### Cape Cod National Seashore Activity Guide

**July 2022**

For complete information about Cape Cod National Seashore, pick up the Trip Planner, available at seashore visitor centers. All programs are free.

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#### Visitor Center Information

**Salt Pond Visitor Center,**

50 Nauset Road, off Route 6, Eastham, 508-255-3421

Daily 9 am to 5 pm

Salt Pond Visitor Center offers expansive views of Salt Pond, Nauset Marsh, and the Atlantic, as well as an extensive museum. The Nauset Marsh and Buttonbush walking trails, and the Nauset Bicycle Trail are nearby.

Each seashore visitor center has staff to assist with trip planning, restrooms, exhibits, a store, orientation films (open captions audio description, and assistive listening devices available), and large print and Braille versions of some park publications.

Under current CDC and National Park Service guidelines, masks may be required inside National Park Service buildings when COVID transmission is HIGH. This includes visitor centers and historic buildings. Please have a mask available.

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#### Daily Programs

**Sunday**  
11 am Ranger on Deck, Province Lands Visitor Center, Provincetown*  
2 pm Terrace Talk, Salt Pond Visitor Center, Eastham (Except Sundays)

**Monday**  
10 am Sharks and Seals (E)*  
10 am Shellfish of CC  
11 am Discover Nauset  
2 pm Creation of CCNS (24th)  
2-4 pm Old Harbor*  
4:30-7:30 pm Nauset Light

**Tuesday**  
9 am Sharks and Seals (E)*  
10 am Cape Cod Ninja*  
10 am Salt Pond Paddle  
10 am Three Sisters  
10 am Camp Wellfleet  
2 pm Explore the Dunes*  
2-4 pm Old Harbor*  
4:30-7:30 pm Nauset Light

**Wednesday**  
7 am Team Clean Up  
8:30-10:30 am Plein Air  
10 am Kayak Adventures  
10 am Kayak Outer Cape*  
10 am Newport Beach Apparatus  
10 am Atwood Higgins  
11 am Discover Nauset  
2 pm Life-Saving Stations  
2 pm Explore the Seashore*  
4 pm Art in the Dunes*  
4:30-7:30 pm Nauset Light  
7 pm Evenings at Salt Pond

**Thursday**  
9 am Sharks and Seals (E)*  
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**Friday**  
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#### Paddle Programs: Come paddle with us on ponds, marshes, and tidal rivers to discover the beauty and diversity of the national seashore from the water. Programs are free and all equipment is provided. See calendar and descriptions for details. Reservations are required and may be made up to one week in advance.

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#### Days of Operation

- **Daily Programs**  
  - 9 am to 5 pm
  - Outdoor observation decks at the Province Lands Visitor Center offer sweeping views of dunes and ocean. Whales may be spotted offshore. Race Point Beach, the Province Lands Bicycle Trail, and the Beech Forest walking trail are nearby.

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#### Additional Programs

- **Senior Ranger Program**  
  - 10 am to 11 am
  - Province Lands Visitor Center, Provincetown (Except Sundays)

- **Lifeguard Tours**  
  - 10 am to 11 am
  - Province Lands Visitor Center, Provincetown (Except Sundays)

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#### Access Information

- **Salt Pond Visitor Center,**
  - 50 Nauset Road, off Route 6, Eastham, 508-255-3421
  - Daily 9 am to 5 pm
  - Salt Pond Visitor Center offers expansive views of Salt Pond, Nauset Marsh, and the Atlantic, as well as an extensive museum. The Nauset Marsh and Buttonbush walking trails, and the Nauset Bicycle Trail are nearby.

  - **Each seashore visitor center has staff to assist with trip planning, restrooms, exhibits, a store, orientation films (open captions audio description, and assistive listening devices available), and large print and Braille versions of some park publications.**

  - **Under current CDC and National Park Service guidelines, masks may be required inside National Park Service buildings when COVID transmission is HIGH. This includes visitor centers and historic buildings. Please have a mask available.**

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#### Website

- [Cape Cod National Seashore](https://www.nps.gov/cape/index.htm)
Atlantic White Cedar Swamp Hike – July 7, 14, and 21 at 1 pm, 1 hour, 1.5 miles. Stroll through ancient white cedar trees and explore the glorious salt marsh behind the scene. Bring bug spray. Meet at the Marconi Site parking lot, Wellfleet.

