



# 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 5 PM (earlier closing rest of the year). This visitor center offers magnificent views of Salt Pond, Nauset Marsh, and the Atlantic beyond; an outstanding museum; regularly-scheduled films are shown in the theater. Restrooms are 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. \* *Bridge at Coast Guard Beach is closed. See page 3.*

**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 offers 360-degree views of the Province Lands dunes, the Outer Beach, and the Atlantic. Restrooms 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 TWELVE 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, Highlands Woods Walk, and Pilgrim Spring trails; and in Provincetown - the Beech Forest Trail. Interpretive 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.



Ranger-guided programs offer opportunities to explore and enjoy park resources in a variety of settings with knowledgeable staff enhancing your park experience.

## Superintendent's Message

### Wind Turbines and Old Cape Cod

Welcome to Cape Cod National Seashore. This special place was set aside by legislation signed by President John F. Kennedy in 1961. People wanted to ensure public access to the seashore where we now host between 4 and 5 million visitors each year and were concerned about overdevelopment on the Cape. A current debate that's a result of development is the role of wind turbines as a source of sustainable energy.

Locally, we are dealing with turbine proposals in towns within the seashore. This winter there was extensive debate about a 415' turbine proposal by the town of Wellfleet. Strong arguments and emotions were heard from proponents and opponents alike.

Many of our national parks are faced with similar questions about appropriate placement of wind turbines or other energy sources because of their resource and view impacts. How might you, a park user, and I, a park manager, look at these energy projects? Some say national parks should be exempt from placement of wind turbines. However, many parks are prime energy locations, are affected by pollution from current energy practices, and are showing the effects of climate change.

Recently, I attended meetings where scientists illustrated the dramatic effects of how sea level and temperature rise will impact our country within the next 50 years. This is not in the distant future; it will occur during the lives of our children. I am concerned when coastal geologists state that impending sea level and sea temperature increases will directly impact Cape Cod. They predict ocean storms will arrive with greater force and energy causing greater damage and coastal erosion.

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# What's Inside:

## 2 & 3 The Basics

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

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

## 4 to 8 Calendar of Events for July and August 2010

Ranger-guided programs are listed for July and August 2010. Ask at visitor centers for seasonal schedules at other times of year.

## 9 Seals at Cape Cod National Seashore

A guide to local species by Interpretive Ranger Jenna Sammartino

## 10 Wild Ride: The Curious History of the Province Lands Bike Trail

by Park Historian William Burke

## 11 Responding to Sea Level Rise and Climate Change on Cape Cod

by Park GIS Specialist Mark Adams



National Park Service  
U.S. Department of the Interior

**Cape Cod National Seashore**

99 Marconi Site Road  
Wellfleet, MA 02667

**Superintendent**

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**E-mail**

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**Park Headquarters**

508-771-2144

**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 Office at Race Point Ranger Station**

**Route Information:** 508-487-2100 ext. 0926 (April 15 through November 15)

**Permit Information:**

508-487-2100 ext. 0927

**Nauset Ranger Station**

508-255-2112

**North Atlantic Coastal Lab**

508-487-3262

**Web Site**

www.nps.gov/caco

**Emergencies**

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# Visitor Services

CAPE COD NATIONAL SEASHORE'S 40 MILES OF PRISTINE OCEAN BEACH COVERING 44,000 ACRES makes it a premier 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. \* *Bridge at Coast Guard Beach is closed. See page 3 for details.*

**CAMPING**

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

**PETS**

CAPE COD NATIONAL SEASHORE REQUIRES THAT pets be controlled by a leash at all times. Specific areas where pets are prohibited such as ponds, shorebird nesting areas, and lifeguard-protected beaches are posted. Ask at seashore visitor centers or ranger stations about restrictions.

**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.

**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 3:30 PM the day of the fire. Demand often exceeds the number of permits available. (See chart below for day of reservation for day of fire.)

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

**Superintendent's Message *continued***

We already experience an average loss of three feet of coastline each year. Imagine what an exponential increase in storm impact will do in the future. We regularly see impressive winter storm damage each year and many people remember the loss of the 350-car parking lot and bathhouse at Coast Guard Beach in Eastham during the Storm of '78. In the face of the effects of climate change we, as a society, must carefully consider alternate energy sources as well as energy conservation measures.

We are a national park unit in the midst of six towns and host millions of seasonal visitors. Just like the towns, we need energy for facilities, utilities, water sources, trash removal, and wastewater services. Officials for all six towns that co-exist within the national seashore have to provide for the needs of their citizens. National Park Service (NPS) managers have to figure out how to collaborate with local municipalities while supporting the NPS mission to protect natural, scenic, and cultural resources, and provide recreational opportunities.

The Wellfleet Board of Selectmen withdrew the recent wind turbine proposal, identifying the potential impact upon the national seashore as one of many reasons. As managers and visitors alike, we need to think about what impacts would or would not be acceptable in and around special places such as national parks. We also need to consider our responsibility as citizens to explore renewable energy options and protect our resources.

George E. Price, Jr.  
Superintendent

On the cover: Race Point Light at sunset, Provincetown by Jesse Mechling. Jesse is a freelance photographer who lives in Eastham. He has worked and leads a photography workshop for Cape Cod National Seashore, and is currently education director at the Provincetown Center for Coastal Studies.



## Junior Ranger Program

Calling all children ages 5 to 12! Become a Cape Cod National Seashore Junior Ranger! Have fun exploring the seashore and investigating its special resources. Stop by Salt Pond or Province Lands Visitor Center to pick up free program materials. After completing the activities you will receive a Junior Ranger award. It usually takes about two days to complete the program.

For more Junior Ranger fun when you return home, check out "WebRangers" at [www.nps.gov/webangers](http://www.nps.gov/webangers). And remember to check out the Junior Ranger Program at other national parks you may visit in the future!



## 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 accessible to persons with disabilities and have wheelchairs capable of traveling over sand.

**Beach entrance fees are charged. Rates for the 2010 season are:**

Daily Vehicle	\$15.00
Cape Cod National Seashore Season Pass	\$45.00
Interagency Pass (accepted at any National Park area and other Department of Interior Sites) *	\$80.00
Interagency Senior Pass (allows entry for those age 62 or older, U.S. citizen, permanent resident) *	\$10.00
Interagency Access Pass (allows entry for those legally blind or permanently disabled) *	FREE

\* Photo ID required for pass usage.

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

**BEACH PARKING LOT CAPACITIES AND TRENDS:**

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

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

**Marconi Beach, Wellfleet:** Parking area rarely fills during late June and July. Parking area fills occasionally in August; 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 rarely fills during June and July. Parking area fills occasionally in August; moderate turnover after 1 PM. Access is also available on *The Shuttle*. Seasonal snack bar.

**GENERAL REGULATIONS:**

- Do not disturb natural or cultural features; all are protected by federal law.
- Glass containers, flotation devices (rafts, rubber tubes), snorkels, and masks are prohibited on lifeguard-protected beaches.
- Pets must be controlled by a leash at all times. Leashes may not exceed six feet. Pets are not permitted in public buildings, picnic areas, on lifeguard-protected beaches, on trams, or on designated nature trails.
- Public nudity is prohibited.
- State licenses are required for saltwater and 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.
- Possession or use of metal detectors is prohibited.

- 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 steep slopes or digging deep holes above knee level is hazardous and prohibited.

**OVERSAND PERMITS**

Permits for driving on seashore oversand routes are required and available for purchase at Race Point in Provincetown. Bird nesting activity may require some route closures during the spring and summer. Call 508-487-2100 ext. 0927 for permit and general information (April 15 through November 15). Call 508-487-2100 ext. 0926 for route closure information.

# 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 crosswalk. Be aware of pedestrians, bicyclists, and other park users, and share the road.

## Visitor Safety

### BE SAFE! OBSERVE THE FOLLOWING SUGGESTIONS:

#### ◆ Bicycle Safety

Bicycle accidents injure more people each year at the seashore than all other activities combined. Please stay alert and ride safely.

