

RANGER-LED ACTIVITIES, JULY 1 through AUGUST 31, 2015



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



Activities especially suited for families with children. Adults must accompany children during programs.



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



Long pants (shorts for canoe trips and salt marsh explorations), appropriate footwear, hats, sunscreen, bug spray, and water are recommended for outdoor activities. Pets are not permitted on ranger programs.

Some programs require reservations through recreation.gov, while others can be reserved in person or by telephone at a seashore visitor center.

See individual program listings for specific information. Programs that charge a fee require advance payment with a credit card.

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
				7 AM Listed dates only			<p>HIKE: WAKE UP AT THE SEASHORE - 1 mile, 1 hour. Free. Join a ranger for a morning walk along a seashore beach. Beat the crowds and enjoy the rising sun and ocean breezes. Bring water, sunscreen, and bug spray. Location varies each week. Meet at the main bathhouse at each beach. Nauset Light Beach, Eastham - July 2, July 30, and August 27 Marconi Beach, Wellfleet - July 9 and August 6 Look under programs in Truro and Provincetown for additional dates and locations.</p>
				7:30 AM			<p>SURFCASTING 101 - 1½ hours. \$20 (minimum age 12). 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, Eastham. RESERVE AT 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 REQUIRED AND ACCEPTED BEGINNING AT 10 AM ONE WEEK IN ADVANCE OF THE PROGRAM DATE.</p>
				7:30 AM No program July 31			<p>WALK: SEARCHING FOR BIRDS - 2 hours, distance varies. Free. Join a skilled birdwatcher to travel to various sites in the park for bird identification and observations. Bring binoculars if you have them. Meet at the Salt Pond Visitor Center, 50 Nauset Road, Eastham, to caravan to selected sites.</p>
						7:30 AM No program August 22	<p>YOGA ON THE BEACH - 1¼ hours. \$11. Stretch the body and the spirit in the most serene of settings. Cape Cod National Seashore's <i>Yoga on the Beach</i> programs are a unique opportunity to join a ranger and certified yoga instructor for an interdisciplinary class geared to all levels. Held in the cool morning air at the edge of the sea, it's sure to deepen your experience in multiple ways. Meet in the parking lot at Nauset Light Beach, at the intersection of Ocean View Drive and Cable Road, Eastham. <i>Also offered Tuesdays at 8:30 AM at Herring Cove Beach, Provincetown.</i> RESERVE AT 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 REQUIRED AND ACCEPTED BEGINNING AT 10 AM ONE WEEK IN ADVANCE OF THE PROGRAM DATE.</p>
				9:30 AM no program July 30			<p>HIKE: ROADS LESS TRAVELED - 3 hours, 3 to 6 miles. \$6. 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 bug spray. See end of listings for locations by date and brief descriptions. RESERVE AT 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 REQUIRED AND ACCEPTED BEGINNING AT 10 AM ONE WEEK IN ADVANCE OF THE PROGRAM DATE. DESTINATIONS VARY WEEKLY AND ARE LISTED AT WWW.RECREATION.GOV.</p>

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Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham and Wellfleet Program Descriptions and Meeting Locations
					9:30 AM to 11:30 AM no program July 3		OPEN HOUSE: SEASHORE SCIENCE - Free. 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. 50 Nauset Road, Eastham. 
			10 AM				WALK: SHARKS AND SEALS: CAPE COD'S DYNAMIC DUO - 1 hour, up to 1 mile. Free. Examine the relationship between sharks and seals and the role they play in the balance of a healthy marine environment. Bring a pair of binoculars for seal viewing. Meets at Coast Guard Beach, at the end of Doane Road, Eastham. RESERVED PARKING. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0, NO MORE THAN ONE WEEK IN ADVANCE TO RESERVE A PARKING SPACE.
						10 AM	WALK: SEASIDE STROLL - 1 hour, up to 1 mile. Free. Walk and discover the ever-changing world of barrier beaches. These slender strips of sandy shoreline are a key to the Cape's past and a stunning vantage point from which to ponder its future. Meets at Coast Guard Beach, at the end of Doane Road, Eastham. RESERVED PARKING. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0, NO MORE THAN ONE WEEK IN ADVANCE TO RESERVE A PARKING SPACE.
10:30 AM		10:30 AM					WALK: DISCOVER NAUSET MARSH - 1 hour, up to 1 mile. Free. Take this easy one-hour walk to discover some of the intriguing stories and features of this scenic and naturally and culturally significant area. Meet on the terrace of the Salt Pond Visitor Center, 50 Nauset Road, Eastham.
				10:30 AM			TALK: CHRONICLES FROM A CAPE CODDER - 1 hour, up to ½ mile. Free. Today's Cape Cod is built upon the stories from its past. Join Ranger Dana Eldridge as he shares some of those stories. Meet on the terrace at Salt Pond Visitor Center, 50 Nauset Road, Eastham. RESERVATIONS REQUIRED AND ACCEPTED NO MORE THAN ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT 0, TO REGISTER.
				10:30 AM No program July 30			ACTIVITY: SMALL FRY SPECIAL - ¾ hour. Free. Children, bring your parents to the Salt Pond Visitor Center for seashore crafts and stories. Geared for ages 2 to 5. 50 Nauset Road, Eastham.  
		10:30 AM No program July 28					ACTIVITY: TAKE THE CAPE HISTORY CHALLENGE! - 20 minutes. Free. Join Park Historian Bill Burke for a 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! Meet in the activity room at Salt Pond Visitor Center, 50 Nauset Road, Eastham.
	T 11 AM		OH 1 to 3 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 lifestyles of a whaling family. T= TOUR, BY RESERVATION ONLY NO MORE THAN ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0, TO REGISTER. OH = OPEN HOUSE, BROWSE THROUGH. Meet at the Penniman House at Fort Hill, 70 Fort Hill Road, Eastham. Limited parking.
			11 AM	11 AM No program August 20			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. RESERVATIONS REQUIRED AND ACCEPTED NO MORE THAN ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0, TO REGISTER. 269 Bound Brook Island Road, Wellfleet. <i>Directions:</i> Take Route 6. Turn onto Pamet Point Road, at the Truro town line, follow signs.

