

# RANGER-LED ACTIVITIES, MAY 25 through JUNE 30, 2013

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

✓ Long pants (shorts for canoe trips), appropriate footwear, hats, sunscreen, bug spray, and water are recommended for outdoor activities.



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



Denotes activities especially suited for families with children.

## SPECIAL PROGRAM AND RESERVATION POLICY

**RESERVATION POLICY:** *All programs requiring reservations may be reserved no more than seven days in advance.*

- Salt Pond Paddle trips cost \$17 per adult, \$12 per child 16 and under. Canoe experience not required. Minimum age is 6.
- Canoe trips: \$20 per adult, \$14 per child 16 and under (minimum age 6). Canoe experience is mandatory.
- Tickets are nonrefundable, 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. Credit cards are preferred. Cash refunds are problematic if unsafe conditions require program cancellation.
- All equipment is provided unless otherwise noted.
- You may have to wade and assist with moving equipment during canoe programs.
- Wear shoes (required) that can get wet.

**Salt Pond Visitor Center, Nauset Road, off Route 6, Eastham**

**508-255-3421** 

**Province Lands Visitor Center, Race Point Road, off Route 6, Provincetown**

**508-487-1256** 

Due to mandatory, across-the-board budget cuts, fewer ranger-guided programs will be offered this season.

Thanks to a generous donation by Friends of the Cape Cod National Seashore, the Province Lands Visitor Center is open from May 25 through Labor Day, September 2. This donation is funding the rangers who provide important interpretive, orientation, safety, and resource protection information at the center.



Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham - Program Descriptions and Meeting Locations
		9:30 AM thru 6/11 only					<b>WALK: ARCHEOLOGY ON THE OUTER CAPE - 1 hour, ½ mile. Free.</b> Learn about the various discoveries archeology has uncovered at Cape Cod National Seashore. The program will highlight the Carn's Archeological Site discovered in the fall of 1990. Meet at Coast Guard Beach parking area. <i>Accessible with assistance, if the Salt Pond Visitor Center is notified in advance, by calling 508-255-3421, ext. 18.</i>
	T 11 AM	OH 1 - 4 PM	OH 1 - 4 PM	OH 1 - 4 PM		T 11 AM	<b>CAPTAIN EDWARD PENNIMAN HOUSE: A WHALING FAMILY'S STORY - Free.</b> 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. <b>T= TOUR, BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 18, TO REGISTER NO MORE THAN 7 DAYS IN ADVANCE. OH = OPEN HOUSE, BROWSE THROUGH.</b> Meet at the Penniman House at Fort Hill. Limited parking. 

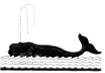
Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham - Program Descriptions and Meeting Locations
-----	-----	------	-----	------	-----	-----	--

					2:30 PM no program 6/14		<p><b>CANOEING: SALT POND PADDLE - 1½ hours, 1½ miles. Fee required.</b> Take a leisurely paddle in the protected waters of Salt Pond and nearby area of Nauset Marsh to explore the beauty and significance of this awe-inspiring place. <b>BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 18, TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PAGE 1.</b></p> 
						10 AM	<p><b>WALK: THE NATURE OF NAUSET - Up to 1½ hours, 1½ miles. Free.</b> Explore the natural history of the Nauset area, uncovering the Cape's geologic origins and investigating the landscape - from ice age remnant Doane Rock to the sweeping green expanse of Nauset Marsh. Meet at the Doane Rock picnic area <b>rear</b> parking area.</p>
		4 PM					<p><b>TOUR: THREE SISTERS LIGHTHOUSES - 1 hour, ½ mile. Free.</b> 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. <i>Beach fee may apply.</i> ♿</p> 
							<p><b>TOUR: NAUSET LIGHT -</b> Lighthouses have served as guides to mariners off Cape Cod shores since the late 1700s. Nauset Light, moved in 1996, remains a navigational aid. Park at Nauset Light Beach, off Ocean View Drive. <i>Beach fee may apply. Conducted by Nauset Light Preservation Society, www.nausetlight.org. Donations accepted.</i></p> 
4 PM							
4:30 to 7:30 PM							

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Wellfleet - Program Descriptions and Meeting Locations
-----	-----	------	-----	------	-----	-----	--

