

RANGER-LED ACTIVITIES, JULY 1 through AUGUST 31, 2016

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. Working service dogs are permitted.

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

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

 Activities especially suited to families with children. Adults must accompany children on programs.

100! National Park Service Centennial programs

Some programs require reservations through www.recreation.gov, while others can be reserved in person or by telephone at a national 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 WELFLEET Program Descriptions and Meeting Locations	
10 AM			10 AM No program 8/3	10 AM No program 8/25			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 roles they play in the balance of a healthy marine environment. Bring a pair of binoculars for seal viewing. Meet 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			3:30 PM No program 8/3	3:30 PM No program 8/25			TALK: TERRACE TALK – ¾ hour. Free. Join us on the terrace behind Salt Pond Visitor Center for a short program on what makes Cape Cod National Seashore special. Topics vary. 50 Nauset Road, Eastham.	 
2 PM	10 AM	2 PM			10 AM 2 PM	2 PM	CANOE TRIP: SALT POND PADDLE – 1 ½ hours, 1 ½ miles. \$23 per adult, \$18 per child 16 and under (minimum age 6). Explore the beauty and diversity of Salt Pond and the nearby Nauset Marsh during a leisurely paddle in protected waters. Meet at the Salt Pond Visitor Center amphitheater, 50 Nauset 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.	
2:30 PM							WALK: DISCOVER THE MARCONI AREA – 1 hour, up to 1 mile. Free. The Marconi area features breathtaking ocean vistas, unique habitats such as an Atlantic white cedar swamp and heathlands, and an important piece of communication history. Meet at the Marconi Station Site, 195 Marconi Station Site Road, Wellfleet.	
3:30 PM				3:30 PM No program 8/25			WALK: DISCOVER NAUSET MARSH – 1 hour, up to 1 mile. Free. On this easy walk we'll discover some of the intriguing stories and natural and cultural features of this scenic spot. Bring your mobile device to the walk on July 14 to take part in an InstaMeet. Meet on the terrace of Salt Pond Visitor Center, 50 Nauset Road, Eastham.	
5 PM			5 PM No program 8/3				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. Explore their history and importance during this guided tour. Meet at the northeast corner of Nauset Light Beach parking area at the intersection of Ocean View Drive and Cable Road, Eastham.	
4:30-7:30 PM		4:30-7:30 PM	4:30-7:30 PM				TOUR: NAUSET LIGHT – Lighthouses have guided mariners off Cape 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.	
	7:30 AM						WALK: BEGINNER'S BIRDING – 2 hours, distance varies. Free. Join a ranger for bird identification and observations. Bring binoculars if you have them. Meet at the lower Fort Hill parking lot, 70 Fort Hill Road, Eastham.	
	T 11 AM		OH 10 AM – Noon No program 8/3		T 11 AM		CAPTAIN EDWARD PENNIMAN HOUSE – Free. Learn about the Penniman family's whaling adventures and lifestyle during an open house or tour of their home. Meet at the Penniman House at Fort Hill, 70 Fort Hill Road, Eastham. Limited parking. 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.	
	3 PM		3 PM No program 8/3				WALK: DISCOVER FORT HILL – 1 hour, up to 1 mile. Free. Discover Fort Hill's fascinating natural and cultural history while enjoying stunning views. Bring your mobile device to the walk on August 10 to take part in an InstaMeet. Meet at the lower parking lot at Fort Hill, 70 Fort Hill Road, Eastham.	
		Times Vary No program 8/16 or 8/30	Times Vary No program 8/3				ACTIVITY: FISH, SNAILS, AND HORSESHOE CRAB TALES: EASTHAM – 1 ½ hours, 1 mile. \$6 per adult, \$4 per child 16 and under. Wade into the tidal flats of Salt Pond with seine and dip nets to discover many of the hidden animals found in this intertidal habitat. Wear footwear (required) that can get wet. Meet at Salt Pond Visitor Center, 50 Nauset 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. Tuesdays: 7/5 – 9:30 AM, 7/12 – 3 PM, 7/19 – 8:30 AM, 7/26 – 2 PM, 8/2 – 8:30 AM, 8/9 – 1:30 PM, 8/23 – 12:30 PM, Wednesdays: 7/6 – 10 AM, 7/13 – 4 PM, 7/20 – 9 AM, 7/27 – 3 PM, 8/10 – 2:30 PM, 8/17 – 8:30 AM, 8/24 – 1:30 PM, 8/31 – 8:30 AM	
		10:30 AM No program 7/12					TALK: CHRONICLES FROM A CAPE CODDER – 1 hour. 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		2:30 PM No program 8/18 or 8/25			WALK: BAYSIDE STROLL – 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.	
		12 PM No program 7/12					TALK: GROWING UP ON CAPE COD – 1 hour. Free. Bring your lunch and join seventh-generation Cape Codder Ranger Dana Eldridge as he shares his adventures of growing up on Cape Cod. Meet on the terrace at Salt Pond Visitor Center, Eastham. Reservations required and accepted no more than one week in advance. Call Salt Pond Visitor Center, 508-255-3421, ext. 0, to register.	
		Times Vary		Times Vary No program 8/25			CANOE TRIP: CANOE ADVENTURE – Up to 3 hours, 3 miles. \$28 per adult, \$21 per child 16 and under. Minimum age is 12. 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, is mandatory. All equipment is provided. You may have to wade and assist with moving equipment. Wear footwear (required) that can get wet. 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 topics, details, and to register.	