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Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham and Wellfleet Program Descriptions and Meeting Locations
	11 AM No program July 27, August 24 and 31						<p>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 create a creature craft. Meet in the activity room at Salt Pond Visitor Center, 50 Nauset Road, Eastham. RESERVATIONS REQUIRED AND ACCEPTED NO MORE THAN ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0, TO REGISTER.</p> 
			2 PM				<p>TALK: BOMBS AND BLACKOUTS - up to ¾ hour. Free. Join Ranger Dana Eldridge to examine the impact WWII had on the region. Hear his personal stories of the remnants of war washed up on the beaches, Coast Guard patrols, target practice, and torpedoed ships. Meet on the observation deck at the Marconi Site, 195 Marconi Station Road, Wellfleet. RESERVATIONS REQUIRED AND ACCEPTED NO MORE THAN ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT 0, TO REGISTER.</p>
		2:30 PM					<p>WALK: DISCOVER THE MARCONI AREA - 1 hour, up to 1 mile. Free. The Marconi area is home to breathtaking ocean vistas, unique habitats such as an Atlantic white cedar swamp and heathlands, and an important piece of communication history. Learn about what makes this place so special. Meet at the Marconi Station Site, 195 Marconi Station Road, Wellfleet.</p>
			2:30 PM No program July 30 and August 20				<p>WALK: BAYSIDE STROLL- Thursdays, 2:30 PM, 1 hour, 1 mile. Free. Discover the fascinating cultural and natural history of the secluded, dynamic coastal barrier system known as the Great Island "gut." Meet at the Great Island parking area where Chequessett Neck and Griffin Island roads meet, Wellfleet.</p>
					2:30 PM		<p>WALK: UNTOLD STORIES OF CAPE COD NATIONAL SEASHORE - 1 hour, 1 mile. Free. Hear forgotten tales from this shoreline's past. From shipwrecks to battles and beyond, you're bound to discover something new about this special place. Meet at the Marconi Station Site, 195 Marconi Station Road, Wellfleet.</p>
	3:30 PM		3:30 PM				<p>WALK: DISCOVER FORT HILL - 1 hour, up to 1 mile. Free. The Fort Hill area is home to fascinating natural and cultural history and stunning views. Explore what makes this place an important part of the national seashore. Meet at the lower parking lot at Fort Hill, 70 Fort Hill Road, Eastham.</p>
			3:30 PM No program July 29		3:30 PM		<p>ACTIVITY: CREATURE FEATURE - ¾ hour. Free. Learn about the animals that call the park home, and maybe even see a live example. Participate in fun activities to discover what makes these creatures unique. Takes place at Salt Pond Visitor Center, 50 Nauset Road, Eastham.</p> 
4:30 PM to 7:30 PM			4:30 PM to 7:30 PM				<p>TOUR: NAUSET LIGHT - 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, Eastham. Conducted by Nauset Light Preservation Society. www.nausetlight.org. Donations accepted.</p>
2 PM	10 AM and 2 PM	10 AM			10 AM	2 PM	<p>CANOEING: SALT POND PADDLE - 1½ hours, 1½ miles. \$20 per adult, \$15 per child 16 and under (minimum age 6). 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. RESERVATIONS REQUIRED AND ACCEPTED NO MORE THAN ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0, TO REGISTER. NO PRIOR CANOE EXPERIENCE REQUIRED. ALL EQUIPMENT IS PROVIDED. YOU MAY HAVE TO WADE AND ASSIST WITH MOVING EQUIPMENT. WEAR FOOTWEAR (REQUIRED) THAT CAN GET WET.</p> 

