



Explore Cape Cod National Seashore

VISITOR CENTERS

CAPE COD NATIONAL SEASHORE HAS TWO VISITOR CENTERS: SALT POND IN Eastham and Province Lands in Provincetown. Both centers have staff to assist visitors with orientation and trip planning, and stores featuring books, maps, puzzles, games, and other interpretive items provided by the park's education partner, Eastern National.

Salt Pond Visitor Center: open daily from 9 AM to 4:30 PM (later during the summer). The extensively-rehabilitated visitor center offers magnificent views of Salt Pond, Nauset Marsh, and the Atlantic beyond; an outstanding museum; and films are shown in the remodeled theater with a new, digital, audio-visual system. Staff are on duty to help with trip planning, and there is a well-stocked store offering books, maps, puzzles, games, and other interpretive items for sale. A new restroom facility is located below the visitor center in front of the amphitheater. The Nauset Marsh and Buttonbush trails, and the Nauset Bicycle Trail are located nearby. Location: Off Route 6, Eastham. Telephone: (508) 255 - 3421.

Province Lands Visitor Center: open daily from 9 AM to 5 PM, May through October. Just two miles from the tip of the Cape in Provincetown, this center offers a small exhibit and regular showings of park orientation films. The observation deck atop the center offers 360-degree views of the Province Lands dunes, the Outer Beach, and the Atlantic. Restrooms with flush toilets and sinks are available in the parking area year round. Access to the Province Lands Bicycle Trail is nearby. Location: Off Race Point Road, Provincetown. Telephone: (508) 487 - 1256.

WALKING AND HIKING SELF-GUIDING TRAILS

THERE ARE ELEVEN SELF-GUIDING TRAILS AT THE SEASHORE THAT ARE open year round: *in Eastham* - the Fort Hill, Red Maple Swamp, Buttonbush, Nauset Marsh, and Doane trails; *in Wellfleet* - the Atlantic White Cedar Swamp and Great Island trails; *in Truro* - Pamet Area Bearberry Hill Overlook, Small's Swamp, and Pilgrim Spring trails; and *in Provincetown* - the Beech Forest Trail. Interpretive trail folders with information on natural and historic features are available at some trailheads. Trailside plant identification markers are referenced in the *Common Trailside Plants* guidebook on sale at visitor center bookstores.



The Province Lands area in Provincetown, with its stark colors of sand and sea, has long been the inspiration for poets, writers, and artists.

What's Inside:

2 & 3 The Basics

- ◆ Visitor Services
- ◆ Beach Activities and Fees
- ◆ General Regulations
- ◆ Visitor Safety
- ◆ Park and Area Map with Lighthouse Locations

Look to these pages for general park orientation, brief descriptions of park features, and other useful information to enhance your visit to Cape Cod National Seashore.

9 Cultural Resources

From Isolation to Destination: How the Automobile and Route 6 Transformed Cape Cod
by Park Historian William Burke

10 Natural Resources

Roads and Natural Habitat in Cape Cod National Seashore
by Park GIS Specialist Mark Adams

11 Nature Guide

Turtles of Cape Cod National Seashore
by Park Wildlife Ecologist Dr. Robert Cook

PLUS Calendar of Events

Ranger-guided programs are listed for July and August of 2006. Ask at visitor centers for seasonal schedules at other times of year.

Superintendent's Message

This is my second summer as the superintendent of Cape Cod National Seashore. I'm proud to be a member of the national seashore team, which is charged with protecting resources, and serving millions of visitors. I have learned that the seashore and the region face numerous challenges while planning for the future. One concern is the high volume of traffic.

Starting this summer, twelve new passenger buses connect communities from Harwich to Provincetown and the National Seashore. The new FLEX system will operate on a 30-minute, pick-up summer schedule, and 60-minute winter schedule. Special pick-ups, up to 3/4 of a mile from the set route, can be arranged with a two-hour notice. This "flexibility" was noted by Harwich High School students, and was christened the FLEX.

Will people be willing to leave their cars to ride the bus? I've witnessed the Provincetown shuttle deliver visitors to the Province Lands Visitor Center and to Herring Cove Beach. I've ridden the Coast Guard Beach shuttle in Eastham and heard positive comments about the convenience the shuttle offers. This says to me, *the FLEX is the Way to Go!*

This project did not happen overnight. The partnership effort was funded by the National Park Service's Alternative Transportation System (ATS). Congressman Delahunt and the Massachusetts Delegation worked with National Park Service (NPS) managers to secure funding. Clay Schofield, Cape Cod Commission, and Volpe National Systems Transportation Center specialists worked with over 25 organizations on the project. Roy Jones, Brewster Fire Chief, chaired the planning committee with members from

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National Park Service
U.S. Department of the Interior

Cape Cod National Seashore

Superintendent

George E. Price, Jr.

Mailing Address

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Wellfleet, MA 02667

E-mail

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Park Headquarters

(508) 349 - 3785

Fax Number

(508) 349 - 9052

Salt Pond Visitor Center

(508) 255 - 3421

Province Lands Visitor Center

(508) 487 - 1256

Race Point Ranger Station

(508) 487 - 2100

Oversand Information Line at Race Point Ranger Station

(508) 487 - 3698 or

(508) 487 - 2100

(ext. 110, March 15th through

November 1st)

Nauset Ranger Station

(508) 255 - 2112

North Atlantic Coastal Lab

(508) 487 - 3262

Web Site

www.nps.gov/caco

Emergencies

9 - 1 - 1

Visitor Services

CAPE COD NATIONAL SEASHORE'S 40 MILES OF pristine ocean beach covering 44,000 acres makes it a premiere destination for exploring natural and cultural features, and enjoying recreational activities.

BIKING

THERE ARE THREE BICYCLE TRAILS UNDER THE care and maintenance of Cape Cod National Seashore: Nauset Trail in Eastham (1.6 miles), Head of the Meadow Trail in Truro (2 miles), and the Province Lands Trail in Provincetown (loop trail 5.45 miles). Massachusetts state law requires children 16 and younger to wear protective helmets when operating a bicycle or riding as a passenger. It is advisable that all riders, regardless of age, wear protective headgear to ensure a safe and enjoyable experience.

CAMPFIRE PERMITS

A LIMITED NUMBER OF CAMPFIRE PERMITS PER day, per seashore beach, may be reserved up to three days in advance in person, or by phone reservation. Locations are: Salt Pond Visitor Center for Coast Guard, Nauset Light and Marconi beaches, or Province Lands Visitor Center for Head of the Meadow, Race Point and Herring Cove beaches. Fire permits for the Oversand Route are issued through the Oversand Station at Race Point. Permits are free, and must be picked up at the reserving visitor center prior to 2 PM the day of the fire. Demand often exceeds the number of permits available.

ACCESSIBILITY

PARK TRAILS AT DOANE ROCK IN EASTHAM AND the Marconi Station Site in Wellfleet have been surfaced to accommodate wheelchairs. Large print versions of official park publications, and the Buttonbush Trail are available for people with impaired vision. Park films have captions and audio descriptions. Coast Guard and Herring Cove beaches provide accessible parking, restrooms, changing facilities, and beach wheelchairs. Herring Cove Beach features showers that accommodate wheelchairs.

PETS

CAPE COD NATIONAL SEASHORE, AND SOME neighboring towns, require that pets be leashed at all times. Specific areas where pets are prohibited are posted. Ask at seashore visitor centers or ranger stations about restrictions that apply.

CAMPING

THE NATIONAL PARK SERVICE DOES NOT OPERATE a campground at Cape Cod National Seashore. Camping is available at private and nearby state-operated facilities (see page 12 for information). Overnight camping and parking within Cape Cod National Seashore are prohibited.

Superintendent's Message *continued*

Provincetown, Truro, Wellfleet, Eastham, Orleans, Chatham, Brewster, Harwich, community groups, and the seashore through two years of meetings.

Eastham resident, and former member of the Assembly of Delegates for Barnstable County, Mary Lou Pettit, said, "This has been a dream of mine for twenty years, and it is great that it is finally turning into a reality."

Keith Bergman, Provincetown Town Manager, called this program, "the most successful joint project undertaken thus far by the Cape communities and the National Park Service."

Ben Pearson, NPS Chief of Maintenance, worked to ensure the buses are equipped with "green" equipment, including propane gas for shuttle vehicles and bio-diesel for the buses. The goal is to reduce vehicle traffic, exhaust, and noise. The system is operated by the Regional Transit Authority (RTA), and is coordinated with the Plymouth and Brockton bus company.

I envision visitors hopping on a bus and, for a modest fee, visiting the Salt Pond Visitor Center or the fascinating Cape towns. Year-round residents will have easier access to shopping centers, medical appointments, or even a ride to work!

I invite you to take a ride on the FLEX as you enjoy your visit to the Cape.

George E. Price, Jr.
Superintendent

On the cover: Birdwatching is just one of many programs offered by park rangers. Ask at a visitor center for a current schedule.

How to Reserve a Fire Permit:	Reserve on: Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	For a fire on: Wed	Thurs	Fri	Sat	Sun	Mon	Tues

Beach Activities and Fees

CAPE COD NATIONAL SEASHORE MANAGES SIX OCEAN BEACHES IN FOUR TOWNS: EASTHAM (COAST Guard and Nauset Light beaches), Wellfleet (Marconi Beach), Truro (Head of the Meadow Beach), and Provincetown (Race Point and Herring Cove beaches). All National Seashore beaches include the following facilities and services: showers, paved parking, restrooms, changing rooms, drinking water, water quality testing, and lifeguards (late June through Labor Day). Two beaches, Coast Guard in Eastham and Herring Cove in Provincetown, are handicapped accessible and have wheelchairs capable of traveling over sand.