Sun	Mon	Tues	Wed	Thur	Fri	Sat	EASTHAM AND WELFLEET Program Descriptions and Meeting Locations	
		1:30 PM					ACTIVITY: TAKE THE CAPE HISTORY CHALLENGE! – 20 minutes. Free. Take this fun, hands-on challenge and try to identify curious bits and pieces of Cape Cod history. Come meet the park historian, Bill Burke, and get updates on what's new with the seashore's old stuff. Meet at Salt Pond Visitor Center, 50 Nauset Road, Eastham.	
		2 PM					WALK: CREATIVE NATURE – 1 1/2 hours, 1 mile. Free. Cape Cod has a long history of attracting artists and writers. Become part of this legacy by bringing your sketchbook or journal to Fort Hill to join a ranger for tips for finding creative inspiration in the natural world. Meet at the lower parking lot of Fort Hill, 70 Fort Hill Road, Eastham.	
		7 PM					TUESDAY NIGHTS AT SALT POND VISITOR CENTER – 1 hour. Free. Authors, performing artists, historians, and scientists will offer insights into seashore resources and stories. Details on page 12	
			11 AM	11 AM No program 8/18			TOUR: ATWOOD-HIGGINS HOUSE – 1 hour. Free. Take advantage of this unique opportunity to visit the interior and grounds of this authentic 18th-century full-Cape house. 269 Bound Brook Island 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.	
			2 PM No program 7/6				TALK: BOMBS AND BLACKOUTS – up to 45 minutes. Free. Join Ranger Dana Eldridge to examine the impact WWII had on the region. Hear his personal stories of the detritus of war washed upon the beaches, Coast Guard patrols, target practice and torpedoed ships. Meet on the observation deck at the Marconi Station 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.	
		7:30 PM July 7PM August No program 8/3					CAMPFIRE: NAUSET LIGHT BEACH – 1 1/2 hours, 1/2 mile. Free. Join us for an evening of fun as we gather around the campfire for stories, songs and activities that tell about the nature of Cape Cod and its rich past. Bring a blanket and insect repellent, but please leave the s'mores fixings at home. Meet in the parking lot at Nauset Light Beach, at the intersection of Ocean View Drive and Cable Road, Eastham.	
				7:30 AM No program 8/25			SURFCASTING 101 – 1 1/2 hours. \$23 (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.	
				10:30 AM No program 8/25			ACTIVITY: SMALL FRY SPECIAL – 3/4 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.	 
				9:30 AM No program 8/25			HIKE: EXPLORE YOUR PARK: EASTHAM AND WELFLEET – up to 3 hours, 3-5 miles. \$6 per person. Get out on the trail on this longer ranger hike. We'll explore a variety of park destinations and go in-depth to learn about park stories and resources. Topics and locations vary. Participants must be good walkers. More details and 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. Great Island – 7/7 and 8/4 Fresh Brook – 7/14, 7/28, and 8/11 The Great Beach – 7/21 and 8/18	
					9:30-11:30 AM		OPEN HOUSE: SEASHORE SCIENCE – Free. Drop by the Salt Pond Visitor Center anytime between 9:30 and 11:30 to chat with park scientists about how their research is informing our understanding of park resources. 50 Nauset Road, Eastham.	
					2:30 PM		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.	
						7:30 AM No program 8/20	YOGA ON THE BEACH – 1 1/4 hours. \$11 per person. Stretch the body and spirit in the most serene of settings! Cape Cod National Seashore's Yoga on the Beach programs are a unique opportunity to join a skilled 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 national seashore experience! Meet in the parking lot at Nauset Light Beach, at the intersection of Ocean View Drive and Cable 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.	
						10 AM	WALK: SEASIDE STROLL – 1 hour, up to 1 mile. Free. Walk along Coast Guard Beach in Eastham 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. Reserved parking. Call Salt Pond Visitor Center, 508-255-3421, ext. 0, no more than one week in advance to reserve a parking space.	