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Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham and Wellfleet Program Descriptions and Meeting Locations
				9:30 AM no program July 30	Times vary No program July 31		<p>CANOEING: CANOE ADVENTURE - up to 3 hours, 3 miles. \$25 per adult, \$18 per child 16 and under (minimum age 6). These trips may explore Nauset Marsh, kettle ponds, or a bay, or may focus on a specialized topic. CANOEING EXPERIENCE, INCLUDING THE ABILITY TO PADDLE IN STRONG WINDS, MANDATORY. RESERVATIONS REQUIRED AND ACCEPTED NO MORE THAN ONE WEEK IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, EXT. 0, FOR A LIST OF PROGRAM TOPICS, DETAILS, AND TO REGISTER. ALL EQUIPMENT IS PROVIDED. YOU MAY HAVE TO WADE AND ASSIST WITH MOVING EQUIPMENT. WEAR FOOTWEAR (REQUIRED) THAT CAN GET WET.</p> 
Times vary			Times vary				<p>ACTIVITY: FISH, SNAILS, AND HORSESHOE CRAB TALES: WELLFLEET - 1½ hours, 1 mile. \$6 per adult, \$4 per child 16 and under. 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. Meet at the Great Island parking area where Chequessett Neck and Griffin Island roads meet, Wellfleet. RESERVE AT 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 REQUIRED AND ACCEPTED BEGINNING AT 10 AM ONE WEEK IN ADVANCE OF THE PROGRAM DATE. WEAR FOOTWEAR (REQUIRED) THAT CAN GET WET.</p> <p>Sundays: July 5 - 8:30 AM; July 12 - 3 PM; July 19 - 8:30 AM; July 26 - 1:30 PM; August 2 - no program; August 9 - 1:30 PM; August 16 - no program; August 23 - 12 noon; August 30 - no program.</p> <p>Wednesdays: July 1 - no program; July 8 - 10:30 AM; July 15 - no program; July 22 - 10 AM; July 29 - 4 PM; August 5 - 9:30 AM; August 12 - 4 PM; August 19 - 9 AM; August 26 - 3 PM</p> 
5 PM		5 PM					<p>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 at the intersection of Ocean View Drive and Cable Road, Eastham.</p> 
		7 PM					<p>TUESDAY NIGHTS AT SALT POND VISITOR CENTER - 1 hour. Free. Authors, performing artists, historians, and scientists will offer insights into seashore resources and stories. <i>Details at end of listings.</i></p> 
			7:30 PM July; 7 PM August				<p>CAMPFIRE: NAUSET LIGHT BEACH - 1½ hours, ½ mile. Free. 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, Eastham. Bring a blanket and bug spray.</p> 

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Truro and Provincetown Program Descriptions and Meeting Locations
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				7 AM Listed dates only			<p>HIKE: WAKE UP AT THE SEASHORE - 1 mile, 1 hour. Free. Join a ranger for a morning walk along a seashore beach. Beat the crowds and enjoy the rising sun and ocean breezes. Bring water, sunscreen, and bug spray. Location varies each week. Meet at the main bathhouse at each beach.</p> <p>Head of the Meadow Beach, Truro - July 16 and August 13 Race Point Beach, Provincetown - July 23 and August 20 <i>Look under programs in Eastham and Wellfleet for additional dates and locations.</i></p> 
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Sun	Mon	Tues	Wed	Thur	Fri	Sat	Truro and Provincetown Program Descriptions and Meeting Locations
			8 AM No program July 22			8 AM	<p>HIKE: ROADS LESS TRAVELED - 2 to 4 hours, 4 to 6 miles. \$6. 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. <i>See end of listings for locations by date and brief descriptions.</i> RESERVE AT 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 REQUIRED AND ACCEPTED BEGINNING AT 10 AM ONE WEEK IN ADVANCE OF THE PROGRAM DATE. DESTINATIONS VARY WEEKLY AND ARE LISTED AT WWW.RECREATION.GOV.</p> 
		8:30 AM					<p>YOGA ON THE BEACH - HERRING COVE, PROVINCETOWN - 1¼ hours. \$11. Stretch the body and the spirit in the most serene of settings. Cape Cod National Seashore's <i>Yoga on the Beach</i> programs are a unique opportunity to join a ranger and certified yoga instructor for an interdisciplinary class geared to all levels. Held in the cool morning air at the edge of the sea, it's sure to deepen your experience in multiple ways. <i>Also offered Saturdays at 7:30 AM at Nauset Light Beach, Eastham.</i> RESERVE AT 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 REQUIRED AND ACCEPTED BEGINNING AT 10 AM ONE WEEK IN ADVANCE OF THE PROGRAM DATE.</p> 
	9 AM No program July 6						<p>BIKE TOUR: THE HISTORIC PROVINCE LANDS BICYCLE TRAIL - 2 hours, 5½ miles. Free. Join a ranger for a group ride along the challenging Province Lands Bicycle Trail, the first bike trail created in a national park. Learn about bicycling safety, enjoy dune and ocean views, and discover the fascinating history of the area. Bring your own bike and helmet (required). Meet at the bike rack in the parking lot at the Province Lands Visitor Center, 171 Race Point Road, Provincetown.</p> 
9 AM							<p>WALK: DUNE VIEWS OVER EAST HARBOR - 1½ hours, 1½ miles in loose sand. Free. Climb atop a parabolic dune to gain 360° 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 loose sand and ascending steep dunes. Bring sunscreen, water, bug spray, and appropriate footwear.</p>
		9 AM					<p>WALK: NATURE TALES AND REMOTE TRAILS OF BALLSTON BEACH - 2 hours, 2 miles. Free. 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. Terrain includes steep hills and loose sand. Wear or bring long pants, sunscreen, bug spray, and water. <i>Directions:</i> 11 North Pamet Road, Truro. Take Truro Center/Pamet Road exit off Route 6. Proceed 1½ miles on North Pamet Road to the end. Meet at the trailhead parking area below the youth hostel.</p>
			9 AM				<p>PHOTOGRAPHY WALK: EXPLORING NATURE WITH YOUR CAMERA - 2 to 2½ hours, 2 to 3 miles. Free. Join a ranger to discover remote and visually stunning areas of Cape Cod National Seashore with your camera. Walk includes walking in loose sand, steep climbs and descents, as well as hot temperatures in open sun. Walking shoes (no sandals) and water are required to participate. Wear or bring long pants, sunscreen, and bug spray. Dates and locations, including Wellfleet, as listed below. RESERVATIONS REQUIRED AND ACCEPTED NO MORE THAN ONE WEEK IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, TO REGISTER.</p> <p>Sea Cliffs of Truro - July 1, 29, and August 26 - Climb to the top of one of the highest points along the Cape Cod National Seashore, experience spectacular panoramic views, and explore the grasslands and heathlands. Marconi Heathlands of Wellfleet - July 8, August 5 - Walk into the rare and dwindling environment of the heathlands with expansive views of the ocean. Snake Hills - July 22, August 19 - Walk the dunes between Herring Cove Beach and Hatches Harbor in Provincetown. The Province Lands - July 15, August 12 - Explore the sand dunes, grasslands, heathlands, and forest between Province Lands Visitor Center and Race Point Beach in Provincetown.</p> 