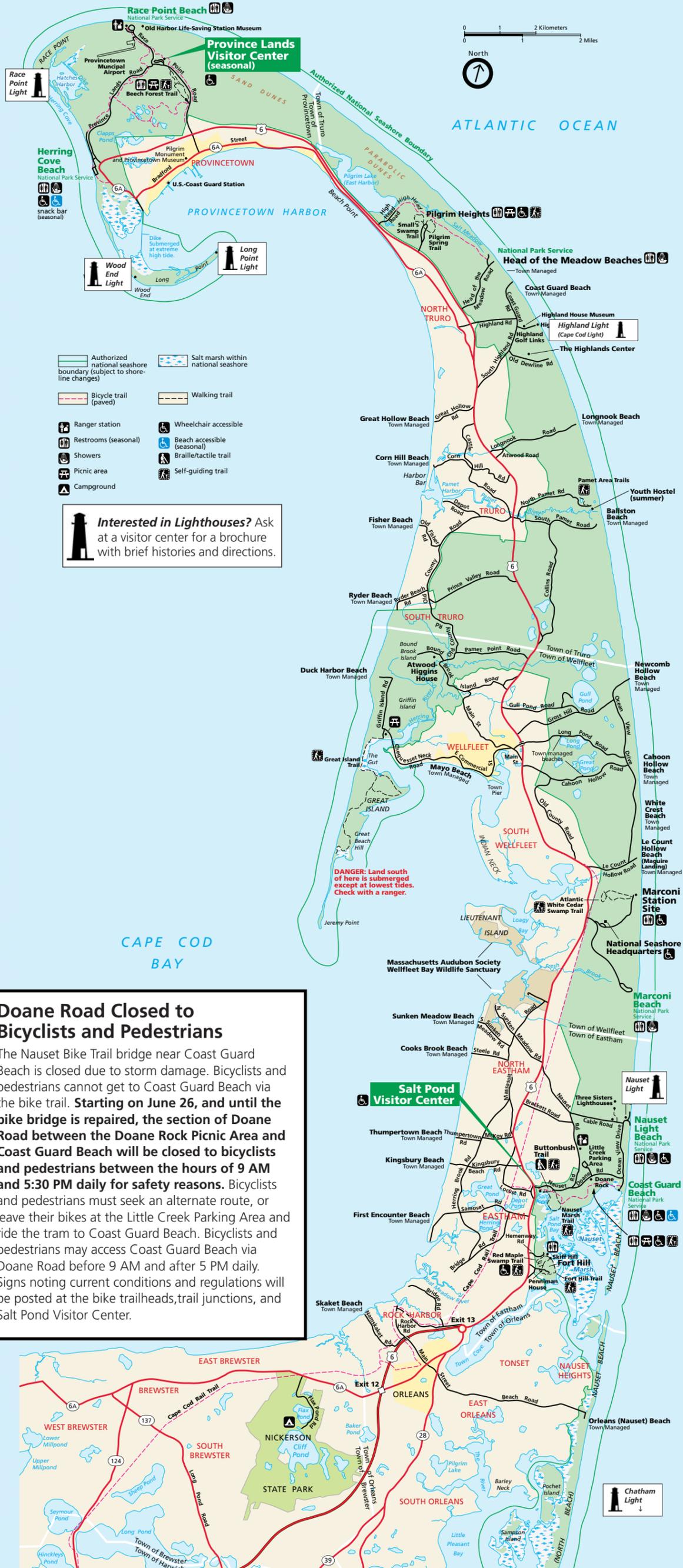
- **BIKE SAFETY STARTS WITH HELMETS.** Regardless of age, all riders are urged to wear protective headgear. Massachusetts state law requires children 16 and younger to wear protective helmets when on a bicycle, even if only a passenger.
- Take time to fit your helmet properly – snug and level on your head.
- Test ride your bike to check brakes, seat and handlebar settings.
- Trail conditions vary. Stay alert for sharp curves, steep hills, and sand-covered sections.
- Keep an eye out for park volunteers on bike patrols, and show them you care about safety and are a safe rider.

#### ◆ Beach Safety

- Rip currents and undertow are common, dangerous conditions along ocean beaches. Stay safe by swimming in lifeguard-protected areas, and closely supervise your children at all times.

#### ◆ General Safety

- 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. Mosquitoes may carry encephalitis or the West Nile virus. Browntail moth "tents" cause skin irritation. Stay on trails, out of tall grasses, and inspect clothes and skin. Use bug spray 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.
- Hunting is permitted from September through February at many locations in the seashore. Check the park's website at [www.nps.gov/caco](http://www.nps.gov/caco), or ask at visitor centers or ranger stations for current information.



# RANGER-LED ACTIVITIES, JULY 1 through AUGUST 31, 2010

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

 Denotes activities especially suited for families with children.

✓ Long pants (shorts for canoe trips), appropriate footwear, hats, sunscreen, bug spray, and water are recommended for outdoor activities.

 Denotes National Park Service Ocean Park Stewardship programs aimed at improving awareness and protection of marine resources.

## SPECIAL PROGRAM AND RESERVATION POLICY

**FEE PROGRAMS:** • Canoe trips cost \$20 per adult, \$14 per child 16 and under. • Salt Pond Paddle trips cost \$17 per adult, \$12 per child 16 and under. • Surfcasting lessons cost \$15 per person. • Tickets are nonrefundable, available in advance, and must be purchased either in person at visitor centers, or by phone with a credit card, prior to 4:30 PM daily. • Canoe experience is MANDATORY for all but Salt Pond Paddle trips due to currents and winds. • Minimum age is 6 for canoe trips and 12 for surfcasting. • All equipment is provided unless otherwise noted. • You may have to wade and assist with moving equipment during canoe programs. • Wear shoes (required) that can get wet.

**RESERVATION POLICY:** • All programs requiring reservations may be reserved no more than seven days in advance.

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

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

## EASTHAM AND WELFLEET PROGRAMS

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>CANOEING: SALT POND PADDLE</b> Sundays, Wednesdays and Fridays, 9:30 AM. Mondays through Thursdays, 1:30 PM. Sundays, 3 PM. Mondays, 3:30 PM. 1½ hours, 1½ miles. Fee required.</p> 	Take a leisurely paddle in the protected waters of Salt Pond and nearby area of Nauset Marsh in Eastham to explore the beauty and significance of this awe-inspiring place. <b>BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.</b>	•	•	•	•	•	•	
<p><b>CANOEING: CANOE ADVENTURE</b> Times vary. Up to 3 hours, 3 miles. Fee required.</p>	These trips may explore Nauset Marsh, kettle ponds, or a bay, or may focus on a specialized topic. Locations and topics vary. <b>BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER FOR A LIST OF PROGRAM TOPICS, DETAILS, AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.</b>		•					•
<p><b>FAMILY PROGRAM: SHELLFISHING DEMONSTRATION</b> Times vary. 1 hour. Free.</p>  	Learn about local shellfish and the tradition of shellfishing. Suitable for children 6 years of age and up. Adults must remain with children. Wear shoes that can get wet. Meet at Salt Pond Visitor Center, Eastham. <b>July 4 - noon; July 11 - 8 AM; July 18 - 1:30 PM; July 25 - 8:30 AM; August 1 - 11 AM; August 8 - no program; August 15 - noon; August 22 - 7:30 AM; August 29 - 10 AM</b>	•						
<p><b>WALK: TIDAL FLATS FORAY</b> Times vary. 1½ hours, 1 mile. Free.</p>  	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, Wellfleet. <b>July 1 - 8:30 AM; July 8 - 1:30 PM; July 15* - 9:30 AM; July 22 - 2 PM; July 29* - 3:30 PM; August 5 - noon; August 12* - 3:30 PM; August 19 - no program; August 26 - no program.</b>				•			
<p><b>BEGINNING SURFCASTING LESSON</b> 7 AM 1½ hours. Fee required.</p>  	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, Eastham. <b>BY RESERVATION ONLY. CALL SALT POND VISITOR CENTER TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE. * Accessible with assistance if Salt Pond Visitor Center is notified in advance, 508-255-3421.</b>				•			
<p><b>YOGA ON THE BEACH</b> 7:30 AM 1¼ hours. Free.</p> 	Stretch the body and the spirit in the serene of settings. Join a ranger and certified yoga instructor for an all-level, interdisciplinary-style class held in the cool morning air at beautiful Coast Guard Beach. Meet in the parking area at Coast Guard Beach, Eastham. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER.</b>							•
<p><b>CANOE TRIP: GULL POND</b> 8 AM 2½ hours, 1 to 2 miles. Fee required.</p>	Enjoy the early morning calm of a kettle pond while exploring its diverse plant and animal life. <b>BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE.</b>			•				
<p><b>WALK: SHORELINE STROLL</b> 10:30 AM 1 hour, 1 mile. Free.</p> 	Explore the various habitats of forest, marsh, dunes, and bay, while discovering how they all work together to create a dynamic coastal barrier system known as the Great Island 'gut.' Meet at Great Island parking area, Wellfleet.					•		
<p><b>WALK: FORT HILL REVEALED (at Hemenway Landing)</b> 10:30 AM 1½ hours, 1 mile. Free.</p> 	Both a natural and cultural treasure within the national seashore, Fort Hill reveals many stories. Let the mystery of this ranger-guided program (whether nature or history-based) lure you to this very special place. Meet at Hemenway town landing in Eastham (one road north of Fort Hill off Route 6). <i>* Accessible with assistance if Salt Pond Visitor Center is notified in advance, 508-255-3421.</i>	•						
<p><b>WALK: MARCONI AREA REVEALED</b> 10:30 AM 1 hour, up to ¾ miles. Free.</p> 	Both a natural and cultural treasure within the national seashore, the Marconi area has stories to reveal. Let the mystery of this ranger-guided program (whether natural or history based) lure you to this very special place. Meet at the far end of Marconi Station Site parking area, off Route 6, Wellfleet. ( <i>* Some programs may be accessible. Inquire at 508-255-3421.</i> )		•					
<p><b>WALK: CHRONICLES FROM A CAPE CODDER</b> 10:30 AM 1 hour, 1 mile. Free.</p>	Join ranger Dana Eldridge as he examines a changing Cape Cod that has managed to retain its identity. Meet on the terrace at Salt Pond Visitor Center, Eastham, for a talk and walk along the edge of Salt Pond.				•			
<p><b>TOUR: ATWOOD-HIGGINS HOUSE</b> 11 AM 1 hour. Free.</p>	Learn about early 18th-century Cape Cod architecture and one of the Outer Cape's early colonial settlement sites. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER. Directions:</b> Take Route 6. Turn onto Pamet Point Road, Wellfleet at the Truro town line, follow signs. <i>No program August 19.</i>			•	•			
<p><b>FAMILY PROGRAM: SMALL FRY SPECIAL</b> 11 AM ¾ hour. Free.</p>  	Children, bring your parents to the Salt Pond Visitor Center, Eastham, to hear some savory seashore stories or participate in hands-on fun discovering the critters that live here in Cape Cod National Seashore. Geared for young children.		•		•			

