RANGER-LED ACTIVITIES, JULY 1 through AUGUST 31, 2013

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

✓ 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.

Denotes activities especially suited for families with children.

SPECIAL PROGRAM AND RESERVATION POLICY

RESERVATION POLICY: $ - fee required

All programs requiring reservations may be reserved no more than seven days in advance.

• Salt Pond Paddles cost $17 per adult, $12 per child 16 and under. Canoe experience not required. Minimum age is 6. • Canoe Adventures cost $20 per adult, $14 per child 16 and under. Minimum age is 6. Canoe experience is mandatory. • Surfcasting lessons cost $15 per person. Minimum age is 12. • Fish, Snails, and Horseshoe Crab Tales programs cost $10 per family, or $5 per person. • Payments are nonrefundable, available in advance, and must be purchased either in person at visitor centers, or by phone with a credit card, prior to 4:30 PM daily. Credit cards are preferred. Cash refunds are problematic if unsafe conditions require program cancellation. • 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. • In most cases, a group size greater than 8 may not participate in programs offered to the general public, unless the programs are suitable for large groups such as park films, auditorium, and amphitheater programs.

Due to mandatory, across-the-board budget cuts, fewer ranger-guided programs are offered this season.

Thanks to a generous donation by Friends of the Cape Cod National Seashore, the Province Lands Visitor Center is open from May 25 through Labor Day, September 2. This donation is funding the rangers who provide important interpretive, orientation, safety, and resource protection information at the center.

Salt Pond Visitor Center
Nauset Road, off Route 6
Eastham, 508-255-3421 ♿

Province Lands Visitor Center
Race Point Road, off Route 6
Provincetown, 508-487-1256 ♿

FRIENDS OF THE CAPE COD NATIONAL SEASHORE

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham - Program Descriptions and Meeting Locations July and August 2013
Impromptu programs will take place periodically at the Salt Pond Visitor Center. Stop by the information desk to ask for details. Look for the shorebird specialists and their activity tables at the visitor centers and on the beaches throughout the summer. Learn about the birds that nest here during the summer, and those that rest in the fall during their long migration journeys. Name this season's mega-shorebird!							
				7 AM *No program July 18*		7 AM	**BEGINNING SURFCASTING LESSON - 1½ hours.** Learn the basics of saltwater fishing and practice the skill, but don't expect to bring home supper! No fishing license required. Meet at the Coast Guard Station, Coast Guard Beach. **By reservation only no more than 7 days in advance. Call Salt Pond Visitor Center, 508-255-3421, ext. 18, to register. See special program and reservation policy above.** $
2:30 PM	9:30 AM and 2:30 PM	2:30 PM	9:30 AM and 2:30 PM	3:30 PM	2:30 PM		**CANOEING: SALT POND PADDLE - 1½ hours, 1½ miles.** Take a leisurely paddle in the protected waters of Salt Pond and nearby area of Nauset Marsh to explore its beauty and diversity. **By reservation only no more than 7 days in advance. Call Salt Pond Visitor Center, 508-255-3421, ext. 18, to register. See special program and reservation policy above.** $