Beach entrance fees are charged. Rates for the 2006 season are:

Daily Vehicle	\$15.00
Daily Individual (bicycle, pedestrian)	\$ 3.00
Cape Cod National Seashore Season Pass	\$45.00
National Parks Pass (accepted at any National Park area)	\$50.00
Golden Eagle Hologram (upgrades National Park Pass for entrance at other Department of Interior sites)	\$15.00
Golden Age Pass (allows entry for those age 62 or older)	\$10.00
Golden Access Pass (allows entry for those legally blind or permanently disabled)	FREE

Fees are collected daily from late June through Labor Day at all six seashore beaches, and on weekends and holidays from Memorial Day to late June, and after Labor Day through Columbus Day at Herring Cove, Race Point, Nauset Light, and Coast Guard beaches.

BEACH PARKING LOT CAPACITIES AND TRENDS:

Coast Guard Beach/Little Creek Shuttle, Eastham: Shuttle parking area rarely fills, with moderate turnover. Beach access via Little Creek Shuttle and parking area, a half-mile away. Drop off and pick up of passengers and belongings at the beach is *PROHIBITED*. Limited handicapped parking (state-issued plate or placard required) at the Coast Guard Station parking area.

Nauset Light Beach, Eastham: Parking area fills by 10 AM daily during the summer, with minimal turnover. Drop off and pick up of passengers and belongings at the beach is *PROHIBITED*.

Marconi Beach, Wellfleet: Parking area rarely fills during late June and July. Parking area fills occasionally in August, with moderate turnover.

Head of the Meadow, Truro: Parking area rarely fills.

Race Point, Provincetown: Parking area rarely fills during June and July. When the parking area does fill, it is usually one to two hours after Herring Cove fills. Access is also available on *The Shuttle*.

Herring Cove, Provincetown: Parking area fills between 10 AM and noon most days throughout the summer. Moderate turnover after 1 PM. Access is also available on *The Shuttle*. Seasonal snack bar.

OVERSAND PERMITS

PERMITS FOR DRIVING ON SEASHORE OVERSAND ROUTES ARE REQUIRED AND AVAILABLE FOR PURCHASE at Race Point in Provincetown. Bird nesting activity may force some route closures during the spring and summer. Call (508) 487 - 2100 for general information (ext. 110, March 15th through November 1st). Call (508) 487 - 3698 for route closure information.

GENERAL REGULATIONS:

- Do not disturb natural or cultural features; all are protected by federal law.
- Glass containers, flotation devices (rafts, rubber tubes), snorkel, and masks are prohibited on lifeguard-protected beaches.
- Pets must be leashed and under control at all times. Leashes may not exceed six feet. Pets are not permitted in public buildings, picnic areas, on protected beaches, or on designated nature trails.
- Public nudity is prohibited.
- No license is required for saltwater fishing. A state license is required for freshwater fishing.
- Town licenses for shellfishing are required. Regulations and fees vary by town.
- Surfing and windsurfing are permitted in waters outside lifeguard-protected areas.
- Permits are required for all beach fires. They may be obtained on a first come, first served basis at Salt Pond Visitor Center in Eastham, the Province Lands Visitor Center in Provincetown, and the Oversand Station at Race Point. Do not bury coals.
- Sand collapses easily. Climbing slopes or digging deep holes above knee level is hazardous and prohibited.

Visitor Safety

BE SAFE! OBSERVE THE FOLLOWING SUGGESTIONS:

- ◆ Rip currents and undertow are common, dangerous conditions along ocean beaches. Stay safe by swimming in lifeguard-protected areas.
- ◆ Use sunscreen to avoid sunburn. Use a waterproof sunscreen if you intend to go swimming.
- ◆ Take precautions to avoid contact with insects. Deer ticks may carry Lyme disease. Mosquitos may carry encephalitis or the West Nile virus. Brown-tail moth "tents" cause skin irritation. Stay on trails, out of tall grasses, and inspect clothes and skin. Use repellent and wear proper clothing.
- ◆ Poison ivy is prolific in many locations. The rash it produces can cause severe discomfort. "Leaves of three, let it be."
- ◆ In summer, be alert for heavy traffic, bicycles, and pedestrians on roadways.

Park and Local Area Map

Rules of the Road

Motorist Warning: Wear your seat belt. It's the LAW. Massachusetts state law provides pedestrians the right of way in a cross walk. Be aware of pedestrians, bicyclists, and other park users, and share the road.

Bicyclist Warning: Massachusetts state law requires children 16 and younger to wear protective helmets when operating a bicycle or riding as a passenger. It is advisable that all riders, regardless of age, wear protective headgear to ensure a safe and enjoyable biking experience. Bike trail speed limit is 10 mph. Ride single file, and stay to the right. All bike trails have two-way traffic, heavy traffic times, and may have sand on them.

Lighthouses within Cape Cod National Seashore



Long Point Light, Provincetown

This light was established in 1827 at the isolated tip of Cape Cod. Two Civil War harbor-defense batteries stood nearby.

Wood End Light, Provincetown

This unusual, square lighthouse, established in 1873, was the center of a thriving fishing community until the late 1800s.

Race Point Light, Provincetown

This light was built in 1876 to replace one established in 1816. Dangerous currents and offshore shoals caused many shipwrecks off Race Point.

Highland (Cape Cod) Light, Truro

The light at Highland was the first seen by ships traveling from Europe. The first light was placed here in 1798. The current light was moved back from the eroding cliff in 1996.

Nauset Light, Eastham

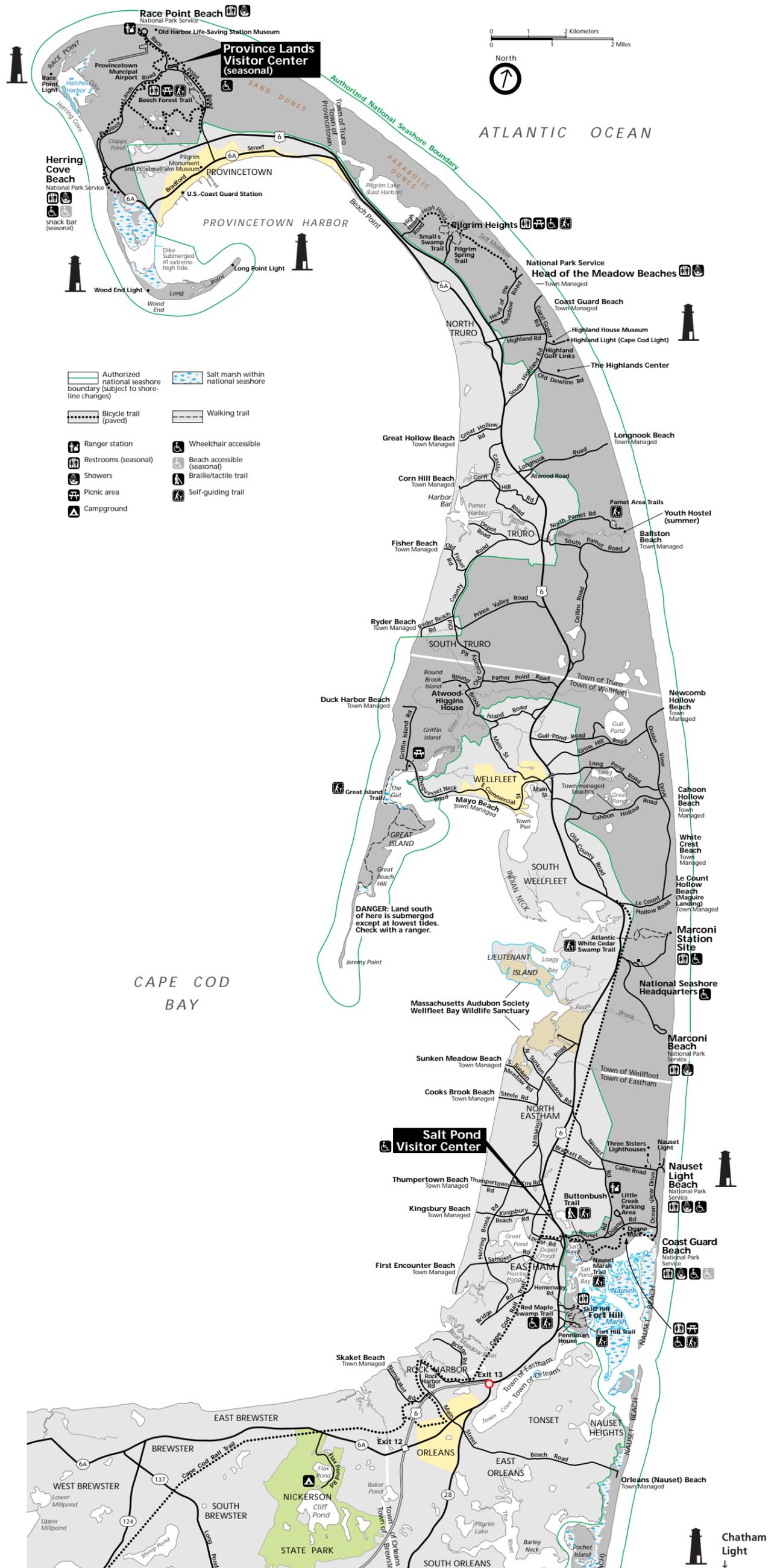
In 1923, the "twin lights of Chatham" were separated, with one light remaining in Chatham, and the other moved to Eastham to replace an earlier light. It was moved back from the eroding cliff in 1996. **The Three Sisters** lighthouses are within walking distance.

Chatham Light, Chatham

First established in 1808, this lighthouse is still operated by the United States Coast Guard. The present tower is the "twin" to Eastham's Nauset Light.

Other historic buildings are described on page 12.

Bookstores at both visitor centers carry books and other items related to lighthouses.



RANGER-LED ACTIVITIES, JULY AND AUGUST 2006

**Salt Pond
Visitor Center**
Nauset Road, off Route 6
Eastham
(508) 255 - 3421

-  Denotes programs that are accessible with minor assistance. Contact park staff if you have questions about accessibility.
-  Denotes programs especially suited for families with young children.
- ✓ Long pants (shorts for canoe trips), appropriate footwear, hats, sunscreen, insect repellent, and water are recommended for walks, hikes, and canoe trips.

