For complete information about Cape Cod National Seashore, pick up the Trip Planner, available at seashore visitor centers.

Visitor Center Information

Salt Pond Visitor Center
50 Nauset Road, off Route 6, Eastham, 508-255-3421
Open daily 9 am to 5 pm
Take in the magnificent views of Salt Pond, Nauset Marsh, and the Atlantic, and visit the museum. The Nauset Marsh and Buttonbush trails, and the Nauset Bicycle Trail are nearby. Rangers are on duty to assist with trip planning, and park films are shown throughout the day.

Province Lands Visitor Center
171 Race Point Road, off Route 6, Provincetown, 508-487-1256
Open daily 9 am to 5 pm
Take in the amazing views of the ocean and the surrounding dune landscape from the indoor/outdoor observation decks. The Province Lands Bicycle Trail, Race Point Beach, and the Beech Forest Trail are nearby. Rangers are on duty to assist with trip planning, and park films are shown throughout the day.

Visitor Activities All activities are free unless otherwise noted.

-bound Brook Island: An Off-the-Beaten-Path Hike - 2½ hours, 2 miles. Take this special opportunity to explore the quiet trails of the secluded Bound Brook Island. Discover the fascinating History of the place that was home to both the “Banana King of Wellfleet” and a US Attorney General. Reservations required and accepted no more than one week in advance. Call Salt Pond Visitor Center to register.

Canoe Trip: Salt Pond Paddle - 1½ hours. $15 for adults, $12 for children (min. age 6). Take a guided canoe trip on the protected waters of Salt Pond to explore its beauty and diversity. Canoes have seat covers; rangers will determine seating placements. Reservations required and accepted no more than one week in advance. Call Salt Pond Visitor Center or drop in to register and pay. Meet at the Salt Pond Visitor Center amphitheater, 50 Nauset Road, Eastham. Sundays, Fridays, and Saturdays at 2 pm and Tuesdays at 10:30 am. No program Sept. 7, 8, or 9. $15

Cape Cod Sea Captains: A Dangerous Life Talk - 1 hour. How much do you really know about the sea captains of the 1800s? Meet Captain Peggotty, Professor of Educational Leadership and maritime History researcher, to learn about ten local captains and their perilous adventures in pursuit of earning their fortunes. These maritime heroes have a beguiling story to tell. Salt Pond Visitor Center, Eastham. Sundays, Sept. 22 at 2 pm.

Captain Penniman House Tour - 1 hour. Captain Penniman became one of the most successful whaling captains of Eastham’s history. Join a ranger for a guided talk and tour of the historic home of Captain Penniman’s family, discussing what to do when you find animals in distress, and how to live with our natural wildlife. Meet at the Captain Penniman House, 11 North Pennet Road, Eastham. Open daily 10 am to 4 pm. Free.

Cranberries 101 Talk - 1 hour. Join representatives from the Cape Cranberry Growers’ Association for a fascinating presentation about how this native fruit is grown commercially in the “growing” world. Meet at the Salt Pond Visitor Center amphitheater, 50 Nauset Road, Eastham. Saturdays and Sundays at 10 am.

Dune Views Over East Harbor Walk - 1½ hours, 1½ miles in loose sand. Climb atop a parabolic dune to gain 360° views of ocean, cranberry bogs, harbor, and Provincetown. Meet at the bike trail parking lot at the end of East Harbor Road, off Route 6, North Truro (stay left on the continuous dirt road). Wednesdays, Sept. 17 and 24 at 9 pm.

Early Encounters Before the First Encounter Talk - 1½ hours. Vibrant communities of Native People thrived on the Outer Cape prior to the landing of the Mayflower in 1620. Join Dr. Kathleen Bradgon, ethnographer and author of Native People of New England (1500-1650), for a presentation on early contacts between Europeans and the First People living on Cape Cod. Join program at the Eastham Public Library and Cape Cod National Seashore, funded by Mass Humanities. Salt Pond Visitor Center, Eastham. Sundays, Sept. 15 at 2 pm.

Enchanting Dunes and Wild Cranberry Bogs Walk - 1½ hours. 1 mile in loose sand. Explore the magical full light of the dune landscape and wild cranberry bogs as we approach harvest time. Meet at the Province Lands Visitor Center, Provincetown. Thursdays and Saturdays at 10 am.

Fall Colors – Dunes, Heathlands and Bogs - 1½ hours. 1½ miles. Enjoy the pigments and plants of the Province Lands landscape. Learn how Cape Cod National Seashore is protecting this fragile habitat. Meet at the Province Lands Visitor Center, Provincetown. Sundays, Sept. 8 and 22 at 3 pm.

Hatchers Harbor Walk with Views of Race Point Light - Up to 2 hours, 2 miles. Walk along a path through dunes to a salt marsh. On the way, observe the plants and animals that survive in these harsh habitats. You will also see a salt marsh in process of being restored, discuss climate change, the value of salt marshes, coastal islands, and view Race Point Lighthouse. You’re welcome to continue out to the lighthouse on your own after the program. Meet at the Hatchers Harbor parking area off of Province Lands Road, Provincetown. Wednesdays 10 am.

