

RANGER-LED ACTIVITIES, SEPTEMBER 1 through OCTOBER 31, 2014

-  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 Healthy Parks Healthy People programs featuring parks as cornerstones of mental, physical, and spiritual health.
-  Denotes activities especially suited for families with children.

PROGRAM RESERVATIONS, FEES, AND GUIDELINES

Pets are not permitted on ranger-led programs. In most cases, a group size greater than 8 may not participate in programs offered to the general public, unless the programs are suitable for large groups.

RESERVATION POLICY: All programs requiring reservations may be reserved no more than one week in advance.

- Salt Pond Paddle: \$20 per adult, \$15 per child 16 and under. Minimum age is 6. No experience required.
- Tickets are nonrefundable, available no more than one week in advance, and must be purchased with a credit card either in person at visitor centers or by phone, prior to 4:30 PM daily.
- 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,
50 Nauset Road, off Route 6
Eastham 508-255-3421
Open year-round.

Province Lands Visitor Center,
171 Race Point Road, off Route 6
Provincetown 508-487-1256
Open May through October.

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham - Program Descriptions and Meeting Locations
	9:30 AM thru 10/13 only			9:30 AM no program 9/18; thru 10/9 only		9:30 AM thru 10/11 only	<p>WALK: BEACH BREAK - 1 hour, ½ mile. Free. Different days bring different topics for this short walk starting from the beautiful overlook at Coast Guard Beach at the end of Doane Road, Eastham.</p> <p><i>Saturdays</i> - Seashore Stories: by lifelong resident Dana Eldridge.</p> <p><i>Mondays</i> - Curious About Sharks and Seals?: Examine their relationship and role in the balance of a healthy marine environment.</p> <p><i>Thursdays</i> - Life's a Beach: Exploring beach dynamics at the Great Beach.</p> <p>RESERVED PARKING. CALL SALT POND VISITOR CENTER AT 508-255-3421, EXT. 18, NO MORE THAN ONE WEEK IN ADVANCE TO RESERVE A PARKING SPACE. * PORTIONS OF PROGRAMS ACCESSIBLE.</p>
9:30 AM 9/21 and 10/5 only							<p>WALK: THE CHARACTERS OF THE COAST - WRITERS WHO SHAPED THE NATIONAL SEASHORE - 1½ hours, 1½ miles. Free. Along this walk through varying historic landscapes, hear from those who came before and recorded their observations and perspectives of this outer land. Meet at the back parking lot of the Doane Picnic Area off Doane Road, Eastham. <i>Listed dates only.</i></p>
					9:30 AM		<p>WALK: WILDLIFE AT FORT HILL - 1½ hours, 1½ miles. Free. The varied habitats at Fort Hill make it a prime location for observing a variety of the wildlife that occurs on Cape Cod. Look for migratory birds, resident mammals, and changing foliage on this guided walk. Bring binoculars if you have them. Meet at the top parking lot at Fort Hill, 70 Fort Hill Road, Eastham.</p>
			9:30 AM thru 10/8 only				<p>CANOEING: SALT POND PADDLE - 1½ hours, 1½ miles. \$20 per adult, \$15 per child 16 and under (minimum age 6). Take a leisurely paddle in the protected waters of Salt Pond and nearby area of Nauset Marsh to explore its beauty and diversity. Meet at the Salt Pond Visitor Center amphitheater, Eastham. BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 18, WITH A CREDIT CARD TO REGISTER. SEE PROGRAM RESERVATIONS AND FEES ABOVE.</p>