## EASTHAM AND WELLFLEET PROGRAMS

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CAPTAIN PENNIMAN HOUSE: A WHALING FAMILY'S STORY</b> <b>T = Tour, 11 AM, 1 hour.</b> <b>OH = Open House, 1 to 4 PM. Free.</b> 	Learn about the Penniman family through a tour of their home and stories of their travels. Examine some of the hardships, adventures, and lifestyle of a whaling family. <b>TOUR, BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER. OPEN HOUSE, BROWSE THROUGH.</b> Meet at the Penniman House at Fort Hill, Eastham. Limited parking.		T	OH	OH	OH		T
<b>FAMILY PROGRAM: SECRETS OF THE SEASHORE</b> <b>11 AM</b> 1 hour. Free.  	In this hands-on, preschool program, participants transform into shell collectors and creature detectors as they explore the mysteries found among Cape Cod's tidal zone ecosystems. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER.</b> Geared for ages 3 to 6. Adults must remain with children. Takes place inside at Salt Pond Visitor Center, Eastham.		•		•			
<b>WALK: LORE OF NAUSET MARSH</b> <b>2:30 PM</b> 1 hour, 1 mile. Free.	Explore the rich natural and human history around Nauset Marsh. Learn how each has affected the other through time. Meet on the terrace at Salt Pond Visitor Center, Eastham.						•	
<b>FAMILY PROGRAM: FISH, SNAILS, and HORSESHOE CRAB TALES</b> <b>2:30 PM</b> 1 hour, ½ mile Free.  	Use seine nets to explore the undersea world of the seashore. Learn about the interesting plants and animals that live here. Wading is encouraged and shoes are required. Meet on the terrace at the Salt Pond Visitor Center, Eastham. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER. CHECK IN 15 MINUTES EARLY TO CONFIRM RESERVATION.</b>		•		•		•	
<b>FAMILY PROGRAM: OPERATION: EXPLORE</b> <b>3:30 PM</b> 1½ hours. Free.  	Calling all future rangers 8 to 13! Develop skills for adventures in the great outdoors by attending any or all of the different program offerings. Meet at Salt Pond Visitor Center, Eastham. Adults must remain with children. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER.</b>			•			•	
<b>TOUR: THREE SISTERS LIGHTHOUSES</b> <b>5 PM</b> 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, Eastham. <i>Beach fee may apply.</i>		•		•			
<b>CAMPFIRE: NAUSET LIGHT BEACH</b> <b>7:30 PM in July, 7 PM in August</b> 1½ hours, ½ mile. Free.  	Join an evening of fun around the campfire and learn about the special natural and historical resources of Cape Cod. Meet at Nauset Light Beach, Eastham.			•		•		
<b>TUESDAY NIGHTS AT SALT POND VISITOR CENTER</b> <b>7 PM</b> 1 hour. Free.	Subject specialists, authors, and performing artists present a variety of programs throughout the summer. Details are on page 7 in this program guide.			•				

## TRURO AND PROVINCETOWN PROGRAMS

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CANOE ADVENTURE: RANGER'S CHOICE</b> <b>Times vary.</b> Program duration and mileage vary. Fee required. 	These canoe trips offer a variety of scenic adventures. Time varies each week to take advantage of cool mornings, colorful sunsets, or the light of the moon. Trips may require strong paddling experience and may include a hike. Locations vary. <b>BY RESERVATION ONLY. CALL PROVINCE LANDS VISITOR CENTER TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PAGE 4.</b>						•	
<b>WALK: TIDAL FLATS FORAY</b> <b>Times vary.</b> 1½ hours, ½ mile. Free.  	Get your feet wet as you explore the abundance and diversity of life in an intertidal zone in Provincetown. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING TIME, LOCATION, AND TO REGISTER. No program July 10, 11, 24 and 25; August 8, 15, 21 and 22.</b>		•					•
<b>EXPLORE YOUR PARK</b> <b>Times and distance vary.</b>	Join a ranger for a long hike or canoe adventure and discover some of the lesser-known areas of the Outer Cape. Trips may require strong hiking or paddling experience. Fee required for canoe trips. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING TIME, LOCATION, AND TO REGISTER.</b>						•	
<b>WALK: SEALS ON THE BEACH</b> <b>Times vary.</b> 1 hour, 1 mile in soft sand. Free.	Gray seals are regular visitors to Cape Cod beaches, whether they are swimming by or hauling out to rest. Join marine specialists in a search for seals. Learn appropriate wildlife viewing techniques so as not to disturb the seals. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING TIME, LOCATION, AND TO REGISTER. No program August 11 and 25.</b>				•			
<b>SNORKEL ADVENTURE</b> <b>Sundays at 1:30 PM</b> <b>Fridays at 10 AM</b> 2 hours. Free. 	Explore the amazing underwater world of Cape Cod waters and witness a freshwater or saltwater ecosystem firsthand. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR LOCATION AND TO REGISTER. ALL EQUIPMENT PROVIDED. MINIMUM AGE 10. EXPERIENCED SWIMMERS ONLY.</b>		•				•	
<b>HIKE: A HIKE IN THE WOODS</b> <b>8 AM</b> 2 hours, 3 to 5 miles, strenuous. Free.	Wake up early and join us 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. Locations vary weekly. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR LOCATION AND TO REGISTER.</b>							•
<b>WALK: TOUR OF THE TOWN</b> <b>9:30 AM</b> 1½ hours, 3 miles. \$10 per person.	\$10 per person includes admission to Pilgrim Monument and Provincetown Museum. Explore Provincetown's history on a walking tour co-sponsored and presented by the National Park Service and the Pilgrim Monument and Provincetown Museum. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PILGRIM MONUMENT AND PROVINCETOWN MUSEUM, 508-487-1310, FOR MEETING LOCATION AND TO REGISTER.</b>				•			

