

# RANGER-LED ACTIVITIES, JULY 1 through AUGUST 31, 2014

 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 Healthy Parks Healthy People programs featuring parks as cornerstones of mental, physical, and spiritual health.



Denotes activities especially suited for families with children.

## PROGRAM RESERVATIONS AND FEES

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

- Canoe Adventures: \$25 per adult, \$18 per child 16 and under. Minimum age is 6. Canoe experience is mandatory.
- Salt Pond Paddle: \$20 per adult, \$15 per child 16 and under. Minimum age is 6. No experience required.
- Canoe Lesson: \$15 per person. Minimum age is 12.
- Beginner's Surfcasting Lesson: \$20 per person. Minimum age is 12.
- Fish, Snails, and Horseshoe Crab Tales: \$15 per family, or \$5 per person.
- Tickets are nonrefundable, available no more than one week 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.

**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

**Yoga on the Beach:** \$11 per person; and **Roads Less Traveled:** \$6 per person. Reserve at [www.recreation.gov](http://www.recreation.gov) (24 hours); search on *Cape Cod National Seashore, tours and tickets*; or call 1-877-444-6777 (10 AM to midnight). Reservations accepted beginning at 10 AM one week in advance of the program date.

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham - Program Descriptions and Meeting Locations
		7:30 AM				7:30 AM	<b>BEGINNER'S SURFCASTING LESSON - 1½ hours. \$20 (minimum age 12).</b> 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 at the end of Doane Road. <b>BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 18, TO REGISTER. SEE PROGRAM RESERVATIONS AND FEES ABOVE.</b>
				7:30 AM			<b>WALK: SEARCHING FOR BIRDS - 2 hours, distance varies. Free.</b> Join a skilled birdwatcher at various sites in the park for bird identification and observations. Bring binoculars if you have them. Meet at the Salt Pond Visitor Center to caravan to selected sites.
				7:30 AM			<b>YOGA ON THE BEACH - 1½ hours. \$11.</b> Stretch the body and the spirit in the most serene of settings. Join a ranger and certified yoga instructor for an all-level, interdisciplinary-style class held in the cool morning air at beautiful Coast Guard Beach. Meet in the parking area at Coast Guard Beach at the end of Doane Road. <b>\$11 PER PERSON. RESERVE AT <a href="http://WWW.RECREATION.GOV">WWW.RECREATION.GOV</a> (24 HOURS); SEARCH ON <i>CAPE COD NATIONAL SEASHORE, TOURS AND TICKETS</i>; OR CALL 1-877-444-6777 (10 AM TO MIDNIGHT). RESERVATIONS ACCEPTED BEGINNING AT 10 AM ONE WEEK IN ADVANCE OF THE PROGRAM DATE.</b> 
						9 AM	<b>WALK: CHRONICLES FROM THE BEACH - 1 hour, up to ½ mile. Free.</b> Join lifelong Cape Codder and author Dana Eldridge on this stroll along the beach as he shares some of his most memorable stories from his life growing up at the edge of the sea. Meet Dana at the loading zone in the Little Creek shuttle parking area (\$15 parking fee) for Coast Guard Beach on Doane Road, and ride the tram to the beach.
	9:30 AM to 11:30 AM						<b>OPEN HOUSE: SEASHORE SCIENCE - Free.</b> Drop by the Salt Pond Visitor Center to visit with one of the park scientists and learn about Cape Cod National Seashore natural resources and related monitoring tools and techniques, research projects, and management activities. 