Sun	Mon	Tues	Wed	Thur	Fri	Sat	TRURO AND PROVINCETOWN Program Descriptions and Meeting Locations	
8:30 AM							HIKE: OFF THE BEATEN PATH – up to 4 hours, up to 4 miles. \$6 per person. 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. 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. Herring River, Kettle Ponds to Sea Cliffs – 7/3, 7/31, and 8/28 Sea Cliffs – 7/10 and 8/7 Bearberry Hill to Ballston Heights – 7/17 and 8/14 Province Lands Dunes – 7/24 and 8/21	
9 AM							WALK: EVER-CHANGING PAMET VALLEY – 2 hours, 2 miles. Free. The Pamet Area has a rich and storied past that includes the Wampanoag People, geology, a cranberry business, life-saving station, and vacation destination. Even roads have come and gone! How does the ocean continue to shape it? Directions: 111 North Pamet Road. Take Truro Center/Pamet Roads exit off Route 6 in Truro. Proceed 1 1/2 miles on North Pamet Road to the end. Meet at the trailhead parking area below the youth hostel.	
10 AM No program 8/21 or 8/28	10 AM		10 AM			10 AM	WALK: PROVINCE LANDS 100 YEARS AGO – 1 1/2 hours, 1 mile in loose sand. Free. What did the Province Lands look like in 1916, when the National Park Service was established and Provincetown had gained a reputation as "the biggest art colony in the world"? Explore this enchanting dune landscape of unusual plants and wild cranberry bogs, and explore the Province Lands' unique place in American history. Wear shoes appropriate for walking in loose sand and bring water. Check in at the desk at the Province Lands Visitor Center, 171 Race Point Road, Provincetown.	100!
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 light. Open daily through mid-October. \$6 for adults, \$5 for seniors and students. \$1 discount with same-day admission to the Highland House Museum. Must be 48 inches tall to climb the tower. Keeper's shop open 10 AM to 6 PM. Operated by Eastern National. www.highlandlighthouse.org . 27 Highland Light Road, North Truro.	