# TRURO AND PROVINCETOWN PROGRAMS

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WALK: A WALK IN THE WOODS</b> Sunday, 9 AM and Saturday, 3 PM up to 3 hours, 2 to 3 miles, moderate. Free.	Join a ranger for a natural or cultural history walk through some of the Outer Cape's hidden locations. Locations and topics vary each week. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR LOCATION AND TO REGISTER.</b>	•						•
<b>WALK: PROVINCE LANDS DUNES AND BOGS</b> 10 AM 1 hour, 1 mile in soft sand. Free.	Explore an enchanting dune landscape of unusual plants and wild cranberry bogs. Discover the hidden story of America's oldest public lands and how actions by enterprising settlers changed this landscape. Meet at Province Lands Visitor Center, off Race Point Road, Provincetown. Wear shoes appropriate for walking in soft sand and bring water.	•		•				•
<b>WALK: TRURO'S COLD WAR PAST</b>  10 AM 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 and the exciting plans for the station's future as the Highlands Center. <i>Directions:</i> Take Route 6 to Cape Cod (Highland) Light exit in Truro. Travel past the turn to the lighthouse. Turn left onto Old Dewline Road. Meet in the parking area. <i>No program August 31.</i>		•					
<b>HIKE: SEASIDE DUNES</b> 10 AM 1½ hours, 2 miles, strenuous. Free.	Quintessential Cape hikes through parabolic dunes with views of the sea. Locations vary. Wear shoes appropriate for walking in soft sand and bring water. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR LOCATION AND TO REGISTER. No program August 30.</b>		•					
<b>WALK: TRURO HIGHLANDS HISTORIC DISTRICT</b>  10 AM ½ hour, ½ mile. Free.	Enjoy ocean vistas on this easy walk from the towering Highland cliffs where for centuries Cape Cod's oldest lighthouse has served as a beacon for mariners and tourists alike. <i>Directions:</i> Take Route 6 to the Highland Road exit in Truro and follow signs for Cape Cod (Highland) Light. Meet at the lighthouse.			•				
<b>FAMILY PROGRAM: SMALL FRY SPECIAL</b>   10 AM ½ hour. Free.	The seashore is full of exciting experiences for young children. Join a ranger for stories, games, and outdoor exploration. Geared for ages 3 to 8. Adults must remain with children. Meet at Province Lands Visitor Center, Provincetown.			•				
<b>FAMILY PROGRAM: SEALS OF CAPE COD</b>   10 AM 1 hour. Free.	For future marine biologists! Come learn about the types of seals that visit Cape Cod in the summer, and what adaptations help them live in this environment. Geared for ages 5 to 12. Classroom program that meets at Province Lands Visitor Center, Provincetown. <i>No program August 24.</i> (Those interested in trying to find seals at the beach should attend the "Seal Walk" program on Wednesdays.)		•					
<b>FAMILY PROGRAM: LIFEGUARD DEMONSTRATION</b>  10 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. No reservation required. Meet at the head lifeguard stand at Race Point Beach, Provincetown. All ages. <i>Beach fees apply.</i>		•					
<b>FAMILY PROGRAM: JUNIOR LIFESAVER</b>   10 AM 1 hour. Free.	Explore the life of Cape Cod's shoreline heroes through games and activities. Bring some maritime skills back from the past and become a modern Junior Surfman. Meet at Old Harbor Life-Saving Station, Race Point Beach, Provincetown. <i>Through August 13 only. Beach fees apply.</i>						•	
<b>TALK: MARINE LECTURE SERIES</b> 11 AM 1 hour. Free. 	Weekly offerings by the Director of Marine Education, Provincetown Center for Coastal Studies. Meet at Province Lands Visitor Center, Provincetown. <b>July 1</b> – Plankton: What would we do without it? <b>July 8</b> – Whales of Cape Cod <b>July 15</b> – Whale Disentanglement <b>July 22</b> – Seals, Making a Comeback <b>July 29</b> – History of Whaling: From Prehistoric Times to Today's Modern Fleet <b>August 5</b> – Maritime History: New England's Connection to the Sea <b>August 12</b> – Marine Debris: Scourge of the Sea in the 21st Century <b>August 26</b> – Oceans and Climate Change: What does the future hold? <i>No program August 19.</i>				•			
<b>WALK: SCIENCE AT THE SEASHORE</b> 1 PM 1½ hour, 1 to 3 miles. Free.	Have you ever wondered what it's like for scientists to conduct research at the national seashore? Now you can find out. Learn about the important and fascinating work scientists do. Gain a new perspective and a deeper understanding of your national park. <b>CALL PROVINCE LANDS VISITOR CENTER FOR MEETING LOCATION, 508-487-1256.</b>			•				
<b>FAMILY PROGRAM: OPERATION: EXPLORE!</b>  2 PM 1½ hours. Free.	Calling all future rangers, ages 8 to 13! Develop skills for adventures in the great outdoors, by attending any or all of the different program offerings. Meet at Province Lands Visitor Center, Provincetown. Parents must remain with children. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, TO REGISTER.</b>				•		•	
<b>SCAVENGER HUNT: THE AMAZING RACE - PROVINCETOWN</b> 2 PM 1 to 1½ hours, 2 miles. Fee required*	Discover Provincetown's history one clue at a time. As you race against time to win the grand prize, experience the town's unique treasures and best kept secrets. Wear comfortable shoes. Meet the ranger at the Pilgrim Monument parking area. * Admission fee charged for the Pilgrim Monument will be from \$3.50 to \$7.00 depending on group size. \$10 parking fee is refunded for stays shorter than 2 hours. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, TO REGISTER.</b>					•		
<b>FAMILY PROGRAM: HANDS-ON SQUID</b>   2 PM 1½ hours. Free.	Investigate the fascinating anatomy and life of one of the Atlantic's squishiest mollusks. Geared for ages 8 to 12. Space is limited. Meet at Province Lands Visitor Center, Provincetown. <b>BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, TO REGISTER.</b>	•						
<b>DECK TALKS</b>  2, 3, and 4 PM 15-minute programs on the hour. Free.	Catch a quick program on your way to or from the beach! Topics, such as whales, local plants, and maritime history, will vary each day. Meet at Province Lands Visitor Center, Provincetown.			•		•	•	
<b>OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION</b>   3 to 5 PM Free.	Built in 1898, Old Harbor is the last intact lifesaving station of the original thirteen on Cape Cod. The station has been extensively rehabilitated and restored, and there are exciting plans to furnish it with exhibits. Browse through, learn about its storied past, and view rescue equipment. Park at Race Point Beach in Provincetown and take the short walk to Old Harbor. <i>Beach fees may apply.</i>	•	•	•	•	•		•

## TRURO AND PROVINCETOWN PROGRAMS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WALK: HEATHLANDS AND HIGH DUNES</b> <b>3:30 PM</b> 1½ hours, 1 mile. Free.			●				
<b>HIKE: ART IN THE DUNES</b> <b>4 PM</b> 3 hours, 2½ to 3 miles in loose sand. Free.		●					
<b>HISTORICAL REENACTMENT: BEACH APPARATUS DRILL</b> <b>6 PM</b> 1 hour. Fee required.  				●			
<b>PHOTOGRAPHY HIKE: LEAVE ONLY FOOTPRINTS, TAKE ONLY PICTURES</b> <b>6:30 PM in July, 6 PM in August.</b> (See listed dates) 2 hours, up to 2½ miles. Free.			●				
<b>CAMPFIRE: HERRING COVE BEACH</b> <b>7:30 PM in July, 7 PM in August</b> 1 hour. Free.  							●

## SPECIAL PROGRAMS

Programs are on Tuesdays and occur at 7 PM at Salt Pond Visitor Center, off Route 6, Eastham, last about 1 hour, are free to the public, and accessible. Several presentations are repeated on the same day, or occur at Province Lands Visitor Center, off Race Point Road, Provincetown, at listed times.

Sponsored by Friends of the Cape Cod National Seashore.

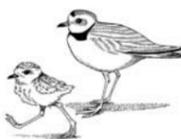
**July 6 - Songs and Stories of the Sea** Storyteller Mark Alan Lovewell, from Martha's Vineyard, sings, plays guitar, concertina, and harmonica and tells tales about the sea. His passion for the history and health of our maritime resources is infectious and is sure to entertain audiences young and old. 

 **July 13 - Geography Game-show** - Explore the world through this innovative and interactive program by Neal Nichols, a local artist, geography expert, and world traveler. He has presented his game show to classrooms across the country and internationally. Presented outdoors at the Salt Pond Visitor Center Amphitheater. **Additional performance at Province Lands Visitor Center Amphitheater at 4:30 PM.** 

**July 20 - At the Helm of a Tall Ship** - Captain Richard Bailey is a commander of square riggers, a title all too rare today, but one that evokes the past. He spent years as the Commander of the *HMS Rose* (the ship used for the movie "Master and Commander") and is currently spearheading an effort to fit out Rhode Island's own tall ship, the *Oliver Hazard Perry*. Join him for this audio-visual presentation about his fascinating career. 

**July 27 - Songs and Stories for a Small Planet** - Stand-up Chameleon, Jackson Gillman will regale us with nature stories and participatory songs. With a mind for living on earth responsibly, we'll laugh and learn about our human selves and other planetary citizens. **Additional performance at Province Lands Visitor Center at 3:30 PM.** 

**August 3 - Destructive Storms** - Bob Thompson, meteorologist from the Taunton National Weather Service office, will present an audio-visual program on Cape Cod weather and some of the more memorable storms that have battered the region.

**August 10 - Shorebirds Need a Helping Hand** - Cape Cod National Seashore Shorebird Biologist Mary Hake will present an illustrated program on beach nesting shorebirds found at Cape Cod National Seashore. Learn about these fascinating birds and the efforts taken to ensure their survival. Find out simple things you can do when visiting the beach to help in the recovery of these state and federally threatened species. 

**August 10 - Songs of Nature and the Land** - Playing mountain and hammered dulcimers and guitar, Balladeer Linda Russell offers a lively presentation of traditional songs from the 18th century onward that depict our changing relationship with nature. 

Linda Russell explores history through music at historic sites, museums and schools. She served as musical interpreter for the National Park Service for 16 years at Federal Hall National Memorial. She has recorded 8 albums of traditional American music.