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham - Program Descriptions and Meeting Locations
9:30 AM		9:30 AM		9:30 AM			<p><b>WALK: BEACH BREAK - ¾ hour, ½ mile. Free.</b> Different days bring different topics on this short walk starting from the beautiful overlook at Coast Guard Beach at the end of Doane Road. <i>Sundays - Seashore Lore, Tuesdays - Life's a Beach, Thursdays - Curious About Sharks and Seals?</i> <b>RESERVED PARKING. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 18, NO MORE THAN ONE WEEK IN ADVANCE TO RESERVE A PARKING SPACE.* PORTIONS OF PROGRAMS ACCESSIBLE.</b></p>
	10:30 AM						<p><b>CANOE LESSON - 1 hour, 1 mile. \$15 (minimum age 12).</b> Learn basic paddling technique and how to control a canoe, while exploring the protected habitat of the Salt Pond. Meets the basic experience required for park-sponsored trips. Meet at the Salt Pond Visitor Center. <b>BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 18, TO REGISTER. SEE PROGRAM RESERVATIONS AND FEES ON FIRST PAGE.</b></p>
	10:30 AM						<p><b>ACTIVITY: TAKE THE CAPE HISTORY CHALLENGE! - 20 minutes. Free.</b> 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 history stories behind the old stuff left behind. Great for kids, too! Come meet Park Historian Bill Burke, and get updates on what's new with the seashore's old stuff. Meet in the activity room at Salt Pond Visitor Center.</p>
			10:30 AM				<p><b>ACTIVITY: SECRETS OF THE SEASHORE - 1 hour. Free.</b> This indoor program for ages 4 to 6 examines animals found in Cape Cod's intertidal zone. Meet a seashore celebrity and create a creature craft. Adults must remain with children. Meet in the activity room at Salt Pond Visitor Center. <b>BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 18, TO REGISTER.</b></p>
					10:30 AM <i>no program July 4 and 18</i>		<p><b>ACTIVITY: SMALL FRY SPECIAL - ¾ hour. Free.</b> Children, bring your parents to the Salt Pond Visitor Center for stories about critters that live here in the Cape Cod National Seashore. Geared for young children. Adults must remain with children.</p>
	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 ONE WEEK 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, 70 Fort Hill Road. Limited parking.</p>
11:30 AM		11:30 AM		11:30 AM			<p><b>ACTIVITY: OPERATION EXPLORE! - ½ hour. Free.</b> Join a ranger for a discovery activity designed for ages 8 and up. Meet on the terrace at the Salt Pond Visitor Center. <b>*MAY BE ACCESSIBLE WITH 24-HOUR NOTICE BY CALLING SALT POND VISITOR CENTER, 508-255-3421.</b></p>
			2 PM				<p><b>WALK: LORE OF NAUSET MARSH - 1 hour, 1 mile. Free.</b> Explore the rich natural and human history around Nauset Marsh. Learn how each has affected the other over time. Meet on the terrace at Salt Pond Visitor Center.</p>
5 PM		5 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 at the intersection of Ocean View Drive and Cable Road. <i>Beach fee may apply.</i></p>



Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham - Program Descriptions and Meeting Locations
4:30 to 7:30 PM			4:30 to 7:30 PM				<b>TOUR: NAUSET LIGHT</b> - Lighthouses have guided mariners off Cape Cod shores since the late 1700s. Climb to the top of this iconic light. Park at Nauset Light Beach, at the intersection of Ocean View Drive and Cable Road. <i>Beach fee may apply. Conducted by Nauset Light Preservation Society. <a href="http://www.nausetlight.org">www.nausetlight.org</a>. Donations accepted.</i>
		7 PM					<b>TUESDAY NIGHTS AT SALT POND VISITOR CENTER - 1 hour. Free.</b> Authors, performing artists, historians, and scientists will offer insights into seashore resources and stories. Details on page 12. 
			7:30 PM July; 7 PM August				<b>CAMPFIRE: NAUSET LIGHT BEACH - 1½ hours, ½ mile. Free.</b> Join us for an evening of fun as we gather around the campfire for stories, songs, or activities about the nature of Cape Cod and its rich past. Meet in the parking lot at Nauset Light Beach, at the intersection of Ocean View Drive and Cable Road. Bring a blanket and bug spray. 
				8:30 PM July; 8 PM August			<b>WALK: WHOOO'S OUT TONIGHT? - 1 hour, ½ mile. Free.</b> Explore the sights and sounds of the night and examine nocturnal animal adaptations. Meet at the parking area at Coast Guard Beach, at the end of Doane Road. Parking is limited. 
Times vary	2:30 PM	Times vary	2:30 PM	9:30 AM	Times vary	11:30 AM	<b>CANOEING: SALT POND PADDLE - 1½ hours, 1½ miles. \$20 per adult, \$15 per child 16 and under (minimum age 6).</b> Take a leisurely paddle in the protected waters of Salt Pond and nearby area of Nauset Marsh to explore its beauty and diversity. Meet at the Salt Pond Visitor Center amphitheater. <b>BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 18, TO REGISTER. SEE PROGRAM RESERVATIONS AND FEES ON FIRST PAGE.</b> 
Times vary							<b>ACTIVITY: SHELLFISHING DEMONSTRATION - 1 hour. Free.</b> Learn about local shellfish and the tradition of shellfishing. Observe some shellfishing techniques at Salt Pond at low tide. Suitable for children 6 years of age and up. Adults must remain with children. This is not a wading program. Meet at the Salt Pond Visitor Center amphitheater. <b>Sundays:</b> July 6 - 2:30 PM; July 13 - 8:30 AM; July 20 - 2:30 PM; July 27 - 8:30 AM; August 3 - 1 PM; August 10 - no program; August 17 - 1 PM; August 24 - no program; August 31 - 11:30 AM. 
					Times vary		<b>CANOEING: CANOE ADVENTURE - up to 3 hours, 3 miles. \$25 per adult, \$18 per child 16 and under (minimum age 6).</b> These trips may explore Nauset Marsh, kettle ponds, or a bay, or may focus on a specialized topic. <b>BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 18, FOR A LIST OF PROGRAM TOPICS, DETAILS, AND TO REGISTER. SEE PROGRAM RESERVATIONS AND FEES ON FIRST PAGE.</b> 

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Wellfleet - Program Descriptions and Meeting Locations
			11 AM	11 AM No program August 21			<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 ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 18, TO REGISTER.</b> 269 Bound Brook Island Road. <i>Directions:</i> Take Route 6. Turn onto Pamet Point Road, Wellfleet, at the Truro town line, follow signs.

