50 sites that invite exploration. It goes far beyond plant and animal identification to discuss beach erosion, bog environments, waterways, and geology.

The Cape Cod Fish and Seafood Cookbook, by Gillian Drake
Cape Cod is justly famous for its succulent seafood. This collection of recipes from Cape Cod's finest chefs and amateur cooks runs the gamut from simple steamed clams to the great seafood stews of the world, adapted to local ingredients.

Adventure Kayaking, by David Weintraub
This guide describes 25 beautiful kayaking venues on Cape Cod and Martha's Vineyard. There are detailed route descriptions, USGS topo maps showing routes, launch sites, travel directions, and parking information. *David will present a talk on the subject on July 18th at the Salt Pond Visitor Center. See page 7 for details.*

***Journey Around Cape Cod & the Islands from A to Z*, by Martha Day Zschock**
Beautiful watercolor illustrations capture the essence of Cape Cod in this children's "alphabet book," which takes the reader from the first trading post built by the Pilgrims in 1627 to contemporary whale watching. A fascinating read for adults as well.

Eastern National

Eastern National is a private, non-profit organization that provides quality educational products and services to park visitors. Proceeds are donated directly to Cape Cod National Seashore to support interpretive and educational programs, including the production and printing of this publication.

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