

Cape Cod National Seashore Activity Guide July 2021

National Park Service
U.S. Department of the Interior
Cape Cod National Seashore



For complete information about Cape Cod National Seashore, including COVID-19 related operational changes, pick up the *Trip Planner*, available at seashore visitor centers.



Ranger leads visitors on a kayak program.

NPS/KEKOA ROSEHILL

Visitor Center Information

Salt Pond Visitor Center,
50 Nauset Road, off Route 6, Eastham, 508-255-3421
Daily 9 am to 5 pm

This visitor center offers magnificent views of Salt Pond, Nauset Marsh, and the Atlantic, and has an outstanding museum. The Nauset Marsh Trail, Buttonbush Trail, and Nauset Bicycle Trail are nearby. The America's National Parks store is open daily.

Both visitor centers offer staff to assist with trip-planning, exhibits, brochures and maps, and restrooms. People who are not fully vaccinated must wear masks where 6' of social distance cannot be maintained.

Activities especially suited for families with children.

National Park Service *Healthy Parks Healthy People* programs featuring parks as cornerstones of mental, physical, and spiritual health.

Long pants, appropriate footwear, hats, sunscreen, bug spray, and water are recommended for outdoor activities. For dune walks in loose, coarse sand, we recommend closed-toe shoes, such as sneakers.

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

This is a challenging hike. Wear closed-toe shoes; bring water, sunscreen, and bug spray. Expect to move at a brisk pace over difficult terrain and loose, coarse sand.

Programs and Activities Orleans, Eastham, and Wellfleet Area Programs

Masks are required for those who are not fully vaccinated. Pets are not permitted on programs except Wagfest.

Atwood-Higgins Homestead Tour – Thursdays, 11:30 am, 1 hour. Structures are closed, grounds tour only. Originally constructed in the 18th century, visit the oldest intact structure in the park and the “layers” of history at this site. Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 9.

Calling All Adventurers! – Tuesday, July 20 at 1 pm. 2-3 hours. Join a ranger and hike our longest trail at the seashore – the Great Island Trail. Meet at the trailhead parking lot before embarking on a hike to connect to stories, practices, and the natural wonders of the park. 1440 Chequessett Neck Road, Wellfleet.

Cape Cod Kids – Sunday, July 4, Friday, July 16, and Sunday, July 18 at 3 pm, 30 minutes. During this hands-on family program a ranger will share exciting nature stories and help you create a craft to take home. Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 9.

Captain Penniman House Tour – Wednesdays and Fridays, 11 am, 1 hour. Structures are closed, grounds only. Captain Penniman was one of the most successful whaling captains in New England. Join us to explore his 1868 home and learn about his family's hardships, adventures, and lifestyle. 70 Fort Hill Road, Eastham.

Critter Tales – Thursdays July 9 and 23 at 3 pm, 30 minutes. Through stories and activities, a ranger will take families on an imaginative journey to explore and connect with critters that call Cape Cod “home.” Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 9.

Discover Nauset Marsh Walk – Every Sunday, Tuesday, Thursday, and Saturday at 11 am, 1 hour, up to 1 mile. Nauset Marsh is home to a fascinating array of plants, animals, and complex ecosystems, and contains a rich past of prehistoric and historic human history. Join a ranger for a leisurely stroll around the marsh. Meet at the Salt Pond Visitor Center.

“Doane’t” You Wanna’ Walk to the Beach? – July 5, 13, 19, 27, and 29, 1 pm, 2 hours, 1.5 miles. Through stories and activities, a ranger will take families on an imaginative journey to explore and connect with the critters that call Cape Cod “home.” Meet at Doane Picnic Area, 520 Doane Road, Eastham.

Eastham – Before and After 1651 – Thursday July 8 and 22, 2 pm, 1 hour. Eastham's rich natural resources have influenced people for thousands of years. Join a ranger and a guide from the Eastham Historical Society to explore Eastham's history over time. Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 9.

Evenings at Salt Pond – Tuesdays, 7 pm, 1 hour. Free. End your day the perfect way, with free music, performance events, and presentations on Tuesday evenings at the outdoor amphitheater on the shores of Salt Pond or in the indoor auditorium. For outdoor programs, bench and lawn seating are available, picnicking is welcome, and bug spray is suggested. Indoor programs are held in the air-cooled auditorium, and doors open at 6:30 pm. Masks are required for those who are not fully vaccinated. In the event of rain, programs will be moved indoors, except “Saddle-Up,” which has a rain date. Free and sponsored by Friends of the Cape Cod National Seashore. Salt Pond Visitor Center, 50 Nauset Road, Eastham.