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

SPECIAL PROGRAM AND RESERVATION POLICY

- FEE PROGRAMS:**
- Canoe trips cost \$20 per adult, \$12 per child 16 and under.
 - Canoe lessons cost \$10 per person.
 - Surfcasting demonstrations cost \$15 per person.
 - Tickets are non-refundable, available in advance, and must be purchased either in person at visitor centers, or by phone with a credit card, prior to 4:30 PM daily.
- Canoe trips may be reserved and paid for no more than seven days in advance.
 - Canoe experience is MANDATORY due to currents and winds.
 - The canoe lessons meet the experience required for other park-sponsored canoe trips.
 - Minimum age is 6 for canoe trips and 12 for canoe lessons and surfcasting.
 - All equipment is provided.
 - You may have to wade and assist with moving equipment during canoe programs.
 - Wear shoes (required) that can get wet.

EASTHAM PROGRAMS

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WALK: SEARCHING FOR BIRDS 7:30 AM 2 hours, distance varies. Free.	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.		●					
SURFCASTING LESSON 7:30 AM 1½ hours. Fee required.	Learn the basics of saltwater fishing and practice the skill, but don't expect to bring home supper! Meet at the Coast Guard Station, Coast Guard Beach. BY RESERVATION ONLY. CALL THE SALT POND VISITOR CENTER AT (508) 255 - 3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.			●		●		
CANOE TRIP: NAUSET MARSH 9:30 AM - Sundays, Mondays, Tuesdays, Thursdays, Fridays, and Saturdays 11 AM - Wednesdays 2½ hours, 2 to 3 miles. Fee required.	Venture onto the waters of Nauset Marsh and discover its abundance of life. Meet at the Salt Pond Visitor Center Amphitheater. BY RESERVATION ONLY. CALL THE SALT POND VISITOR CENTER AT (508) 255 - 3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.	●	●	●	●	●	●	●
CANOE TRIP: RANGER'S CHOICE Departure time varies. 3 to 3½ hours, 2 to 4 miles. Fee required.	Canoe trip locations and program content will vary. Trips may explore lakes, a bay or marsh, or may focus on a specific topic. BY RESERVATION ONLY. CALL THE SALT POND VISITOR CENTER AT (508) 255 - 3421 FOR TOPICS, LOCATION, DIRECTIONS, AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.		●	●			●	
HIKE: EXPLORE YOUR NATIONAL PARK 8:30 AM up to 3½ hours, 3 to 4 miles. Free.	Join an experienced park ranger to explore the beauty and variety of out-of-the-way park destinations, or to examine specific topics. Routes vary weekly. Moderate to strenuous. BY RESERVATION ONLY. CALL THE SALT POND VISITOR CENTER AT (508) 255 - 3421 FOR TOPICS, LOCATION, DIRECTIONS, AND TO REGISTER.				●			
FAMILY PROGRAM: SHELLFISHING DEMONSTRATION Departure time varies.  1 hour. Free.	Learn about local shellfish, and the traditional activity of shellfishing, which has provided food for generations of Cape Codders. Suitable for children 6 years of age and up. Adults must stay with children. Wear shoes that can get wet. Meet at Salt Pond Visitor Center.	● Meets at the following varying times based on the tides: July 2 - 1 PM August 6 - 4:30 PM July 9 - 5:30 PM August 13 - 11 AM July 16 - noon August 20 - 4:30 PM July 23 - 5:30 PM August 27 - 10 AM July 30 - 11 AM						
WALK: LORE OF NAUSET MARSH 10:30 AM 1 hour, 1 mile. Free.	Learn about the rich, natural and human history around Nauset Marsh. Learn how each has affected the other through time. Meet on the terrace of the Salt Pond Visitor Center.		●			●	●	
WALK: ARCHEOLOGY IN EASTHAM 10 AM 1½ hours, program distance varies. Free.	Learn about the process of archeology and the various discoveries archeology has uncovered within the park. Coast Guard Beach - 1½ miles. July 2nd, 23rd, and August 13th. Meet at Doane Rock parking area. Fort Hill - 1 mile. July 9th, 30th, and August 20th. Meet at Hemenway town landing (one road north of Fort Hill, off Route 6). <i>Occurs on listed dates only.</i>	●						
CAPTAIN EDWARD PENNIMAN HOUSE 11 AM, T = Tour, 1 hour. 1 to 4 PM, OH = Open House Free.	Explore the interior of this historic home at Fort Hill. Learn about this whaling captain and his well-traveled family. OPEN HOUSE , browse through. TOUR, BY RESERVATION ONLY. CALL THE SALT POND VISITOR CENTER AT (508) 255 - 3421 TO REGISTER. Limited parking.		T	OH	OH	OH		T
FAMILY PROGRAM: NATURE'S CLASSROOM 2:30 PM and 3:15 PM 30 minutes. Free. 	Join the ranger on the terrace, or in the classroom of the Salt Pond Visitor Center, to explore some aspect of Cape Cod National Seashore's natural or cultural history. Check at the desk for program details. Meet at the Salt Pond Visitor Center.	●			●			●
WALK: CHRONICLES FROM A CAPE CODDER 1 PM 1 hour, 1 mile. Free.	Join ranger Dana Eldridge as he examines how a changing Cape Cod, despite pressures, has retained its identity. Meet at the terrace of the Salt Pond Visitor Center for a talk and walk along the edge of Salt Pond. <i>In July, July 7th only, and every Friday in August.</i>					●		
TALK: STORY TIME 2 PM 45 minutes. Free. 	Parents, bring your young children to the Salt Pond Visitor Center for this story time that introduces them to some of the critters of the land and sea. Meet in the classroom.			●		●		

EASTHAM PROGRAMS CONTINUED

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FAMILY PROGRAM: FISH, SNAILS, AND HORSESHOE CRAB TALES 1:30 PM 1 hour, ½ mile. Free. 	Use a seine and dip net to explore the undersea world of a salt marsh. Learn about the many interesting plants and animals that live there. Wading is encouraged, and shoes are required. Meet at the terrace of the Salt Pond Visitor Center. Check in by 1:15 PM. BY RESERVATION ONLY. CALL THE SALT POND VISITOR CENTER AT (508) 255 - 3421 TO REGISTER.		●		●		●	
WALK: CULTURAL ENCOUNTERS 2:30 PM 1½ hours, 1½ miles. Free.	400 years ago, French explorer Samuel de Champlain entered Nauset Marsh and visited with the Nauset people. Examine these different cultures and the series of events that played out at Fort Hill as a result of these encounters. Meet at Hemenway town landing (one road north of Fort Hill, off Route 6).		●					
CANOE LESSONS 3 PM 1½ hours, 1 mile. Fee required.	Learn basic paddling technique, and how to control a canoe, while exploring the protected habitat of Salt Pond. Meets the mandatory experience required for park-sponsored trips. Meet at the Salt Pond Visitor Center. BY RESERVATION ONLY. CALL THE SALT POND VISITOR CENTER AT (508) 255 - 3421 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PAGE 4.		●		●			
WALK: LIFE ON THE EDGE 5 PM 1 hour, 1 mile. Free.	Witness the impact the sea has on the shore and the species that live there. Explore the beach below the bluff. Meet at Nauset Light Beach parking area.						●	
TOUR: THREE SISTERS LIGHTHOUSES 5 PM 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.	●	●					
CAMPFIRE: NAUSET LIGHT BEACH 7:30 PM in July, 7 PM in August 1½ hours. Free. 	Join us for an evening of fun as we gather around the campfire. Learn about the special natural and historical resources of Cape Cod. Meet at Nauset Light Beach.		●	●				
WALK: NIGHT WALK AT THE SHORE 8:30 PM in July, 8 PM in August 1 hour, 1 mile. Free.	Experience the changing world of the seashore from dusk to dark, while examining the sights, signs and sounds of the beach. BY RESERVATION ONLY. CALL THE SALT POND VISITOR CENTER AT (508) 255 - 3421 TO REGISTER. Meet at the bathhouse at Coast Guard Beach.						●	

WELLFLEET PROGRAMS

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CANOE TRIP: GULL POND 8 AM 2½ hours, 1 to 2 miles. Fee required.	Enjoy the early morning calm of a kettle pond while exploring its diverse plant and animal life. BY RESERVATION ONLY. CALL THE PROVINCE LANDS VISITOR CENTER AT (508) 487 - 1256 TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PAGE 4.				●			
WALK: ARCHEOLOGY IN WELLFLEET 10 AM 2½ hours, 2½ miles. Free.	Learn about the process of archeology, and the various discoveries archeology has uncovered within the park. Great Island - July 16th, and August 6th and 27th. Meet at Great Island parking area. <i>Occurs on listed dates only.</i>	●						
DEMONSTRATION: SURF RESCUE 10:30 AM 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 Marconi Beach. BEACH FEES APPLY.		●	●				
WALK: TIDAL FLATS FORAY Departure time varies. 1½ hours, 1 mile. Free. 	Explore the Cape Cod Bay tidal flats, and examine life found there. Wear shoes that can get wet while wading. Meet at the Great Island parking area. Tuesdays: July 4 - 11 AM; July 11 - 4 PM; July 18 - 10:30 AM; July 25 - 4:30 PM; August 1 - 9:30 AM; August 8 - 3:30 PM; August 15 - 9:30 AM; August 22 - 4 PM; August 29 - 8:30 AM. Thursdays: July 6 - 1 PM; July 13 - no program; July 20 - 12:30 PM; July 27 - no program; August 3 - 11 AM; August 10 - 5 PM; August 17 - 11 AM; August 24 - 4:30 PM; August 31 - 9:30 AM. Saturdays: July 1 - 8:30 AM; July 8 - 2:30 PM; July 15 - 8:30 AM; July 22 - 2:30 PM; July 29 - no program; August 5 - 1 PM; August 12 - no program; August 19 - 1:30 PM; August 26 - no program.			●		●	●	
ATWOOD-HIGGINS HOUSE 11 AM, T = Tour, 1 hour. 1 to 4 PM, OH = Open House Free. 	Learn about early 18th-century Cape Cod architecture and one of the Outer Cape's early colonial settlement sites. OPEN HOUSE , browse through. TOUR, BY RESERVATION ONLY. CALL THE SALT POND VISITOR CENTER AT (508) 255 - 3421 TO REGISTER. <i>Directions: Take Route 6. Turn onto Pamet Point Road in Wellfleet, at the Truro town line, and follow the signs.</i>				T	OH		
WALK: NATURE'S DIVERSITY 2:30 PM 1½ hours, 1½ miles. Free.	Examine plant communities, from heathlands to cedar swamps, while descending from ocean bluff to water table. Explore the factors that influence these changes in the landscape. Meet at the Marconi Station Site observation deck, off Route 6. <i>Mosquitoes are abundant in early summer. Bring insect repellent.</i>				●			
WALK: SHORELINE STROLL 2:30 PM 1 hour, 1 mile. Free.	Walk through diverse habitats and explore the natural processes of the Great Island land bridge known as "the Gut." Discover how plants and animals have adapted to this area. Meet at the Great Island parking area.	●						