**One performance only at Province Lands Visitor Center, Provincetown at 3:30 PM.** 

**August 17 - Petticoats at Sea** - Women and children were often aboard the great sailing ships of the world, sometimes for years at a time. The story of Johanna Sears and her family is based on the true life adventures of several New England families whose daughters and sons proved their courage and skill when faced with perils at sea. Performing artist Joan Gatturna portrays Johanna Sears in this costumed performance. **Additional performance at Province Lands Visitor Center at 3:30 PM.** 

 **SPECIAL ASTRONOMY PROGRAM: CONSTELLATIONS!**

**Saturday, July 3 at Salt Pond Visitor Center, Eastham; and Saturday, July 31 at 8 PM, at Province Lands Visitor Center, Provincetown**

CONSTELLATIONS! Learn how to identify constellations that can be seen with the naked eye. Start in the classroom with an illustrated program, then move outside to observe the real thing (weather permitting). Bring binoculars. Presented by the Greenwich High School *INSPIRE*  Outreach Club.

**Facing Climate Change on Cape Cod - Friday, July 30th, 7 PM, 1 hour.** Scientists from Cape Cod National Seashore will present their findings from long term data collection showing regional trends as a result of a warming climate. Takes place at the Salt Pond Visitor Center, Eastham.

**August 24 - Sea Level Rise: the Chatham Story** - The Cape Cod coastline is a dynamic system which can change suddenly and dramatically. On April 15, 2007, a new inlet broke through the barrier beach in Chatham causing loss of homes and property. Other communities along our coasts face similar problems in the face of rising sea levels. Join Bill Sargent, author and NOVA consultant, for this 45-minute illustrated program.

**August 31 - Eiders: Birds in Distress** - Julie Ellis and Sarah Courchesne, from the veterinary school at Tufts University, will provide some insight into why large numbers of sick and dying eiders wash up on some remote Cape Cod beaches each year. Join them for this illustrated presentation. 

**"REMEMBERING HARRY KEMP" Sunday, August 8, 7:30 PM, at Province Lands Visitor Center**

Poet and writer Josephine Del Deo and painter Salvatore Del Deo will present a program of recollections and readings commemorating the 50th anniversary of Harry Kemp's death.

The "poet of the dunes," Harry Kemp, who died on August 8, 1960, has long been a central figure in Provincetown's cultural legacy, having been one of the last Bohemian's here from the zesty years of the early 20th century.

His influence on both Josephine and Salvatore was immediate when they arrived separately in Provincetown, 59 and 64 years ago respectively. Honoring him through his writing and their intimate memories will offer the public a rare perspective of the distant and immediate past.

## PARTNER PROGRAMS

### Highlands Fest: Reflections of the Coast



Evocative photo banners of Truro scenes on display at Highlands Center (NPS photo)

Led by the seven partner organizations, the Highlands Center at Cape Cod National Seashore will be the site of an exciting event on **Saturday, July 10**, that incorporates arts and science, a community picnic, and a musical performance. Help brighten the site by volunteering to paint murals for two selected buildings; enjoy the unloading of a wood-fire kiln at 2 PM, or a discussion comparing two short films on Cape Cod's coastal change starting at 4:30 PM. Bring your own picnic dinner to join in a community picnic until music begins in the Payomet tent at 6:45 PM. Mural painting will begin at 1 PM. Activities continue on into the evening. Come at any time to enjoy the festivities! ♿

For more information see [www.nps.gov/caco/planyourvisit/highlands-center-at-cape-cod-national-seashore.htm](http://www.nps.gov/caco/planyourvisit/highlands-center-at-cape-cod-national-seashore.htm). (Rain date is Sunday, July 11.)

Sponsored by the Highlands Center Partners: Cape Cod National Seashore, Highlands Center, Inc., Payomet Performing Arts Center in Truro, Truro Center for the Arts at Castle Hill, Barnstable County American Corps Cape Cod, Fine Arts Work Center, and the Provincetown Center for Coastal Studies.

### Wood Firings at Highlands Center

This summer Truro Center for the Arts at Castle Hill will be having firings at their wood-fired pottery kiln at the Highlands Center. Firings last 42 hours and are a great way to build community! Kiln firing dates include: July 5-7 with unloading on the 10th; August 9-14. For more information, see Castle Hill's website: [www.castlehill.org](http://www.castlehill.org), or call 508-349-7511. ♿

### Payomet Performing Arts Center

For its 12th season, Payomet will once again be offering an exciting array of music, film, and theater, as well as children's programming, throughout the summer. For more information, see Payomet's website: [www.payomet.org](http://www.payomet.org), or call 508-487-5400. ♿

### Highland Light and Highland House



**HIGHLAND LIGHTHOUSE:** Open daily, through mid-October: 10 AM to 6 PM. Tours daily 10 AM to 5:30 PM. \$4 all ages. Children must be 48" tall to climb Highland Light. 508-487-1121. **HIGHLAND HOUSE MUSEUM:** Through September: Monday to Saturday, 10 AM to 4:30 PM; Sundays, 1 to 4:30 PM. Museum Admission - \$4 adults, 12 and under and members free. [www.trurohistorical.org](http://www.trurohistorical.org)

### Nauset Light Preservation Society



Tours conducted by volunteers of the Nauset Light Preservation Society, a nonprofit group dedicated to the preservation of Nauset Light. Sundays and Wednesdays, through July and August, from 4:30 to 7:30 PM. Donations accepted. \*Beach fees may apply. [www.nausetlight.org](http://www.nausetlight.org)

## Exhibit Project Underway for Old Harbor Life-Saving Station

For over 110 years, the Old Harbor Life-Saving Station has been a sentinel on the shores of Outer Cape Cod. It has faced countless nor'easters, been threatened by erosion, and it even weathered the famous "Storm of '78" sitting on a barge in Provincetown Harbor. Since 1978 it has served as a lifesaving museum at Race Point Beach. Recently, it was the focus of a nearly half-million dollar rehabilitation project that has returned it to its original condition as a building dedicated to saving lives along the "Graveyard of the Atlantic."

Thanks to generous funding from the National Park Service (NPS) Centennial Initiative, the building was extensively rehabilitated in 2008-2009. National seashore carpenters repaired wood molding and wainscoting details; patched floors; plastered walls; and restored missing features, such as shelves and lockers. Custom Copper and Slate Company replaced wood shingle siding; repaired exterior doors, windows, sills, frames, and trim; repaired the roof and porch; and sanded and oiled the floors. For the first time in decades, the second and third floors of the building are open to the public.

Now that the rehabilitation work is done, Friends of the Cape Cod National Seashore has launched a \$225,000 fundraising campaign to furnish the building to its 1902 appearance so visitors can more fully understand how the building functioned and how the men of the US Lifesaving Service worked and lived. Furnishings, such as stoves, tables and chairs, beds, oilskins, signal flags, books, lamps, rescue equipment (and much more!) will add to the ambience and educational value of Old Harbor, which is the last intact station of the original 13 built on Cape Cod.

We invite you to visit the building to see the significant improvements that have been made. NPS staff and volunteers host open houses Saturdays through Thursdays from 3 to 5 PM. The Beach Apparatus Drill, complete with rangers portraying 1902 surfmen and firing of the Lyle gun, is a "must see" interpretive program. If you're excited about the Old Harbor project, please consider joining Friends of the Cape Cod National Seashore. This important project will ensure that we continue to share the compelling story of Old Harbor and the US Lifesaving Service with future generations of national seashore visitors.



Old Harbor Life-Saving Station, Provincetown (NPS photo)

### Friends of the Cape Cod National Seashore



The Friends is a nonprofit organization whose purpose is to enhance people's enjoyment of the seashore through financial and volunteer support. [www.fccns.org](http://www.fccns.org)

**Old-Fashioned Band Concerts with the Lower Cape Concert Band** - TUESDAY, JULY 6 AT 7 PM, AT PROVINCE LANDS VISITOR CENTER, PROVINCETOWN - music with a patriotic theme; THURSDAY, JULY 22 AT 7 PM, AT SALT POND VISITOR CENTER, EASTHAM - medley of classics, marches, and show tunes. FREE. ♿

**Annual Meeting and Guest Presentation** - THURSDAY, JULY 15 AT 7 PM, AT SALT POND VISITOR CENTER, EASTHAM. FREE. The meeting will be followed (at approximately 7:45 PM) by a presentation "Jaws Revisited: White Sharks in New England" given by Greg Skomal Ph.D. The public is invited to both events. Dr. Skomal is a noted shark researcher and author of the "Shark Handbook: The Essential Guide for Understanding the Sharks of the World." ♿

**Family Sunset Campfires and Sing-Alongs** - MONDAY, JULY 26 AT 8 PM, AT MARCONI BEACH, WELLFLEET; AND MONDAY, AUGUST 23 AT 7:30 PM, AT RACE POINT BEACH, PROVINCETOWN. FREE. Enjoy an evening campfire on the beach with songs led by Cape Cod musicians Denya LeVine and Tim Dickey.