Atwood Higgins Tour – Thursdays at 10 am, 1 hour. Explore layers of history at this Wellfleet site, including the seashore’s oldest building. 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.

Bike to the Beach – Tuesday, July 5 at 11 am, 3 hours, 4 miles. Enjoy the cultural and natural history of Cape Cod on this bike ride from Salt Pond Visitor Center to Coast Guard Beach. Bring your own bike and helmet (required). Meet the ranger in the Salt Pond parking lot.

Camp Wellfleet: The Mystery Revealed – Monday, July 11, 11 am, 45 minutes, .75 miles. Hike through the dunes, discovering the setting for these stories: tents? Buildings? Spies? Meet at the Marconi Site parking lot, Wellfleet.

Campfire at Nauset Light Beach – Fridays, July 8, 15, and 29, 7:30 pm, 1 hour. Gather ‘round the fire for stories, games, and songs. Bring a beach chair or towel, bug spray, and flashlight. Meet the ranger in the Nauset Light Beach parking lot, Eastham.

Captain Penniman House Tour – Wednesday at 11 am, 1 hour. Tour the interior of this 1868 home and learn about the wartime history of his family’s handiwork, adventures, and lifestyle. Meet at the Penniman House, Fort Hill, Eastham.

Creation of Cape Cod National Seashore – Sundays July 10 and 24, 2 pm, 1 hour. Explore the concept and creation of Cape Cod National Seashore, called “the finest victory ever recorded for the cause of conservation in New England.” Indoor program at Salt Pond Visitor Center.

Discover Nauset Marsh Hike – Sundays, Tuesdays, Thursdays, and Saturdays (except July 19) at 11 am, 2 hours, up to 1.5 miles. Discover the area’s geologic past, how it has been shaped over time, and what may be in store for its future. Meet at Salt Pond Visitor Center.

Evenings at Salt Pond – Tuesdays and Wednesdays at 7 am, 1 hour. Enjoy music and performance events outdoors on the shores of Salt Pond and history and nature presentations in the indoor auditorium. Bench and lawn seating available for outdoor programs. 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.

Fort Hill Ramble – Friday, July 22 and Saturday, July 30 at 9 am, 1.5 hours, 2 miles. On a leisurely walk around Fort Hill and the Red Maple Swamp we’ll encounter spectacular vistas and explore stories that make this area special, such as Captain Benjamin Brace’s, if you have them. Meet at the upper Fort Hill parking lot, off Route 6, Eastham.


Kayak Adventures – Up to 3 hours, up to 3 miles. Discover the outer Cape’s diverse aquatic ecosystems and human history. 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, minimum age 16.

Kaye Limited to participants of the outer Cape. Cost is $25. Maximum of 6 participants.

Explore the Seashore – Mondays, Tuesdays, and Wednesdays at 2 pm, 2-3 hours, 2-3 miles in loose sand. Get off the beaten path to explore the wild habitats, fascinating nature, and captivating history of the Outer Cape. Stroll through sand and tangle up and down dunes in this immersive experience. Meet at Great Island parking lot, West Tisbury. Call 508-487-1256 for location details.

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Family Fun – Fridays at 10 am, 2 hours. Join us for fun and hands-on explorations of tidal flats and ponds. Reservations are required and may be made up to one week in advance by calling 508-487-1256.

Full Moon Campfire – Tuesday, July 12 at 8 pm, 1 hour. Enjoy sunset on the beach and folklore and games around the campfire. Bring a beach chair or towel to sit on. Meet the rangers at the Nauset Light Beach parking lot, Eastham. Call Province Lands Visitor Center in advance if you would like accessibility assistance, 508-487-1256.

Life-Saving Stations of Cape Cod – Saturday, July 2 and Tuesday, July 5 at 1 pm, 1 hour. Step inside the historical 1868 station of the Outer Cape’s treacherous Graveyard of the Atlantic. Meet at the tram stop at Coast Guard Beach, Eastham. Beach fees apply; park at Little Creek and ride the tram to the beach.

Great Island Stroll – Friday, July 8 at 9:30 am, 2 hours, 2 miles. Explore Great Island’s history and nature with paths along marsh and beach ecosystems. Meet at Great Island parking lot, Wellfleet.

Marconi Story – Connecting America to Europe – Monday, July 18, 11 am, 1 hour. On this short walk we’ll reveal Marconi’s link to transatlantic communication history! Meet at the Marconi Station Site, Wellfleet.