TRURO PROGRAMS

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WALK: THE HIGHLANDS CENTER 3 PM 1½ hours, ¾ mile. Free. 	Tour the former North Truro Air Force Station. Learn about the role the area played in our Cold War past, as well as the exciting plans for its future. <i>Directions: 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 at the tent. No program July 9th.</i>	●						

TRURO PROGRAMS *CONTINUED*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CAMPFIRE: BALLSTON BEACH 7:30 PM in July, 7 PM in August 1 hour, short walk in loose sand. Free.					●		
SLIDE SHOW: "A BARED AND BENDED ARM" 7 PM ¾ hour. Free.		●					

PROVINCETOWN PROGRAMS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CANOE ADVENTURE: RANGER'S CHOICE Departure time varies. Program duration and mileage varies. Fee required.					●		
FITNESS HIKE: "MORE WALKING, LESS TALKING" 8 AM 2 hours, 3 to 5 miles, strenuous. Free.		●					
BIKE TOUR: PROVINCE LANDS 8 AM 2 hours, 5 to 7 miles on paved surface. Free.							●
WALK: DUNE FOREST 9 AM 1½ hours, 1½ miles in soft sand and hard-packed trail. Free.	●						
WALK: TOUR OF THE TOWN 9 AM 2 hours, 3 miles. \$7 per person.			●				
WALK: PROVINCE LANDS DUNES AND BOGS 10 AM 1 hour, 1 mile in loose sand. Free.		●			●		
FAMILY PROGRAM: LIFEGUARD DEMONSTRATION 10 AM ½ hour. Free.				●			
FAMILY PROGRAM: HANDS-ON SQUID 11 AM ¾ to 1 hour. Free.	●						
WALK: TIDAL FLATS FORAY Departure time varies. 1½ hours, ½ mile. Free.			●				●
OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION 2:30 to 5 PM Free.	●	●	●	●	●	●	●
FAMILY PROGRAM: JUNIOR ARTIST 2 PM ¾ hour. Free.					●		
SLIDE SHOW: PIPING PLOVERS 2 PM ¾ hour. Free.		●					
TALK: ON THE OBSERVATION DECK 3 PM ½ hour. Free.		●	●		●	●	
HIKE: ART IN THE DUNES 4 PM 3 hours, 2½ to 3 miles in loose sand. Free.		●					

PROVINCETOWN PROGRAMS *CONTINUED*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HISTORICAL REENACTMENT: BEACH APPARATUS DRILL 6 PM 1 hour. Fee required.  				●			
WALK: SUNSET VISTAS 7:30 PM in July, 7 PM in August. 1½ hours, 2 miles, easy. Free.	●						
CAMPFIRE: HERRING COVE BEACH 7:45 PM in July, 7:15 PM in August 1½ hours. Free. 						●	
STARGAZING: ASTRONOMY AND WEATHER 8:45 PM in July, 8:30 PM in August Free.			●				

In the Field with a Park Scientist

Ecosystem research and monitoring are key to providing the information needed for sound stewardship of the park's natural and cultural resources. Come join a park scientist in the field to learn about some of our ongoing research projects, see how data are collected, and hear how the data are used to preserve and protect the Cape's heritage.

All programs are free and involve walking, some in sand. Participants should bring water, sunscreen, and insect repellent. Programs will be cancelled in heavy rain.



You Want to Dig a Hole *Where?*

Using documentation, site files and maps, and underground testing before placing that utility trench.

Park Archeologist: Frederica Dimmick,
Wednesday, July 12th, 10 AM

(rain date, July 13th)

Duration: 1 to 2 hours. *Conditions:* Little walking; may be buggy and moist; *Meeting Location:* Bog House, North Pamet Rd., Truro. Parking is limited. Park at the youth hostel at the end of North Pamet Road. Walk back via the paved road, to the dirt road that leads down to the Bog House.

Reservations required:

Call (508) 255 - 3421, x 22

Description: Some of the national seashore's most significant cultural resources are underground. These archeological resources provide a context for understanding the who, what, where, and why of human inhabitation of Cape Cod. Spend part of the morning with the park archeologist learning what goes on "behind the scenes" when there is a proposal for development or activity that may affect these resources.

Restoration Ecology in Action: Monitoring Nekton (Fish and Decapod Crustaceans) at Moon Meadow Restoration Site

Park Aquatic Ecologist: Evan Gwilliam
Thursday, July 27th, 9 AM

(rain date, July 28th)

Duration: 1 to 2 hours; *Conditions:* Wear shoes or sandals that can get wet and dirty while wading in sandy-bottomed, shallow water; *Meeting Location:* High Head Road, off Route 6, North Truro, at the weir.

Reservations required:

Call (508) 487 - 3262, x118



Description: Participants will get an overview of the East Harbor Salt Marsh Restoration Project, and learn about salt marsh ecology, restoration ecology, and monitoring techniques; includes hands-on experience sampling nekton using throw traps and beach seines.

The Herring River Salt Marsh Restoration Project

Park Ecologist: John Portnoy
Friday, August 11th, 9 AM

Duration: up to 1½ hours; *Conditions:* Short walk; *Meeting Location:* Great Island parking area, Wellfleet

No reservations required.

Description: A park scientist will explain the rationale for, and the status of, an ongoing multi-agency effort to restore the tides and salt marsh plants and animals to a 1000-acre estuarine ecosystem altered by diking for the past 100 years. Restoration of Wellfleet's Herring River will be the largest wetland restoration project ever undertaken in New England.

Salt Marsh Dieback Assessment

Park Plant Ecologist: Stephen Smith
Wednesday, August 16th, 9 AM

Duration: 2 to 3 hours; *Conditions:* Light clothing is suggested, but long pants to protect against poison ivy. .5 miles in sand.

Meeting Location: Great Island parking area, Wellfleet

Description: Participants will learn about salt marsh health and functioning, and observe areas where salt marsh vegetation is disappearing. There will be discussion about possible underlying causes, and the general principles of salt marsh vegetation monitoring.

Reservations required:

Call (508) 487 - 3262 x 104 (Limited to 10 participants.)



spartina patens
saltmeadow cordgrass

Special Presentations Salt Pond Visitor Center

Unless otherwise noted, all programs are free, held at the Salt Pond Visitor Center in Eastham on Tuesday evenings at 7 PM, last about one hour, and are suitable for all audiences.

BUTTERFLIES ACROSS CAPE COD July 11th &

Trace butterfly (and moth) diversity, larval food sources, metamorphosis, and nectaring oases of some common and noteworthy species across Cape Cod. This colorful, slide-illustrated program is presented by **Tor Hansen, co-author of "Butterflies Across Cape Cod,"** a longtime butterfly enthusiast, and proponent of butterfly gardening.



WALKING THE CAPE and ISLANDS (with a LITTLE KAYAKING THROWN IN FOR FUN!)

July 18th Note: 7:30 PM &

Join **author and adventurer David Weintraub** for an illustrated program featuring many of the Cape's most popular walking areas and kayak routes. Discover lesser-known areas, routes and outings that are best for families with children, and great spots for birding and wildflower viewing. A book signing will follow the program. *Note:* The annual meeting of Friends of the Cape Cod National Seashore precedes David's program at 7 PM. All are welcome! *Sponsored by Friends of the Cape Cod National Seashore.*

STORIES FROM THE SEA July 25th &

Storyteller Libby Franck will recreate a little-known part of maritime history with her costumed performances featuring "The Girl from Botany Bay," about a woman's courage and determination to escape Australia's penal colony, and "Fearless Pirate Maids," the story of two ruthless female pirates who sailed upon the high seas in the early 1700s. *Sponsored by Friends of the Cape Cod National Seashore.*

SAND AND THE BEIGE UNIVERSE August 1st &

Provincetown artist Jay Critchley has been utilizing indigenous sand in his work for 25 years, from his "sand car series" in 1981 to his recent exploration of the scientific discovery that beige is the color of the universe. See the world in a grain of sand, and marvel at Cape Cod's cosmic connection and its famous light through this multimedia program.

COASTAL STORMS: WHAT HAVE WE EXPERIENCED AND WHAT SHOULD WE EXPECT?

August 8th &

Bob Thompson, meteorologist-in-charge of the Southern New England National Weather Service Forecast Office, will provide an overview of the meteorological processes behind some of New England's major coastal storms. We will look at both hurricanes and nor'easters, with a special look at the Portland Gale of 1898.

WELLFLEET - A HOTSPOT FOR MASS STRANDINGS August 15th &

More mass strandings of marine mammals occur in the Cape Cod region, primarily in the Wellfleet area, than anywhere else in North America. This presentation by the **Cape Cod Stranding Network** includes a discussion of why animals strand, how the network responds, and stories of rescues and releases. Learn what you can do to help! *Sponsored by Friends of the Cape Cod National Seashore.*

GEOGRAPHY GAMESHOW August 22nd Note: 4 PM &

Explore the world through this innovative and interactive program presented by Cape Cod resident, **Neil Nichols.** Mr. Nichols presents his "Geography Gameshow" to classrooms across the country, as well as internationally, and creates an atmosphere of fun and learning for his audiences.