**Outer Cape Chorale Chamber Singers** - THURSDAY, AUGUST 26 AT 7 PM, AT SALT POND VISITOR CENTER, EASTHAM. FREE. Enjoy an evening of song with this popular local group. ♿



### Cape Cod National Seashore Has Gone Green!

Learn more and "Do Your Part" at [www.nps.gov/climatefriendlyparks](http://www.nps.gov/climatefriendlyparks).

The National Park Service has launched the Climate Friendly Parks initiative to assist parks in addressing climate change through management tools and resources, and Cape Cod National Seashore has signed on. We are especially vulnerable to the effects of climate change; sea level rise will impact our shores, and rising temperatures will affect numerous plant and animal species. We recently achieved our Climate Friendly Park status!

You can help reduce the impact of global warming here on Cape Cod and around the world. Use your bike to go to the beach, the store, even to work. Switch your light bulbs to compact fluorescent bulbs. Unplug electronics and appliances when they aren't in use. Spread the word and be the change!

# Seals at Cape Cod National Seashore

By Jenna Sammartino, Interpretive Ranger, Cape Cod National Seashore

“The edge of the sea remains an elusive and indefinable boundary,” wrote naturalist Rachel Carson. It is precisely this quality that makes Cape Cod’s coastline such a magical place. The edge between land and sea provides a unique opportunity to observe two worlds at once, and offers the chance for close encounters with some of our favorite ocean-dwelling neighbors: seals.

Chances are you’ve seen seals as you’ve walked the beaches in the national seashore, their heads just above water, peering back at you with large black eyes. Curiosity is just one of the many traits we share with these marine mammals. Like all mammals, seals are warm-blooded, give birth to live young, and breathe air. But unlike most other marine mammals, seals also still have an ancient tie to the land: they breed and birth on land, and they also haul out (come ashore) for other reasons.

Our local seals are “hair seals,” belonging to the family Phocidae. During molting, which occurs in the spring and summer, seals often haul out while shedding their old pelages (coat). At other times of the year, seals may come ashore to rest and warm up. Humans aren’t the only ones who know the value of a sun-soaked stretch of sandy beach!

Because they are social animals, seals will sometimes haul out by the dozens, even hundreds, at several sites around Cape Cod. Two of the most popular sites are within the seashore itself: Jeremy Point off Great Island in Wellfleet and Head of the Meadow Beach in Truro. Other nearby haul-outs are in Chatham Harbor and on South Monomoy Island.

Several seal species inhabit our local waters at various times of the year. Gray seals are most common and are year-round residents. From autumn through spring we’re likely to see harbor seals, and in the heart of winter we may even be lucky enough to catch sight of a harp or hooded seal.

The gray seal (*Halichoerus grypus*) is unmistakable thanks to its giant horse-shaped head and large body size. Adult males can tip the scales at 800 pounds and reach up to 8 feet in length, while the smaller females are between 400 and 500 pounds. Although we don’t have an exact



Harbor seals (foreground) with gray seals, Photo courtesy of Provincetown Center for Coastal Studies, taken under NOAA Permit # 775-1875



Gray seals. Photo courtesy of Provincetown Center for Coastal Studies, taken under NOAA Permit # 775-1875

count for these seals in Cape Cod waters, we know their numbers range well into the thousands. Highly mobile, these animals are known to travel from as far as Sable Island, Canada. About the only time of year one might not expect to see gray seals off national seashore beaches is during their breeding and pupping (birthing) season, which runs from mid-December to early February and occurs on the secluded beaches of South Monomoy and Muskeget Islands off Nantucket.

Harbor seals (*Phoca vitulina*) are decidedly smaller than the mammoth grays. Males and females are similar in size and weight, ranging from 4 to 6 feet in length and up to 250 pounds. With its shorter, upturned muzzle, the harbor seal’s head is often compared to that of a cocker spaniel. Commonly seen from autumn through spring, the smaller harbor seals seem to move into popular haul-out locations after the larger grays have moved out to their isolated breeding spots. Harbor seals generally return to the rocky coast of Maine during the late spring and summer for their own breeding season.

Winter visits from harp seals (*Phoca groenlandica*) are becoming an increasingly regular phenomenon. Larger than harbor seals, adult harps have a dark wishbone-shaped harp pattern against a silvery-white coat. However, many of the harp seals seen here are older juveniles and have not yet developed the distinctive harp; their coats are light with irregular brown-black blotches. When we think of seals being hunted for their pelts, it is the image of a newborn harp seal pup, with its creamy white “lanugo” coat, that commonly comes to mind.



Juvenile harp seal, NPS photo



Juvenile hooded seal, NPS photo

The chance to see a juvenile hooded seal (*Cystophora cristata*) can make a windy winter hike on the beach entirely worthwhile. The blue-gray coat on the backs of juveniles, contrasted against a lighter belly, gives juvenile hooded seals the nickname of “bluebacks.” The least common of these four species in local waters, hooded seals (along with the harps) are called ice seals because their preferred habitat is the pack ice of the subarctic.

Juveniles of all seal species are weaned very quickly, but at just four days, hooded seals take the prize for the shortest known lactation period of any mammal!

All of these species are attracted to Cape Cod for many of the same reasons people are: clean water, stretches of secluded shoreline, and plenty of good seafood! As the most common species, gray seals make full use of the waters around Cape Cod. Actively hunted until the passage of the Marine Mammal Protection Act in 1972, their population has dramatically rebounded locally over the past couple of decades.

Researchers are currently studying our resident seals, but one of the things that make an accurate local population estimate difficult is that these animals are part of a larger, widely-distributed open population, with animals coming and going like well-seasoned ocean travelers.

## Seals at Head of the Meadow Beach in Truro



Gray Seals at Head of the Meadow beach, Truro, summer 2009. Photo courtesy of Provincetown Center for Coastal Studies, taken under NOAA Permit # 775-1875

For the past several summers, a herd of gray seals has been regularly hauling out on a sandbar at Head of the Meadow Beach in Truro. The existence and location of this “J”-shaped sandbar are subject to the whims of the ocean, and it’s not fully understood what makes this particular location so appealing to the seals.

At times, the bar has been connected to the main beach at low tide, offering park visitors an opportunity for close-up observation of these semi-aquatic animals. A quarter-mile walk north from the parking lot, a pair of binoculars, and a little bit of luck can be all that’s needed to create a memorable experience.

Remember, however, that seals often choose haul-out locations specifically because they’re isolated from people, so keeping your distance is important. Seals are protected from harassment by the Marine Mammal Protection Act, and it’s illegal to approach them, either on land or in the water. To ensure both the well-being of the seals and your own safety, head to the beach equipped with some basic knowledge.

- ❖ Keep a safe distance. By law you must stay at least 50 yards away, but use your judgment; in a given circumstance it might be better to keep even farther away. Never go into the water with seals.
- ❖ Pets must be on leashes. National seashore regulations require all pets to be on a 6-foot leash at all times – to protect both the seals and your pet!
- ❖ Seals will bite if they feel threatened. This can cause injury and disease transmission.
- ❖ 30 minutes is a good amount of time for observation; seals can get stressed by continual human presence.
- ❖ Do not feed the seals. It’s illegal, and it’s dangerous. Remember that seals are wild animals and need to hunt on their own for the kinds of food they should be eating.

Add seals to your “must-see” list while visiting the Cape, and keep these guidelines in mind to ensure an outstanding seal-watching experience.



Gray Seals at Head of the Meadow beach, Truro, summer 2009. Photo courtesy of Provincetown Center for Coastal Studies, taken under NOAA Permit # 775-1875.

# Wild Ride: The Curious History of the Province Lands Bike Trail

William Burke, Cape Cod National Seashore Historian



A sign of things to come? Nearly a century before the construction of the Province Lands Bike Trail, two riders, likely the sons of Captain Edward Penniman of Eastham, get a jump on the bike riding craze circa 1888. The Penniman House is seen in the background. (NPS photo)

Historians usually don't take up bike trails as topics for analysis. Yet the Province Lands Bike Trail in Provincetown, recently rehabilitated with funds from the American Recovery and Reinvestment Act, was touted in the news as the first bike trail ever designed and constructed by the National Park Service (NPS). Being the "first of something" demanded investigation.

It turns out the trail, with its wonderful roller-coaster-like ride, really was the first bike trail built by the NPS. It opened in 1967, just six years after the establishment of Cape Cod National Seashore. The national seashore's other bike trails – the flat stretch at Head of the Meadow in Truro, and the 1.6 mile Nauset Trail in Eastham – were completed the same year.