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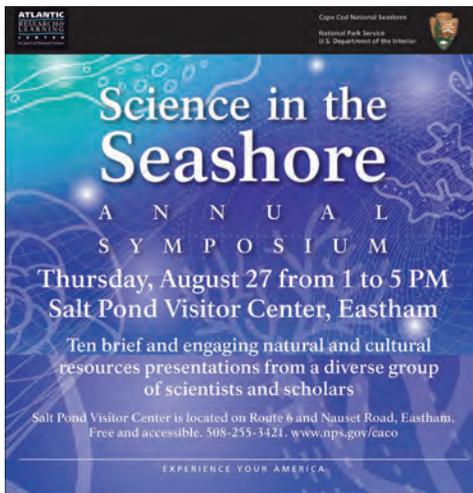
Sun	Mon	Tues	Wed	Thur	Fri	Sat	Truro and Provincetown Program Descriptions and Meeting Locations
	9 AM						WALK: HELLTOWN, SNAKE HILLS, AND HERRING COVE - 2 hours, 2 miles. Free. The dunes between Herring Cove Beach and Race Point Light offer some spectacular views. Explore dune and beach ecology as you approach Hatches Harbor, an important salt-marsh area where you may see migratory and staging shorebirds concentrating in great numbers. Moderate difficulty. Terrain includes steep hills and loose sand. Wear or bring long pants, sunscreen, bug spray, and water. Meet at Province Lands Visitor Center, 171 Race Point Road, Provincetown, to caravan to the walk location.
		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, Provincetown; Wednesday, at Herring Cove Beach, Provincetown; Friday, at Head of the Meadow Beach in Truro. All ages. <i>Beach fee applies.</i> 
					10 AM		SCAVENGER HUNT: THE AMAZING RACE - PROVINCETOWN - 1 to 1½ hours, 2 miles. Free program, parking fee may be required. Discover Provincetown's history one clue at a time. As you race against time to win the grand prize, experience the town's unique treasures and best-kept secrets. Wear comfortable shoes. Meet at the Provincetown Town Green, Bas Relief Park on Bradford Street, across from the town hall. Use public parking in town. RESERVATIONS ACCEPTED AND REQUIRED NO MORE THAN ONE WEEK IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, TO REGISTER.
			10 AM				OBSTACLE COURSE: CAPE COD NINJA WARRIOR - 1 hour. Free. In the spirit of the popular television show "American Ninja Warrior," tackle our Race Point Beach "course." Run, jump, carry, and problem-solve to best your time. Compare your athletic abilities to those of the U.S. Lifesaving Service (predecessor to the U.S. Coast Guard) and the skills of animals that live at the beach. Meet at the Province Lands Visitor Center, 171 Race Point Road, Provincetown, to caravan to the program location. 
						10 AM to 1 PM	WALK: HISTORIC HIGHLAND DISTRICT - 1 hour walks on the hour, ½ mile. Free. 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, 6 Highland Light Road, Truro. 
10 AM to 5:30 PM	TOUR: HIGHLAND LIGHT - Enjoy magnificent views from Cape Cod's oldest lighthouse. Open daily mid-May through mid-October. \$4 adults, \$3 youth (under18) and seniors (65+). \$1 discount with same-day admission to the Highland House Museum. Museum and store, open 10 AM to 6 PM. <i>Operated by Eastern National.</i> Children must be 48 inches tall. 508-487-1121. www. highlandlighthouse.org . 27 Highland Light Road, North Truro.						
1 PM to 4:30 PM	10 AM to 4:30 PM	10 AM to 4:30 PM	10 AM to 4:30 PM	10 AM to 4:30 PM	10 AM to 4:30 PM	10 AM to 4:30 PM	MUSEUM: HIGHLAND HOUSE MUSEUM - Browse through an amazing array of objects from the Truro Historical Society's collection. \$5 adults, \$4 students. \$1 discount with same-day ticket to Highland Light. 12 and under, and individual members and their family members free. <i>Hosted by volunteers of the Truro Historical Society.</i> www.trurohistorical.org . 27 Highland Light Road, North Truro.
	4 PM	10 AM			10 AM		WALK: DUNES OF THE PROVINCE LANDS - 1½ hours, 1½ miles in loose sand. Free. Explore an enchanting dune landscape of unusual plants and wild cranberry bogs, while learning about the Province Lands' unique place in American history. Wear shoes appropriate for walking in loose sand, and bring water. Check in at the desk inside Province Lands Visitor Center, 171 Race Point Road, Provincetown. <i>continued</i>