AMPHIBIANS AND REPTILES OF CAPE COD August 29th &

National Seashore Wildlife Ecologist Robert Cook will present an illustrated program about the habitats and lifestyles of the more than 25 species of amphibians and reptiles that live at Cape Cod National Seashore. Dr. Cook has worked for many years with these elusive animals, and is currently overseeing the park's program to inventory and monitor them.

See Dr. Cook's article on turtles found within Cape Cod National Seashore on page 11.

Special Presentations Province Lands Visitor Center

Unless otherwise noted, all programs are free, held at the Province Lands Visitor Center at 7 PM, last about one hour, and are suitable for all audiences.

MULTIMEDIA PRESENTATION: "BEACONS OF LIGHT" Friday, July 21st, 7 PM ♿

Explore the human history of the Outer Cape's lighthouse keepers and their families with **"the Lighthouse Guy" Jeremy D'Entremont**. Mr. D'Entremont has edited and annotated 7 new editions of books by the late, popular historian, Edward Snow, including: "Lighthouses of New England," "A Pilgrim Returns to Cape Cod," "Storms and Shipwrecks of New England," and "Women of the Sea," which will be on sale after the program.

SLIDE LECTURE: SHOREBIRD SEASON Tuesday, August 1st, 7:30 PM ♿

Join accomplished **wildlife photographer and writer, David Weintraub**, for an illustrated program featuring shorebirds of both coasts, with an emphasis on identification and behavior. David's audience-friendly style engages visitors of all ages. Free. Province Lands Visitor Center Auditorium, Provincetown. *Sponsored by Friends of the Cape Cod National Seashore.*

MULTIMEDIA PRESENTATION: THE WRECK OF THE SOMERSET, BRITISH MAN-OF-WAR Sundays, August 6th and 27th, 7 PM ♿

"Just as the moon rose over the bay/ Where swinging wide at her moorings lay/ The Somerset, British man-of-war/ A phantom ship, with each mast and spar/ Across the moon like a prison bar." Immortalized by Henry Wadsworth Longfellow's poem, "Paul Revere's Ride," the story of the *Somerset* in the Revolutionary War ended in a fierce storm in 1778, when it ran aground on the Peaked Hill Bars. **Park Ranger Brennan Murray** will share this shipwreck story, including DVD footage from the recovery of the ship's remains.

FAMILY PROGRAM: "AN AFTERNOON WITH A SEA MONSTER" Wednesday, August 9th, 2 PM ♿

Join **Cape Cod author and folklorist, Jim Coogan**, for stories, puppets, and fun. Jim is the author of two children's books about Cape Cod: "I Saw a Sea Monster, Yes I Did!" and "Clarence the Cranberry Who Couldn't Bounce."

SLIDE LECTURE: "SAIL AWAY LADIES" Friday, August 18th, 7 PM ♿

During the great age of sail, hundreds of women sailed with their seafaring husbands on voyages that took them around the globe. They faced storms, pirates, shipwrecks, sea-sickness, and loneliness, yet they also met with great adventure. **Cape Cod author and folklorist Jim Coogan's** award-winning book, "Sail Away Ladies: Stories of Women in the Age of Sail," presents the tales of twelve Cape Cod women as told through their journals and letters. Mr. Coogan is a regular columnist for the Cape Cod Times and the author of 5 books about Cape Cod, which will be on sale after the program.

SLIDE LECTURE: "THE CHANGING SHAPE OF CAPE COD" Wednesday, August 23rd, 2 PM

The Outer Cape's coastline changes visibly each year. **Coastal Geologist Graham Giese and Geographic Information Specialist Mark Adams** will discuss the changing shape of the Outer Cape Cod coast, past and present, and the processes responsible. They will share the methods that geologists and geographers have used to map the changing forms, and will present a fascinating study in which local scientists are duplicating a 19th-century coastal survey extending from Chatham to Provincetown.

Partner Programs

Cape Cod National Seashore has many partners who enrich visitor programming, preserve historic structures, and provide financial support for seashore projects.

Friends of the Cape Cod National Seashore

The Friends is a non-profit organization whose purpose is to enhance people's enjoyment of the seashore through financial and volunteer support. Friends sponsors a variety of programs throughout the year. WWW.FCCNS.ORG

**OLD-FASHIONED PATRIOTIC
BAND CONCERTS - WEDNESDAY,
JULY 5TH AT 7 PM, AT SALT POND VISITOR
CENTER, EASTHAM; TUESDAY, JULY 11TH AT 7
PM, AT THE AMPHITHEATER AT PROVINCE
LANDS VISITOR CENTER, PROVINCETOWN.** FREE
concerts by the Lower Cape Concert Band per-
forming a variety of music from show tunes to
marches. ♿



**FAMILY SUNSET CAMPFIRES
and SING ALONGS - TUESDAY, JULY
25TH AT 8 PM, AT RACE POINT BEACH, PROVINCE-
TOWN; AND TUESDAY, AUGUST 8TH AT 7:30 PM,
AT NAUSET LIGHT BEACH, EASTHAM.** FREE. Enjoy
an evening campfire on the beach with songs
led by Cape Cod musician Denya LeVine.

The Arts Foundation of Cape Cod

The Arts Foundation of Cape Cod presents the **2006 Citizens Bank Music at Salt Pond Summer Concert Series** at the Salt Pond Visitor Center Amphitheater. Concerts are free, and scheduled for Wednesday evenings, from 6 to 7:30 PM, July 12th through August 28th. Performers include: The Jolly Rogues, Cape Cod Conservatory Jazz Band, Zoie Lewis, Kami Lyle, the Toejam Puppet Band, and more. Call the Salt Pond Visitor Center between 9 AM and 5 PM daily at (508) 255 - 3421. ♿

Plein Air Painting in the Seashore

For the last 27 years, members of the Eastham Painters' Guild have been capturing the beauty of Cape Cod in their paintings. This summer they will be painting "en plein air" in the park on Thursdays. Speak to the artists and watch as they fill their canvases with paint and capture the beauty of Cape Cod National Seashore. On Thursdays and Fridays throughout the summer, the guild hosts the **largest outdoor fine arts gallery on the Cape**, located on route 6 in Eastham, across from the Salt Pond Visitor Center.

Highlands Center Partnership Collaborative

"Highlands Fest" a celebration of the arts and sciences, showcasing the vision of the Highlands Center & its program partners to the Cape Cod Community.

Highlands Fest illustrates the Highlands Center mission to foster the unique cultural and natural heritage of Cape Cod by facilitating scientific research, the arts tradition, and education programs atop the dramatic sea cliffs of Cape Cod National Seashore. The Highlands Center partners include: AmeriCorps Cape Cod, Cape Cod National Seashore, Fine Arts Work Center in Provincetown, Highlands Center, Inc., and Payomet Performing Arts Center in Truro.

Highlands Fest takes place July 8th, from 11 AM to 8:30 PM, at The Highlands Center at Cape Cod National Seashore. The day will open in the new Payomet tent with the Cape Cod Storyteller. The day will continue with recycling puppet theater, free lunch and refreshments, a guided walking tour of Highlands Center, scientist-led coastal observations, wind meteorological tower explorations, and a special landscape navigation art/science installation. The evening will conclude with a Presidential News Conference with Colonial Williamsburg's own THOMAS JEFFERSON at 7 PM. Admission to the evening performance is \$10 (children under 12 are free). Call the Payomet Box Office at (508) 487 - 5400 for advance reservations. ♿

Directions: Take Route 6 to the Highland Light Exit in North Truro. Go east on Highland Road. At the end, take a right onto South Highland Road. After approximately .6 miles, take a left onto Old Dewline Road. The Highlands Center is at the end of the road.

Payomet Performing Arts Center

From magicians to political satirists to period actors and much more, Payomet's ambitious inaugural season at its new tent at the Highlands Center offers the caliber and variety of programming audiences of all ages have come to expect from this eclectic performing arts group. WWW.PPACTRURO.ORG

**CAPE COD STORYTELLER
PROJECT - SATURDAYS IN JULY AND AUGUST,
11 AM, 30 MINUTES.** FREE. Payomet Artistic Director Guy Strauss presents stories and poetry for the whole family about the history and environmental beauty of Cape Cod. Meet at the Payomet Tent at the Highlands Center, North Truro. See directions above under the **Highlands Fest** listing. Call (508) 487 - 5400. ♿



Nauset Light Preservation Society

TOURS CONDUCTED BY NAUSET LIGHT PRESERVATION SOCIETY VOLUNTEERS. Sundays and Wednesdays, in July and August, from 4:30 to 7:30 PM. Donations accepted. WWW.NAUSETLIGHT.ORG

Truro Historical Society Sites

HIGHLAND LIGHTHOUSE - Tours daily from 10 AM to 5 PM. Fee. Gift shop is open until 6 PM. Children must be 51" tall to climb Highland Light. (508) 487 - 1121. **HIGHLAND HOUSE MUSEUM** - Monday to Saturday, 10 AM to 4:30 PM; Sundays 1 to 4:30 PM. Fee. WWW.TRUROHISTORICAL.ORG



USLSSHA 11th Annual Conference

USLSSHA RETURNS TO ITS ROOTS AT CAPE COD NATIONAL SEASHORE

FOUR POINTS SHERATON, EASTHAM, MA, SEPTEMBER 27TH THROUGH OCTOBER 1ST

Join the members of the United States Life-Saving Service Heritage Association this September for a return to the spot where the organization formed eleven years ago, the Cape Cod National Seashore. Over the course of three days, USLSSHA will tour the Cape's life-saving stations, Coast Guard stations, and lighthouses, hear lectures from the country's leading experts in Coast Guard history, and learn Cape Cod Coast Guard history firsthand from the men and women who experienced it. WWW.USLIFE-SAVINGSERVICE.ORG.

Junior Ranger Program

Children, age 5 and over, are invited to participate in **Cape Cod National Seashore's Junior Ranger Program**. This program encourages children to explore the park and investigate its special resources.