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham - Program Descriptions and Meeting Locations
	T 11 AM thru 10/13 only		OH 1 - 4 PM thru 10/8 only	OH 1 - 4 PM thru 10/9 only		T 11 AM	CAPTAIN EDWARD PENNIMAN HOUSE: A WHALING FAMILY'S STORY - Free. Learn about the Pen- niman family through a tour of their home and stories of their travels. Examine some of the hardships, adventures, and lifestyle of a whaling family. T= TOUR, BY RESERVATION ONLY NO MORE THAN ONE WEEK IN AD- VANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER. OH = OPEN HOUSE, BROWSE THROUGH. Meet at the Penniman House at Fort Hill, 70 Fort Hill Road, Eastham. <i>Limited parking.</i>
2 PM							WALK: LORE OF NAUSET MARSH - 1 hour, 1 mile. Free. Explore the rich natural and human history around Nauset Marsh. Learn how each has affected the other over time. Meet on the terrace at Salt Pond Visitor Center, Eastham.
1 PM to 4 PM*							TOUR: NAUSET LIGHT - Lighthouses have guided mariners off Cape Cod shores since the late 1700s. Climb to the top of this iconic light. Park at Nauset Light Beach, at the intersection of Ocean View Drive and Cable Road, Eastham. <i>Conducted by Nauset Light Preservation Society. www.nausetlight.org.</i> <i>Donations accepted. * September 7 only - 4:30 to 7:30 PM. Beach fee may apply on Sundays through</i> <i>September.</i>
4 PM		4 PM thru 10/7 only					TOUR: THREE SISTERS LIGHTHOUSES - 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 impor- tance. Meet at the northeast corner of Nauset Light Beach parking area at the intersection of Ocean View Drive and Cable Road, Eastham. <i>Beach fee may apply on Sundays through September.</i>
Sun	Mon	Tues	Wed	Thur	Fri	Sat	Wellfleet - Program Descriptions and Meeting Locations
9:30 AM 9/14, 9/28, and 10/12 only							WALK: THE CHARACTERS OF THE COAST - WRITERS WHO SHAPED THE NATIONAL SEASHORE 1½ hours, 1½ miles. Free. Along this walk through varying historic landscapes, hear from those who  came before and recorded their observations and perspectives of this outer land. Meet at the Atwood- Higgins House parking area, 269 Bound Brook Island Road, for further parking instructions. <i>Directions:</i> Take Route 6. Turn onto Pamet Point Road, Wellfleet, at the Truro town line, follow signs. <i>Listed dates only.</i>
				11 AM thru 10/9 only			TOUR: ATWOOD-HIGGINS HOUSE - 1 hour. Free. Learn about early 18th-century Cape Cod archi- tecture and one of the Outer Cape's early colonial settlement sites. BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 18, TO REGISTER. 269 Bound Brook Island Road. <i>Directions:</i> Take Route 6. Turn onto Pamet Point Road, Wellfleet, at the Truro town line, follow signs.
			2 PM thru 9/24 only				WALK: SHORELINE STROLL - 1 hour, 1 mile. Free. Discover the fascinating cultural and natural history of the secluded, dynamic coastal barrier system known as the Great Island "gut." Learn about its connection to the Herring River throughout history. Meet at the Great Island parking area, where Chequessett Neck and Griffin Island roads meet, Wellfleet.

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Wellfleet - Program Descriptions and Meeting Locations
					2 PM thru 10/10 only		WALK: BOMBS AND BLACKOUTS - up to ¾ hour. Free. Join Ranger Dana Eldridge at Marconi Site (the former Camp Wellfleet) to examine the impact WWII had on the region. Hear his personal stories of the remnants of war washed upon the beaches, Coast Guard patrols, target practice, and torpedoed ships. Meet on the observation deck at the Marconi Site, 195 Marconi Station Road, Wellfleet.
		2 PM					TALK: WHERE THE SPARK OF MAGIC HAPPENED, MARCONI TRIUMPHED - ½ hour, ¼ mile. Free. Explore where, in 1903, Guglielmo Marconi transmitted the first official wireless message across the ocean. Join a ranger for a talk and short walk around the Marconi Site and learn about the significant events that occurred there. Meet in the parking area of the Marconi Station site, 195 Marconi Site Road, Wellfleet.
						2:30 PM no program 9/13 and 9/27	WALK: HEATHLAND RAMBLE - 1 hour, 1 mile. Free. Explore the heathlands (moors) of Cape Cod, which thrive along the coastal banks high above the ocean and the bay. See how plants are adapted to this habitat and discover why these plants are globally rare. Meet at the far end of the Marconi Station Site parking area, 195 Marconi Station Road, Wellfleet.

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Truro - Program Descriptions and Meeting Locations
		9 AM 9/2, 9/16, and 9/30 only		9 AM 10/9 only			WALK: OFF THE BEATEN PATH: Nature Tales and Remote Trails of Ballston Beach - 2 hours, 2 miles. Free. Join the great-grandson of Sheldon William Ball and explore the area that was once the Ballston Beach Seaside Summer Colony. Ascend Bearberry Hill for dramatic views of the ocean and the Pamet River Valley. Along the way, experience heathlands, forest, and sea cliffs. The terrain is rugged, with steep hills and soft sand. Long pants recommended to guard against ticks and poison ivy. Wear sturdy shoes and a hat. Bring sunscreen, bug spray, and water. BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER. <i>Listed dates only.</i>
				3 PM thru 9/25 only			WALK: DUNE VIEWS OVER EAST HARBOR - 1½ hours, 1½ miles in soft sand. Free. Climb atop a parabolic dune to gain 360-degree 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). This program involves moderate hiking in soft sand and ascending steep dunes. Bring sunscreen, water, bug spray, and appropriate footwear.
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	TOUR: HIGHLAND LIGHT - Enjoy magnificent views from Cape Cod’s oldest lighthouse. \$4 all ages. Children must be 48 inches tall. 508-487-1121. 27 Highland Light Road. <i>Operated by Eastern National.</i> www.highlandlighthouse.org . <i>Open daily through October 13.</i>
	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	MUSEUM: HIGHLAND HOUSE MUSEUM - Browse through an amazing array of objects from the Truro Historical Society’s collection. \$5 adults; 12 and under and members free. 27 Highland Light Road. <i>Hosted by volunteers of the Truro Historical Society.</i> www.trurohistorical.org . <i>Monday to Saturday through September 30.</i> ♿