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Truro and Provincetown Program Descriptions and Meeting Locations
				11 AM			<p>TALK: MARINE LECTURE SERIES - 1 hour. Free. Weekly presentations by the director of marine education for the Provincetown Center for Coastal Studies. Meet at Province Lands Visitor Center, 171 Race Point Road, Provincetown. July 2 - <i>Whales of Cape Cod</i>; July 9 - <i>Centuries of Slaughter: Historic Whaling and Modern Whaling in the 20th Century</i>; July 16 - <i>Marine Animal Strandings</i>; July 23 - <i>Seals of Cape Cod, A Success Story</i>; July 30 - <i>Whales of Cape Cod</i>; August 6 - <i>Trashing our Seas, Plastic Pollution in the 21st Century</i>; August 13 - <i>Our Ocean World and the Specter of Climate Change</i>; August 20 - <i>Marine Animal Disentanglement</i>; August 27 - <i>Cape Cod Marine Environment: Past, Present, and Future, from Cape Cod to Cape Croaker?</i></p> 
			11:30 AM			2:30 PM	<p>SNORKEL ADVENTURE - 2 hours. \$11. Explore the amazing underwater world of Cape Cod and experience a freshwater kettle pond in Truro, or a saltwater tidal flat in Provincetown firsthand. ALL EQUIPMENT PROVIDED. EXPERIENCED SWIMMERS ONLY. MINIMUM AGE 10. AT LEAST ONE ADULT MUST ACCOMPANY CHILDREN IN THE WATER. LOCATIONS VARY. RESERVE AT WWW.RECREATION.GOV (24 HOURS); SEARCH ON <i>CAPE COD NATIONAL SEASHORE, TOURS AND TICKETS</i>; OR CALL 1-877-444-6777 (10 AM TO MIDNIGHT). RESERVATIONS REQUIRED AND ACCEPTED BEGINNING AT 10 AM ONE WEEK IN ADVANCE OF THE PROGRAM DATE.</p>
			2 PM				<p>WALK: HIGHLAND LIGHT: CAUTIONARY ACCOUNTS FROM A CHANGING SHORELINE - 1 hour, ½ mile. Free. The natural coastal processes responsible for the shifting offshore sand bars that made lighthouses 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, North Truro.</p>
2 PM to 4 PM	<p>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. 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, 191 Race Point Road, Provincetown, and take the short walk to Old Harbor. <i>Beach fee applies.</i></p>						
		2 PM					<p>ACTIVITY: SEASHORE CRAFTS - 1 hour. Free. Join a ranger to learn about some of the fascinating things you may find at the seashore, like horseshoe crabs, seals, lighthouses, and lifesavers! Make a craft to take home and remember your visit. Geared for ages 5 to 12. Meet at Province Lands Visitor Center, 171 Race Point Road, Provincetown.</p> 
						2:30 PM	<p>WALK: EVER-CHANGING PAMET VALLEY - 2 hours, 2 miles. Free. In a location named after a branch of the Wampanoag as well as a geological feature; a cranberry business, lifesaving station, and vacation resort have sprung up over time. Even roads have come and gone. Learn about the history of the Pamet area and how the ocean continues to shape it. <i>Directions:</i> 11 North Pamet Road, Truro. Take Truro Center/Pamet Road exit off Route 6 in Truro. Proceed 1½ miles on North Pamet Road to the end. Meet at the trailhead parking area below the youth hostel.</p>
3 PM							<p>WALK: TRURO'S COLD WAR PAST - 1½ hours, ¾ mile. Free. 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, Truro. <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.</p> 
			3 PM				<p>ACCESSIBLE WALK: PROVINCE LANDS VIEWS - 45 minutes, ¼ mile. Free. Enjoy the spectacular views and history of the Province Lands on this ranger-guided, accessible program. An easy path on even pavement, suitable for wheelchairs and strollers, reveals views of Old Harbor Life-Saving Station, Race Point Light, dunes, and Provincetown's Pilgrim Monument. Meet on the sidewalk at the base of the stairs to the Province Lands Visitor Center, 171 Race Point Road, Provincetown.</p>  <p style="text-align: right;"><i>continued</i></p>