- July 6: Concert—Toast and Jam, bluegrass, folk, Americana (indoors)
- July 13: Family circus show—Payomet Performing Arts Center presents “Saddle-Up!” (outdoors, rain date Thursday, July 15)
- July 20: Family program—Kitty Hendricks-Miller presents “Wampanoag Ways” (indoors)
- July 27: Concert—Big Jazz, specially stylized and mainstream jazz (outdoors)
- July 30 (Friday): Concert—Jason Spooner Band (outdoors)

Province Lands Visitor Center,
171 Race Point Road, off Route 6, Provincetown, 508-487-1256
Daily 9 am to 5 pm

Outdoor observation decks offer sweeping views of the ocean and the surrounding dune landscape. The Province Lands Bicycle Trail, Race Point Beach, and the Beech Forest are nearby. The America's National Parks store is slated to open in mid-July.

Fish, Snails, & Horseshoe Crab Tails – Saturday, July 31 at noon, 2 hours, 1 mile. During this family program we'll discover the wonderful life that thrives in the tidal flats. Wear water shoes, prepare to wade, and bring nets and buckets if you have them. Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 9.

Kayak Adventures Up to 3 hours, up to 3 miles. Paddle with a ranger to explore the diverse aquatic ecosystems and rich human history of the seashore. All equipment provided. Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 9. Experienced kayakers only, 16 years old minimum.

- Great Island, Wellfleet: July 14 & 28 from 1:30 to 3:30 pm
- Nauset Marsh, Eastham: July 7, 11 and 21 from 1 to 4 pm
- Pleasant Bay, Orleans: July 25, 1 to 4 pm

Marconi Story – Connecting America to Europe – Tuesday, July 6 and Saturday, July 17, 2 pm, 45 minutes. Four, 220-foot tall towers once stood on the Wellfleet bluffs. Transatlantic wireless history was made from here in 1903, revolutionizing and forever changing communication. Join a ranger at the Marconi Station Site in Wellfleet to hear the story of how one man “talked” across the ocean.

Plants Along The Trail – Healers & Invaders – Saturdays, July 3, 10, and 24, 2 pm, 1 hour. Join a ranger for an adventure into the world of Cape Cod's green kingdom. Meet at the Salt Pond Visitor Center.

Salt Pond Canoe – Sundays, Wednesdays, and Fridays, 10 am, 1.5 hours, 1 mile. A ranger will share the nature of marshes and kettle ponds on this easy paddling trip via canoe or kayak. Minimum age is 6 years old. All equipment provided. Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 9.

Sharks and Seals: Cape Cod's Dynamic Duo Walk (Eastham) – Mondays, Wednesdays, and Fridays, 9:30 am, 1 hour, up to 1 mile in loose sand. Join a ranger at Coast Guard Beach to examine the relationship between sharks and seals and the roles they play in the balance of a healthy marine environment. Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 9.

Plein Air Painting with Eastham Painter's Guild – Tuesdays, 8:30 - 10:30 am. Location varies. Throughout the summer, look for members of the Eastham Painter's Guild at different seashore locales capturing the many dimensions of this beautiful place.

- July 6: Chequessett Neck, Wellfleet
- July 13: Doane Rock, Eastham
- July 20: Province Lands Visitor Center, Provincetown
- July 27: Salt Pond Visitor Center, Eastham

Surf Casting: Going Deep – Thursday, July 29, 7:30 am, 1 hour. People have always fished the Cape's rich ocean waters. Join us on a beach to learn about the origins of surf fishing and an introductory surfcasting lesson. Minimum age of 12. All equipment provided. Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 9.

Terrace Talk – Daily, 2 pm, 20-30 minutes. Cape Cod National Seashore is home to diverse wildlife and rich history. Join a ranger at the Salt Pond Visitor Center to hear stories of the people, plants, and animals of the seashore.