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham - Program Descriptions and Meeting Locations July and August 2013
		10:30 AM *No program July 2 and 9*					**ACTIVITY: TAKE THE CAPE HISTORY CHALLENGE! - 20 minutes. Free.** Take this fun, hands-on challenge by trying to identify curious bits and pieces of Cape Cod history. Be a history detective and discover the larger stories behind the old stuff left behind. Great for kids too. Come meet the Park Historian, Bill Burke, and get updates on what's new with the seashore's old stuff. Meets in the Salt Pond Visitor Center classroom.
	10:30 AM *No program August 5*		10:30 AM *No program August 7*		10:30 AM *No program August 9*		**ACTIVITY: SECRETS OF THE SEASHORE - 1 hour. Free.** This indoor program for ages 4 to 6 examines animals found in Cape Cod's intertidal zone. Meet a seashore celebrity and enjoy a creature craft. Look for marvelous mollusks, incredible crustaceans, excellent echinoderms (sea stars and sponges), fabulous fish, and a special appearance by the horseshoe crab! Adults must remain with children. Meet in the classroom at Salt Pond Visitor Center. **By reservation only no more than 7 days in advance. Call Salt Pond Visitor Center, 508-255-3421, ext. 18, to register.**
10:30 AM *No program August 11, 18, or 25*				10:30 AM *No program July 4*			**ACTIVITY: SMALL FRY SPECIAL - ¾ hour. Free.** Children, bring your parents to the Salt Pond Visitor Center to hear some savory seashore stories, or participate in hands-on fun discovering the critters that live here in Cape Cod National Seashore. Geared for young children. Adults must remain with children. **Sunday program by reservation only no more than 7 days in advance. Call Salt Pond Visitor Center, 508-255-3421, ext. 18, to register. Thursday program is accessible**
	T 11 AM	OH 1 - 4 PM	OH 1 - 4 PM	OH 1 - 4 PM		T 11 AM	**CAPTAIN EDWARD PENNIMAN HOUSE: A WHALING FAMILY'S STORY - Free.** 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. **T= TOUR, by reservation only no more than 7 days in advance. Call Salt Pond Visitor Center, 508-255-3421, ext. 18, to register. OH = OPEN HOUSE, browse through.** Meet at the Penniman House at Fort Hill. *Limited parking.*
4:30 to 7:30 PM			4:30 to 7:30 PM				**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. *Beach fee may apply. Conducted by Nauset Light Preservation Society. www.nausetlight.org. Donations accepted.*
5 PM		5 PM					**TOUR: THREE SISTERS LIGHTHOUSES - 1 hour, ½ mile. Free.** 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. *Beach fee may apply.*
		7 PM					**TUESDAY NIGHTS AT SALT POND VISITOR CENTER - 1 hour. Free.** Subject specialists, authors, and performing artists present a variety of programs throughout the summer. Details on page 6.
Times vary	Times vary			Times vary	Times vary		**CANOE ADVENTURES - up to 3 hours, 3 miles.** These trips may explore Nauset Marsh, kettle ponds, or a bay, or may focus on a specialized topic. Locations and topics vary. **By reservation only no more than 7 days in advance. Call Salt Pond Visitor Center, 508-255-3421, for a list of program topics, details, and to register. See special program and reservation policy on first page.** $

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Wellfleet - Program Descriptions and Meeting Locations July and August 2013
Wellfleet is celebrating 250 years since incorporation as a town. Many activities are planned including "Founders Week," 9 days of events, August 2 through 10. Check www.wellfleet250.org for a current schedule.							
			11 AM	11 AM *No program July 4 and August 22*			**TOUR: ATWOOD-HIGGINS HOUSE - 1 hour. Free.** Learn about early 18th-century Cape Cod architecture and one of the Outer Cape's early colonial settlement sites. **BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER.** *Directions:* Take Route 6. Turn onto Pamet Point Road, at the Truro town line. Follow signs.
	Times vary				Times vary		**ACTIVITY: FISH, SNAILS, AND HORSESHOE CRAB TALES - 1½ hours, 1 mile.** Get your feet wet as you explore the abundance and diversity of life in an intertidal zone Shoes are required. **BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, FOR MEETING LOCATION AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON FIRST PAGE.** $ *Mondays: July 1 - 11:30 AM, July 8 - no program, July 15 - 10 AM, July 22 - 4:30 PM, July 29 -10 AM, August 5 - 4 PM, August 12 - 8:30 AM, August 19 - 3 PM, August 26 - 8:30 AM* *Fridays:- July 5 - 3 PM, July 12 - 8 AM, July 19 - 1:30 PM, July 26 - 8 AM, August 2 - 1:30 PM, August 9 - no program, August 16 - 12 noon, August 23 - no program, August 30 - 12 noon.*