Sun	Mon	Tues	Wed	Thur	Fri	Sat	TRURO AND PROVINCETOWN Program Descriptions and Meeting Locations	
Times Vary No program 8/28							CANOE TRIP: PADDLING ADVENTURE – Up to 3 hours, 3 miles. \$28 per adult, \$21 per child 16 and under. Minimum age is 12. Paddle the far west end of Provincetown Harbor or a series of Wellfleet kettle ponds. If conditions permit, swimming and snorkeling may also be possible. Canoeing experience, including the ability to paddle in strong winds, required. 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. Provincetown Harbor – 7/3 - 10 AM, 7/17 – 9:30 AM, 7/31 – 9 AM, 8/7 – 2 PM, 8/21 – 1:30 PM Wellfleet kettle ponds 8 AM for all – 7/10, 7/24, 8/14	
2 PM							TALK: THAR SHE BLOWS! – 1 hour. Free. Learn about whales and their amazing adaptations to their ocean environment. With a keen eye, you may also see some spouts and fins from shore. Check in at the desk at the Province Lands Visitor Center, 171 Race Point Road, Provincetown.	
2-4 PM	2-4 PM	2-4 PM	2-4 PM	2-4 PM	2-4 PM	2-4 PM	OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION – Free. Beach fees apply. The U.S. Life-saving Service was a federally commissioned group of professional rescuers, which became the Coast Guard in 1915. Built in 1898, Old Harbor is the last intact life-saving station of the original 13 of 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, Provincetown, and take the short walk to Old Harbor.	
3 PM							WALK: HISTORIC HIGHLAND DISTRICT – 1 hour, 1/2 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 all around it. Learn how the history of the Highlands District tells the story of the Outer Cape's transition from backwater to summer resort over the past two centuries. Meet at the picnic table outside the Highland House Museum, 6 Highland Light Road, North Truro.	
	9 AM						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, making the walk moderately difficult. Wear or bring long pants, sunscreen, bug spray, and water. Directions: 111 North Pamet Road. Take Truro Center/ Pamet Roads exit off Route 6 in Truro. Proceed 1 1/2 miles on North Pamet Road to the end. Meet at the trailhead parking area below the youth hostel.	
	9 AM						WALK: DUNE VIEWS OVER EAST HARBOR – 1 1/2 hours, 1 1/2 miles in loose sand. Free. 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. Terrain includes steep hills and loose sand, making the walk moderately difficult. Wear or bring sunscreen, bug spray, and water. 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).	
	10 AM						OBSTACLE COURSE: CAPE COD NINJA WARRIOR, SEASON 2 – 1 hour. Free. In the spirit of the popular television show "American Ninja Warrior," tackle our Race Point Beach fun, family 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 Coast Guard). Meet at the Province Lands Visitor Center, 171 Race Point Road, Provincetown, to caravan to the program location.	 
	10 AM-4:30 PM	10 AM-4:30 PM	10 AM-4:30 PM	10 AM-4:30 PM	10 AM-4:30 PM	10 AM-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, free for 12 and under. \$1 discount with same-day admission to Highland Light. Hosted by the Truro Historical Society. www.trurohistoricalsociety.org . 27 Highland Light Road, Truro	
	10 AM						WALK: TRURO'S COLD WAR PAST – 1 1/2 hours, 3/4 mile. Free. Tour the former North Truro Air Force Station to explore the role it played in our Cold War past, as well as exciting plans for its future as the Highlands Center. Directions: 29 Old Dewline Road. 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.	
	2 PM				2 PM		SNORKEL: UNDERWATER WORLDS – 1 1/2 hours. \$15 per adult, \$11 per child 16 and under. Minimum age is 10. Experienced swimmers only. At least one adult must accompany children in the water. Explore the amazing underwater world of Cape Cod. Locations vary between a freshwater kettle pond in Truro or saltwater tidal creek in Provincetown. 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.	
	4 PM		2 PM No program 8/3				WALK: THE ROOSEVELTS, KENNEDYS, AND THE NATIONAL PARK SERVICE – 1/2 hour, 1/4 mile. Free. These two families had profound effects on the National Park Service and on Cape Cod National Seashore. Enjoy spectacular views of the Province Lands from this easy path on even pavement, suitable for wheelchairs and strollers. Meet on the sidewalk at the base of the stairs to the Province Lands Visitor Center, 171 Race Point Road, Provincetown.	 100!
		10 AM					TOUR: OLD HARBOR LIFE-SAVING STATION – 1 hour. Free. Learn about the U.S. Lifesaving Service and the day-to-day life in the station. These brave surfmen were the predecessors to today's Coast Guard. Meet at the Province Lands Visitor Center, 171 Race Point Road, Provincetown, to caravan to the program location.	
		Times Vary No program 7/5, 7/19 or 8/2				Times Vary No program 7/2, 7/23, 8/6, 8/20 or 8/27	ACTIVITY: TIDAL FLATS FORAY – 1 1/2 hours, 1 mile. \$6 per adult, \$4 per child 16 and under. Get your feet wet as you explore the abundance and diversity of life in an intertidal zone. Wear footwear (required) that can get wet. Meets near the breakwater in Provincetown. Look for directions when you register. 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. Tuesdays: 7/12 – 11 AM, 7/26 – 10 AM, 8/9 – 10 AM, 8/16 – 4 PM, 8/23 – 9 AM, 8/30 – 4 PM Saturdays: 7/9 – 9 AM, 7/16 – 2:30 PM, 7/30 – 2 PM, 8/13 – 1 PM	
		4 PM					HIKE: ART IN THE DUNES – 3 hours, 2 1/2 miles in loose sand. Free. On this long hike into the Province Lands dunes, view first-hand the quality of light, natural environment, and isolation that have long attracted artists and writers to Provincetown. You may have the opportunity to 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, to register.	
			9 AM No program 8/3				PHOTOGRAPHY WALK: EXPLORING NATURE WITH YOUR CAMERA – 2 1/2 hours, 2-3 miles. Free. Discover remote and visually stunning areas of Cape Cod National Seashore while a ranger/photographer shares tips on how to spot good photo opportunities. Terrain includes steep hills and loose sand, making the walk moderately difficult. Wear or bring long pants, sunscreen, bug spray, and water. Reservations required and accepted no more than one week in advance. Call Province Lands Visitor Center, 508-487-1256 to register. Helltown and Snake Hills – 7/6 and 8/10 (InstaMeet on 8/10) Dunes to the Ocean – 7/20 and 8/17 (InstaMeet on 8/17) Sea Cliffs – 7/27 and 8/24 Marconi Heathlands – 7/13 and 8/31	
			Times Vary No program 8/3				HIKE: BREAKWATER TO LONG POINT – Up to 4 hours, 5 miles. Free. This long, strenuous hike over a stone breakwater and out to Long Point in Provincetown will get your legs working and your heart pumping. We will be walking over uneven stones and in loose sand, so wear sturdy shoes. Also wear sunscreen and bring plenty of water. Reservations required and accepted no more than one week in advance. Call Province Lands Visitor Center, 508-487-1256 to register. 9 AM on 7/6, 7/13, 7/20, 7/27 and 8/10, 8/24; 2 PM on 8/17 and 8/31	