The Province Lands Bike Trail presented an ambitious circuit, challenging riders on a thin, six-foot wide ribbon of asphalt punctuated by abrupt hills and turns, two tunnels, and shimmering dunes that dusted the trail with sand when the winds were right.

The rewards, aside from aerobic fitness, were stunning vistas from dune ridges down to the Atlantic and Race Point followed by dips through cranberry bogs that still seasonally flood portions of the trail. Spurs headed to the beaches and the Beech Forest trailhead.

Within two years, the national seashore opened the new visitor center nearby. The only significant change to the original trail came shortly after 1969, when a short stretch that ran directly from the visitor center site to the first tunnel was eliminated because the re-routed Race Point Road created a dangerous road crossing.

The Province Lands Bike Trail, like others built around its time, was part of the nation's effort to get Americans in shape and shake themselves from the excesses of post-war prosperity. In 1960, only one in four Americans reported that they exercised regularly. The government proclaimed a national physical fitness crisis for America's children relative to their European counterparts. President John F. Kennedy revived the *President's Council on Youth Fitness*.

In 1965, the government conducted the first national fitness survey of 10 to 17 year olds, and the *Presidential Physical Fitness Award* recognized exceptional achievement in the survey. Every morning, school kids shouted out the lines of the "Chicken Fat" song sung by Robert Preston:

*"Touch down - every morning - ten times!  
Not just now and then. Give that chicken fat  
back to the chicken, And don't be chicken  
again. No, don't be chicken again."*

It's no surprise that when the bike trail was dedicated in September 1967, the nation's preeminent cardiologist, Massachusetts native, and President Eisenhower's personal physician, Dr. Paul Dudley White, cut the ribbon at the trailhead in front of an enthusiastic crowd at the Beech Forest entrance.

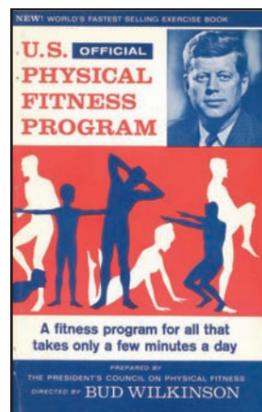


Dr. White (center with hat) prepares to cut ribbon and ride the trail.

At age 81, dressed in suit and tie, Dr. White promptly pedaled the 5.5-mile loop with ease without shifting down on his English 3 speed. He reportedly arrived well ahead of the other dignitaries, with Girl Scouts and the other riders huffing well behind.

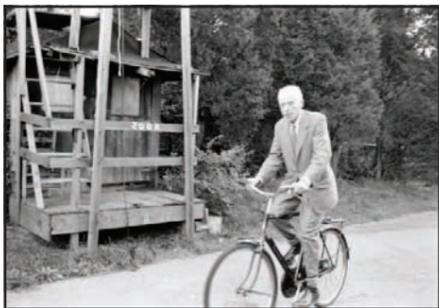
**"...more suburban mothers should keep the station wagon in the garage and send Junior the 5 miles to school on his bicycle."**

**Dr. Paul Dudley White August 26, 1967**



Touted as the world's fastest selling fitness book, this publication was a small part of the emphasis on physical fitness during the Kennedy administration. The emphasis was also carried out with projects like the 1967 construction of the Province Lands Bike Trail.

Advertising from the *President's Physical Fitness Council* reminded Americans that 1/3 of school-age children couldn't pass a minimum physical achievement test, and that every child should undertake 15 minutes of vigorous physical activity daily.



Dr. White riding his bike at an unknown location. He promoted bike riding throughout the world.

In recent years, time had taken a toll on the trail. Planning for critical trail improvements began in 2005 with the objectives of protecting sensitive resource areas and enhancing visitor experience and safety. The planning process included an environmental assessment, public meetings at Provincetown Town Hall, and a public



The improved Province Lands Bike Trail features new retaining walls to control sand. In addition, a switchback was added to this steep section which softens the ups and downs to make it safer.

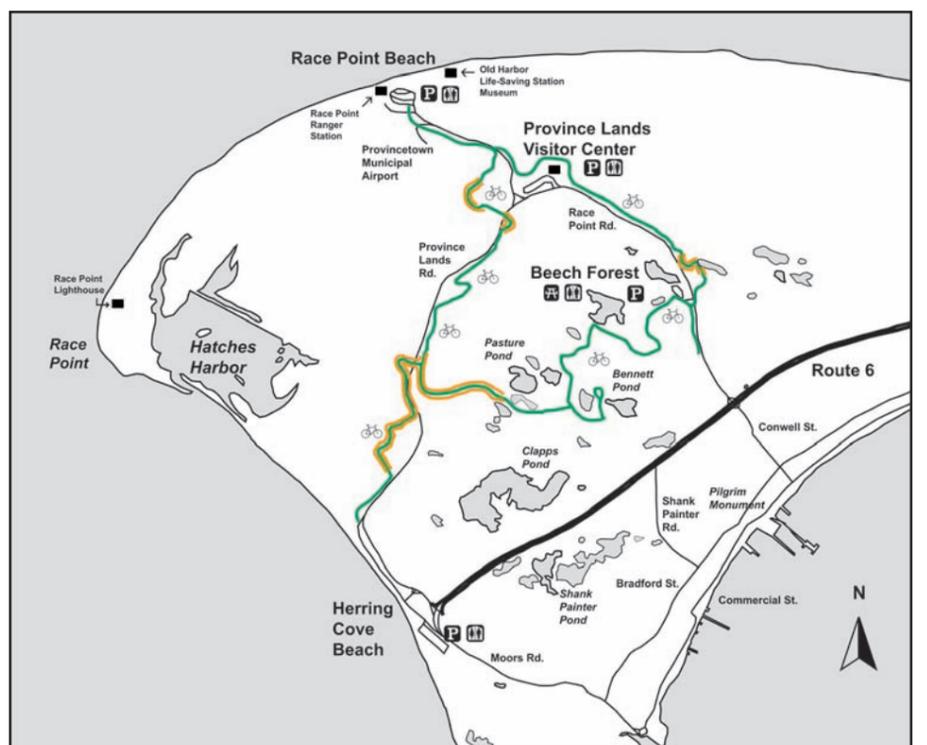
comment period. The rehabilitation widened and resurfaced the bike trail to a width of ten feet, except in wetland areas. Workers replaced or constructed wood retaining walls and installed new signs, a center line, and other pavement markings. They planted beach grass and other native vegetation in places where sand drifts across the trail.

Remember, the trail is only as safe as you and other riders make it. Bike riding and bikes themselves have evolved dramatically

in the last 40 years. High-tech bikes have replaced the *Sting Ray* and 10-speed racers. The bike trail has seen its share of accidents, and despite the improvements made, safety still begins with you. Keep attentive to your speed and watch for pedestrians and other riders. And wear a helmet AT ALL TIMES!

The good news is, you can ditch the suit and tie.

Special thanks to Dave Spang who contributed to this article.



#### Access points:

Beech Forest parking area  
Province Lands Visitor Center  
Race Point Beach parking area\*  
Herring Cove Beach parking area\*  
\* Beach fees may apply.

#### Distance in miles:

Loop trail 5.45  
Herring Cove Beach spur 1.10  
Race Point Beach spur .50  
Bennett Pond spur .25

## TECHNOLOGY-BASED PROGRAMS AT CAPE COD NATIONAL SEASHORE



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

The Fort Hill Quest is a GPS-based information scavenger hunt of the Fort Hill area in Eastham. Download the coordinates and clue booklet from the seashore website, [www.nps.gov/caco/planyourvisit/outdooractivities.htm](http://www.nps.gov/caco/planyourvisit/outdooractivities.htm), or pick up a free copy at Salt Pond Visitor Center in Eastham.

# Responding to Climate Change and Sea Level Rise on Cape Cod

By Mark Adams, GIS Specialist, Cape Cod National Seashore

For reports of the Intergovernmental Panel on Climate Change see: <http://www.ipcc.ch/>  
For the Copenhagen Diagnosis go to [www.compenhagendiagnosis.org](http://www.compenhagendiagnosis.org)

“One of the brightest gems in the New England weather is the dazzling uncertainty of it.” Mark Twain

“Of course the flooding from a given storm event would be less severe if we hadn’t added those extra centimeters.”

Stefan Rahmstorf, (4 Degrees and Beyond, International Climate Conference, Oxford University, September 2009)

Throughout history, astute Cape Codders have learned to weather the changeability of a comfortable sunny day. In Cape Cod’s maritime setting with the weather rolling in from the northwest, seasonal storms from the northeast, and hurricanes from the south we brave whatever the day brings. Since the weather is naturally variable, how do we know if the pattern has permanently shifted to higher temperatures? Likewise, with cycles of full moon tides and storm swells, how can we tell exactly how much sea level is rising?

