Fall Fling!
Cape Cod National Seashore Partnership Events

Celebrate fall and explore the seashore’s resources, beauty, and history through activities and events offered by seashore partners and park rangers. All activities are free, except as noted.

Friday, September 23:
Truro Historical Society, Restoration Celebration, 4-6 pm. This event will celebrate the five year long restoration of the former 1907 resort hotel that serves as our museum. We welcome all to celebrate with us! Celebration to take place at the Highland House Museum, 6 Highland Light Road, North Truro, MA.

Friday, September 23:
Center for Coastal Studies, Wellness Weekend Yoga Class, 5:30 pm. Breathe and flow in a yoga class under our Spinnaker exhibit. Taught by Hannah O’Rourke, the class is part of a series of events during the Provincetown Wellness Weekend event. Email Hannah at arietty@aol.com for more information and to register. Meet at Center for Coastal Studies Hiebert Marine Lab, 5 Holway Ave.

Saturday, September 24:
National Public Lands Day, 9 am-12 pm. National Public Lands Day is the largest single day volunteer effort in America and it celebrates the connection between people and green spaces in their community. Join us for a park project that need some volunteer assistance! Fight erosion and make someone’s hike an easier one by helping to regrade steps and and rehab erosion fabric on the stairs from the Great Island parking lot down to the marsh. If you are interested in participating in this project, please email CACO_volunteer@nps.gov. You will receive details about meeting location and what to bring (water, sunscreen, etc.).

Saturday, September 24:
Dark Sky Festival, all day. Bring your family and join us for our first full-day event dedicated to bringing recognition and celebration to the night sky on the Cape. In partnership with Cape Cod Astronomical Society, this day will feature guest presentations from astronomers, enthusiasts, and rangers at the Salt Pond Visitor Center followed by a Star Party at Marconi Beach Parking Lot at 7:30–10 pm! Get the full details on nps.gov/caco/planyourvisit/calendar

Friday, September 30-Monday, October 3:
Center for Coastal Studies, Beach Clean Up, 8 am – 5 pm daily. Not for the faint of heart, this four-day cleanup begins at Coast Guard Beach in Eastham and ends at Race Point in Provincetown, clearing the entirety of the Cape Cod National Seashore over the course of four days. The event runs from 8 am – 5 pm each day. Contact Laura Ludwig lludwig@coastalstudies.org for more details or to register.
- Friday, September 30: Coast Guard Beach/Eastham to LeCount Hollow/Wellfleet
- Saturday, October 1: LeCount Hollow/Wellfleet to Ballston Beach/Truro
- Sunday, October 2: Ballston Beach/Truro to High Head/Truro
- Monday, October 3: High Head/Truro to Race Point Beach/Provincetown

Saturday, October 1:
Friends of Herring River, 10 am-12 pm “The Amazing Journey of Young of the Year Herring: From Pond to Ocean”. Join Barbara Brennessel to hike part of the Upper Herring River watershed and trace the migration of small, “young of the year” river herring. Meet at Gull Pond Parking Lot in Wellfleet. Register at www.herringriver.org/events (Rain date Sunday, October 2).

Saturday, October 1:
Friends of the Cape Cod National Seashore, 35th Annual Speaker Series, 1 pm, “The Creation of Cape Cod: Its Geologic History and Present-day Coastal Processes and Climate Change”. Dr. Mark Borrelli will explore how Cape Cod got its characteristic shape and how present-day coastal processes have affected its ongoing evolution. Salt Pond Visitor Center, Eastham.
Programs continued

Saturday, October 1: Cape Cod Healthcare, “Talk and Walk with a Doc,” 9 am. Part of the Healthy Parks, Healthy People wellness initiative, features a talk followed by Q&A with Cape Cod Healthcare cardiologist Elissa Thompson, MD; a brief talk about forest bathing; a 20-minute mindfulness and meditation session; and 1.4-mile walk around scenic Nauset Marsh. Meet at the Salt Pond Visitor Center, Eastham.