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Truro and Provincetown Program Descriptions and Meeting Locations
	Times vary			Times vary			<p>ACTIVITY: FISH, SNAILS, AND HORSESHOE CRAB TALES: PROVINCETOWN - 1½ hours, ½ mile. \$6 per adult, \$4 per child 16 and under. 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. RESERVE AT 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 REQUIRED AND ACCEPTED BEGINNING AT 10 AM ONE WEEK IN ADVANCE OF THE PROGRAM DATE. MEETS NEAR THE BREAKWATER IN PROVINCETOWN. LOOK FOR DIRECTIONS WHEN YOU REGISTER. WEAR FOOTWEAR (REQUIRED) THAT CAN GET WET.</p> <p>Mondays: July 6 - 8:30 AM; July 13 - 3 PM; July 20 - 8:30 AM; July 27 - 2 PM; August 3 - no program; August 10 - 2 PM; August 17 - no program; August 24 - 12 noon; August 31 - no program. Thursdays: July 2 - no program; July 9 - 11 AM; July 16 - no program; July 23 - 10 AM; July 30 - no program; August 6 - 10 AM; August 13 - 4:30 PM; August 20 - no program; August 27 - 3 PM.</p> 
	Times vary		Times vary				<p>WALK: SEALS OF CAPE COD - 1 to 2 hours, 1 to 2 miles in loose sand. Free. 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. RESERVATIONS REQUIRED AND ACCEPTED NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER.</p> <p>Sundays: July 5 - 8 AM; July 12 - 2:30 PM; July 19 - 8 AM; July 26 - 1 PM; August 2 - no program; August 9 - 1 PM; August 16 - no program; August 23 - 11:30 AM; August 30 - no program. Wednesdays: July 1 - 4:30 PM; July 8 - 10:30 AM; July 15 - 4 PM; July 22 - 10 AM; July 29 - 3 PM; August 5 - 9 AM; August 12 - 4 PM; August 19 - 8:30 AM; August 26 - 2 PM.</p> 
				Times vary			<p>CANOEING: CANOE ADVENTURE - up to 3 hours, 3 miles. \$25 per adult, \$18 per child 16 and under (minimum age 6). Paddle the far west end of Provincetown Harbor, a series of Wellfleet kettle ponds, picturesque East Harbor, or the meandering Pamet River. If conditions permit, swimming and snorkeling may also be possible. CANOEING EXPERIENCE, INCLUDING THE ABILITY TO PADDLE IN STRONG WINDS, MANDATORY. RESERVATIONS REQUIRED AND ACCEPTED NO MORE THAN ONE WEEK IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR PROGRAM TIME, MEETING LOCATION, AND TO REGISTER. ALL EQUIPMENT IS PROVIDED. YOU MAY HAVE TO WADE AND ASSIST WITH MOVING EQUIPMENT. WEAR FOOTWEAR (REQUIRED) THAT CAN GET WET.</p> 
			4 PM				<p>HIKE: ART IN THE DUNES - 3 hours, 2½ to 3 miles in loose sand. Free. 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. RESERVATIONS REQUIRED AND ACCEPTED NO MORE THAN ONE WEEK IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER. SPACE IS LIMITED.</p> 
				6 PM			<p>HISTORICAL REENACTMENT: BEACH APPARATUS DRILL - 1 hour. \$5 for adults; \$2 for seniors over 62, and children 7 to 16; children 6 and under, free. Celebrate the 100th anniversary of the U.S. Coast Guard by discovering its origins in the U.S. Lifesaving Service. 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. Children attending will have the opportunity to perform activities and earn a Junior Lifesaver patch. Takes place at Old Harbor Life-Saving Station, Race Point Beach, 191 Race Point Road, Provincetown.</p> 
					7:30 PM July; 7 PM August		<p>CAMPFIRE: HERRING COVE BEACH - 1 hour. Free. 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 bathhouse and concessions stand, just south of the Herring Cove Beach entrance. 6 Province Lands Road, Provincetown. * Accessible with assistance if Province Lands Visitor Center is notified in advance, 508-487-1256.</p>  

continued

Special program details



FIFTH ANNUAL SCIENCE SYMPOSIUM

Thursday, August 27, 1 to 5 PM.
Salt Pond Visitor Center, Eastham

This showcase of research being conducted at Cape Cod National Seashore will feature short presentations by current researchers and will be technical in nature, but aimed at general audiences. Check the park's website at www.nps.gov/caco close to the date for details. *Refreshments courtesy of Friends of the Cape Cod National Seashore.*