Three Sisters Lighthouses Tour – Mondays, 11 am, 1 hour. Structures are closed, grounds tour only. These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Explore their history and importance. Meet at the Three Sisters Lighthouse parking lot – space is limited – on the north side of Cable Road.

Programs and Activities Truro and Provincetown Area Programs

Art in the Dunes Hike – Wednesdays July 7 and 21, 4 pm, 2½ to 3 hours, 2½ miles in loose sand. On this long hike into the Province Lands dunes, view the natural qualities that have long attracted artists and writers. Reservations required and accepted no more than one week in advance by calling Province Lands Visitor Center at (508) 487-1256. ♿

B.A.R.K. Ranger Wagfest—Friday, July 9, 11 am, 30 minutes. Calling all dogs! Bring your leashed, socialized person to learn about the national seashore's new B.A.R.K. Ranger program! Learn the B.A.R.K. Ranger principles, take the pledge, shake the ranger's paw, and earn some swag to wear with pride! Meet at the Province Lands Amphitheater. ♿

Big View Hiking – Mondays, 10 am, 2 hours, 3-4 miles. Join us for an energetic, cardiovascular hike to some of the most majestic ocean and bay views in the national seashore. Reservations are required and may be made up to one week in advance by calling the Province Lands Visitor Center at (508) 487-1256. ♿

Bike Safety Days – Join us for our annual bike safety days on Friday, July 30 at Province Lands Visitor Center and on Friday, August 6 at Salt Pond Visitor Center, from 10 am to noon. The events promote safety to help reduce bike accidents, the leading cause of injuries in the seashore. Bike safety checks, helmet fittings, educational displays (see our Jell-O brain!), and maybe a helmet giveaway. ♿

Cape Cod Ninja Warrior – Sundays, 10 and 11 am, two 45 minute sessions. In the spirit of the popular television show "American Ninja Warrior," tackle our Race Point Beach family-friendly, low-lying, obstacle course in the sand. Reservations required and accepted no more than one week in advance by calling Province Lands Visitor Center at (508) 487-1256. ♿

Celebrate Cape Cod – Thursdays July 8 and 22, 3 pm, 1½ to 2 hours, up to 2 miles. Discover the fascinating nature and captivating history that makes Cape Cod magical. Topics and locations vary. Reservations required and accepted no more than one week in advance by calling Province Lands Visitor Center at (508) 487-1256.

Family Fun—Fridays, 10 am to noon. Join rangers for hands-on educational activities, crafts, and very short hikes. Whether exploring the tidal flats, the beach, or a pond, we'll be having fun together! Locations vary weekly. Reservations are required and may be made up to one week in advance by calling the Province Lands Visitor Center at (508) 487-1256. ♿

Full Moon Campfire – Friday, July 23, 7 pm, 1 hour. Enjoy sunset on the beach and an evening of folklore and games around the campfire. Bring a beach chair or towel to sit on. Meet the rangers on the beach in front of the large bathhouse and area, just south of the beach entrance at Herring Cove Beach in Provincetown. Accessible with assistance; please notify Province Lands Visitor Center in advance at (508) 487-1256.

Highland House Museum – \$8 for adults; \$7 for seniors and students ages 6-17; free for children under 5. Operated by Truro Historical Society. Opens for the season on July 6, 2021. Open Wednesday through Saturday, 10 am to 4 pm. New exhibit, Wampanoag Nation: People of the First Light. 6 Highland Light Road, North Truro, 508-487-3397. Read more: www.trurohistoricalsociety.org/highlandhouse

Kayak the Outer Cape – Wednesdays, up to 3 hours, 3 miles. Discover the seashore's diverse watery worlds on a kayak trip with a ranger through a meandering marsh, captivating kettle pond, or dune-sided lake in Truro or Provincetown. Locations and times vary. All equipment provided. Previous kayaking experience required. Minimum age is 12. Reservations required and accepted no more than one week in advance by calling Province Lands Visitor Center at (508) 487-1256. ♿


- 7/7 Long Point 10 am
- 7/14 Gull Pond or East Harbor 5 pm
- 7/21 Long Point 10 am
- 7/28 Gull Pond or East Harbor 5 pm

Old Harbor Life-Saving Station Open House – Drop-in program, Fridays, Saturdays, Sundays, and Mondays from 2 to 4 pm. Built in 1898, Old Harbor is the last intact 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. Beach fees may apply.