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Truro - Program Descriptions and Meeting Locations
	Times vary on listed dates only	11 AM 9/2 only					<p>WALK: SEALS OF CAPE COD - 1½ hours, 1 to 2 miles in soft sand. Free. The seals of summer may still be hauling out in September. Join a ranger on a search for seals, and enjoy some dune vistas along the way. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER.</p> <p>Mondays: September 8 - no program; September 15 - 10:30 AM; September 22 - 4 PM; September 29 - 9 AM</p> 

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Provincetown - Program Descriptions and Meeting Locations
		9 AM 9/9 and 9/23 only		9 AM 10/2 and 10/16 only			<p>WALK: OFF THE BEATEN PATH: Helltown, Snake Hills, and Herring Cove - 2 hours, 2 miles. Free. The dunes between Herring Cove Beach and Race Point Light offer some spectacular views. Explore dune and beach ecology as you approach Hatches Harbor, an important salt-marsh area where you might see migratory and staging shorebirds concentrating in great numbers for their fall migration. Long pants recommended to guard against ticks and poison ivy. Wear sturdy shoes and a hat. Bring sunscreen, bug spray, and water. BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER. Listed dates only.</p>
						9 AM 9/6 and 9/13 only	<p>HIKE: SATURDAY MORNING WAKE-UP - 2 to 4 hours, 4 to 6 miles. Free. Wake up early and join a ranger for an energetic hike off the beaten path and into some unique and secluded places. This hike is paced for a cardiovascular workout and may be strenuous. Wear good walking shoes, bring water, sunscreen, a hat, and insect repellent. Pets are not permitted. Destinations vary weekly. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER. Listed dates only.</p> 
2 PM to 4 PM	2 PM to 4 PM	2 PM to 4 PM	2 PM to 4 PM	2 PM to 4 PM	2 PM to 4 PM	2 PM to 4 PM	<p>OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION - Free. Built in 1898, Old Harbor is the last intact life-saving station of the original 13 on Cape Cod. The station has been extensively restored and refurbished. 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, 191 Race Point Road, and take the short walk to Old Harbor. <i>Beach fee may apply</i></p>
10 AM October only						10 AM Sept- ember and October	<p>WALK: ENCHANTING DUNES AND WILD CRANBERRY BOGS - 1 hour, 1 mile in soft sand. Free. Explore the magical fall light of the dune landscape and wild cranberry bogs at harvest time. Wear shoes appropriate for walking in soft sand. Bring water and a bag or container in October if you would like to collect cranberries. Check in at the desk inside the Province Lands Visitor Center. <i>September: Saturdays at 10 AM. October: Saturdays and Sundays at 10 AM.</i></p> 
				Times vary on listed dates only			<p>PADDLE: BRING YOUR OWN KAYAK, LONG POINT - Free. Up to 2 hours, 2 miles. Enjoy sunset over the marsh or a tide high enough to paddle over the breakwater. Bring your own kayak and gear (including life vests, which will be required). BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER.</p> <p>September 4 at 6 PM - sunset paddle; September 11 at 12 noon - high tide over the breakwater</p>



Cape Cod National Seashore
Fall Symposium

Beyond the Beach

Tuesdays, September 30 through October 28, 6:30 to 7:30 PM.

Free. Salt Pond Visitor Center, 50 Nauset Road, Eastham. ♿

For many summer visitors, Cape Cod National Seashore is “the beach.” But Outer Cape residents know that the park offers much more in its many dimensions and moods, and compelling natural and cultural resource stories. Join park staff and guest presenters for a behind-the-scenes look at the national seashore’s diverse resources and issues, from fire as a management tool, to animal migrations and habitat restorations.

Special programs

WALK: A WALK IN THOREAU’S SHOES

Monday, September 1, 9 AM. 2 hours, 2 miles in soft sand. 

Free. Over the course of eight years in the late 1840s and 1850s, Henry David Thoreau walked the length of Cape Cod four times. His detailed accounts and observations vividly depict the landscape of Cape Cod and its people. The Cape Cod that Thoreau experienced is vastly different from today. On this scenic hike along Provincetown’s Snail Road Trail, we will compare modern day Cape Cod to that of the mid-19th century that Thoreau experienced. Bring water and wear shoes appropriate for walking in soft sand. Meet at the entrance to the Snail Road trail. Call Province Lands Visitor Center, 508-487-1256, for assistance with directions.

