

RANGER-LED ACTIVITIES, MAY 23 through JUNE 30, 2015

 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.

SPECIAL PROGRAM AND RESERVATION POLICY

RESERVATION POLICY: • Salt Pond Paddle trips cost \$20 per adult, \$15 per child 16 and under. Canoe experience not required. Minimum age is 6. • Tickets are nonrefundable 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, 50 Nauset Road, off Route 6, Eastham, 508-255-3421 

Province Lands Visitor Center, 171 Race Point Road, off Route 6, Provincetown, 508-487-1256 

Construction projects are underway to replace the stairs at Nauset Light Beach and the footbridge at the Nauset Marsh Trail in Eastham destroyed during winter storms. Repairs are also being made to the Herring Cove North parking area, where extensive erosion has limited parking. Full access to all areas is pending.

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham and Wellfleet Program Descriptions and Meeting Locations
		9:30 AM June 2 only				9 AM May 30 only	<p>HIKE: OFF THE BEATEN PATH - Free. Moderate difficulty. Join a ranger for a longer hike and discover some of the lesser known areas of the Outer Cape. Locations vary. Terrain can include steep hills and loose sand. Wear or bring long pants, shoes appropriate for walking in loose sand, sunscreen, bug spray, and water. </p> <p>May 30 - MARCONI HEATHLANDS - 9 AM, up to 2 hours, 2 miles. Explore a rare heathland community and learn about how fire management helps to protect it. Meet at the observation deck of the Marconi Station Site. 195 Marconi Station Road. <i>Directions:</i> At stop light, turn east off Route 6 into the Marconi Station Area, South Wellfleet. RESERVATIONS NOT REQUIRED.</p> <p>June 2 - EXPLORE GREAT ISLAND - 9:30 AM, 2½ hours, up to 2½ miles. Visit one of the more remote areas of the national seashore on this hike through the marshes, fields, and glacial terrain of this former island. Explore natural features and discover human stories along the way. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0, NO MORE THAN ONE WEEK IN ADVANCE FOR MEETING LOCATION AND TO REGISTER.</p>
				9:30 AM thru June 11 only			<p>CANOE TRIP: SALT POND PADDLE - 1½ hours, 1½ miles. Fee required. 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. Meet at the Salt Pond Visitor Center amphitheater, 50 Nauset Road, Eastham. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0, NO MORE THAN ONE WEEK IN ADVANCE TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.</p>
					10 AM thru June 12 only		<p>WALK: SEALS AND SHARKS: CAPE COD'S DYNAMIC DUO - 1 hour, 1 mile. Free. Examine the relationship between sharks and seals and the role they play in the balance of a healthy marine environment. Bring a pair of binoculars for seal viewing. Meet at the Coast Guard Beach Parking Lot, 1000 Rear Doane Road, Eastham.</p>