Sun	Mon	Tues	Wed	Thur	Fri	Sat	TRURO AND PROVINCETOWN Program Descriptions and Meeting Locations	
			Times Vary			Times Vary No program 7/23; 8/6; 8/20	WALK: SEAL SCOUT – 1-2 hours, 1-2 miles in loose sand. Free. Join marine specialists to look for seals, which may be hauled-out to rest on a sandbar at low tide. Learn appropriate wildlife viewing techniques so as not to disturb the seals. Reservations required and accepted no more than one week in advance. Call Province Lands Visitor Center, 508-487-1256, to register. Wednesdays: 7/6 – 6 PM, 7/13 – Noon, 7/20 – 5:30 PM, 7/27 – 11 AM, 8/3 – 5:30 PM, 8/10 – 10:30 AM, 8/17 – 4:30 PM, 8/24 – 10 AM, 8/31 – 4:30 PM Saturdays: 7/2 – 3 PM, 7/9 – 9 AM, 7/16 – 2:30 PM, 7/30 – 2 PM, 8/13 – 2 PM, 8/27 – 1 PM	
						2 PM No program 8/26	WALK: FIND YOUR PARK – SHARE YOUR STORY – Up to 2 hours, 1 ½ miles. Free. This program is run by you! Ascend Bearberry Hill to enjoy some of the most spectacular views on the Cape. Along the way, participants will be invited to share a story (no more than 5 minutes) about a visit to a national park or any favorite outdoor experience. The ranger will also share highlights from the history of the National Park Service. Directions: 111 North Pamet Road. Take Truro Center/Pamet Roads 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.	 100!
				10 AM			WALK: OBSERVING NATURE THROUGH ART – 1 ½ hours, 1 mile. Free. Join ranger and artist Rebecca Arnoldi for a walk and creative art program. She'll focus on nature drawing in July, and watercolor painting in August. Bring easy-to-carry art supplies, if you have them, or use what we provide. Location varies each week. Reservations are required and accepted no more than one week in advance. Call Province Lands Visitor Center, 508-487-1256, to register.	
						9 AM	BIKE TOUR: THE HISTORIC PROVINCE LANDS BICYCLE TRAIL – 2 hours, 5 ½ miles. Free. Join a ranger for a group ride along the challenging Province Lands Bicycle Trail, the first bike trail created by the National Park Service. Learn about bicycling safety, enjoy dune and ocean views, and discover the fascinating history of the area. Bring your own bike and helmet (required). Meet at the bike rack in the parking lot at the Province Lands Visitor Center, 171 Race Point Road, Provincetown.	
				8 AM No program 8/25			WALK: BEECH FOREST BIRDING – 1 hour, 1 ½ miles. Free. The Beech Forest trail is an important stop for migrating birds, as well as home to year-round bird residents. This beginner bird walk will help you identify species by field marks and calls. Bring binoculars if you have them. Meet at the Beech Forest parking area, off Race Point Road, Provincetown.	
				11 AM			TALK: MARINE LECTURE SERIES – 1 hour. Free. Weekly offerings by the Director of Marine Education, Center for Coastal Studies: 7/7 – Marine Animal Disentanglement 7/14 – Ocean World and the Specter of Climate Change 7/21 – Seals of Cape Cod--A Success Story 7/28 – Whales of Cape Cod (Whale Week) 8/4 – Trashing our Seas, Plastic Pollution in the 21st Century 8/11 – Centuries of Slaughter: Historic Whaling and Modern Whaling in the 20th Century 8/18 – Cape Cod Marine Environment, Past, Present and Future: From Cape Cod to Cape Croaker? 8/25 – Marine Animal Strandings Meet at Province Lands Visitor Center, 171 Race Point Road, Provincetown.	
				6 PM			HISTORICAL RE-ENACTMENT: BEACH APPARATUS DRILL – 1 hour. \$6 for adults; \$4 for seniors over 62 and children 7 to 17; children 6 and under are free. Pay on arrival, no reservations necessary. Listen for the keeper's command, "Open the boat room doors!" and return to the early 1900s when shipwrecks were common along Cape Cod shores. Watch uniformed surfmen fire a line from a cannon to a "ship" in distress, and labor to 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, Provincetown.	
						8:30 AM	YOGA AT THE COVE – 1 ¼ hours. \$11 per person. Start your morning with the serenity of Cape Cod Bay and join a skilled ranger and certified yoga instructor for an interdisciplinary yoga class geared to all levels. Meet at Herring Cove Beach in Provincetown, and ask at the fee booth whether the program will be on the north or south end of the parking lot. 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.	
						10 AM	SCAVENGER HUNT: THE AMAZING RACE – PROVINCETOWN – 1 to 1½ hours. 2 miles. Free, parking fee may be required. 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 at the Provincetown Town Green, Bas Relief Park on Bradford Street, across from the town hall. Use public parking in town. Reservations required and accepted no more than one week in advance. Call Province Lands Visitor Center, 508-487-1256, to register.	
						7:30 PM in July 7PM in August	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 on the beach in front of the large bathhouse and concession area, just south of the beach entrance at Herring Cove Beach, Provincetown. * Accessible with assistance. Please notify Province Lands Visitor Center in advance.	
						2 PM	FAMILY PROGRAM: HANDS-ON SQUID – 1½ hours. Free. Investigate the fascinating anatomy and life of one of the Atlantic's squishiest mollusks. Ages 8 and up. Meet at Province Lands Visitor Center, 171 Race Point Road, Provincetown. Reservations required and accepted no more than one week in advance. Call Province Lands Visitor Center, 508-487-1256, to register.	