Ranger on Deck – Daily at 10 am, 11 am, 2 pm, 3 pm, 20-30 mins. Join a ranger to look for whales, birds, and historic buildings from the outdoor deck; or to explore new topics of the ranger's choice. Province Lands Visitor Center. ♿

Sharks and Seals: Cape Cod's Dynamic Duo Walk (Truro) – Tuesdays and Saturdays, 10 am, 1 hour, up to 1 mile in loose sand. Join a ranger to examine the relationship between sharks and seals and the roles they play in the balance of a healthy marine environment. Bring a pair of binoculars for seal viewing. Meet at Head of the Meadow Beach, Truro.

Stories of the Seashore – Mondays, Tuesdays, Wednesdays, and Fridays at 2 pm, up to 2 hours, 1-2 miles in loose sand. Location varies. Explore the enchanting dune landscape of unusual plants and wild cranberry bogs, while learning about the Province Lands' unique place in American history. Wear closed-toe shoes appropriate for walking in sand. Location varies. Reservations are required and may be made up to one week in advance by calling the Province Lands Visitor Center at (508) 487-1256.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Programs 10 am Ranger on Deck, Province Lands Visitor Center, Provincetown 11 am Ranger on Deck, Province Lands Visitor Center, Provincetown 2 pm Ranger on Deck, Province Lands Visitor Center, Provincetown 2 pm Terrace Talk, Salt Pond Visitor Center, Eastham 3 pm Ranger on Deck, Province Lands Visitor Center, Provincetown <i>*Italicized text indicates Truro/Provincetown area programs.</i>						
4 10 am Salt Pond Canoe 11 am Discover Nauset Marsh 10 am Cape Cod Ninja 11 am Cape Cod Ninja 2-4 pm Old Harbor 3 pm Cape Cod Kids	5 9:30 am Sharks and Seals (Eastham) 10 am Big View Hike 11 am-noon Three Sisters Lighthouses 1 pm Doane Walk 2 pm Stories of the Seashore 2-4 pm Old Harbor	6 8:30-10:30 am Plein Air Wellfleet 10 am Sharks and Seals (Truro) 11 am Discover Nauset Marsh 2 pm Marconi Story 2 pm Stories of the Seashore 7 pm Evenings at Salt Pond: Toast and Jam	 7 9:30 am Sharks and Seals (Eastham) 10 am-4 pm Highland House Museum 10 am Salt Pond Canoe 10 am Kayak the Cape 11 am Captain Penniman House 1 pm Kayak Adventure (Nauset Marsh) 2 pm Stories of the Seashore 4 pm Art in the Dunes	8 10 am-4 pm Highland House Museum 11 am Discover Nauset Marsh 11:30 am Atwood Higgins Homestead 2 pm Eastham B&A 3 pm Celebrate Cape Cod	9 9:30 am Sharks and Seals (Eastham) 10 am-4 pm Highland House Museum 10 am Salt Pond Canoe 10 am-noon Family Fun 11 am B.A.R.K. Ranger 11 am Captain Penniman House 2 pm Stories of the Seashore 2-4 pm Old Harbor 3 pm Critter Tales	10 10 am Sharks and Seals (Truro) 10 am-4 pm Highland House Museum 11 am Discover Nauset Marsh 2 pm Plants Along Trail 2-4 pm Old Harbor