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Truro - Program Descriptions and Meeting Locations July and August 2013
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	**TOUR: HIGHLAND LIGHT -** Enjoy magnificent views from Cape Cod's oldest lighthouse. Open daily through mid-October. $4 all ages. Children must be 48 inches tall. 508-487-1121. *Conducted by volunteers of Highland Museum and Lighthouse, Inc. www.capecodlight.org.*
	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	**MUSEUM: HIGHLAND HOUSE MUSEUM -** Browse through an amazing array of objects from the Truro Historical Society's collection. Monday to Saturday, through September 30. $5 adults, 12 and under and members free. *Hosted by volunteers of the Truro Historical Society. www.trurohistorical.org.*
Times vary *No program August 25*			Times vary				**WALK: SEALS OF CAPE COD - 1 hour, 1 mile in soft sand. Free.** Join marine specialists for an exciting opportunity to visit seals at a local haul out site. Explore what species are here, their natural history and biology, and learn how to observe them. **BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING TIME, LOCATION, AND TO REGISTER.**

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Provincetown - Program Descriptions and Meeting Locations July and August 2013
Deck Programs - Tuesday through Thursday, throughout the day. Look for park rangers, shorebird or seal specialists offering short programs on the visitor center decks. Topics may include details about the amazing 360° views of ocean, dunes, and historic buildings; our summer bird and marine mammal visitors; or the variety of plant and animal life found in the dunes.							

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Provincetown - Program Descriptions and Meeting Locations July and August 2013
Deck Programs - Tuesday through Thursday, throughout the day. Look for park rangers, shorebird or seal specialists offering short programs on the visitor center decks. Topics may include details about the amazing 360° views of ocean, dunes, and historic buildings; our summer bird and marine mammal visitors; or the variety of plant and animal life found in the dunes.							
10 AM					10 AM		**WALK: DUNES OF THE PROVINCE LANDS - 1 hour, 1 mile in soft sand. Free.** Explore an enchanting dune landscape of unusual plants and wild cranberry bogs. Discover the hidden story of America's second-oldest public lands and how actions by enterprising settlers changed this landscape. Meet at Province Lands Visitor Center, off Race Point Road. Wear shoes appropriate for walking in soft sand, and bring water.
		10 AM	10 AM		10 AM		**ACTIVITY: LIFEGUARD DEMONSTRATION - ½ hour. Free.** Join a lifeguard for a surf rescue demonstration on the beach and learn how to stay safe while swimming in the ocean. Meet at the head lifeguard stand at each beach: Tuesday, at Race Point Beach; Wednesday, at Herring Cove Beach; Friday, at Head of the Meadow Beach in Truro. All ages. *Beach fees apply.*
				11 AM			**TALK: MARINE LECTURE SERIES - 1 hour. Free.** Weekly offerings by the director of marine education, Provincetown Center for Coastal Studies. Meet at Province Lands Visitor Center. **July 4** - no program; **July 11** - Whales of Cape Cod; **July 18** - Oceans and Climate Change; **July 25** - Seals: Making a Comeback; **August 1** - Whales of Cape Cod; **August 8** - Oceans of Trash: Plastic Pollution in 21st Century; **August 15** - Oceans and Climate Change; **August 22** - Marine Animal Disentanglement; **August 29** - Seals: Making a Comeback
						2 PM *No program August 31*	**ACTIVITY: JUNIOR LIFESAVER - 1 hour. Free.** Explore the lives of Cape Cod's shoreline heroes through games and activities. Try your hand at maritime skills from the past and earn a Junior Lifesaver patch. Meet at Province Lands Visitor Center to caravan to this program.
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	**OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION - Free.** Built in 1898, Old Harbor is the last intact life-saving station of the original 13 on Cape Cod. Extensively restored and refurnished, 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 and take the short walk to Old Harbor. *Beach fee may apply.*
				6 PM			**HISTORICAL REENACTMENT: BEACH APPARATUS DRILL - 1 hour.** Listen for the keeper's command, "Open the boat room doors!" and return to the days of shipwrecks and lifesaving along Cape Cod. Watch uniformed surfmen fire a line from a cannon to a "ship" in distress and haul the "victim" to shore in our 34th year of reenacting this 1902 rescue drill. Takes place at Old Harbor Life-Saving Station, Race Point Beach. $5 for adults; $2 for seniors over 62, and children 7 to 17; children 6 and under are free.
		Times vary *Listed dates only.*					**ACTIVITY: FISH,SNAILS, AND HORSESHOE CRAB TALES - 1½ hours, ½ mile.** Get your feet wet as you explore the abundance and diversity of life in an intertidal zone. Shoes are required. **By reservation only no more than 7 days in advance. Call Province Lands Visitor Center, 508-487-1256, for meeting location and to register. See special program and reservation policy on first page.** *July 16 and 30, 11 AM; August 13 and 27, 9:30 AM.*