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Wellfleet - Program Descriptions and Meeting Locations
					2 PM No program July 4		<b>WALK: BOMBS AND BLACKOUTS - up to ¾ hour. Free.</b> Join Ranger Dana Eldridge at Marconi Site (the former Camp Wellfleet) to examine the impact WWII had on the region. Hear his personal stories of the remnants of war washed upon the beaches, Coast Guard patrols, target practice, and torpedoed ships. Meet on the observation deck at the Marconi Site, 195 Marconi Station Road, Wellfleet.
	Times vary		Times vary				<b>ACTIVITY: FISH, SNAILS, AND HORSESHOE CRAB TALES - 1½ hours, 1 mile. \$15 per family, or \$5 per person.</b> Wade into the tidal flats of Cape Cod Bay with seine and dip nets to discover many of the hidden animals found in this intertidal habitat. Foot protection, such as water shoes, is suggested. <b>BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 18, TO REGISTER.</b> Meet at the Great Island parking area where Chequessett Neck and Griffin Island roads meet. <b>SEE PROGRAM RESERVATIONS AND FEES ON PAGE 9.</b> <b>Mondays:</b> July 7 - 12:30 PM; July 14 - no program; July 21 - 12:30 PM; July 28 - 5:30 PM; August 4 - 10:30 AM; August 11 - 5 PM; August 18 - 11 AM; August 25 - 4:30 PM. <b>Wednesdays:</b> July 2 - 8:30 AM; July 9 - 2 PM; July 16 - 8 AM; July 23 - 2:30 PM; July 30 - no program; August 6 - 12:30 PM; August 13 - no program; August 20 - 1 PM; August 27 - 6 PM.
Sun	Mon	Tues	Wed	Thur	Fri	Sat	Truro - Program Descriptions and Meeting Locations
9 AM No program July 13							<b>WALK: NATURE TALES AND REMOTE TRAILS OF BALLSTON BEACH - 2 hours, 2 miles. Free.</b> Join the great-grandson of Sheldon William Ball and explore the area that was once the Ballston Beach Seaside Summer Colony. Ascend Bearberry Hill for dramatic views of the ocean and the Pamet River Valley. Along the way, experience heathlands, forest, and sea cliffs. The terrain is rugged, with steep hills and soft sand. Wear sturdy shoes and a hat. Bring sunscreen, bug spray, and water. <b>BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER.</b>
					9 AM No program July 11		<b>WALK: DUNE VIEWS OVER EAST HARBOR - 1½ hours, 1½ miles in soft sand. Free.</b> Climb atop a parabolic dune to gain 360-degree views of ocean, cranberry bogs, harbor, and Provincetown. Discover the story of how the harbor was turned into a "lake," then back into a harbor. Meet in the bike trail parking lot at the end of High Head Road, off Route 6, in Truro (stay left and continue on the dirt road). This program involves moderate hiking in soft sand and ascending steep dunes. Bring sunscreen, water, bug spray, and appropriate footwear.
						10 AM No program July 12	<b>WALK: HISTORIC HIGHLAND DISTRICT - 1 hour, ½ mile. Free.</b> From its establishment in 1797, Highland Light has been a constant presence in the Highlands of Truro, but the surrounding landscape has changed. Learn how the history of the Highlands District tells the story of the Outer Cape's transition from isolation area to summer resort over the past two centuries. Meet at the picnic table outside the Highland House Museum, 27 Highland Light Road.
		10 AM					<b>WALK: HIGHLAND LIGHT: CAUTIONARY ACCOUNTS FROM A CHANGING SHORELINE - 1 hour, ½ mile. Free.</b> The natural coastal processes responsible for the shifting offshore sand bars that made light-houses like Highland Light so important for mariners eventually threatened the very ground the structure stood upon. Learn how coastal processes like erosion have been impacting Cape Cod, and its inhabitants, for thousands of years. Meet outside the lighthouse, 27 Highland Light Road.
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	<b>TOUR: HIGHLAND LIGHT -</b> 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. 27 Highland Light Road. Operated by Eastern National. <a href="http://www.highlandlighthouse.org">www.highlandlighthouse.org</a> .