Tuesday Nights at Salt Pond Visitor Center Programs are on Tuesdays at 7 PM at Salt Pond Visitor Center, off Route 6, Eastham. They last about one hour and are free to the public. Doors open at 6:30 PM. Space is limited, and seating is on a first-come, first-served basis, except as noted. Sponsored by Friends of the Cape Cod National Seashore.

7/5- Songs and Stories for a Small Planet with Stand-Up Chameleon Jackson Gillman Through songs and stories from the briny deep to the starry skies, celebrate nature with an eye to where we fit in and how we can help sustain our world.

7/12- Cape Cod Climate Change Cape Cod National Seashore's Plant Ecologist Stephen Smith will share how various aspects of climate change have influenced kettle ponds, salt marshes, and nearshore ocean conditions.

7/19- Concert: Toast and Jam A lively performance of original bluegrass, swing, modern folk, and Americana music using a wide variety of instruments.

7/26- Catboat Restoration Arey's Pond Cats are descended from traditional wooden catboats originally launched on Narragansett Bay 200 years ago. Tony Davis, boat builder, sailing instructor, and owner of Arey's Pond Boat Yard, will share an inside look at the four-year restoration of the *Conjurer*, a 1909 H. Manley Crosby Catboat.

8/2- Got Salt? Join us for a fun evening with Krill Carson, who will share wildlife artifacts, examples of foods whales eat, and even a life-size inflatable whale model as she takes us on a journey to learn about Salt, one of the most famous humpback whales in the world.

8/9- Great White Shark Research Back by popular demand, Dr. Greg Skomal will share his work with great white sharks at home and around the globe. **This is a ticketed event. Call Salt Pond Visitor Center at 508-255-3421 ext. 0 no more than one week in advance to reserve your seat.**

8/16- Then and Now: The Amazing Transformation of Cape Cod 1916-2016 Cape Cod National Seashore's Mapping Specialist Mark Adams and Historian Bill Burke take us on fast-moving visual journey through the seashore's changing landscape over the past century. Sit back and enjoy the views or interact with the presenters to shape program direction! **100!**

8/23- From Snowy Owls to Saw-whet Owls Since 1981, Norman Smith has spent days and nights, in every imaginable weather condition, observing, capturing, banding, and color-marking snowy owls at Logan International Airport. What has been learned to date, what questions remain, and how has this project grown to include saw-whet owls?

8/30- The Finest Hours: The True Story of the U.S. Coast Guard's Most Daring Sea Rescue Author Michael Tougias will present an illustrated program on his book of the same name, popularized in the recent Disney movie depicting the rescue of 32 men from a sinking tanker. The book is available for purchase in visitor center bookstores, and Mr. Tougias will sign copies prior to the program. **This is a ticketed event. Call Salt Pond Visitor Center at 508-255-3421, ext. 0, no more than one week in advance to reserve your seat.**

Special Feature: There will be a free showing of the movie, *The Finest Hours* on the evening preceding the talk by Michael Tougias. Monday, 8/29, 7 PM, Salt Pond Visitor Center. Watch the film, then come back the next night for background on the rescue. **This is a ticketed event. Call Salt Pond Visitor Center at 508-255-3421, ext. 0, no more than one week in advance to reserve your seat.**

SPECIAL PROGRAMS All programs are free.