			9:30 AM <i>listed dates only</i>				<p><b>HIKE: EXPLORE WELLFLEET - Free.</b> Celebrate Wellfleet's 250th anniversary in 2013 by exploring some of the town's most interesting historic and natural features. <b>BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 18, TO REGISTER AND FOR MEETING LOCATION.</b> Dress appropriately for the nature of the program.</p> <p><b>THE "ISLANDS" OF WELLFLEET - Wednesday, May 29, 9:30 AM - 3 hours, 3 miles.</b> Explore Wellfleet's early history by walking through the ancestral lands of Native people and the first English "settled" lands. Travel by foot out to Great Island along the "gut."</p> <p><b>HEATHLANDS AND CEDAR SWAMPS - Wednesday, June 12, 9:30 AM - Up to 2 hours, 2 miles.</b> Examine the changes that take place as one traverses the seemingly barren coastal heathlands to the moss-blanketed lushness of the Atlantic White Cedar Swamp. Comfortable walking shoes and insect repellent recommended.</p>
10 AM							<p><b>WALK: SHORELINE STROLL - 1 hour, 1 mile. Free.</b> Discover the fascinating cultural and natural history of the secluded, dynamic coastal barrier system known as the Great Island "gut." Learn how it has shaped and been shaped by local people throughout history. Meet at the Great Island parking area.</p> 
			11 AM	11 AM			<p><b>TOUR: ATWOOD-HIGGINS HOUSE - 1 hour. Free.</b> Learn about early 18th-century Cape Cod architecture and one of the Outer Cape's early colonial settlement sites. <b>BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 18, TO REGISTER NO MORE THAN 7 DAYS IN ADVANCE.</b> <i>Directions:</i> Take Route 6. Turn onto Pamet Point Road, Wellfleet, at the Truro town line, follow signs.</p>

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Truro - Program Descriptions and Meeting Locations
				June 6 at 4 PM ; June 13 at 9 AM only			<b>WALK: SEALS OF CAPE COD - 1 hour, 1 mile in soft sand. Free.</b> Join a ranger for an exciting opportunity to search for seals at a beach in Truro. Learn appropriate wildlife viewing techniques so as not to disturb the seals. <b>CALL PROVINCE LANDS VISITOR CENTER FOR MEETING LOCATION, 508-487-1256. Listed dates only.</b>
	10:30 AM to 4:30 PM	10:30 AM to 4:30 PM	10:30 AM to 4:30 PM	10:30 AM to 4:30 PM	10:30 AM to 4:30 PM	10:30 AM to 4:30 PM	<b>MUSEUM: HIGHLAND HOUSE MUSEUM</b> - Browse through an amazing array of objects from the Truro Historical Society's collection. Monday to Saturday, June 1 through September 30. \$5 adults, 12 and under and members free. <i>Hosted by volunteers of the Truro Historical Society. www.trurohistorical.org.</i>
10 AM to 5:30 PM	10 AM to 5:30 PM	10 AM to 5:30 PM	10 AM to 5:30 PM	10 AM to 5:30 PM	10 AM to 5:30 PM	10 AM to 5:30 PM	<b>TOUR: HIGHLAND LIGHT</b> - Enjoy magnificent views from Cape Cod's oldest lighthouse. Open daily through mid-October. \$4 all ages. Conducted by volunteers of Highland Light and Museum, Inc. Children must be 48 inches tall. 508-487-1121. <a href="http://www.capecodlight.org">www.capecodlight.org</a> . 
Sun	Mon	Tues	Wed	Thur	Fri	Sat	Provincetown - Program Descriptions and Meeting Locations
10 AM thru June 16 only					10 AM thru June 14 only		<b>WALK: PROVINCE LANDS DUNES AND BOGS - 1 hour, 1 mile in soft sand. Free.</b> Explore an enchanting dune landscape of unusual plants and wild cranberry bogs. Discover the hidden story of America's second-oldest public lands and how enterprising settlers changed this landscape. Meet at Province Lands Visitor Center, off Race Point Road. Wear shoes appropriate for walking in soft sand and bring water.
10:30 AM							<b>WALK: BEECH FOREST BEAUTY - 1 hour, 1½ miles in soft sand. Free.</b> Watch spring erupt in a unique hardwood forest nestled in the dunes of the Province Lands. Each week will bring new changes. Discover the diversity of this ecosystem as you look for animal tracks and plants growing in sand dunes. Favorable winds might also bring spring birds like warblers. Meet at the Beech Forest parking area, off Race Point Road.
				June 6 at 10 AM; June 13 at 1:30 PM only			<b>CANOEING: LONG POINT - Up to 3 hours, 3 miles. Fee required.</b> Paddle on the far west end of Provincetown Harbor to explore marsh, tidal flats, and dunes. Learn about the interesting history of Long Point. <b>BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, TO REGISTER AND FOR MEETING LOCATION. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PAGE 1. Listed dates only.</b>
			2 PM June 5 and 12 only				<b>WALK: DUNE VIEWS OVER EAST HARBOR - 1½ hours, 1½ miles in soft sand. Free.</b> Climb atop a parabolic dune to gain 360° views of ocean, cranberry bogs, harbor, and Provincetown. Discover the story of how the harbor was turned into a "lake," then back into a harbor. Meet in the bike trail parking lot at the end of High Head Road, off Route 6, in Truro (stay left and continue on the dirt road). <b>Listed dates only.</b>