Sun	Mon	Tues	Wed	Thur	Fri	Sat	Truro - Program Descriptions and Meeting Locations
	10:30 AM to 4:30 PM	<b>MUSEUM: HIGHLAND HOUSE MUSEUM</b> - Browse through an amazing array of objects from the Truro Historical Society's collection. Monday to Saturday, June 1 through September 30. \$5 adults; 12 and under and members free. 27 Highland Light Road. <i>Hosted by volunteers of the Truro Historical Society. www.trurohistorical.org.</i>					
			3:30 PM				<b>WALK: TRURO'S COLD WAR PAST - 1½ hours, ¾ mile. Free.</b> Tour the former North Truro Air Force Station. Learn about its role in our Cold War past and exciting plans for its future as the Highlands Center. 43 Old Dewline Road. <i>Directions:</i> Take Route 6 to Cape Cod (Highland) Light exit in Truro. Travel past the turn to the lighthouse. Turn left onto Old Dewline Road. Meet in the parking area. 
Times vary			Times vary				<b>WALK: SEALS OF CAPE COD - 1 hour, 1 mile in soft sand. Free.</b> Here's an exciting opportunity to visit seals at a local haul-out site. Learn about their natural history and biology, as well as appropriate wildlife-viewing techniques so as not to disturb the seals. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER.</b> <b>Sundays:</b> July 6 - noon; July 13 - 6 PM; July 20 - noon; July 27 - 6 PM; August 3 - 10:30 AM; August 10 - 5 PM; August 17 - 10:30 AM; August 24 - 4:30 PM; August 31 - 9 AM. <b>Wednesdays:</b> July 2 - 9 AM; July 9 - 2:30 PM; July 16 - 8:30 AM; July 23 - 3 PM; July 30 - no program; August 6 - 1 PM; August 13 - 6 PM; August 20 - 1:30 PM; August 27 - 5:30 PM
Sun	Mon	Tues	Wed	Thur	Fri	Sat	Provincetown - Program Descriptions and Meeting Locations
		9 AM					<b>WALK: HELLTOWN, SNAKE HILLS, AND HERRING COVE - 2 hours, 2 miles. Free.</b> The dunes between Herring Cove Beach and Race Point Light offer some spectacular views. Explore dune and beach ecology as you approach Hatches Harbor, an important salt-marsh area where you might see migratory and staging shorebirds concentrating in great numbers for their fall migration. Meet at Province Lands Visitor Center to caravan to the walk location. Long pants recommended to guard against ticks and poison ivy.
						9 AM	<b>HIKE: ROADS LESS TRAVELED - 2 to 4 hours, 4 to 6 miles, strenuous. \$6 per person.</b> Wake up early and join a ranger for an energetic hike off the beaten path and into some unique and secluded places. This hike is paced for a cardiovascular workout and may be strenuous. Wear good walking shoes; bring water, sunscreen, a hat, and insect repellent. Pets are not permitted. Destinations vary weekly. \$6 per person. <b>RESERVE AT <a href="http://WWW.RECREATION.GOV">WWW.RECREATION.GOV</a> (24 HOURS); SEARCH ON <i>CAPE COD NATIONAL SEASHORE, TOURS AND TICKETS</i>; OR CALL 1-877-444-6777 (10 AM TO MIDNIGHT). RESERVATIONS ACCEPTED BEGINNING AT 10 AM ONE WEEK IN ADVANCE OF THE PROGRAM DATE. DESTINATIONS VARY WEEKLY AND ARE LISTED AT <a href="http://WWW.RECREATION.GOV">WWW.RECREATION.GOV</a>.</b> 
		4 PM			10 AM	4 PM	<b>WALK: DUNES OF THE PROVINCE LANDS - 1 hour, 1 mile in soft sand. Free.</b> Explore an enchanting dune landscape of unusual plants and wild cranberry bogs, while learning about the Province Lands' unique place in American history. Meet at Province Lands Visitor Center. Wear shoes appropriate for walking in soft sand, and bring water. Check in at the desk inside Province Lands Visitor Center.
		10 AM	10 AM		10 AM		<b>ACTIVITY: LIFEGUARD DEMONSTRATION - ½ hour. Free.</b> 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. <i>Beach fee applies.</i> 