To participate, stop by one of the visitor centers. Families with children 8 years and over will need to purchase a Junior Ranger Activity Book (\$2.50), and request a list of requirements. After completing the activities, each youngster will receive a free Junior Ranger patch. Children ages 5 to 7 can earn a special Junior Ranger souvenir by obtaining and completing a list of activities for their age group. In general, a visit of two or more days is necessary to complete program requirements.



From Isolation to Destination:

How the Automobile and Route 6 Transformed Cape Cod

by William Burke, Park Historian, Branch Chief for Cultural Resources

“ . . . the visitor from broad, inland America drives down the length of this sandy curlicue, and observes that it is taking him well out to sea, and that in spots it seems to be hanging as if by a thread . . . ”

From “Cape Cod Pilot”, Jeremiah Diggs, 1937

Living through a Cape Cod traffic jam is a little like re-living history. The maddening speed of say, 15 mph, was the speed of the first automobile that traversed the entire Cape in 1901. It took the driver and his Stanley Steamer all day to reach Provincetown. For Cape residents, the car and Route 6 are essential tools that shape our everyday lives, getting us to work, play, school, doctors appointments, and all points to mainland USA. Travel over the canal bridges marks milestones in our lives: the anticipation of returning home after a long vacation off-Cape, the beginning of an exciting trip to see a new grandchild, the sorrow of traveling to visit a grieving loved one. Cars and roads are so taken for granted that we underestimate how these new improvements dramatically altered the Cape Cod landscape and way of life a century ago. They brought the Cape out of its relative obscurity and isolation and revealed to the world its quaint villages, maritime heritage and stunning natural beauty. As one travel writer put it in 1936, “The Cape had no choice. It put its house in order for a new day, said farewell to the deep water and hung out a shingle, ‘Tourists Accommodated’.”

“The Orientation of the Area Being to the Sea . . .”

Pre-automobile Cape Cod looked to the sea for its highways, economy and heritage. Roads were a secondary means of transportation. By the late 1800s the railroad was a good alternative for longer trips between towns and off Cape travel but couldn’t get you around town. If you attempted to travel by road in colonial times or as recently as the early 1900s, the experience would have been exhausting. With tortuous sand roads and few places for travelers to eat or rest, one traveler in 1850 wrote: “Our driver had ‘driven stage’ for a year, over the route between Truro and Provincetown, and every day he had picked a new track, finding hills and hollows in new places after losing his way with the blinding of the flying sand . . . and often obliged to call on his passenger to ‘dig out’ – a couple of shovels being part of his regular harness.” Earlier, when Orleans was the terminus of the stage coach, the northward journey to Provincetown was only possible by cart or horseback and was heavy going either way. Even by the 1960s, an historian evaluating the existing secondary roads in the proposed national seashore complained that they were “crude, unpaved, casually maintained, and colloquially laid out. Basically a collection of cart tracks and right of ways... many of the roads described in the town records are virtually impossible to trace at the present time.”

The Automobile Arrives

By the turn of the 20th century, things changed quickly. The state built a macadam road along the Cape’s north side by the 1890s, generally following the route of the “Old Kings Highway” and present-day Route 6A. By the early 1920s, the Cape had 1,100 miles of paved road. In 1915, blacksmith Manuel Marshall of Truro recognized the changing times, and diversified his horseshoeing business by pumping gas and towing and repairing cars stuck on the many sand roads that remained around town. When the Sagamore and Bourne bridges opened in 1935, plans were made to construct a divided highway from the bridges that would cross the Cape. Traffic jams getting to the Cape were already a problem by 1950, when a two-lane, limited-access highway opened from the Sagamore Bridge to exit 6 in West Barnstable. Five years later, the four lane road was opened between North Truro and Provincetown. By 1959, the highway reached the Orleans rotary. Route 3 linked Boston to the Cape in 1963; Interstate 495 opened the rest of New England and beyond to the Bourne Bridge by 1987. With the highways came rapid development.

Promoting the Cape’s “Rural Seaside Charm”

Beginning in the boom years after World War II, Cape Cod emerged as a vacation destination for the middle class, not just the wealthy few. This meant an expansion from the handful of railroad-based resorts like the Highland House in Truro. By 1957, there were 125 motels, motor courts, or motor lodges on the Cape. Gas stations and car repair garages sprung up, like the Indian Filling Station just south of the Truro line on Route 6. Tourist attractions were built - miniature golf, roadside eateries and souvenir shops. Finding parking at the beach was an essential part of your vacation. The Cape’s “rural seaside charm,” as one observer called it in the 1950s, was for the first time being threatened by its own popularity. The explosion of tourism spurred on land preservation efforts that created Nickerson State Park in the 1930s and Cape Cod National Seashore in the 1960s.

Cape Cod Traffic on a Single Summer Day

1909 Sandwich:	57 horse-drawn vehicles,
	75 motor vehicles
1918 Sandwich:	23 horse drawn vehicles,
	559 motor vehicles
1936 Sagamore Bridge:	55,000 motor vehicles
2005 Sagamore Bridge:	130,000 motor vehicles



With the automobile came the need for gas and repair. The park-owned former “Indian Filling Station,” (left, circa 1937), with intact grease pit, awaits a new use or demolition.



As the naturalist John Hay put it in 1968, “The old historical peninsula, with its woodlots, its sandy roads and its semi-isolation, is no more.”

Avoiding a Gridlocked Future

Ironically, the very tool that brought many of us to this peninsula for the very first time and helped us fall in love with the place - the automobile - now threatens to degrade the qualities that made the Cape special: small town charm, rural character, natural scenery, and an unhurried lifestyle.

The park continues to explore with the surrounding communities, ways to reduce traffic congestion. It has funded the popular beach shuttle buses in Truro and Provincetown, and has recently purchased buses to be used in the FLEX Route public transit system that will help get people to work or the beach. Beach parking advisory signs help route people to lots that have available parking. Improvements to bicycle and hiking trails will encourage non-motorized access in and around the Outer Cape. You can help by supporting public transportation initiatives and leaving your car at home when you can.



Edward Hopper’s 1940s painting “Gas,” is evocative of gas stations on Cape Cod at that time.

Special thanks go to Jim O’Connell and his book, “Becoming Cape Cod”. The book is available in the park’s bookstores.



A Pope-Hartford automobile tackles a sand road in Provincetown.



Old Harbor Life-Saving Station Campaign A Project of Friends of the Cape Cod National Seashore

There’s Something New at Old Harbor...

Friends of the Cape Cod National Seashore is raising funds to improve the visitor experience at Old Harbor Life-Saving Station at Race Point Beach in Provincetown through the acquisition of exhibits and furnishings. The goal of the project is to introduce visitors to Cape Cod’s rich maritime history, and the exciting chapter represented by Old Harbor Life-Saving Station.

**Friends Annual Meeting, Tuesday, July 18, 2006
7 PM, Salt Pond Visitor Center, Eastham**

Friends of the Cape Cod National Seashore is a vibrant, thriving organization committed to the support and promotion of the historical, scientific, educational, and recreational projects of the seashore for which there are no federal funds available. Among its many activities are: assisting with the maintenance of public hiking trails, coordinating conservation projects, funding the preservation of historic structures, making seashore facilities and programs more accessible to the handicapped, and administering special funds for research projects.

**JOIN MORE THAN 1,000 OTHER TERRIFIC
PEOPLE WHO ENJOY A VERY SPECIAL
AND CARING RELATIONSHIP WITH
CAPE COD NATIONAL SEASHORE.
WWW.FCCNS.ORG**



Roads and Natural Habitat in Cape Cod National Seashore

By Mark Adams, Park Geographic Information Specialist

"The spadefoot toad migration is one of the many increasingly rare natural phenomena still to be found in the National Seashore."

Superintendent George E. Price, Jr.

Joyride

Almost every year, someone with a new 4-wheel drive vehicle decides to flaunt the rules and "see what she can do." Rangers have discovered swaths of new off-road tracks through fragile dune heathlands left by someone's inconsiderate and illegal joy ride. SUVs are made for these flings, but the untrammelled remnants of dunes and grass are already hemmed in by existing roads, and each new incursion diminishes the survival chances for Cape Cod's fragile plants and animals. Often, the joy rider is caught and pays for the replanting and restoration of the landscape, but no amount of money can make the landscape whole again. In recent years, more woodlands and fields outside the seashore have been divided and built. New roads appear overnight, and the freshly cut soil crust reveals the thin root zone and the fragile anchor of lichens and grasses that keeps Cape Cod from blowing away as it did nearly 200 years ago.

Invisible Pathways in Nature

Plants and animals follow paths and corridors that are invisible to most humans. These paths guide wild animals to water, food, and places to breed and nest. For example, the spadefoot toad is rare elsewhere but thrives in the Province Lands where it finds sand for burrowing, abundant insects and other prey, and most importantly: unhindered paths to shallow spring pools of water, where they gather to call and breed. On summer evenings when the toads sense the ideal combination of warmth, moisture, and day length, they get the urge to travel. Toads, salamanders, frogs, snakes, small and large mammals, all move toward vernal ponds that supply many of their needs in the active seasons from April to October. Animals follow the direct routes, even if roads and traffic hinder their path.



Adhering to the difficult task of balancing the protection of park wildlife with the needs and enjoyment of park visitors, Cape Cod National Seashore will continue an occasional, temporary traffic detour in the Province Lands from late April through August on very rainy nights.

The eastern spadefoot toad, listed as "Threatened" by the Commonwealth of Massachusetts, uses shallow temporary ponds in the Province Lands for breeding. They migrate to these ponds on very rainy nights, when temperatures are usually above 50 degrees. Said Superintendent George Price, "The spadefoot toad migration is one of the many increasingly rare natural phenomena still to be found in the National Seashore. We're pleased that we've found a way to allow spadefoot toads to survive the trip to their breeding ponds, while still maintaining visitor access to Herring Cove and the Race Point area." Rangers and park biologists will be at the detours during these nights to assist motorists, and monitor the activities of the spadefoot toad. Please drive slowly, to protect your own safety as well as park wildlife.



