

# RANGER-LED ACTIVITIES, September 1 through 30, 2013



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



Denotes activities especially suited for families with children.



Denotes fee program. Fee required.



Long pants (shorts for canoe trips), appropriate footwear, hats, sunscreen, bug spray, and water are recommended for outdoor activities.



Denotes National Park Service Ocean Park Stewardship programs aimed at improving awareness and protection of marine resources.

## SPECIAL PROGRAM AND RESERVATION POLICY

**RESERVATION POLICY:** *All programs requiring reservations may be reserved no more than seven days in advance.*

- Salt Pond Paddle trips: \$17 per adult, \$12 per child 16 and under (minimum age 6). No experience required.
- Payments are nonrefundable, available no more than 7 days 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.

Some restroom facilities at program locations may be closed for the season.

**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**

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham and Wellfleet Program Descriptions and Meeting Locations
		9:30 AM		9:30 AM	9:30 AM	9:30 AM no program 9/7	<p><b>MORNING RANGER WALKS - varying durations and distances. Free.</b></p> <p><b>Tuesdays: Archeology on the Outer Cape -1 hour, ½ mile.</b> Learn about the various archeological discoveries at Cape Cod National Seashore including the Carns Site. Meet at Coast Guard Beach parking area, Eastham. <i>Accessible with assistance, if Salt Pond Visitor Center is notified in advance.</i></p> <p><b>Thursdays: Seal Search -1½ hours, 1½ miles in soft sand.</b> Hike along the Coast Guard spit, look for seals, learn about the species we might see, and some of the adaptations they have that make them suited for a life in the ocean. Meet at Coast Guard Beach parking area, Eastham. <i>Limited parking.</i></p> <p><b>Fridays: Life on the Edge - 1 hour, 1 mile.</b> Witness the impact the sea has on the shore and the species that live there. Explore the beach below the bluff and discuss the issues associated with an ever-changing shoreline. Meet at Nauset Light Beach parking area, Eastham.</p> <p><b>Saturdays: Searching for Birds - 2 hours.</b> Join a skilled birdwatcher at various sites in the park for bird identification and observations. Bring binoculars if you have them. Meet out front of the Salt Pond visitor Center, Eastham, to caravan to selected sites.</p>
10 AM no program 9/8							<p><b>CANOEING: SALT POND PADDLE - 1½ hours, 1½ miles.</b> Take a leisurely paddle in the protected waters of Salt Pond and nearby area of Nauset Marsh in Eastham to explore the beauty and significance of this awe-inspiring place. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.</b></p>



Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham and Wellfleet Program Descriptions and Meeting Locations
	T 11 AM	OH 1 - 4 PM	OH 1 - 4 PM	OH 1 - 4 PM		T 11 AM	<p><b>CAPTAIN EDWARD PENNIMAN HOUSE: A WHALING FAMILY'S STORY - Free.</b> Learn about the Penniman family through a tour of their home and stories of their travels. Examine some of the hardships, adventures, and lifestyle of a whaling family. <b>T= TOUR, BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER. OH = OPEN HOUSE, BROWSE THROUGH.</b> Meet at the Penniman House at Fort Hill, Eastham. <i>Limited parking.</i></p> 
			11 AM				<p><b>TOUR: ATWOOD-HIGGINS HOUSE - 1 hour. Free.</b> Learn about early 18th-century Cape Cod architecture and one of the Outer Cape's early colonial settlement sites. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER.</b> <i>Directions:</i> Take Route 6. Turn onto Pamet Point Road, Wellfleet, at the Truro town line, follow signs.</p>
2 PM <i>no program</i> 9/8	2 PM <i>no program</i> 9/16	2 PM <i>no program</i> 9/17	2 PM			2 PM	<p><b>AFTERNOON RANGER WALKS - varying durations and distances. Free.</b></p> <p><b>Sundays and Tuesdays: Shoreline Stroll - 1 hour, 1 mile.</b> Explore the habitats of forest, marsh, dunes, and bay, while discovering how they all work together to create a dynamic coastal barrier system known as the Great Island "gut." Meet at Great Island parking area, Wellfleet.</p> <p><b>Mondays: Curious About Sharks? - 1 hour, less than 1 mile.</b> Walk the beach to piece together how the increase in seals has allowed for both the return of great white sharks along these shores and the renewal of a complete ecosystem. Meet at Marconi Beach boardwalk, Wellfleet.</p> <p><b>Wednesdays and Saturdays: Salt Pond Stroll - 1 hour, 1 mile.</b> On this easy walk we will discover some of the intriguing stories and features of this naturally and culturally significant area within the national seashore. Meet at the terrace of the Salt Pond Visitor Center, Eastham.</p> 
4 PM		4 PM					<p><b>TOUR: THREE SISTERS LIGHTHOUSES - 1 hour, ½ mile. Free.</b> 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, Eastham. <i>Beach fee may apply on weekends.</i></p> 
Times vary							<p><b>TOUR: NAUSET LIGHT - Lighthouses have guided mariners off Cape Cod shores since the late 1700s. Nauset Light remains a navigational aid. Park at Nauset Light Beach. <i>September 1 and 8: 4:30 to 7:30 PM; September 15, 22, and 29: 1 to 4 PM. Beach fee may apply. Conducted by Nauset Light Preservation Society. <a href="http://www.nausetlight.org">www.nausetlight.org</a>. Donations accepted.</i></b></p> 
			Times vary				<p><b>EXPLORE YOUR PARK - Free.</b> Join an experienced park ranger to explore the beauty and variety of park destinations, resources, or stories. For some walks, participants must be good walkers. Dress for the weather. Bring water, sunscreen, and insect repellent. All programs require reservations which can be made no more than 7 days in advance. Call Salt Pond Visitor Center, 508-255-3421, for times, meeting locations, and to register. <i>See last page for details.</i></p>

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Truro and Provincetown - Program Descriptions and Meeting Locations
		9 AM 9/10 and 9/24 only					<p><b>TIDAL FLATS FORAY - 1½ hours, ½ mile. Free.</b> Get your feet wet as you explore the abundance and diversity of life in an intertidal zone in Provincetown. <b>BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, NO MORE THAN 7 DAYS IN ADVANCE, FOR MEETING LOCATION AND TO REGISTER.</b></p>  
10 AM						10 AM	<p><b>WALK: ENCHANTING DUNES AND WILD CRANBERRY BOGS - 1 hour, 1 mile in soft sand. Free.</b> Explore the magical fall light of the dune landscape and wild cranberry bogs approaching harvest time. Discover the hidden story of America's second-oldest public lands and how actions by enterprising settlers changed this landscape. Meet at the Province Lands Visitor Center, off Race Point Road, Provincetown. Wear shoes appropriate for walking in soft sand, and bring water.</p> 
			10 AM				<p><b>WALK: ROADS LESS TRAVELED - 2 to 3 hours, 2 to 4 miles. Free.</b> Join a ranger for a moderate, longer hike and discover some of the lesser known areas of the Outer Cape. Location varies each week. Bring water and good hiking footwear. <b>BY RESERVATION ONLY. CALL 508-487-1256, NO MORE THAN 7 DAYS IN ADVANCE, FOR MEETING LOCATION AND TO REGISTER.</b></p>
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	<p><b>TOUR: HIGHLAND LIGHT - Open daily through mid-October.</b> Enjoy magnificent views from Cape Cod's oldest lighthouse. \$4 all ages. Children must be 48 inches tall. 508-487-1121. <i>Conducted by volunteers of Highland Light and Museum, Inc. www.capecodlight.org.</i></p>
	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	<p><b>MUSEUM: HIGHLAND HOUSE MUSEUM - Open Monday to Saturday through September 30.</b> Browse through an amazing array of objects from the Truro Historical Society's collection. \$5 adults, 12 and under and members free. <i>Hosted by volunteers of the Truro Historical Society. www.trurohistorical.org.</i></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><b>OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION - Free.</b> Built in 1898, Old Harbor is the last intact life-saving station of the original thirteen on Cape Cod. The station has been restored and re-furnished. 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, Provincetown and take the short walk to Old Harbor. <i>Beach fees apply on weekends.</i></p> 
				Times vary			<p><b>WALK: SEALS OF CAPE COD - 1½ hours, 1½ miles in soft sand. Free.</b> The seals of summer may still be hauling out in September. Join a ranger on a search for seals, and enjoy some dune vistas on the journey. Learn appropriate wildlife viewing techniques so as not to disturb the seals. <i>September 5 and 19, 4 PM. September 12 and 26, 10 AM.</i> <b>CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 FOR MEETING LOCATION.</b></p>  