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Provincetown - Program Descriptions and Meeting Locations
			10 AM				<p><b>SCAVENGER HUNT: THE AMAZING RACE - PROVINCETOWN - 1 to 1½ hours, 2 miles. Free program, parking fee may be required.</b> Discover Provincetown's history one clue at a time. Race against time to win the grand prize while experiencing the town's unique treasures and best-kept secrets. Wear comfortable shoes. Meet the ranger at the Provincetown Town Green, Bas Relief Park on Bradford Street, across from the town hall. Use public parking in town. <b>BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, TO REGISTER.</b></p>
		10 AM					<p><b>ACTIVITY: SEAL PUP STORIES - ½ hour. Free.</b> Where are seals born, and what do they need while growing up? Join a naturalist for an indoor program about seals, including short activities and a story, geared toward ages 3 to 8. Parents must remain with children. Meet at Province Lands Visitor Center.</p>  
				11 AM			<p><b>TALK: MARINE LECTURE SERIES - 1 hour. Free.</b> Weekly presentations by the director of marine education for the Provincetown Center for Coastal Studies. Meet at Province Lands Visitor Center. July 3 - <i>Whales of Cape Cod</i>; July 10 - <i>History of Whaling and The Charles W. Morgan</i> (historic whaleship from Mystic, Conn. in Provincetown this week); July 17 - <i>Seals of Cape Cod: A Comeback Story</i>; July 24 - <i>Our Ocean World and the Spectre of Climate Change</i>; July 31 - <i>Whales of Cape Cod</i> (one of many <i>Whale Week</i> activities sponsored by the Center for Coastal Studies); August 7 - <i>Marine Animal Disentanglement</i>; August 14 - <i>Trashing our Seas, Plastic Pollution in the 21st Century</i>; August 21 - <i>Cape Cod Marine Environment, Past, Present, and Future, From Cape Cod to Cape Croaker?</i>; no program August 28.</p> 
	2 PM						<p><b>SNORKEL ADVENTURE - 2 hours. Free.</b> Explore the amazing underwater world of Cape Cod and witness a freshwater or saltwater ecosystem firsthand. <b>BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER. ALL EQUIPMENT PROVIDED. MINIMUM AGE 10. EXPERIENCED SWIMMERS ONLY.</b></p>
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 13 on Cape Cod. The station has been extensively restored and refurnished. A visit feels like stepping into a turn-of-the-century working station while the crew is out on patrol. Check out the 1937 motor surfboat – new this year! Park at Race Point Beach, 191 Race Point Road, and take the short walk to Old Harbor. <i>Beach fee may apply.</i></p>						
			4 PM				<p><b>HIKE: ART IN THE DUNES - 3 hours, 2½ to 3 miles in loose sand. Free.</b> On this long hike into the Province Lands dunes, view firsthand the quality of light, natural environment, and isolation that have long attracted artists and writers to Provincetown. You may meet an artist-in-residence at a dune shack. <b>BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER. SPACE IS LIMITED.</b></p> 
				6 PM			<p><b>HISTORICAL REENACTMENT: BEACH APPARATUS DRILL - 1 hour. \$5 for adults; \$2 for seniors over 62, and children 7 to 17; children 6 and under, free.</b> 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. This is our 35th year reenacting this 1902 rescue drill. Takes place at Old Harbor Life-Saving Station, Race Point Beach, 191 Race Point Road.</p>  

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Provincetown - Program Descriptions and Meeting Locations
	7:30 PM July; 7 PM August no program July 7						<p><b>CAMPFIRE: HERRING COVE BEACH - 1 hour. Free.</b> Enjoy sunset on the beach and an evening of folklore and games around the campfire. Bring a beach chair or towel to sit on. Meet the rangers in front of the new bathroom and concessions stand, just south of the Herring Cove Beach entrance. 6 Province Lands Road. * Accessible with assistance if Province Lands Visitor Center is notified in advance, 508-487-1256.</p> 
		Times vary			Times vary		<p><b>ACTIVITY: FISH, SNAILS, AND HORSESHOE CRAB TALES - 1½ hours, 1 mile. \$15 per family, or \$5 per person.</b> Get your feet wet as you explore the abundance and diversity of life in an intertidal zone in Provincetown. <b>BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER. SEE PROGRAM RESERVATIONS AND FEES ON FIRST PAGE.</b></p> <p><b>Tuesdays:</b> July 8 - 1:30 PM; July 15 - no program; July 22 - 1:45 PM; July 29 - no program; August 5 - 12 noon; August 12 - no program; August 19 - 12:30 PM; August 26 - no program.  <b>Fridays:</b> July 4 - 10 AM; July 11 - 3:30 PM; July 18 - 10 AM; July 25 - 3:30 PM; August 1 - 9 AM; August 8 - 3 PM; August 15 - 9 AM; August 22 - 3 PM; August 29 - no program.</p> 
			Times vary				<p><b>CANOE ADVENTURE: LONG POINT - up to 3 hours, 3 miles. \$25 per adult, \$18 per child 16 and under (minimum age 6).</b> Paddle along the breakwater to explore the West End marsh and views of Long Point dunes. If conditions permit, swimming and snorkeling may be possible. <b>BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER. SEE PROGRAM RESERVATIONS AND FEES ON FIRST PAGE.</b></p> <p>July 2 - 3 PM; July 9 - 8 AM; July 16 - 2:30 PM; July 23 - 9 AM; July 30 - 1:30 PM; August 6 - no program; August 13 - 1 PM; August 20 - no program; August 27 - 12:30 PM.</p>