Nauset Light Tour – Sunday, July 16 and 23 at 10 am, 1.5 hours. Explore the nature of marshes and kettle ponds on this easy, coastal paddling. Minimum age 6. All equipment is 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.

Seashore Meditations – July 1, 16, and 22, 30 minutes. Treat yourself to some tranquility with these guided mindfulness sessions with a local meditation counselor.

Shells and Seals: Cape Cod’s Dynamic Duo Walk (Eastham) – Daily (except Tuesdays and Thursdays) at 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. 9.

Shellfish of Cape Cod – Sundays, July 3 and 10, 10 am, 1 hour. Shellfishing is a traditional activity in the area. Learn about local shellfish and how to take this up hobby. Meet at Salt Pond Visitor Center.

Story of the Pirate Ship Whydah – Sundays, July 3, 17, 2 pm, 45 minutes. Delve into the fascinating history of the famous pirate ship, Whydah, which wrecked here in 1717, and its captain, Black Sam Bellamy. Meet at the Marconi Station Site in Wellfleet.

Surf Casting: Going Deep – Thursdays, 7:30 am, 1 hour. Join us on the beach to learn about the origins of surf casting and an introductory surfcasting lesson. Minimum age 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.

Sharks and Seals: Cape Cod’s Dynamic Duo Walk (Wellfleet) – Daily (except Tuesdays and Thursdays) at 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. 9.

Team-Up to Clean-Up – Tuesdays, July 12, and 26 at 7 am. 1.5 hours. Our Early Bird Surf Clean Beach Clean Ups will help you get in your steps while beautifying beaches and contributing to our growing data set and knowledge about beach trash.

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TerraCape – Daily except Sundays, 2 pm, 30 minutes. Explore the many wonders of the seashore—animals, history, landscapes, and more from the Salt Pond Visitor Center terrace.

Three Sisters Lighthouses Tour – Mondays at 11 am, 1 hour. Explore the history and significance of these three lighthouses that once in the way for mariners off the Nauset shores. Meet at the Three Sisters Lighthouse parking lot – space is limited — on the north side of Cable Road, Eastham.

Highland Light House Museum – Mondays through Saturdays, 10 am–4:30 pm. This former 1875 tower recently underwent a major rehabilitation. 27 Highland Light Road, Truro. Operated by the Truro Historical Society www.trurohistoricalsociety.org/highlandhouse

Highland Light Tour – Rescheduling date pending. inquire at visitor centers. The original Highland (Cape Cod) Light was constructed in 1797, making it the first lighthouse on Cape Cod. The current 1855 tower recently underwent a major rehabilitation. 27 Highland Light Road, Truro. Operated by Eastern National. www.highlandlighthouse.org

Kayak the Outer Cape – Wednesday at 10 am (equipment provided and Fridays at 2 pm (BYO), up to 3 hours, 3 miles. Paddle in a meandering marsh or a dune-sided lake. Previous kayaking experience required; minimum age 12. Reservations are required and may be made up to one week in advance. Meet at Highland Light (Cape Cod) Light (508) 487-1256.

Old Harbor Life-Saving Station Open House – Fridays through Mondays, 2-4 pm, drop in. The last intact life-saving station of the original 13 on Cape. A visit feels like stepping into a 1962 working station while the crew is out on patrol. Race Point Beach, Provincetown. Beach fees may apply.

Outer Cape Traditions: The Playwrights – Friday, July 22 at 4 pm, 2 hours. Author and theater reviewer Sue Mellen lifts the curtain on the rich history of theater on Cape Cod, beginning where it all began— in Provincetown! Indoor program at Province Lands Visitor Center.

Ranger on Deck – Daily at 11 am, 20-30 minutes. Explore the stories behind the scenery from the Province Lands Visitor Center observation decks.

Sharks and Seals: Cape Cod’s Dynamic Duo Walk (Truro) - Saturdays and Sundays at 10 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. Meet at Head of the Meadow Beach (national seashore side), Truro.

SMNBS 30th: The Sanctuary Next Door – Thursday July 28 at 2 pm, 1 hour. Join Stellwagen Bank National Marine Sanctuary Education Coordinator Anna Stremira for highlights of sanctuary history and research over the past 30 years. Indoor program at Province Lands Visitor Center.

Programs and Activities Are Available Through the Provincetown Visitor Center. Call Province Lands Visitor Center in advance if you would like accessibility assistance, 508-487-1256.