September 30: Return of the Tides: The Restoration of the Herring River - Seashore Historian Bill Burke will share images that provide a glimpse into this area’s intriguing past, while Restoration Ecologist Tim Smith will fast forward to its remarkable future as a restored salt marsh.

October 7: Fire as Tool for Preserving Cultural Landscapes - Seashore Fire Management Officer Dave Crary and Park Historian Bill Burke will team up to tell the story of how prescribed cutting and burning is restoring long lost historic fields, Thoreau’s heathlands, and vintage vistas within Cape Cod National Seashore.

October 14: The Technologies of Tracking Coastal Change at Cape Cod National Seashore - Cape Cod National Seashore GIS Coordinator Mark Adams will provide a historical perspective, as well as modern approaches to documenting how the Outer Cape shoreline has changed since 1889.

October 21: By Land, By Air, and By Sea - Explore Cape Cod’s great animal migrations with Natural Resource Specialist Mary Hake, Lisa Sette from the Provincetown Center for Coastal Studies, and local dragonfly expert, Ken Shea.

October 28: State of the Seashore - Superintendent George Price will discuss successes and challenges of 2014, and a look ahead to 2015 and the National Park Service Centennial in 2016.

BUILD YOUR OWN PROGRAM

Crowd Sourcing a Ranger Walk

Thursday, September 25, 10 AM. Free.

Be a part of this first-time experimental program! Visit our Facebook page on September 18 and vote for a program location and topic. You can vote even if you won’t be attending the program! The winning walk will be posted on Monday, September 22. To attend, call the Province Lands Visitor Center at 508-487-1256 to make a reservation. <https://www.facebook.com/pages/Cape-Cod-National-Seashore/148550511837355>



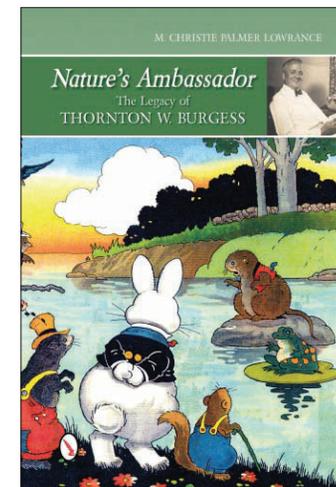
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Special programs

NATURE'S AMBASSADOR: THE LEGACY OF THORNTON W. BURGESS

Saturday, September 27, 2 PM. 45 minutes. Free. ♿

Join author Christie Palmer Lowrance at Salt Pond Visitor Center in Eastham for a look into the life of the renowned 20th-century naturalist and children's author who was born and raised here on Cape Cod. Ms. Palmer will be available to autograph copies of her book, which are sold in the Eastern National gift and book shop.



WALK: A MUSICAL JOURNEY

Wednesday, October 8, 10 AM. 1 hour, 1 mile, Free. ♿

The confluence of music and nature is a fascinating subject. This program will explore the sounds of the natural landscape, and what happens when we impose a human-made soundtrack on a nature walk. Call the Province Lands Visitor Center at 508-487-1256 to find out what song you should download onto your portable audio player. Meet at the Beech Forest Trail parking area, Race Point Road, Provincetown.

WALK: NIGHT PATROL AND ORIONIDS AT OLD HARBOR

Tuesday, October 21, 6 PM. 1½ hours, ¼ mile, Free.

The heroic surfmen of the U.S. Lifesaving Service were always ready for a rescue, especially at night. The station and beach after sunset offer some exciting opportunities for exploration. If this is a clear night, we may be able to see the Orionid meteor shower. Bring flashlights for inside the station. Meet at the Race Point Beach bathhouse, Provincetown.



The "Crooks" are back by popular demand! Tap your toes to sea chanteys and folk music and enjoy stories of the sea. ♿

Rum Soaked Crooks

Sea Chanteys and Ballads

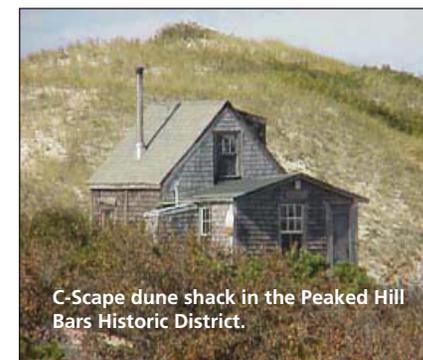
Friday, October 10, 7 PM. 1 hour. Free.

Salt Pond Visitor Center,
50 Nauset Road, Eastham

FALL ART ON EXHIBIT, Salt Pond Classroom

September will feature works of the Peaked Hill Trust Dune Shack Residency program, including students from the Nauset and Provincetown school systems, and other area residents. Works include erosion studies, puppets, writings on the Gulf Stream, conservation art and landscape architecture, and short essays by an entomologist.

Artist's reception, September 6, from 2 to 4 PM.



C-Scape dune shack in the Peaked Hill Bars Historic District.