Jimmy Tingle



**FRIENDS FUNDRAISER features JIMMY TINGLE**

**Wednesday, July 23, 7 to 9 PM. Payomet Performing Arts Center, Truro**

Stand-up comic, social and political humorist JIMMY TINGLE LIVE “Making Comic Sense.” Music by Toast and Jam. Complimentary beverages and light hors d’oeuvres. Live auction. Door prizes. Free unlimited parking and comfortable tent seating. All proceeds to fund the purchase of mammal monitoring cameras, and Climate Friendly Park initiatives such as the beach recycling programs and a movie on sustainable practices. Additional information, and to purchase tickets at \$50 per person, [www.fccns.org](http://www.fccns.org).

**An Evening of Celtic Music - Thursday, July 10, 7 PM, Salt Pond Visitor Center, Eastham. Free.** Join Billy Hardy and Beth Sweeney, a dynamic Celtic fiddle and instrumental duo, for an evening of Irish and other Celtic music .

**The Symbiotic Relationship between Humpback Whales and Marine Birds: An Illustrated Talk by Peter Trull - Wednesday, July 16, 7:30 PM, Salt Pond Visitor Center, Eastham. Free.** Peter Trull has been involved in marine research since 1976. As a researcher and education director at the Center for Coastal Studies in Provincetown in the 1990s, he developed and taught classes related to whales and marine birds, the topic of this fascinating lecture. The lecture follows the annual meeting of Friends of the Cape Cod National Seashore at 6:30 PM. All are welcome.

**Outer Cape Chorale Chamber Singers Thursday, August 7, 7 PM, Salt Pond Visitor Center, Eastham. Free.** An evening of song with this popular group.

**Concerts at Herring Cove Beach** - Concessioner Far Land on the Beach is hosting “Wednesday Night Music Concerts on the Beach,” June 25 through August 27, 6:30 to 8:30 PM. Three performers are sponsored by Friends of the Cape Cod National Seashore: July 16: Peter Donnelly and the New Beach Band; August 6: Zoe Lewis and her Rubber Band; and August 27: Chandler Travis Philharmonette.

*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](http://www.fccns.org)*

## Special programs

### TUESDAY NIGHTS at SALT POND VISITOR CENTER

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

**JULY 1 - LIFE AT SEA: A VOYAGE IN SONG** - Explore the life of a sailor, a whaler, and a fisherman; hear the songs that illustrate the life they pursued at sea. Sing along with musician David Coffin and his concertina.

**JULY 8 - ATLANTIC WHITE SHARK RESEARCH** - To date, the Massachusetts Shark Research Program has tagged 39 great white sharks off Cape Cod. Join John Chisholm and Cynthia Wigren as they highlight what has been learned, as well as the ongoing work of the Massachusetts Shark Research Program and the Atlantic White Shark Conservancy.

**JULY 15 - LIVE LOOK AT OWLS** - Join Perry Ellis from Mass Audubon's Blue Hills Trailside Museum and find out what makes owls special, the role they play in the environment, and how humans affect their ability to survive. Get a chance to see several live owls up close and ask an experienced naturalist your owl questions.