Saturday, October 1: Payomet Performing Arts, David Wax Museum, 7 pm. Pioneering folk musicians David Wax and Suz Slezak are the plucky husband-wife duo behind the eclectic, exuberant “Mexo-Americana” band David Wax Museum, and they’ll be back this fall under the tent for a cozy performance. 29 Old Dewline Road, N. Truro. Tickets: http://tickets.payomet.org/DavidWaxMuseum

Sunday, October 2: Payomet Performing Arts, Black Joe Lewis & The Honeybears and Cedric Burnside, 3 pm. This performance will ignite the tent for an evening of unmatched soul, loud passion, and energy—and we are beyond excited to welcome them to our stage! 29 Old Dewline Road, N. Truro. Tickets: http://tickets.payomet.org/BlackJoeLewisCedricBurnside

Saturday, October 8: Friends of the Cape Cod National Seashore, 35th Annual Speaker Series, 1 pm, “Intersection Between a Healthy Environment, Traditional Ecological Knowledge, and Art”. Dr. Elizabeth James-Perry will be presenting. Salt Pond Visitor Center, Eastham.

Saturday, October 8: Payomet Performing Arts, Ruthie Foster, 7 pm. Acclaimed acoustic blues vocalist Ruthie Foster has shared the stage with the biggest in the biz and won countless awards—and we are so looking forward to hosting her big voice under our big-top tent in Truro! 29 Old Dewline Road, N. Truro. Tickets: http://tickets.payomet.org/RuthieFoster

Monday, October 10: Wellfleet Conservation Trust, Coast Sweep 2022, 9 am. Join our community beach cleanup! Meet at Mayo Beach in Wellfleet. Friends of Herring River will be working and removing trash at the Gut, the mouth of the Herring River. Volunteers are welcome.

Saturday, October 15: Friends of the Cape Cod National Seashore, 35th Annual Speaker Series, 1 pm, “Promises of the Park: The Genesis, Philosophy, Plans, and Compromises of the National Seashore”. Park historian, Bill Burke will discuss philosophy behind new parks, the master plan for the seashore, growing pains, big compromises, lingering controversies, successes and failures, and what the future might hold. Salt Pond Visitor Center, Eastham.

Tuesday, October 18: Sustainable CAPE, Changing Seasons in the Garden, 3:30-4:30 pm. Calling all children! Join us at Sustainable CAPE’s Children’s Community Garden at the Truro Library to learn about Cape Cod birds and how gardens help feed and attract them with a National Park Service ranger. We’ll then learn about and collect mature heirloom seeds to plant for next year’s garden. Register at 508-487-1125 or simply drop-in. Parents and children welcome.

Saturday, October 22: Friends of the Cape Cod National Seashore, 35th Annual Speaker Series, 1 pm, “40 Years Behind the Mast: The Ever-Changing Nature of Cape Cod”. Dr. Bob Prescott will reflect on the changes in wildlife—sea turtles, horseshoe crabs, diamondback terrapins, and more—that he experienced during his 40-year career which are representative of the ecological changes experienced on the Outer Cape as a whole and largely influenced by the National Seashore. Salt Pond Visitor Center, Eastham.

Saturday, November 5: Cape Cod Modern House Trust, Cape Cod Modern Houses, 3 pm. Starting in the late 1930s, the outer Cape attracted some of the prime movers of modern architecture, who built houses for themselves and friends in the secluded pinewoods. This presentation will explore the buildings, their fascinating back-story and their new lives as hubs of creativity activity and scholarship. Salt Pond Visitor Center, Eastham.

Interested in learning more? Seashore-related items such as books, maps, field guides, nature exploration, apparel, and gifts are available at the America’s National Parks stores at Salt Pond and Province Lands visitor centers and the Keeper’s Shop at Highland Light. Managed by seashore education partner, Eastern National.