PROVINCE LANDS MINI-FEST

171 Race Point Road, Provincetown
Wednesday, July 29, 3 to 5 PM. Free!



As part of Provincetown's Family Week, join us at Cape Cod National Seashore's picturesque outdoor Province Lands amphitheater for games and crafts. **Wampanoag educator Kitty Hendricks Miller** will share native games and songs. **Zoë Lewis and Peter Donnelly perform at 4 PM.** These popular local musicians, with songs that appeal to kids and grown-ups, will quickly have us all dancing and singing along!
Sponsored by Friends of the Cape Cod National Seashore



Zoë Lewis

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.*



Penniman House

JULY 7- KEEPING TIME: A FEW OF THE PARK HISTORIAN'S FAVORITE THINGS! View some awesome artifacts from the Cape's past, including a shipwreck surprise. Park Historian Bill Burke has scoured the corners of the archives for his "Top 10 Moments" in working with the park's historic houses, personalities, archeology sites, and obscure and out-of-the-way historic places.

JULY 14 - ATTACK ON ORLEANS - In 1918, a German submarine surfaced off the coast of Cape Cod and attacked an unarmed towboat and her four barges, giving the town of Orleans the distinction of being the first, and only, spot in the United States to receive enemy fire during WWI. Join author and historian Jake Klim for a presentation on this historic event followed by a signing of his book *Attack on Orleans*.

JULY 21 - JOBI POTTERY: THE HISTORY OF A CAPE COD COTTAGE INDUSTRY
Jobi™ Pottery is a Truro cottage industry begun in 1953. Current owner and designer Susan Kurtzman will talk about the history and techniques behind Jobi Pottery. Items will be available for purchase following her presentation at the visitor center.

JULY 28 - EARTH CELEBRATIONS - Join acclaimed storyteller Rona Leventhal as she shares stories and songs about environmental awareness, personal action and responsibility, conservation, interdependence, and our animal friends.



AUGUST 4 - ONCE UPON A TIDE - Stand-up "chameleon" Jackson Gillman shares a rollicking mix of interactive songs, movement, and stories guaranteed to delight you and your family.



AUGUST 11 - SEA TURTLES ON CAPE COD - Join Mass Audubon's Wellfleet Bay Wildlife Sanctuary Director Bob Prescott for a look at the sea turtles found here and the challenges they face, including the record-breaking cold-stunned turtle stranding of last winter.

AUGUST 18 - WILD ABOUT WEATHER - Join Keith Michael Johnson for a fun, interactive, family-friendly program that takes a creative and quirky look at clouds, air pressure, the water cycle, weather instruments, and forecasts.



AUGUST 25 - GEOGRAPHY GAMESHOW - Explore the world through this innovative and interactive program by local artist, geography expert, and world traveler Neal Nichols. Participate in the rendering of a world map from memory.



continued

Special program details

HIKE: ROADS LESS TRAVELED - Destinations and Descriptions: \$6. RESERVE AT 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 REQUIRED AND ACCEPTED BEGINNING AT 10 AM ONE WEEK IN ADVANCE OF THE PROGRAM DATE. SEE RECREATION.GOV FOR DIRECTIONS TO LOCATIONS AND MORE DETAILS. SEE GENERAL PROGRAM DESCRIPTIONS ON PAGE 9 AND 10.

Wednesdays at 8 AM

July 1 - Tin Pan Alley, Provincetown: Walk the paths traveled by fishermen from the past, through regrowth forest, dunes, and finally reach the ocean.

July 8 - Ballston Heights: Enjoy heathlands, pine forest, and sea cliff views in the area surrounding a historic vacation resort in Truro.

July 15 - High Head Seal Walk: Traverse open dunes and oceanside in North Truro, and find gray seals hauled out at low tide.

July 22 - no program

July 29 - Beech Forest Dunes, Provincetown: Start in the beech forest, a remnant of the type of landscape that would have existed here pre-Contact, then meander into the dunes that followed.

August 5 - Bound Brook Island, Wellfleet: Secluded paths abound in one of the oldest Cape communities.

August 12 - Dyer to Spectacle Pond: Explore the areas around the Wellfleet/Truro glacially formed kettle ponds.

August 19 - Griffin Island, Wellfleet: Heathlands and a spectacular cliff walk await on this rewarding hike.

August 26 - Kettle Ponds: Discover the hidden areas around the Wellfleet/Truro glacially formed kettle ponds.

Thursdays at 9:30 AM

July 2 - Bound Brook Island: Explore the history of this stretch of land along Cape Cod Bay in Wellfleet.

July 9 - Sand, Seals, and Shipwrecks on Coast Guard Beach: Learn about this geologic formation in Eastham and its connection to the Lifesaving Service and author Henry Beston. Watch for seals and learn of their amazing recovery.

July 16 - The Remnants of Fresh Brook Village: Follow ancient paths into the remains of a once vibrant village in Wellfleet. Learn about its history and decay.

July 23 - The Sandy Shores of Great Island: Hike the Great Island "gut" in Wellfleet along Cape Cod Bay. Learn about a lost settlement and current salt-marsh restoration efforts.

July 30 - No program

August 6 - Marconi Area Revealed: Explore this area's history in Wellfleet and its connection to WWII and Guglielmo Marconi, as you traverse a unique coastal heathland habitat.