July 12: Highland Light – 20 Years Since the Move, 2 PM Join the Highland Light Scottish Pipe Band, and staff from Eastern National, the national seashore, and the Town of Truro to celebrate the 20th anniversary of the lighthouse's relocation from the eroding bluff. Highland Lighthouse, 27 Highland Light Road, Truro. ♿

July 14: Talk: Through the Artists' Eyes – Popularizing and Preserving National Parks for Over 100 Years, 1-2 PM How did landscape painters and photographers of the late 19th and early 20th centuries inspire national park tourism and preservation, and how are today's artists perpetuating this legacy? Salt Pond Visitor Center, 50 Nauset Road, Eastham. ♿ 100!

July 15: Talk: The Legacy of the Dune Shacks, 1-2 PM Artist, writer, community activist, and Provincetown resident since 1953, Josephine Breen Del Deo will share her perspective on the dune shacks – diminutive abodes that have long attracted artists, writers, and naturalists longing to escape the hectic hubbub of their day-to-day lives. Copies of her recent book, *The Watch at Peaked Hill*, will be available for purchase and signing. Province Lands Visitor Center, 171 Race Point Road, Provincetown. ♿ 100!



Zoë Lewis

July 27, Province Lands Mini Fest, 3-5 PM As part of Provincetown's Family Week, join us at Cape Cod National Seashore's picturesque outdoor amphitheater for music, games, and crafts. Local favorite Zoë Lewis will quickly have us all dancing and singing along! Bring your beach chairs, or a towel to place on the benches. We'll have an Insta-Meet as part of this event, so bring your mobile device to snap and post pics. Funded by Friends of the Cape Cod National Seashore. Province Lands Visitor Center, 171 Race Point Road, Provincetown. ♿

August 12: Highland Light at Night and the Perseids, 8 PM The lighthouse keeper's most important duties happened during the night. Learn about the keeper's duties, and enjoy the outdoor nighttime environment at Highland Light. If it is a clear night, we can do some stargazing and possibly see the Perseid meteor showers. There will also be an opportunity to climb the light for a fee of \$6 for adults, \$5 for seniors and students. Must be 48 inches tall to climb the light. Meet at Highland Light, 27 Highland Light Road, North Truro. ♿

PARTNER PROGRAMS



Friends of the Cape Cod National Seashore sponsors FREE concerts and events each year, including the popular "Tuesday Nights at Salt Pond Visitor Center," events at Province Lands Visitor Center, and weekly summer concerts at Herring Cove Beach.

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

July 7, 7 PM: An Evening of Celtic Music Billy Hardy and Beth Sweeney perform Irish and other Celtic music. ♿

July 20, 7:30 PM: Preserving the Nature of Cape Cod Robert Prescott is the esteemed director of Massachusetts Audubon Society's Wellfleet Bay Wildlife Sanctuary. His knowledge of the Cape and its natural environs is legendary. His presentation features programs that help preserve a variety of Cape wildlife — piping plovers, horseshoe crabs, diamondback terrapins, and sea turtles. The lecture follows the Annual Meeting of Friends, which begins at 6:30 PM. ♿

August 4, 7 PM: Outer Cape Chorale Chamber Singers Enjoy an evening of song with this esteemed Outer Cape Cod chorale ensemble. ♿

PLUS

August 9: An Evening with Dr. Beach, Payomet Tent, Truro Gala Friends event with coastal ecologist and creator of annual U.S. Top Ten Beaches List, Dr. Stephen Leatherman. Funds raised will support the rehabilitation of the Red Maple Swamp Trail in Eastham. Tickets: www.fcns.org. ♿

June 29 through September 4 : Summer Sunset Concerts at Herring Cove Beach, Provincetown Free concerts on Sundays and Wednesdays co-sponsored by Friends and Far Land on the Beach. Bring a chair and enjoy your favorite Cape Cod musicians performing as the sun sets over Cape Cod Bay. For a list of performers and dates, visit www.farlandprovisions.com or www.fcns.org. ♿

Payomet Performing Arts Center

Payomet Performing Arts Center celebrates its 18th year as one of Cape Cod's leading presenters of performing arts, including professionally staged theater productions. This summer's music concert lineup includes Ladysmith Black Mambazo, Vanilla Fudge, Blue Oyster Cult, and Taj Mahal. Payomet is also bringing back Circus Camp and Circus Arts after such a successful 2015 season. Visit www.payomet.org for tickets and details on Friday morning film screenings, talks, and readings. Thank you to Payomet for hosting the Friends of the Cape Cod National Seashore Gala on August 9! ♿

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 during three firings between June and October. Visit www.castlehill.org for dates and details.