Thousands of acres of productive salt-marsh estuaries along the New England coast have been degraded historically by tidal restrictions like this dike across the 1100-acre Herring River estuary in Wellfleet, 80% of which is within Cape Cod National Seashore. Happily, after many years of research and public outreach by both the National Park Service and cooperating agencies, tidal restoration in Wellfleet's Herring River appears much closer to realization. Over the past winter, the Town of Wellfleet and the seashore have agreed that restoration of the river's tides are feasible, highly desirable, and likely to benefit fish and wildlife, as well as people. The town, the seashore and a large number of state and federal agencies and private conservation groups continue to collaborate on planning, outreach, and fund-raising for this project - the largest salt-marsh restoration project ever undertaken in Massachusetts and the entire Gulf of Maine.

In the Province Lands, seashore biologists estimate that tens of thousands of toads and frogs are killed on the road every year. How long they can survive these population losses is unknown. In the last generation, vast areas of sandplain shrub and grassland that used to extend unbroken over southern New England have been reduced to a few precious pockets like the Province Lands, High Head, and the Marconi area. Our iconic species such as the northern harrier (or marsh hawk), grassland sparrows, the spadefoot toad, and the hognose snake, once widespread and common, now hang on tentatively in these habitat remnants.

A few generations ago, people also used similar wandering paths to cross the landscape to graze their animals, gather wood and wild foods, to fish, and to congregate. As the landscape changed, the routes shifted to skirt around hills or bogs, following paths of least resistance. Humans proliferated, and Europeans arrived. By the 1850s, maps show many braided trails crisscrossing the now open de-vegetated land. There were few barriers to human movement, so horses and carts and foot traffic spread widely across dunes and marshes and plains. Henry David Thoreau and other travelers in the mid-19th century describe the outer Cape as a featureless shifting desert.

The Traffic

People, horses, and sheep kept the vegetation from regrowing for over a century. Roads became hardened, then paved, and railroads arrived, adding barriers to wildlife and changing the flow of water. Asphalt came in the 1950s and 1960s as the car took over. These new fixed corridors blocked age-old migration routes and became pipelines for exhaust products: heavy metals, hydrocarbons, and oil dripping into road runoff.

Roads turned the natural landscape into a series of islands of wildlife habitat. Animals often must cross busy human traffic lanes to reach wetlands, food sources, and breeding sites. Paved and railed routes redirect the flow of water. Rivers and marshes were bridged, diked and drained, animal and plant populations isolated, and the flow of nutrients interrupted. Roads, trails, and bike paths also disperse the seeds of exotic invasive plants carried on shoes, tires, and pet paws.

Nowadays, harvest of brushwood and subsistence fishing have become less important than getting to the beach and spending some leisurely time in a deck chair. Auto traffic has pushed the strollers and dog walkers to the perilous edge of busy secondary roads. On the bright side, some of the old sand roads are now ideal for walking and biking, since the auto traffic is concentrated elsewhere. Some old roads now have a full tree canopy and a stripe of shaggy green between the old wheel tracks, and are among the most pleasant getaways from the summer crowds. The wheel ruts can also fill with water and sedges and become toad breeding sites.

Restoring the Connections

The National Park Service and local communities are working together to restore the areas formerly cut off by roads and railroads so that water and tides can once again flow unimpeded. You may have read about the Hatches Harbor restoration in Provincetown and the Herring River proposals in Wellfleet. At times you will also notice a temporary road closure to reduce the roadkill carnage of migrating frogs and toads. On warm, damp nights, the message goes out to swing gates closed on part of the Province Lands Road to allow the mass movement of toads and frogs traveling to their breeding ponds. Amphibians even wander across Route 6 and die by the thousands each summer.



The multi-lined areas on this map depict the increased concentration of roads that have developed outside of the park boundary.

Occasionally you might see an observant motorist slowing down or pulling over to rescue a turtle from the traffics lanes. Some migrating animals could be spared by installing drift fences, to funnel them into culverts or tunnels under the road, albeit at considerable expense.

Cape Cod's beaches, dunes, woodlands and wetlands form a mosaic of natural habitats that offer the requirements of life to an interesting and unique group of plants and animals that have disappeared from the more developed urban coastal areas of New England. Not all that long ago, Model A cars and trucks ran unrestricted over dunes, through marshes and woods. Early maps and photos show many twisting ribbons of wheel tracks. Congestion has put limits on people and wildlife, but with increasing awareness of the impacts of vehicles, we can conserve the patterns of nature. And when people leave their cars behind, they'll find a world of solitude full of the many small livelihoods of nature.

Turtles of Cape Cod National Seashore

by Dr. Robert P. Cook, Wildlife Ecologist

Cape Cod National Seashore's 46,000 acres play a critical role in supporting the Cape's abundant and diverse wildlife. While the larger, more abundant, or conspicuous species found along the seashore's beaches may be well known to visitors, the vast majority of the seashore's wildlife species are not. Although they may be small and/or secretive, and not often seen by visitors, these species are important ecologically, and are a significant part of the natural heritage the National Park Service works to preserve.

One such wildlife group is the park's turtles. Turtles are unique and immediately recognizable, yet most go largely unobserved. They are only active here part of the year (the warm months), and all but one of the seashore's eleven species are aquatic, which keeps most of them out of the public eye.

Turtles are the most primitive of living reptiles, and their defining character, the shell, emerged about 200 million years ago. Along with other reptiles, they represent a transition from the aquatic lifestyle of fishes, to the terrestrial lifestyle of birds and mammals. Their scaly skin provides some resistance to drying, as do their leathery-shelled eggs. Although predominantly aquatic, they breathe primarily with lungs. Their eggs are laid in a terrestrial nest, developing without any parental care. This mode of reproduction means that all turtles, regardless of how aquatic they are, require terrestrial habitats to reproduce.

Cape Cod National Seashore's turtles are found in marine, estuarine, freshwater, and terrestrial habitats. In spite of these habitat differences, they share a generally similar annual life cycle that involves: emergence from hibernation, mating, egg laying by females in late spring-early summer, egg development and hatching over the course of the summer while juveniles and adults feed and grow, and a cessation of feeding and activity as winter approaches. For most turtles, the egg-laying step is usually the riskiest part of their annual cycle. All aquatic species must leave the water and travel overland to find a nesting spot, generally an open, sparsely vegetated patch that receives enough sunlight to allow the eggs to develop and hatch before winter. Fields, roadsides, dirt roads, and dunes are generally used here. Eggs hatch out in August and September and hatchlings either emerge from the nest or remain buried underground until the following spring. Adults of both sexes meanwhile return to their respective ponds or swamps and spend the winter in the mud or a hibernation chamber known as a hibernaculum.

Five species of marine turtles occur in the Atlantic Ocean and Cape Cod Bay. Although marine turtles nest and overwinter in the tropics, as the ocean warms over the summer, they work their way north and feed in New England waters. As winter approaches, this process is reversed. However, Cape Cod Bay acts as a cul-de-sac and in some years, many turtles, predominantly Kemp's Ridley, end up "cold stunned." In an effort to maintain

the populations of these federally-threatened or endangered species, volunteers and park staff assist in efforts coordinated by Wellfleet Bay Wildlife Sanctuary to rescue and rehabilitate cold-stunned turtles.



Diamond-backed terrapin

The **Diamond-backed terrapin** is an estuarine turtle found in salt marshes, where it feeds primarily on snails, mussels, and crabs. Terrapins occur in the marshes along Cape Cod Bay, with the Wellfleet Harbor area being most important on the Outer Cape. Terrapins hibernate in the mud of tidal creeks and mate in the calm waters of the salt marsh in mid-spring. Female terrapins leave the salt marsh in June and early July to nest in the adjacent dunes and uplands. Terrapin populations were decimated in the 19th century by overharvesting for food. They recovered by the mid-20th century, but now face renewed pressures from loss of nesting habitats to development, increased nest predation by raccoons and skunks, and increased adult mortality from road kills. They are listed as "Threatened" by the Massachusetts Natural Heritage Program.



Painted turtle

Painted turtles are the seashore's most abundant and widespread freshwater turtle, occurring park-wide in just about all freshwater habitats. Its abundance, and habit of basking in the sun, make this the most familiar and frequently observed species of turtle. Large numbers can be observed wherever logs and vegetation provide basking sites. Similar to diamondback terrapins, adult female painted turtles are larger than males, a trait that has allowed them to increase their reproductive output. A generalist in terms of diet and habitat needs, painted turtle populations at the seashore appear secure, although small numbers die on park roads annually, usually in June. Please drive slowly and carefully. Speed limits help protect our wildlife!

The **snapping turtle** is also very familiar, occurring park-wide in all freshwater habitats. Unlike the painted turtle, it is not very conspicuous. Although they bask, they do this by moving to shallow water, where their shell is just below the water's surface. Although capable of swimming, snapping turtles are more a bottom walker, searching for dead animals or lying in wait for prey. Most visitors encounter either adult female snapping turtles on nesting forays in June, or hatchlings that have emerged in August. Snapping turtles have an undeserved



Snapping turtle

reputation for being "aggressive," when in fact, this so-called "aggressive" behavior is used defensively. In water, snapping turtles avoid people and hide from or flee approaching humans (unless they have been habituated by being fed). On land however, where females on nesting forays are vulnerable to predators, they cannot escape and must stand up to and face down potential predators, which is how they perceive humans. Although many turtles simply withdraw into their shell in response to a predator, snapping turtles have a reduced bottom shell (known as a plastron) that leaves them with a "soft underbelly," making passive resistance a flawed defense. They have to act tough. Snapping turtles only hiss and snap when you are too close. Back off, and leave them alone. They will not come after you. If you need to handle a snapping turtle to remove it from harm's way, always approach and handle it from behind. Its neck is too short to reach very far back.



