

# Cape Cod National Seashore Activity Guide

## May 2024

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



Visitors enjoy a walk along a park trail.

NPS PHOTO

## 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 expansive 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.

*Salt Pond Visitor Center (Eastham) and Province Lands Visitor Center (Provincetown) have staff to assist with trip planning, restrooms, exhibits, an award-winning orientation film (open captions audio description, and assistive listening devices available), and large print and Braille versions of some park publications. The America's National Parks stores are open daily, with apparel, books, field guides, and a variety of seashore-related items for sale. Many ranger-guided programs occur at or depart from the visitor centers. Ask about Junior Ranger and B.A.R.K. Ranger programs.*

**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 Trail are nearby.



**Shorebirds Have Arrived!**  
Watch your step!

Shorebird nesting is in full swing at nearly every beach in the park. Look for pet closure signage on beaches and follow accordingly. Some temporary closures vary during the season. The first shorebirds arrive in March. Shorebird activity peaks in June through the end of July.

NPS/NEGREANN



**Spring Fling!**  
A Partnership Event

Celebrate spring and explore the seashore's resources, beauty, and history through activities and events offered by seashore partners and park rangers. Some activities are family-friendly. Look for flyers or ask visitor center rangers for details.

NPS/D.PETERSON

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* Text with an asterick indicates a Truro/Provincetown program			<b>1</b> 11 am Ranger on Deck*	<b>2</b> 2 pm Terrace Talk	<b>3</b>	<b>4</b> 3 pm Dune and Bog Walk*
!! In the event of heavy rain, lightning, or excessive heat and humidity, outdoor programs may be canceled or modified. Check in with the respective visitor center.						
<b>5</b> 9:30 am Hike with Friends: Bound Brook Island (Spring Fling) 3 pm Sharks and Seals (Truro)	<b>6</b>	<b>7</b>	<b>8</b> 2 pm Terrace Talk	<b>9</b> 11 am Spring Hike Series (Nauset Marsh) 7 pm Teddy Thompson, Payomet (Spring Fling)*	<b>10</b>	<b>11</b> 8 am Beech Forest Bird Walk* 9:30 am Hike with Friends: Hatches Harbor (Spring Fling)* 3 pm Dune and Bog Walk*
<b>12</b> 3 pm Sharks and Seals (Truro)	<b>13</b> 10 am Hike with Friends: Nauset Marsh (Spring Fling)	<b>14</b> 11 am Spring Hike Series (Atlantic White Cedar)	<b>15</b> 10:30 am Junior Ranger Family Activity 2 pm Terrace Talk	<b>16</b>	<b>17</b> 10:30 am Junior Ranger Family Activity 8 pm Old Harbor Lantern Tour*	<b>18</b> 10 am Spring Photography Hike* 3 pm Dune and Bog Walk*
<b>19</b> 3 pm Sharks and Seals (Truro)	<b>20</b>	<b>21</b>	<b>22</b> 2 pm Terrace Talk	<b>23</b>	<b>24</b>	<b>25</b> 3 pm Dune and Bog Walk*
<b>26</b> 3 pm Sharks and Seals (Truro)	<b>27</b> 9 am Sharks and Seals (Eastham)	<b>28</b>	<b>29</b> 11 am Mystery of the Penniman Photos 2 pm Terrace Talk	<b>30</b> 9 am Sharks and Seals (Eastham)	<b>31</b>	<b>1</b> 9 am- 3 pm Family Fishing Day*



- 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

**Junior Ranger Family Activity** – May 15 & 17 at 10:30 am, 30 mins. Want to be a Junior Ranger? Join a ranger for an activity to learn and use skills to be a Junior Ranger. Junior Rangers of all ages are welcome. Meet at Salt Pond Visitor Center. 🦋

**Mystery of the Penniman Photos** – May 29, 11 am, 1 hour. Join park staff to uncover the stories of the “dry-plate” photo collection of Betsey Penniman, Captain Edward Penniman’s daughter. This one-hour presentation will be held at the Salt Pond Visitor Center auditorium. ♿ 🦋

**Sharks and Seals: Cape Cod’s Dynamic Duo Walk (Eastham)** – May 27 & 30, 9 am, 1 hour, up to 1 mile in loose sand. Examine the relationship between sharks and seals and their roles in 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. 0. ✓

**Spring Hiking Series** – 2 hours, locations vary. Join a ranger to explore the various trails, ecosystems, and Cape Cod stories to get outside during the spring weather. Meet at trailhead. Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 0. ✓ 🦋

- Thursday, May 9, 11 am – Nauset Marsh, 1.3 miles
- Tuesday, May 14, 11 am – Atlantic White Cedar Swamp, 1.6 miles

**Terrace Talk** – May 2, 8, 15, 22, 29, 2 pm, 30 minutes. Cape Cod National Seashore is full of animals, history, and pristine landscapes. Join a ranger for a presentation exploring one of the many wonders of the seashore. Meet at Salt Pond Visitor Center. ♿