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham and Wellfleet Program Descriptions and Meeting Locations
10 AM to 2 PM						10 AM to 2 PM	ACTIVITY: NATURE NOTES - Free. Stop by Salt Pond Visitor Center in Eastham anytime during the advertised hours to see what the rangers have arranged on the activity table for the day. Takes place in the lobby of the Salt Pond Visitor Center, 50 Nauset Road, Eastham. 
				10:30 AM June 4 thru June 25 only.			WALK: CHRONICLES FROM A CAPE CODDER - 1 hour, ½ mile Free. Join Ranger Dana Eldridge as he examines a changing Cape Cod that has managed to retain its identity. Meet on the terrace at Salt Pond Visitor Center, 50 Nauset Road, Eastham. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0, NO MORE THAN ONE WEEK IN ADVANCE TO REGISTER.
	T 11 AM		OH 1 - 3 PM thru June 3 only		T 11 AM		CAPTAIN EDWARD PENNIMAN HOUSE: A WHALING FAMILY'S STORY - Free. Examine some of the hardships, adventures, and lifestyle of a whaling family as you tour their 1868 home. T= TOUR, BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0, NO MORE THAN ONE WEEK IN ADVANCE TO REGISTER. OH = OPEN HOUSE, BROWSE THROUGH. Penniman House, 70 Fort Hill Road, Eastham. <i>Limited parking.</i>
			11 AM	11 AM			TOUR: ATWOOD-HIGGINS HOUSE - 1 hour. Free. Explore the grounds and interior of this authentic 18th-century full Cape house. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0, NO MORE THAN ONE WEEK IN ADVANCE TO REGISTER. 269 Bound Brook Island Road, Wellfleet. <i>Directions:</i> Take Route 6. Turn onto Pamet Point Road, Wellfleet, at the Truro town line, follow signs.
			2 PM June 3 thru June 24 only.				WALK: BOMBS AND BLACKOUTS - Up to 45 minutes. Free. Join Ranger Dana Eldridge to examine the impact WWII had on the region. Hear his personal stories of the remnants of war washed up on the beaches, target practice, and torpedoed ships. Meet on the observation deck at the Marconi Site, 195 Marconi Station Road, Wellfleet. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0, NO MORE THAN ONE WEEK IN ADVANCE TO REGISTER.
						2:30 PM thru June 13 only	WALK: EXPLORE THE BAKER-BIDDLE PROPERTY - 1½ hours, ½ mile. Free. Visit this historic property in Wellfleet and learn about its fascinating literary history. BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0, NO MORE THAN ONE WEEK IN ADVANCE FOR MEETING LOCATION AND TO REGISTER.
4 PM		4 PM					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 importance. 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.</i> 
4:30 to 7:30 PM							TOUR: NAUSET LIGHT - 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, at the intersection of Ocean View Drive and Cable Road, Eastham. <i>Beach fee may apply. Conducted by Nauset Light Preservation Society, donations accepted. www.nausetlight.org.</i>
		7 PM June 23 and June 30 only					TUESDAY NIGHTS AT SALT POND - 1 hour. Free. Authors, performing artists, historians, and scientists will offer insights into seashore resources and stories. Doors open for all programs at 6:30 PM. Space is limited and seating is on a first-come, first-served basis. Salt Pond Visitor Center, 50 Nauset Road, Eastham. <i>See topics and details on next page. Sponsored by Friends of the Cape Cod National Seashore.</i> 

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Truro and Provincetown Program Descriptions and Meeting Locations
						9 AM June 6 and 13 only	<p>HIKE: OFF THE BEATEN PATH - Up to 2 hours, 2 miles. Free. Moderate difficulty. Join a ranger for a longer hike and discover some of the lesser known areas of the Outer Cape. Locations vary. Terrain can include steep hills and loose sand. Wear or bring long pants, shoes appropriate for walking in loose sand, sunscreen, bug spray, and water.</p> <p>BALLSTON BEACH - June 6, June 13. Ascend Bearberry Hill for dramatic views of the ocean and the Pamet River Valley. Along the way, experience multiple habitats of heathlands, forest, and sea cliffs. 11 North Pamet Road. <i>Directions:</i> Take Truro Center/Pamet Roads exit off Route 6 in Truro. Proceed 1½ miles on North Pamet Road to the end. Meet at the parking area adjacent to the Environmental Education Center (a hostel in summer).</p>
				10 AM thru June 11 only			<p>WALK: DUNE VIEWS OVER EAST HARBOR - 1½ hours, 1½ miles in loose sand. Free. Moderate difficulty. 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). Terrain can include steep hills and loose sand. Wear or bring long pants, shoes appropriate for walking in loose sand, sunscreen, bug spray, and water.</p>
10 AM							<p>WALK: BEECH FOREST BEAUTY - 1 hour, 1 to 2 miles in loose sand. Free. Explore a unique hardwood forest nestled in the dunes of the Province Lands. Discover the diversity of this ecosystem as you look for animal tracks, plants growing in sand dunes, cranberry bogs, and vernal pools. Meet at the Beech Forest parking area, 36 Race Point Road, Provincetown.</p>
			10 AM thru June 10 only				<p>WALK: PROVINCE LANDS DUNES AND BOGS - 1 hour, 1 mile in loose sand. Free. Explore an enchanting dune landscape of unusual plants and wild cranberry bogs, while learning about the Province Lands’ unique place in American history. Meet at Province Lands Visitor Center, 171 Race Point Road, Provincetown. Wear shoes appropriate for walking in loose sand and bring water.</p>
	Listed dates and times only					Listed dates and times only	<p>WALK: SEAL SCOUT - 1½ hours, 1 to 2 miles in loose sand. Join a ranger for an exciting opportunity to look for seals at a Truro beach. Learn why the seals are here, their biology, and how to view appropriately. Call Province Lands Visitor Center, 508-487-1256, for meeting location. Mondays, June 8 at 10 AM and June 15 at 4 PM; Saturday, June 13 at 2:30 PM</p>
	2 PM thru June 8 only	2 PM thru June 9 only					<p>RANGER ON DECK - 1 hour. Free. The decks of the Province Lands Visitor Center offer amazing views of dunes, ocean, and their inhabitants. Join a ranger to look for whales, birds, and historic buildings from the deck; or to explore new topics of the ranger’s choice. Meet at Province Lands Visitor Center, 171 Race Point Road, Provincetown.</p>
2 PM to 4 PM thru June 21 only	2 PM to 4 PM thru June 22 only	2 PM to 4 PM thru June 23 only	2 PM to 4 PM	2 PM to 4 PM	2 PM to 4 PM thru June 19 only	2 PM to 4 PM thru June 20 only	<p>OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION - Free. Old Harbor is the last intact life-saving station of Cape Cod’s original thirteen. The station has been restored and refurbished. A visit feels like stepping into a turn-of-the-century, working station. Park at Race Point Beach, 191 Race Point Road, Provincetown and take the short walk to Old Harbor. <i>Beach fee may apply.</i></p>

