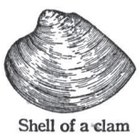
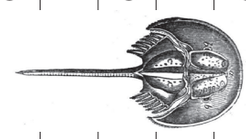
Cape Cod National Seashore
Family Activities July and August 2006

National Park Service
U.S. Department of the Interior

Cape Cod National Seashore is a special place in our backyard. Join our ranger programs this summer to discover, explore, learn, and have fun!

Eastham Programs

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SHELLFISHING DEMONSTRATION Departure time varies. 1 hour. Free.  Shell of a clam	Learn about local shellfish, and the traditional activity of shellfishing which has provided food for generations of Cape Codders. 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.	● Meets at the following varying times based on the tides: July 2 - 1 PM; July 9 - 5:30 PM; July 16 - noon; July 23 - 5:30 PM; July 30 - 11 AM; August 6 - 4:30 PM; August 13 - 11 AM; August 20 - 4:30 PM; August 27 - 10 AM						
TALK: STORY TIME 2 PM 45 minutes. Free.	Parents, bring your young children to the Salt Pond Visitor Center for this story time that introduces them to some of the critters of the land and sea. Meet in the classroom.			●		●		
NATURE'S CLASSROOM 2:30 PM and 3:15 PM 30 minutes. Free.	Join the ranger on the terrace of the Salt Pond Visitor Center to explore some aspect of Cape Cod National Seashore's natural or cultural history.	●			●		●	
FISH, SNAILS, AND HORSESHOE CRAB TALES 1:30 PM 1 hour, ½ mile. Free.	Explore 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. **By reservation only. Call the Salt Pond Visitor Center at (508) 255 - 3421.** 		●	●		●		
BEACH CAMPFIRE AT 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.		●	●				

Wellfleet Programs

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TO THE RESCUE! DEMONSTRATION 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. **Beach fees apply.**		●	●				
TIDAL FLATS DISCOVERY Departure time varies. 1½ hours, 1 mile. Free.	Explore the Cape Cod Bay tidal flats, and examine the variety of life found there. Wear footwear that can get wet while wading. Meet at Great Island parking area.			●		●		●

Tuesdays: July 4 - 11 AM; July 11 - 4 PM; July 18 - 10:30 AM; July 25 - 4:30 PM; August 1 - 9:30 AM; August 8 - 3:30 PM; August 15 - 9:30 AM; August 22 - 4 PM; August 29 - 8:30 AM.

Thursdays: July 6 - 1 PM; July 13 - no program; July 20 - 12:30 PM; July 27 - no program; August 3 - 11 AM; August 10 - 5 PM; August 17 - 11 AM; August 24 - 4:30 PM; August 31 - 9:30 AM.

Saturdays: July 1 - 8:30 AM; July 8 - 2:30 PM; July 15 - 8:30 AM; July 22 - 2:30 PM; July 29 - no program; August 5 - 1 PM; August 12 - no program; August 19 - 1:30 PM; August 26 - no program.

Salt Pond Visitor Center, Route 6, Eastham, summer hours: 9 AM to 5 PM (508) 255 - 3421

Province Lands Visitor Center, off Race Point Road, Provincetown summer hours: 9 AM to 5 PM (508) 487 - 1256

park website: www.nps.gov/caco

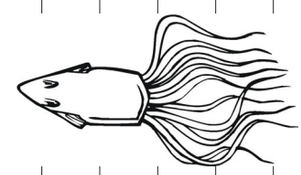
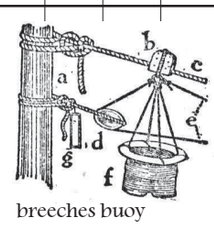
SPECIAL PROGRAM:

"An Afternoon with a Sea Monster"
Wednesday, August 9th, 2 PM, 1 hour, at the Province Lands Visitor Center. 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."

Truro Programs

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CAMPFIRE: BALLSTON BEACH 7:30 PM in July, 7 PM in August 1 hour, short walk in sand. Free.	Join us for an evening of lore and old-fashioned fun around a beach campfire. Bring a beach chair or blanket to sit on and a flashlight. Meet at the Ballston Beach parking area at the end of South Pamet Road. *No program July 21st or August 18th.*					●		

Provincetown Programs

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HANDS-ON SQUID 11 AM ¾ to 1 hour. Free.	Investigate the fascinating anatomy and life of one of the Atlantic's interesting cephalopods. Ages 8 to12. Space limited. Takes place at Province Lands Visitor Center. **By reservation only. Call the Province Lands Visitor Center at (508) 487 - 1256.**	●						
TO THE RESCUE! 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. **Beach fees apply.**				●			
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.		●				●		
TIDAL FLATS DISCOVERY Departure time varies. 2 hours, ½ mile. Free.	Explore the Cape Cod Bay tidal flats, and examine the variety of life found there. Wear footwear that can get wet while wading. **By reservation only. Call the Province Lands Visitor Center at (508) 487 - 1256 for reservations and meeting location.**			●				●	
JUNIOR ARTIST 2 PM ¾ hour. Free.	Learn about one of the celebrated artists of Provincetown and its backshore, and create your own work of art. Meet at the Province Lands Visitor Center.					●		
TALK: ON THE OBSERVATION DECK 3 PM ½ hour. Free.	The observation deck of the Province Lands Visitor Center offers a 360-degree view of the Province Lands dunes and the Atlantic Ocean. From this perspective you'll see a lighthouse, a life-saving station, a Coast Guard station, a dune shack, the Pilgrim monument, and maybe even a whale's spout!		●		●		●	●	
BEACH CAMPFIRE AT: HERRING COVE 7:45 PM in July, 7:15 PM in August 1½ hours, short walk in loose sand. Free.	Join us for a campfire, stories of the Cape's natural and historical resources, and sunset over Cape Cod Bay. Meet the rangers at the end of the right-hand parking area, at Herring Cove Beach.							●	
SHIPWRECKS AND RESCUES 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 26th year of reenacting this 1902 rescue drill, complete with surfmen in uniform, and use of the breeches buoy. Old Harbor Life-Saving Station, Race Point Beach. $5 adults; $2 seniors over 62, and children 7 to 17; children 6 and under free.	 breeches buoy			●			

What is a Junior Ranger!

A Junior Ranger is: . . . a Care-taker . . . an Adventurer . . . a Learner . . . a Seeker . . . a Discoverer...
A Junior Ranger could be. . . YOU!

We invite you to become a Cape Cod National Seashore Junior Ranger. Join a growing group of young people who are interested in the world around them and involved in their nation's history. Stop by one of the visitor centers and ask about the park's ***Junior Ranger Program.***

www.webrangers.gov