11 10 am Salt Pond Canoe 10 am Cape Cod Ninja 11 am Cape Cod Ninja 11 am Discover Nauset Marsh 1 pm Kayak Adventure (Nauset Marsh) 2-4 pm Old Harbor	12 9:30 am Sharks and Seals (Eastham) 10 am Big View Hike 11 am-noon Three Sisters Lighthouses 2 pm Stories of the Seashore 2-4 pm Old Harbor	13 8:30-10:30 am Plein Air Doane Rock, Eastham 10 am Sharks and Seals (Truro) 11 am Discover Nauset Marsh 1 pm Doane Walk 2 pm Stories of the Seashore 7 pm Evenings at Salt Pond: Payomet Circus	14 9:30 am Sharks and Seals (Eastham) 10 am-4 pm Highland House Museum 10 am Salt Pond Canoe 11 am Captain Penniman House 1:30 pm Kayak Adventure (Great Island) 2 pm Stories of the Seashore 5 pm Kayak the Cape	15 10 am-4 pm Highland House Museum 11 am Discover Nauset Marsh 11:30 am Atwood Higgins Homestead 2 pm Eastham B&A 3 pm Celebrate Cape Cod	16 9:30 am Sharks and Seals (Eastham) 10 am-4 pm Highland House Museum 10 am Salt Pond Canoe 10 am-noon Family Fun 11 am Captain Penniman House 2 pm Stories of the Seashore 2-4 pm Old Harbor 3 pm Cape Cod Kids	17 10 am Sharks and Seals (Truro) 10 am-4 pm Highland House Museum 11 am Discover Nauset Marsh 2-4 pm Old Harbor 2 pm Marconi Story
18 10 am Salt Pond Canoe 10 am Cape Cod Ninja 11 am Cape Cod Ninja 11 am Discover Nauset Marsh 2-4 pm Old Harbor 3 pm Cape Cod Kids	19 9:30 am Sharks and Seals (Eastham) 10 am Big View Hike 11 am-noon Three Sisters Lighthouses 1 pm Doane Walk 2 pm Stories of the Seashore 2-4 pm Old Harbor	20 8:30-10:30 am Plein Air Provincetown 10 am Sharks and Seals (Truro) 11 am Discover Nauset Marsh 1 pm Calling All Adventurers 2 pm Stories of the Seashore 7 pm Evenings at Salt Pond: Wampanoag Ways	21 9:30 am Sharks and Seals (Eastham) 10 am-4 pm Highland House Museum 10 am Salt Pond Canoe 10 am Kayak the Cape 11 am Captain Penniman House 1 pm Kayak Adventure (Nauset Marsh) 2 pm Stories of the Seashore 4 pm Art in the Dunes	22 10 am-4 pm Highland House Museum 11 am Discover Nauset Marsh 11:30 am Atwood Higgins Homestead 2 pm Eastham B&A 3 pm Celebrate Cape Cod	23 9:30 am Sharks and Seals (Eastham) 10 am-4 pm Highland House Museum 10 am Salt Pond Canoe 10 am-noon Family Fun 11 am B.A.R.K. Ranger 11 am Captain Penniman House 2-4 pm Old Harbor 2 pm Stories of the Seashore 3 pm Critter Tales 7 pm Full Moon Campfire	24 10 am Sharks and Seals (Truro) 10 am-4 pm Highland House Museum 11 am Discover Nauset Marsh 2-4 pm Old Harbor 2 pm Plants Along Trail
25 10 am Salt Pond Canoe 10 am Cape Cod Ninja 11 am Cape Cod Ninja 11 am Discover Nauset Marsh 1 pm Kayak Adventures (Orleans) 2-4 pm Old Harbor	26 9:30 am Sharks and Seals (Eastham) 10 am Big View Hike 11 am-noon Three Sisters Lighthouses 2-4 pm Old Harbor 2 pm Stories of the Seashore	27 8:30-10:30 am Plein Air Salt Pond, Eastham 10 am Sharks and Seals (Truro) 11 am Discover Nauset Marsh 1 pm Doane Walk 2 pm Stories of the Seashore 7 pm Evenings at Salt Pond: Big Jazz	28 9:30 am Sharks and Seals (Eastham) 10 am-4 pm Highland House Museum 10 am Salt Pond Canoe 11 am Captain Penniman House 1:30 pm Kayak Adventure (Great Island) 2 pm Stories of the Seashore 5 pm Kayak the Cape	29 7:30 am Surf Casting 10 am-4 pm Highland House Museum 11 am Discover Nauset Marsh 11:30 am Atwood Higgins Homestead 1 pm Doane Walk	30 9:30 am Sharks and Seals (Eastham) 10 am-4 pm Highland House Mus. 10 am Salt Pond Canoe 10 am-noon Family Fun 10 am-noon Bike Safety 11 am Capt. Penniman House 2 pm Stories of the Seashore 2-4 pm Old Harbor 7 pm Evenings at Salt Pond: Jason Spooner Band	31 10 am Sharks and Seals (Truro) 10 am-4 pm Highland House Museum 11 am Discover Nauset Marsh noon Fish, Snails, & Horseshoe Crab Trails 2-4 pm Old Harbor