# Special Programs

**EXPLORE YOUR PARK - Wednesdays. Free. Dress for the weather. Bring water, sunscreen, and insect repellent. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 18, FOR MEETING LOCATION AND TO REGISTER.**

**September 4 - IN THE VAGABOND'S FOOTSTEPS: Walking Henry Beston's Great Beach - 1:30 PM, up to 3 hours, 3 miles.** Henry Beston's words in *The Outermost House* have served as a siren song, drawing people over the decades to Coast Guard Beach in Eastham. And while his little house has long since been lost to the ocean, it is still possible to experience Beston's beach. Join a ranger for a hike down the barrier beach, revisiting the classic book and discovering the beach for ourselves. Be prepared for walking in soft sand.

**September 11 HEATHLANDS AND CEDAR SWAMPS -**



Atlantic  
White  
Cedar  
Swamp  
Trail

**9:30 AM, 2 hours, 2 miles.** Examine the dramatic changes that take place as we traverse the seemingly barren coastal heathlands to the moss-blanketed lushness of the Atlantic White Cedar Swamp. Comfortable walking shoes are recommended.

**September 18 - FRESHBROOK VILLAGE: GONE BUT NOT FORGOTTEN 9:30 AM, up to 3½ hours, 4 miles.** Free Learn about the 19th-century Freshbrook Village while exploring the diverse environments of the Marconi area. Walk through upland forest and see remnants and feel the ambience of an early Outer Cape Village. Long pants are recommended.

**September 25 - HIKE: AN "ISLAND" SETTLEMENT: THE HISTORY OF BOUND BROOK - 9:30 AM, 2 hours, 2 miles.** Explore this northernmost of the so-called "islands" of Wellfleet which flank the shore of Cape Cod Bay. Bounded also by the Herring River to the east and Bound Brook to the north, Bound Brook Island is the only one of this group with homes still standing from this earliest period of English settlement in Wellfleet. Sturdy walking shoes are recommended.

**BIKE TOUR: THE HISTORIC PROVINCE LANDS BICYCLE TRAIL Tuesday, September 3, 10 AM, 2 hours, 5.5 miles. Free.**

Join a ranger for a group ride along the challenging Province Lands Bicycle Trail, the first bike trail created by the National Park Service. Learn about bicycling safety, enjoy dune and ocean views, and discover the fascinating history of the area. Bring your own bike and helmet (required). **BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER.**



Old Harbor Life-Saving Station

**WALK: NIGHT PATROL AT OLD HARBOR - Tuesday, September 24, 7 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. Bring flashlights. Meet at the Race Point Beach bathhouse, off Race Point Road, Provincetown.

**ILLUSTRATED TALK: A WORLD CLASS GOLF COURSE ON THE BANKS OF NAUSET MARSH - Saturday, September 28, 2 PM, 1 hour. Free.**

Discover the fascinating history of the Cedar Banks Links, which once adorned the northern shore of Nauset Marsh, and catered to some premier golf pros of the time, such as Bobby Jones. Presented by Mark McGrath with special guest Don Sparrow who once caddied on the course. (A follow up optional walk will be offered to those who are interested.) Meet at the Salt Pond Visitor Center, Eastham. ♿



**COMING ATTRACTIONS...**

**Friends of the Cape Cod National Seashore**

**Rum Soaked Crooks - Sea Chanteys and Ballads** ♿  
Friday, October 11, 7 PM, 1 hour. Free. Salt Pond Visitor Center, Eastham  
The "Crooks" are back by popular demand! Tap your toes to sea chanteys and folk music and enjoy stories of the sea.