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Provincetown - Program Descriptions and Meeting Locations
2 PM to 4 PM closed June 23	2 PM to 4 PM thru June 17 only	2 PM to 4 PM thru June 18 only	2 PM to 4 PM thru June 19 only	2 PM to 4 PM	2 PM to 4 PM	2 PM to 4 PM thru June 15 only	<b>OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION - Free.</b> Built in 1898, Old Harbor is the last intact life-saving station of the original 13 on Cape Cod. The station has been restored and refurnished. A visit feels like stepping into a turn-of-the-century, working station while the crew is out on patrol. Park at Race Point Beach, Provincetown and take the short walk to Old Harbor. <i>Beach fee may apply.</i> 

## Special Programs



Wampanoag Nation Singers and Dancers

### Celebrating Wampanoag Traditions

**Saturday, June 1, Salt Pond Visitor Center, Eastham.**

Come celebrate Wampanoag culture with members of the Aquinnah and Mashpee Wampanoag Tribes and engage in interactive activities. Artists and others will demonstrate traditional skills such as pottery, textiles, food and tool production, and display some of their unique and utilitarian wares. In addition, participate in a lively and interactive performance by the Wampanoag Singers and Dancers.

10 AM to 12:30 PM - Demonstrations of traditional skills

1 to 2 PM - Wampanoag Nation Singers and Dancers interactive performance

### Friends of the Cape Cod National Seashore

#### Concert: Toast and Jam

**Friday, June 21, 7 to 9 PM, 1 hour. Free.**

**Salt Pond Visitor Center in Eastham** Toast and Jam performs original bluegrass, modern folk, Americana, swing, and more.



Volunteers "paint the globe" at Highlands Fest 2012.

Join in participatory activities expressing science through art at Highlands Fest to be held at the Highlands Center in Truro. This year's focus is exploring our climate and provoking thought about ways to live with climate change.

Pitch in on the creation of engaging murals to showcase climate research and artistic expressions of the earth's energy cycle and adapting to changes in our air, land, and seas. We will be joined by personnel involved with the Department of Energy's Atmospheric Radiation Measurement (ARM) Mobile Climate Research Facility, who have been gathering data during a one-year deployment at the Highlands Center to advance long-term climate models. Listen to live music and sample light refreshments. All ages and abilities are invited to participate, learn, and support your Climate Friendly Park through public art!

*Highlands Fest is an annual celebration of the Highlands Center at Cape Cod National Seashore by its 8 partner organizations: Barnstable County's AmeriCorps Cape Cod, Cape Cod National Seashore, Fine Arts Work Center in Provincetown, Highlands Center Inc., Payomet Performing Arts Center, Provincetown Center for Coastal Studies, Sustainable CAPE, and Truro Center for the Arts at Castle Hill. The mission of the partners is to foster the unique and cultural heritage of Cape Cod by engaging in an environment in which scientific research, arts creation, and educational programs can flourish.*

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 0.6 miles, take a left onto Old Dewline Road. The Highlands Center is at the end of the road.

**Highlands Fest 2013:**  
*Weathering Change  
 in our Air,  
 Land, and Sea*  
**Saturday, June 29, 10 AM  
 to 2 PM. FREE.**  
 (Rain date, Sunday, June 30)