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Truro and Provincetown Program Descriptions and Meeting Locations
10 AM to 5:30 PM	TOUR: HIGHLAND LIGHT - Enjoy magnificent views from Cape Cod's oldest lighthouse. Open daily May 17 through October 13. \$4 adults, \$3 youth (under 18) and seniors (65+). Museum and store, 10 AM to 6 PM. <i>Operated by Eastern National.</i> Children must be 48 inches tall. 508-487-1121. www.highlandlighthouse.org . 27 Highland Light Road, North Truro.						
1 PM to 4:30 PM	10 AM to 4:30 PM	10 AM to 4:30 PM	10 AM to 4:30 PM	10 AM to 4:30 PM	10 AM to 4:30 PM	10 AM to 4:30 PM	MUSEUM: HIGHLAND HOUSE MUSEUM - Reopens June 1. Browse through an amazing array of objects from the Truro Historical Society's collection. \$5 adults (\$4 with same day ticket to Highland Light). \$4 students (\$3 with same day ticket to Highland Light). 12 and under and individual and family members free. <i>Hosted by volunteers of the Truro Historical Society.</i> www.trurohistorical.org . 27 Highland Light Road, North Truro.

Highlands Fest: *Sprouting Forth*

Saturday, June 27, 10 AM to 2 PM. Free. ♿



AmeriCorps member Andrew Platt leads the 2014 guided Woods Walk. NPS photo

Plant green bean seedlings for a Truro Agricultural Fair contest on September 6. Prepare to be awed by music and the cirque movement performance of the day.

Enjoy light refreshments. All ages and abilities are welcome! 43 Old Dewline Road, North Truro. *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, and follow to the end.

Highlands Fest is an annual celebration by Highlands Center at Cape Cod National Seashore's eight partner organizations: Barnstable County AmeriCorps Cape Cod, Cape Cod National Seashore, Fine Arts Work Center in Provincetown, Highlands Center Inc., Payomet Performing Arts Center, 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.

Join us for the engaging, participatory Highlands Fest 2015 special event at the Highlands Center at Cape Cod National Seashore. Create a festive mural that showcases artistic expressions of the Highlands Center "Sprouting Forth" as a destination for ecological understanding, art, green living, and healthy physical activity.

This year, our focus is on the "Healthy Parks, Healthy People" initiative, which celebrates parks as resources for engaging in healthy fun activities outdoors while fostering a deeper connection to the natural environment. Join us for fitness activities or yoga with a view. Enjoy a guided hike peppered with history on the Woods Walk Trail.

TUESDAY NIGHTS at SALT & POND VISITOR CENTER 7 PM, doors open at 6:30 PM. Free. 50 Nauset Road, Eastham. *Sponsored by Friends of the Cape Cod National Seashore.*

June 23 - The Alewives' Tale - Join Dr. Barbara Brennessel and Derrick Alcott, PhD candidate at UMass Amherst, for a look at the spawning migration of river herring in Wellfleet's Herring River estuary and the man-made barriers and predators they encounter along their journey. Learn about the biology and natural history of river herring and their historical importance.

June 30 - Cape Cod National Seashore's New Geographers - Cape Cod National Seashore's Geographic Information Specialist Mark Adams, and Coastal Vulnerability Specialist and Mapping Technician Mike Tanis



Mark Adams carries the RTK rover into the dunes at Race Point. NPS photo

can often be found out in the park using their GPS devices to get the lay of the land. Their work helps to understand the changing shoreline, the aquifer, the effects of storms, and the fate of local habitats. See examples of their mapping equipment. Learn how to use your powers of observation to better understand what's going on across the park.