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Provincetown - Program Descriptions and Meeting Locations July and August 2013
	Times vary						**CANOE ADVENTURES - up to 3 hours, 3 miles.** Paddle the far west end of Provincetown Harbor, a series of Wellfleet kettle ponds, or the meandering Pamet River. If conditions permit, swimming and snorkeling may be possible. **By reservation only no more than 7 days in advance. Call Province Lands Visitor Center, 508-487-1256, to register. See special program and reservation policy on first page.**

Special Programs July and August 2013

TUESDAY NIGHTS at SALT POND VISITOR CENTER

Programs are on Tuesdays and occur at 7 PM at Salt Pond Visitor Center, off Route 6, Eastham, last about 1 hour, are free to the public, and accessible. Doors open at 6:30. Due to limited seating, please arrive early. *Sponsored by Friends of the Cape Cod National Seashore.*

JULY 2 - A LOOK AT THE HERRING RIVER RESTORATION PROJECT - The Herring River in Wellfleet is the largest estuary on Outer Cape Cod, yet is in a severely altered state due to a dike constructed in 1908. Join Cape Cod National Seashore restoration ecologist Tim Smith to learn about the Herring River restoration project, the most ambitious wetland restoration project in the state.

JULY 9 - SONGS OF NATURE AND THE LAND - Balladeer Linda Russell takes a musical and historical look at the impact of settlement and the relationship between people and the land as revealed in the traditional songs of the past.

JULY 16 - SALT AND FAMILY: THE LIFE OF A HUMPBACK WHALE - Join Carol "Krill" Carson for an evening about the life of the famous humpback whale named *Salt* who has returned each year to feed in the waters off Cape Cod. A 25-foot fabric whale that represents Salt's calf Crystal when he was one year old and a life-size model of Salt will be on display. This promises to be a special evening about a humpback whale that has stolen the hearts of many.

JULY 23 - ONCE UPON A TIDE - Stand-up chameleon Jackson Gillman shares a rollicking mix of interactive songs, movement, and stories that is guaranteed to delight and enchant you and your family. In this performance, he will draw on his fishy repertoire from the sandy beach to the briny deep.

JULY 30 - FROM BEACH TO TABLE: MODERN-DAY SALTWORKS ON CAPE COD - Join Janice Burling and Penny Lewis, founders of Cape Cod Saltworks Sea Salt, for a look at the history of the salt industry on Cape Cod and the processes they use today to harvest all-natural sea salt from local waters.

AUGUST 6 - SONGS OF THE SEA - Join local musicians Denya LeVine and Julie Charland for a fun, maritime, musical presentation including sea chanteys, folk music, fiddle tunes, and 20th-century popular music on the theme of the sea.

AUGUST 13 - GEOGRAPHY GAMESHOW - Explore the world through this innovative and interactive program by local artist, geography expert, and world traveler Neal Nichols. Features the rendering of a map from memory and audience interaction and participation.

AUGUST 20 - OCEANS OF FUN - Storyteller Diane Edgecomb shares favorite family tales about water time adventures in this interactive and lively performance. Enjoy her original story *What Now Cloacina!?,* a humorous participatory story about water conservation, among other rousing tales.

AUGUST 27 - TOOLS OF THE TRADE - Join Aquinnah Wampanoag historian Jonathan Perry for an insightful presentation on the development, history, and use of many commonplace tools and utensils used in traditional Wampanoag culture.