August 13 - Salt Pond to Coast Guard Beach: Hike through a former golf course to Nauset Marsh and the Great Beach in Eastham and hear the history of this landscape.

August 20 - Sand, Seals, and Shipwrecks on Coast Guard Beach: See previous description.

August 27 - Explore Great Island: Walking along the "gut" in Wellfleet to the tavern site, learn about the many uses of this land in the past and how it will continue to change.

Saturdays at 8 AM

July 4 - Tin Pan Alley, Provincetown: Walk the paths traveled by fishermen from the past, through regrowth forest, dunes, and finally reach the ocean.

July 11 - Ballston Heights: Enjoy heathlands, pine forest, and sea cliff views in the area surrounding a historic vacation resort in Truro.

July 18 - High Head Seal Walk: Traverse open dunes and oceanside in North Truro, and find gray seals hauled out at low tide.

July 25 - North Pamet Hills: Climb atop some of the best views in Truro, and learn about the ever-changing Pamet Valley.

August 1 - Beech Forest Dunes, Provincetown: Start in the beech forest, a remnant of the type of landscape that would have existed here pre-Contact, then meander into the dunes that followed.

August 8 - Bound Brook Island, Wellfleet: Secluded paths abound in one of the oldest Cape communities.

August 15 - Dyer to Spectacle Pond: Explore the areas around the Wellfleet/Truro glacially-formed kettle ponds.

August 22 - Griffin Island, Wellfleet: Heathlands and a spectacular cliff walk await on this rewarding hike.

August 29 - Kettle Ponds: Discover the hidden areas around the Wellfleet/Truro glacially-formed kettle ponds.

Use Your Cell Phone to Learn About Cape Cod National Seashore!

Cell phone tour stops are located throughout the seashore. Look for the green and brown "Dial and Discover Seashore Stories" signs at Salt Pond, Coast Guard Beach, Fort Hill, the Marconi Site, and Province Lands Visitor Center. Cell phone tour scripts are available at visitor centers for people with hearing impairments.

continued



Partner Programs



Friends of the Cape Cod National Seashore sponsors FREE concerts and events each year for Cape Cod residents and visitors to the national seashore. It supports the popular “Tuesday Evenings at Salt Pond,” as well as events at the Province Lands Visitor Center and Herring Cove Beach in Provincetown.

Free events at Salt Pond Visitor Center, 50 Nauset Road, Eastham:

Toast and Jam - Friday, July 10, 7 PM. Lively original bluegrass, classic swing, Americana music, and jazz, using a wide array of instruments.

The Coast Guard on the Outer Cape – Then and Now

Wednesday, July 15, 7:30 PM. In celebration of the 100th anniversary of the U.S. Coast Guard, outgoing Officer in Charge of the Chatham Coast Guard Station, Senior Chief Boatswain Robert Goley, will talk about the lively history of the U.S. Coast Guard on Cape Cod. The lecture follows the annual meeting of Friends of the Cape Cod National Seashore, which begins at 6:30 PM. All are welcome.

Outer Cape Chorale Chamber Singers - Thursday, August 13, 7 PM.

Enjoy an evening of song with this esteemed Outer Cape chorale ensemble.

An Evening of Celtic Music - Saturday, August 29, 7 PM. Join Billy Hardy and Beth Sweeney, a dynamic Celtic fiddle and instrumental duo, for an evening of Irish and other Celtic music.

Summer Concert Series at Herring Cove Beach

Wednesday Evenings, June 24 to September 2, 6 PM until sunset.

Herring Cove Beach, Provincetown.

Co-sponsored by Friends of the Cape Cod National Seashore and Far Land on the Beach, these free “Sunset Concerts on the Beach” will feature favorite Cape musicians. Bring your own chairs. For a complete listing of performers and starting times, go to the website or Facebook page of the co-sponsors – www.farlandprovisions.com or www.fccns.org.

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

Healthy Parks, Healthy People



CAPE COD HEALTHCARE



Cape Cod National Seashore is excited to partner with Cape Cod Healthcare to offer additional Healthy Parks, Healthy People programs. Weekday mornings this summer, meet with healthcare professionals and rangers in the seashore to learn more about how to improve your health by recreating in the seashore!

For complete program information, please visit: www.capecodhealth.org/healthyparks or <http://www.nps.gov/caco/planyourvisit/healthy-parks-healthy-people.htm>

Payomet Performing Arts Center &

“Small Tent, Big Shows.” Music headliners: C.J. Chenier and the Red Hot Louisiana Band, Dave Mason’s Traffic Jam, Marcia Ball, Buckwheat Zydeco, Jefferson Starship, and more! **Plus:** Journalist and documentarian Sebastian Junger screens his latest film *The Last Patrol*. Audience Q&A to follow. Fundraiser for the Truro Historical Society, Payomet Theater, and charitable organizations for veterans and war correspondents supported by Junger. *For tickets or more details, call the Payomet at 508-487-5400 or check their website at payomet.org.*

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 for more information.