CAPE COD HEALTHCARE



Healthy Parks, Healthy People

Join us for year 2 of our partnership focused on the benefits of the national seashore in

helping people improve physical fitness and overall well-being. Healthcare professionals will be at Salt Pond Visitor Center on weekday mornings to help park visitors and neighbors develop and meet their personal fitness goals, and rangers will offer a variety of programs focused on physical, mental, and spiritual health. Look for the ♿ to find these programs on the schedule of ranger-guided activities. For more, visit www.capecodhealth.org/healthyparks.

2016

National Park Service
CENTENNIAL

FIND YOUR PARK

Happy 100th Birthday, National Park Service!

All Centennial events are free, accessible, and open to the public. **InstaMeets:** Calling all Instagrammers! Join us at select ranger programs this summer. Take pics and post and tag with #NPSCentennial and #CapeCodNPS.

Exhibition: Piecing Together a Changing Planet National juried show of art quilts depicting climate change effects on national parks. Salt

Pond Visitor Center, through July 24 only.

July 14-16: Found Our Park! Celebrating Art in the Seashore – A Centennial of Creating Inspired by our National Parks Event featuring two days of painting in the park, followed by an exhibition at the Addison Gallery, Orleans. Opening reception, Saturday, July 16, 5 to 7 PM. Public programs on art and national parks at 1 PM on Thursday, July 14, at Salt Pond Visitor Center and at 1 PM Friday, July 15, at Province Lands Visitor Center. Artists should register for the festival at www.addisonart.com. Sponsored by Addison Art Gallery, the National Park Service, Friends of the Cape Cod National Seashore, and Eastern National.

July 28: Curtis on Tour Community Concert, 7 PM, Salt Pond Visitor Center Concert featuring musicians from the renowned Curtis Institute of Music, in collaboration with the Cape Cod Chamber Music Festival. The program will feature a string quartet of Curtis students and alumni, as well as an introduction to a new national seashore-inspired work by composer Jonathan Bailey Holland. This concert is funded by an *Imagine Your Parks* grant, celebrating 50 years of the National Endowment for the Arts and 100 years of the National Park Service, and uniting the missions of the two agencies to promote and protect our nation's cultural and natural treasures.

August 25 through 28: Fee Free Days Free admission to all national parks, including the six national seashore beaches.

August 27: Outer Cape Artists in Residence Consortium (OCARC) Celebrates its 20th Anniversary, 7-8:30 PM, Province Lands Visitor Center Join members of the OCARC Board, as well as artists who have spent time in the Peaked Hill Trust dune shacks. Learn about the residency program, what it's like to create art during a dune shack stay, and the significance of this national historic district.

August 25:

The National Park Service is 100! ♿

Science Street Fair and Annual Science Symposium, 10 AM to 4 PM, Salt Pond Visitor Center, Eastham We're pulling out all the stops to showcase the amazing world of science and research at the national seashore! During the morning street fair, meet our scientists and see the tools of the trade that help us understand the seashore's natural resources and issues. There will be special activities for kids to earn their Junior Ranger badges. The symposium, held between 1 and 4 PM, will feature short and engaging presentations by researchers and scholars. While technical in nature, the symposium is aimed at general audiences.

Province Lands Centennial Celebration 2-4 PM, Province Lands Visitor Center, 171 Race Point Road, Provincetown Join us for an afternoon of celebration, including family-friendly activities, an InstaMeet, and cake!

Scavenger Hunt Find clues about National Park Service history hidden around the grounds of the visitor center. Complete the puzzle to win a prize!

Slideshow: Fire, Ice, Wind, and Water, 2 PM

Join park volunteer and former ranger Dave Spang for a popular illustrated program he offered for many years, beginning in 1964. While the images are now digitized, Cape Cod's geology and Earth science stories remain relevant and captivating.

Wampanoag Music and Games, 3 PM Wampanoag educator Kitty Hendricks Miller will share native toys, games, and songs. Play a game called "hubbub", and learn a dance to music played with traditional instruments.

Postal Cancellation We've teamed up with the US Postal Service for a unique 100th Anniversary cancellation of the new National Parks Forever stamps. Bring your own envelope to cancel, or purchase a commemorative envelope and stamp at the event.

Centenary Celebration Family Concert: 100 Years of the National Park Service, featuring the Cape Symphony, 6 PM, Salt Pond Visitor Center As the sun begins to set, and with the tranquil Salt Pond and the Atlantic as the backdrop, the symphony will perform pieces that reflect on nature and the value of parks and the natural world. Bring a towel, blanket, or low lawn chair to sit on. Sponsored by Eastern National, the national seashore's education partner, operating park bookstores and Highland Light tours.