**JULY 22 - SCIENCE AS A WAY OF THINKING ABOUT AND UNDERSTANDING NATURE** - Cape Codders often notice the dramatic or everyday events in nature. How are scientists using these observations over the long-term to understand nature and to prepare us for the future enjoyment of Cape Cod? Join Cape Cod National Seashore Geographic Information Systems Specialist Mark Adams as he uncovers the connections between nature and science at the seashore.

**JULY 29 - WILDLIFE AT CAPE COD NATIONAL SEASHORE: THE RARE AND UNSEEN AMONG US** - Join Cape Cod National Seashore Wildlife Biologist Dr. Robert Cook for a look at some of the lesser-known and less conspicuous species of wildlife that the park supports. Learn about what we do and do not know about the roles that they play in the ecology of the park.

### PROVINCE LANDS MINI-FEST

171 Race Point Road,  
Provincetown

Friday, August 1, 2 to 4 PM. Free!

In celebration of Provincetown's family week, join us at the picturesque outdoor Province Lands amphitheater for games and crafts.

**Zoë Lewis and Peter Donnelly perform at 3 PM**

These popular local musicians return for their fourth-annual Province Lands concert! Join us for lively sing-along music and family fun.

*Sponsored by Friends of the Cape Cod National Seashore*



Zoë Lewis

### NATURE'S AMBASSADOR: THE LEGACY OF THORNTON W. BURGESS

Salt Pond Visitor Center, Eastham.

August 6, 3 PM, 45 minutes. Free.

Join author Christie Palmer for a reading and history of the renowned 20th-century naturalist and children's author, born and raised here on Cape Cod. Geared toward families. Ms. Palmer will be available to autograph copies of her book, which are sold in the Eastern National book and gift shop.

### Under the Tent: Payomet & Performing Arts Center

Music headliners: Aztec Two-Step, David Bromberg Quintet, Judy Collins, Delbert McClinton, Marcia Ball, Ben Taylor, Chris Smither, and more. Theatre, too. *For tickets or more details, call the Payomet at 508-487-5400 or check their website at payomet.org.*

### AUGUST 5 - COASTAL RESOURCES, NATIVE MOTIFS: TRADITIONAL

**WAMPANOAG ARTS** - Southern New England artist Elizabeth James-Perry presents an illustrated talk on Native American adornment and material culture, including traditional weaving and the coastal artistic tradition of wampum. James-Perry, who is of Aquinnah Wampanoag heritage, will show some of her wild-harvested fibers, woven pouches, and wampum.

**AUGUST 12 - SONGS FOR THE EARTH** - Paul Kaplan presents engaging songs on a wide variety of environmental topics. Serious or funny, the songs can lead to a better understanding of both the fragility and the resilience of life on earth. Actively participate in helping Kaplan fill the room with sound.

**AUGUST 19 - THE CANAL STORY** - One hundred years ago, the Cape Cod Canal became a reality. Discover what this waterway is all about and how it became the engineering marvel you see today. Join U.S. Army Corps of Engineers Park Ranger Samantha Gray as she reveals the rich history, unique features, and modern-day operations of the Cape Cod Canal.

**AUGUST 26 - PETTICOATS AT SEA: THE STORY OF A CLIPPER SHIP FAMILY** - History is full of stories about the captains of America's great clipper ships, but did you know that women and children also lived and sailed on these ships? Performer Joan Gatturna portrays the story of Johanna Sears and her family, a story based on the true-life adventures of several New England families whose daughters and sons proved their courage and skill when faced with perils at sea.

### FOURTH ANNUAL SCIENCE SYMPOSIUM

Thursday, August 28, 1 to 4 PM.

Salt Pond Visitor Center

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](http://www.nps.gov/caco) closer to the date for details. *Refreshments courtesy of Friends of the Cape Cod National Seashore.*

### Fired Up!

Truro Center for the Arts at Castle Hill will be loading its Highlands Center wood kiln with pottery and firing the work to 2300 degrees in July and August. Curious? Stop by! Visit [www.castlehill.org](http://www.castlehill.org) for more information.