## Programs and Activities Truro and Provincetown Area Programs

**Beech Forest Bird Walk** – Saturday, May 11, 8 am, 1-2 hours, 1 mile. Spring has sprung, and migratory songbirds and waterfowl are moving their way through the freshwater resources and forests of the Cape. Join a ranger to identify some of the usual suspects and learn basic birding skills. Bring your own binoculars although we will have a few on hand. ✓

**Dune and Bog Walk** – Saturdays, 3 pm, 1-2 hours, 1-2 miles in loose sand. Head out from the Province Lands Visitor Center to explore an enchanting landscape of sand dunes and wild cranberry bogs. Meet at the Province Lands Visitor Center. ✓

**Family Fishing Day** – Saturday, June 1, various times. Bring the whole family down to the Cape tip to learn about and try out surf casting. Kids, sister, son, singles - everyone welcomed. Only children 12 years and older will be able to try out the rods, but there will be learning stations for all, and a “Fish Camp” with activities for younger children. Please leave pets at home. Join us during two time slots, 9-11 am and 11 am-1 pm. Registration is required. Learn more and register here: <https://signup.com/go/ETWOBOT> 🦋

**Highland Light Tour** – Daily starting May 3, 9 am to 5 pm, last tour at 4:30 pm. The original Highland (Cape Cod) Light was constructed in 1797, making it the first lighthouse on Cape Cod. The current

1857 tower is the third on the site, and recently underwent a major rehabilitation. 27 Highland Light Road, Truro. Tours operated by seashore partner, Eastern National. [www.highlandlighthouse.org](http://www.highlandlighthouse.org).

**Old Harbor Lantern Tour** – Friday, May 17, 8 pm. Tour the Old Harbor Life-saving Station by lantern light and imagine what a night shift would have felt like for the surfmen. Join volunteers for walks out to the bluff to hear the tale of lifesaving heroics during the wreck of the Elsie Smith. Race Point Beach, Provincetown.

**Sharks and Seals: Cape Cod’s Dynamic Duo Walk (Truro)** – Sundays, 3 pm, 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 binoculars if you have them for seal viewing. Meet at Head of the Meadow Beach, Truro.

**Spring Photography Hike: Griffin Island** – Saturday, May 18, 10 am, 2 hours, 2-3 miles. Join a ranger photographer to discover the trails of the Griffin Island area. Explore the pine forests, heathlands and cliffs along Cape Cod Bay between Great Island and Duck Harbor, while learning some of the history of the area. Reservations are required and can be made up to one week in advance by calling Province Lands Visitor Center at (508) 487-1256. 🦋 🌿 ✓



**Beach Campfire Permits**

Interested in a beach fire? A limited number of daily beach campfire permits are issued at park visitor centers. For fires at Coast Guard, Nauset, or Marconi beaches, reserve a permit at the Salt Pond Visitor Center in Eastham. For fires at Head of the Meadow, Race Point, or Herring Cove beaches, reserve a permit at Province Lands Visitor Center in Provincetown.

To learn more about beach campfire permits, visit our website.



### 2024 Nauset Light Tour Schedule

<b>May</b>	
May 12 (Mother's Day)	1-4 pm
May 19	1-4 pm
May 26	4:30-7:30 pm
<b>June</b>	<b>4:30-7:30 pm</b>
Sundays & Wednesdays	
<b>July</b>	<b>4:30-7:30 pm</b>
Sundays & Wednesdays	
<b>August</b>	<b>4:30-7:30 pm</b>
Sundays & Wednesdays	
*Wednesday, August 7: National Lighthouse Day	
<b>September</b>	
September 1, 8, 15	4:30-7:30 pm
September 22, 29	1:00-4:00 pm
Wednesdays	1:00-4:00 pm
<b>October</b>	<b>1:00-4:00 pm</b>
Sundays	
*Thursday, October 17: Full Moon Tour	
	6:30-8:30 pm



**Historic buildings are reopening!**

Open houses and tours will resume at several of the seashore’s historic properties in June, including Old Harbor Life-Saving Station, Three Sisters, and the Captain Edward Penniman House. Stop by visitor centers or check our online calendar for schedules and details.

LAUREN HARNETT PHOTOGRAPHY



The Official NPS App is **HERE**

### Download the NPS App!

Plan your adventure from your phone, download maps and tours ahead of time, and find things to do and places to visit on your adventure.

While you’re in the park, use the self-guided tours to learn about the park, create and share a virtual postcard, and stay informed about any alerts or closures.



### Become a B.A.R.K. Ranger!

Do you know the rules of B.A.R.K.?

- B- Bag your poop
- A- Always wear a leash
- R- Respect wildlife
- K- Know where to go

Visit the B.A.R.K. Ranger page on our website to help your pooch become a “Virtual B.A.R.K. Ranger” or stop by one of our visitor centers to earn some cool swag! <https://go.nps.gov/caco-bark>