Spotted turtle

The **spotted turtle** is one the seashore's rare freshwater turtles. While now listed as a "special concern" species by the Massachusetts Natural Heritage program, early naturalists once considered it nearly as common as the painted turtle. Spotted turtles occur park-wide and in many different, shallow, freshwater habitats, but they are not numerous. They are semi-aquatic, and may spend a lot of time in upland habitats, primarily in the summer after shallow habitats have dried up. As a result, they move around more than aquatic turtles, which makes them more vulnerable in areas with a lot of roads. Spotted turtles are only a few to several inches long, with a black upper shell (carapace) and scattered yellow spots. Reports are few, but they are found, often several hundred yards from wetlands, which gives you an idea of how far these turtles can move.

Of all of the seashore's freshwater turtles, we know the least about the **musk turtle**. Also known as the "stinkpot," due to its strong, unpleasant odor, musk turtles have been recorded in kettle ponds in Eastham, Wellfleet, and Truro. This small turtle (maximum size is around five inches) is highly aquatic, more a bottom walker than a swimmer or basker, which means it



Musk turtle

is not conspicuous or frequently observed. When found, musk turtles are often mistaken for young snapping turtles, which they superficially resemble. Although the musk turtle is common elsewhere in New England, habitats here are marginal from its perspective and it is uncommon. Encountering one here is a rare and exciting event.



Eastern box turtle

The **eastern box turtle** is familiar to most seashore visitors. It is a terrestrial turtle found primarily in forest and fields. It is a species that shifts habitats seasonally to avoid excessive heat or cold. In many ways it is similar to humans who seek relief from summer heat by visiting Cape Cod, even soaking in ponds and puddles to cool off. Box turtles are similar to humans in diet (feeding on a broad range of plant and animal foods) and demographics (maturing in their teens and being capable of living 100+ years). Although many people think of box turtles as a common species based on childhood memories, populations in the Northeast are not faring well in the region's increasingly urbanized landscape. It is a "special concern" species in Massachusetts. Cape Cod National Seashore, with its fairly intact, unfragmented landscape, provides some of the best remaining box turtle habitat in New England.

Although recent surveys conducted as part of the seashore's Inventory and Monitoring Program show that our six species of resident turtles appear to be doing okay, not all turtle populations in New England are. Habitat loss and fragmentation, increasing traffic, and predation are placing pressure on many populations. The location of open habitat suitable for nesting determines how far a female turtle must travel from the water to nest, and hence how vulnerable she is to road kill or predation. Further, turtle nests can be heavily preyed upon by raccoons, skunks, and fox. Predation of turtle nests is a natural process, and has been compensated for by the legendary longevity of turtles. However some predator populations are inflated by human-provided food. These "subsidized predators" contribute to excessive predation, which is not natural, and can prevent successful reproduction. While problematic for humans, disease outbreaks that knock down the populations of subsidized mammalian predators may provide needed relief for turtle populations.

As you spend your time exploring the park, be on the lookout for our turtles. While they can be easily overlooked, stumbling upon one, or better yet using your knowledge of them to find and observe them, is an exciting and satisfying experience. Remember that although these long-lived animals have survived the extinction of the dinosaurs and become a symbol of persistence, their future survival on our human-dominated landscape increasingly depends on our being mindful of their presence.

Attend Dr. Cook's free program entitled "Amphibians and Reptiles of Cape Cod", Tuesday, August 29th, at 7 PM, at Salt Pond Visitor Center, Eastham.

Historic Buildings at Cape Cod National Seashore

The Penniman House, Eastham

The Penniman House, completed in 1868, was styled after the French Second-Empire period. It included every known comfort of the day and many innovative ideas. The Captain Edward Penniman family enjoyed this fine home for nearly 100 years. *Off Route 6, approximately one mile north of the Orleans rotary at Fort Hill in Eastham. Limited parking.*



The Three Sisters lighthouses and Nauset Light, Eastham

Lighthouses have served as guides to mariners off Cape Cod shores since the late 1700s. This aspect of maritime history is interpreted at the Three Sisters and Nauset Light. The wooden Three Sisters, off Cable Road, are now arranged in their original configuration. *Take Route 6 to the traffic light at Salt Pond Visitor Center at Nauset Road in Eastham. Turn onto Nauset Road and follow signs to Coast Guard and Nauset Light beaches. Park at Nauset Light Beach. The Three Sisters are located 1/4 mile west on Cable Road. (Beach fees may apply.)*



Atwood-Higgins House, Wellfleet

The Atwood-Higgins House is a fine example of a properly-framed Cape Cod cottage, which grew from a half-house in the early 1700s to a full-Cape with eight rooms by the 19th century. *Take Route 6. Turn onto Pamet Point Road in Wellfleet, at the Truro town line. Take Pamet Point Road and follow signs to Atwood-Higgins. Limited parking.*

Pamet Cranberry Bog House, Truro

This building, located among former cranberry bogs in the Pamet Valley, was built around 1830, moved to its present site around 1888-89, and modified in the mid-1890s. It supported the cranberry harvesting that occurred there until the 1960s. *Friends of the Cape Cod National Seashore maintains a small demonstration bog nearby. Views of the house can be seen from atop Bearberry Hill. Follow North Pamet Road in Truro, off Route 6, to its end. Limited parking.*

Old Harbor Life-Saving Station, Provincetown

At Old Harbor, the National Park Service interprets the dramatic story of shipwrecks and the role of the US Life-Saving Service in preventing shipwrecks and performing rescues off the Outer Cape. During the summer months, reenactments of the historical breeches buoy drill are performed weekly. *Take Route 6 to Race Point Road in Provincetown. Park at Race Point Beach. (Beach fees may apply.)*



Eastern National

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- ◆ Year round at Salt Pond Visitor Center, and seasonally at Province Lands Visitor Center
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The Cape Cod Collection

Enrich your Cape Cod National Seashore experience! Visit the Eastern National bookstore in either visitor center to learn more about your favorite seashore place, resource, or story. The bookstore staff offers their "top 10" choices here:

The Outermost House, by Henry Beston

This vivid chronicle of "A Year of Life on the Great Beach of Cape Cod" is a classic depiction of the natural rhythms of Coast Guard Beach in Eastham: the tides and windblown dunes, the raucous shorebirds, and the brilliant, starry nights of summer.

The House on Nauset Marsh, by Wyman Richardson

Dr. Richardson's philosophical memoir lovingly describes his Cape Cod refuge from a busy medical career, reflecting on the shifting moods of land and sea, the creatures of the salt marsh and woods, and stories of Cape Cod in gentler times.

Cape Cod, by Henry David Thoreau

This classic describes Thoreau's mid-19th century journeys along the outer coast, where he explored the complex relationship between sea and shore. His wry observations of life in the lighthouses, the fishing huts, and isolated farms are made in the context of the seashore, where "a man may stand and put all America behind him."

Cod, by Mark Kurlansky

In this deceptively whimsical biography of a fish, a thousand years of cod fishing is also a tragic tale of environmental failure, liberally embellished with great gastronomic detail. Cod, it turns out, is the reason Europeans originally set sail across the Atlantic.

Salt, A World History, by Mark Kurlansky

Salt is the only rock we eat, and was once one of the world's most valuable commodities. This colorful history is a multi-layered masterpiece that blends economic, scientific, political, religious, and culinary records into a rich and memorable tale.

Why I Wake Early, by Mary Oliver

Mary Oliver has been awarded the Pulitzer Prize for poetry and the National Book Award over a career spanning nearly half a century. This collection of 47 new poems is imbued with the extraordinary perceptions of the Provincetown poet who considers the natural world around us, and finds a multitude of reasons to marvel.

The Nature of Cape Cod, by Beth Schwarzman

This field companion to the natural sites of Cape Cod provides maps and narrative descriptions of 50 sites that invite exploration. It goes far beyond plant and animal identification to discuss beach erosion, bog environments, waterways, and geology.

The Cape Cod Fish and Seafood Cookbook, by Gillian Drake

Cape Cod is justly famous for its succulent seafood. This collection of recipes from Cape Cod's finest chefs and amateur cooks runs the gamut from simple steamed clams to the great seafood stews of the world, adapted to local ingredients.

Adventure Kayaking, by David Weintraub

This guide describes 25 beautiful kayaking venues on Cape Cod and Martha's Vineyard. There are detailed route descriptions, USGS topo maps showing routes, launch sites, travel directions, and parking information. *David will present a talk on the subject on July 18th at the Salt Pond Visitor Center. See page 7 for details.*

Journey Around Cape Cod & the Islands from A to Z, by Martha Day Zschock

Beautiful watercolor illustrations capture the essence of Cape Cod in this children's "alphabet book," which takes the reader from the first trading post built by the Pilgrims in 1627 to contemporary whale-watching. A fascinating read for adults as well.



Eastern National is a private, non-profit organization that provides quality educational products and services to park visitors. Proceeds are donated directly to Cape Cod National Seashore to support interpretive and educational programs, including the production and printing of this publication.

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Phone: 508 487-1288

Provincetown:
Website: www.ptownchamber.com
Email: info@ptownchamber.com
Phone: 508 487-3424

Outer Cape Bicycle Rentals:



Arnold's, Provincetown	508 487-0844
Black Duck, So. Wellfleet	508 349-9801
Gale Force, Provincetown	508 487-4849
Idle Times, Eastham	508 255-8281
Idle Times, Wellfleet	508 349-9161
Little Capistrano, Eastham	508 255-6515
Nelson's, Provincetown	508 487-8849
Provincetown Bikes	508 487-8735

Whale Watching in Provincetown:

Dolphin Fleet	800 826-9300
Portuguese Princess	800 442-3188



Dune Tours in Provincetown:

Art's Dune Tours	508 487-1950
Outer Cape Jeep Tours	508 487-8802

Outer Cape Campgrounds, RV Parks, State Parks:

Atlantic Oaks, Eastham	508 255-1437
Maurice's, So. Wellfleet	508 349-2029
Paine's, So. Wellfleet	508 349-3007
Horton's, No. Truro	508 487-1220
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No. Truro Camping, No. Truro	508 487-1847
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Nickerson State Park, Brewster	508 896-3491