Healers and Invaders: Plants Along the Trail Workshop - 2 hours. 1 mile. Take a deeper dive into the wild world of plants on Cape Cod. Begin in the classroom with an exploration of native species, many of which have healing and medicinal uses. Out on the trail, we will also find alien invaders: plants that have been introduced as “exotics,” only to spread to places where they have a competitive advantage over native plants. Cameras and plant guides are welcome for this foray into the Cape’s “growing” world. Meet at Salt Pond Visitor Center, Eastham. Saturdays, Sept. 7 and 27 at 10 am.

Highland House Museum - $7 per adult, $5 per student or child ages 6-17, free for children under age 6. $1 of admission the same day after the Highland light tour. Stop by this early 1900s hotel, now a museum, to learn about Truro and Outer Cape tourism at the turn of the 20th century. See the recent renovations, new exhibitions, and artifacts and art on display. 27 Highland Light Road, North Truro. Operated by the Truro Historical Society: www.trurohistoricalsociety.org/highlandhouse. Monday through Saturdays from 10 am to 4:30 pm, through Sept. 28. Free on the last day of the season, Sept. 29.

Highland Light Tour - $6 per adult, $5 per student or senior. $1 off admission the same day after a visit to the Highland House Museum (through Sept. 28). Must be 48” to climb the tower. No flip flops or bare feet. Climb Cape Cod’s tallest and oldest lighthouse! Learn of its history and be rewarded with a view of the ocean, the Acushnet River, and the full moon rise over the Atlantic. 27 Highland Light Road, North Truro. Operated by Eastern National: www.highlandlighthouse.org. Daily, 10 am to 3 pm, through Oct. 14. climbed goes up at 3:30 pm. Closes for the season on Oct. 14.

Highland Light: Light Up the Night Tour - $6 per adult, $5 per student or senior. Must be 48” to climb the tower. No flip flops or bare feet. Bring a flashlight. Watch the sun set over Provincetown, and the full moon rise over the Atlantic. 27 Highland Light Road, North Truro. Operated by Eastern National: www.highlandlighthouse.org. Fridays, Sept. 13 and Oct. 11, 6 to 8 pm. last climb goes up at 7:30 pm.

Life on the Edge Walk - 1 hour. 1 mile in sand. The edge between land and sea is a dynamic world unto itself. Explore the beach below the bluff and discuss the issues associated with an ever-changing shoreline. Meet at the Nauset Light Beach parking lot at the intersection of Ocean View Drive and Cable Road, Eastham. Mondays at 10 am. $25 for adults, $20 for children (min. age 6). $1 off admission the same day after the Highland Light tour. Stop by for a fascinating presentation about how this native fruit is grown commercially in the "growing" world. Meet at the Salt Pond Visitor Center amphitheater, 50 Nauset Road, Eastham. Saturdays and Sundays at 10 am.

More →
Nauset Light Tour - Explore the grounds and climb this iconic lighthouse, while learning of its history and importance. Operated by Nauset Light Preservation Society: www.nauseltour.org. Free, but donations accepted. 20 Nauset Light Beach Road, Eastham. Sundays and Wednesdays in September Sept. 1, 9:30 to 7:30 pm; all other Sundays and Wednesdays, 1 to 4 pm.

Observing Nature Through Art - Up to 1 hour. Meet at Nauset Marsh Visitor Center. Bring binoculars and a pen and creative program, including sketching or watercolors. Bring water to carry art supplies if you have them, or we use what we provide. Reservations required and accepted no more than one week in advance. Meet at Nauset Light Visitor Center, Provincetown. Sundays, Sept. 15 at 2:30 pm.

Off We Go into the Wild Green Yonder: Cape Air’s Sustainable Solutions - 1 hour. As part of its summer-long focus on climate change, Truro Historical Society will host Jim Wolf, Director of Sustainability for Cape Air. He will discuss the airline’s plan to purchase a fleet of electric airplanes. Cape Cod Museum of Natural History. 27 Highland Light Road, North Truro. Friday, Sept. 20 at 4 pm.

Old Harbor Family Day - Drop-in. Beach fees may apply. Imagine life as a rescuer at the turn of the 20th century. Activities and games will help you learn about beach patrols in the 1800s, see what surfmen found to eat, and more. Immerses yourself in true stories at the reader’s theater, or do an art project to immortalize the ships assisted by Old Harbor Av. Science will also be there to answer all your science questions! Schedule of activities available at Province Lands Visitor Center. Meet at Old Harbor Life-Saving Station, Race Point Beach, Provincetown. Saturday, Sept. 14 from 2 to 4 pm.

Old Harbor Life-Saving Station Open House - Beach fees may apply. Built in 1898, Old Harbor is the only life-saving station of the original 13 on Cape Cod. A visit feels like stepping into a turn-of-the-century, working station while the crew is out on patrol. Race Point Beach, Provincetown. Open Saturday and Sunday分为5个部分，分别为Nauset Light Tour, Observing Nature Through Art, Off We Go into the Wild Green Yonder: Cape Air’s Sustainable Solutions, Old Harbor Family Day, Old Harbor Life-Saving Station Open House。每个活动都提供了详细的时间、地点和内容描述。