PROGRAMS at PROVINCE LANDS VISITOR CENTER

off Race Point Road, Provincetown

Tuesdays, at 3 PM. One hour. Free. ♿

JULY 9 - SONGS OF NATURE AND THE LAND Balladeer Linda Russell takes a musical and historical look at the impact of settlement and the relationship between people and the land as revealed in the traditional songs of the past.

AUGUST 20 - OCEANS OF FUN - Storyteller Diane Edgecomb shares favorite family tales about water time adventures in this interactive and lively performance. Enjoy her original story *What Now Cloacina!?,* a humorous participatory story about water conservation, among other rousing tales.

Special Programs *continued*

FAMILY WEEK

ACTIVITY: SECRETS OF THE SEASHORE
August 5, 7, and 9, at 10:30 AM. 1 hour. Free.
This indoor program for ages 4 to 6 examines animals found in Cape Cod's intertidal zone. Meet a seashore "nature celebrity" and enjoy a creature craft! Adults must remain with children. Meet at the Province Lands Visitor Center. **By reservation only no more than 7 days in advance. Call Province Lands Visitor Center, 508-487-1256, to register.**

PROVINCE LANDS MINI-FEST
Friday, August 9, Free.
Join us at the picturesque outdoor Province Lands amphitheater for a day of games, crafts, and music. **CHILDREN'S PLAY: *THE TALE OF IBIS* - 11 AM.** This original puppet and live action theater production by Jody O'Neil, performed by local children, tells the story of how the Provincetown Center for Coastal Studies achieved the first successful whale disentanglement in the world. Pre-concert fun from 2 to 3 PM. **ZOE LEWIS AND PETER DONNELLY CONCERT - 3 PM**. These popular local musicians will quickly have us all dancing and singing along. *Sponsored by Friends of the Cape Cod National Seashore*

Third Annual Science Symposium

Friday, August 23, 1 to 4 PM
Salt Pond Visitor Center, Eastham. Free.
This showcase of natural science research being conducted in the Cape Cod National Seashore will feature short presentations by current researchers and will be aimed at general audiences. Check the park's website at www.nps.gov/caco closer to the date for details. *Refreshments courtesy of Friends of the Cape Cod National Seashore.*

The Friends is a nonprofit organization whose purpose is to enhance people's enjoyment of the seashore through financial and volunteer support. www.fccns.org

"From Right Whales to Gray Seals: Stranding Response on Cape Cod"
featuring Brian Sharp from the International Fund for Animal Welfare

Wednesday, July 17, at 7:30 PM,
at Salt Pond Visitor Center, Eastham. Free.
Brian Sharp, stranding coordinator for the International Fund for Animal Welfare (IFAW) on Cape Cod, will give an illustrated talk on IFAW's Marine Rescue and Research program that deals with everything from large whale necropsies to mass stranding of dolphins to human interactions with seals. *The annual meeting of the Friends of the Cape Cod National Seashore precedes this program at 6:30 PM. The public is invited to attend the meeting.*

An Evening of Celtic Music

Friday, July 26, at 7 PM, at Salt Pond Visitor Center, Eastham. Free. Join Billy Hardy and Beth Sweeney, a Celtic fiddle and instrumental duo, for Irish and other Celtic music .

Outer Cape Chorale Chamber Singers

Thursday, August 8, at 7 PM, at Salt Pond Visitor Center, Eastham. Free. Enjoy an evening of song with this popular local group.

PHOTOGRAPHY HIKE: LEAVE ONLY FOOTPRINTS, TAKE ONLY PICTURES - Wednesday, August 28, 5:30 PM. 2 hours, up to 2½ miles. Free. A sunset hike and photography workshop. Instruction and advice provided for capturing unique perspectives of the seashore. All levels and formats (digital or film) are welcome. Tripods recommended but not necessary. **By reservation only no more than 7 days in advance. Call Province Lands Visitor Center, 508-487-1256, for meeting location and to register.**