Scientific consensus leaves little doubt that climate change will disrupt our weather patterns and bring higher sea levels – but can we measure these global phenomena here on Cape Cod? We don’t need the final answer to apply our best knowledge to managing our resources to cope with change.

Cape Codders have seen ocean storms take away parking lots and beach cottages sited on barrier beaches. The national seashore and its partners have relocated lighthouses away from eroding cliffs. The history of change is not new, but the effects on our valued natural and cultural resources will become more evident even to casual observers, and we must be ready.

The United Nations Intergovernmental Panel on Climate Change (IPCC) predicts a 0.2-0.6 meter rise in global average sea level by 2100, and these predictions are now widely considered as too conservative. The 2009 Copenhagen Diagnosis raises that prediction to 1 meter.

Cape Cod National Seashore has begun incorporating sea level rise considerations into all its projects. A range of studies underway will allow us to better predict changes that will affect our ecosystems and public facilities.

Proactive homeowners can familiarize themselves with guidelines such as the Massachusetts Storm Smart Coasts ([ma.stormsmartcoasts.org](http://ma.stormsmartcoasts.org)) program to be prepared for possible floods. If you live in the 100-year flood zone, you will want to know whether your living areas are subject to flood risk or if you have “freeboard” above the predicted flood level. Freeboard (the

height of a boat above the water line) has been used to describe the height of floor elevations above a predicted major flood. Coastal areas at risk for 100-year floods as calculated by FEMA are shown on maps available at local town offices. Any structures built below the FEMA 100-year flood zone require flood insurance. Town conservation commissions and boards of health have the important jobs of ensuring that wells and septic systems are installed to standards that keep them viable. In other words, the best response to sea level rise is to get your house in order.

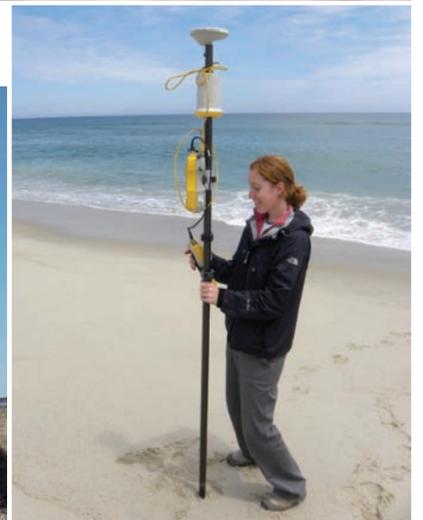
## Potential Changes Predicted for New England

- ❖ winter temperatures changing faster
- ❖ winter precipitation as rain, not snow
- ❖ spring comes earlier - longer growing season
- ❖ increased frequency of heavy rain or snow events
- ❖ expansion of oxygen depletion (temporary “dead” zones in coastal waters)

Cape Cod National Seashore scientists and engineers will take a similar look at public access issues, facilities, and cultural sites and retrofit them if adaptations can be made to protect them from anticipated floods.

In a still bathtub you can tell the water levels by the rings they leave behind. In the vast “tub” of the North Atlantic, the water sloshes between high and low tides (12+ feet near Provincetown, 5 feet near Chatham). This is the intertidal zone, extremely valuable because it fosters salt marshes, fish and shellfish habitat, and foraging grounds for shorebirds. Intertidal zones are also critical for buffering storms and absorbing wave energy. Accelerating sea level rise, warming, and other changes in ocean chemistry threaten these intertidal values.

The best way to preserve our coastal habitats is to ensure that they are in good work-



Captions clockwise from top left: Nauset barrier beach, historic coastal structures, recently hatched shorebird, measuring beach elevations with GPS, structures with storm freeboard, salt marsh monitoring. (NPS photos).

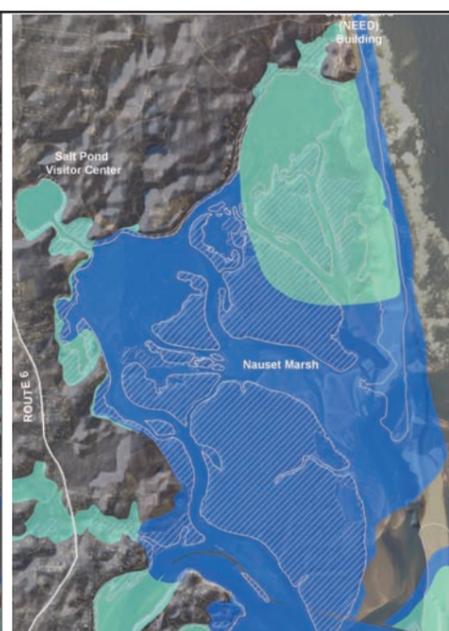
ing order – that tides are unrestricted and free-flowing, that groundwater use keeps pace with recharge from rainfall, and that beaches are supplied with sand from the eroding bluffs that feed them.

Ecologists at the national seashore engage in long-term studies that monitor changes in our coastal habitats including beaches, salt marshes, ponds, dune fields, and heathlands. Shoreline studies dating back to the 1800s give us a long perspective to predict rates of change. A partnership between the National Park Service and coastal geologists at the Provincetown Center for Coastal Studies helps keep this record up to date.

Natural resources scientists at the national seashore study salt marsh dieback, sediment deposition in marshes, and nutrient/water quality in estuaries. These studies guide decisions aimed at preserving the joys and benefits of life on the coast: a diversity of habitat for plants and wildlife, protection of our cultural heritage, and the ability to hike, swim, fish, and appreciate nature.

## Climate change data collected or proposed by National Seashore Scientists

- ❖ Weather: precipitation, intense storms, temperature, length of growing season, frost days, heating/cooling days, wind speeds, storm intensity, barometric pressure
- ❖ Surface water quality: temperature, salinity, water level, acidification, productivity
- ❖ Hydrology: stream flow, groundwater, kettle pond temperature, salinity, pH, chlorophyll, stratification
- ❖ Shoreline erosion: high tide position, beach width, wave height and direction, flood zones and topography below 10-ft contour
- ❖ Salt marshes: vegetation, fish, and benthos (seabed organisms) percentage of southern/northern species
- ❖ Submerged aquatic vegetation: eelgrass
- ❖ Birds: arrival date, length of stay, nesting and nest productivity, shifts in species,
- ❖ Forests: disease and insect infestations, percentage of coniferous/hardwood
- ❖ Vernal ponds: # days wet, monthly average water level and temperature
- ❖ Amphibians: date of first calling (spring peeper, green frog, bullfrog)



Areas most vulnerable to sea level rise and storm flooding. Note the effects on salt marshes in Provincetown, Wellfleet and 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. Seasonal tours and open houses. Limited parking.



## Nauset Light, Eastham

Lighthouses have served as guides to mariners off Cape Cod shores since the late 1700s. Nauset Light, moved in 1996, remains a navigational aid. Nauset Light Preservation Society volunteers conduct tours Sundays through June from 4:30 to 7:30 PM. Donations accepted. [www.nausetlight.org](http://www.nausetlight.org). 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. *(Beach fee may apply.)*

## The Three Sisters Lighthouses, Eastham

These 19th-century wooden lighthouses that once provided a beacon for sailors off the shore of Nauset Light Beach are now arranged in their original configuration off Cable Road. Seasonal tours and open houses. Located 1/4 mile west of Nauset Light on Cable Road. *(Beach fee 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 and follow signs to Atwood-Higgins. Seasonal tours and open houses. Limited parking.

## Highland Light and Highland House Museum, Truro

Open daily through mid-October 10 AM to 6 PM. Lighthouse tours daily, 10 AM to 5:30 PM, \$4 all ages. Children must be 48" tall. 508-487-1121. Highland House Museum hours: Monday to Saturday through September, 10 AM to 4:30 PM; Sundays 1 to 4:30 PM. \$4 adults, 12 and under free. Activities conducted by Highland Museum and Light, Inc. [www.trurohistorical.org](http://www.trurohistorical.org). Take the Cape Cod Light exit off Route 6 onto Highland Road and follow signs.



## Pamet Cranberry Bog House, Truro

Originally constructed around 1830, the Bog House is located among former cranberry bogs in the Pamet Valley and supported cranberry harvesting that occurred there until the 1960s. 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. 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. Seasonal open houses. *(Beach fee may apply.)*



# Enhance Your Park Experience

Visit the bookstores at Cape Cod National Seashore while you're here.

Take a taste of Cape Cod home with you...



logo hats and t-shirts, posters, puzzles, maps and cards...

guidebooks, local cookbooks and Cape Cod classics.



Open year round at Salt Pond Visitor Center and seasonally at Province Lands Visitor Center

Order by phone: 508-255-6860

By mail: Eastern National, 50 Nauset Road, Eastham, MA 02642

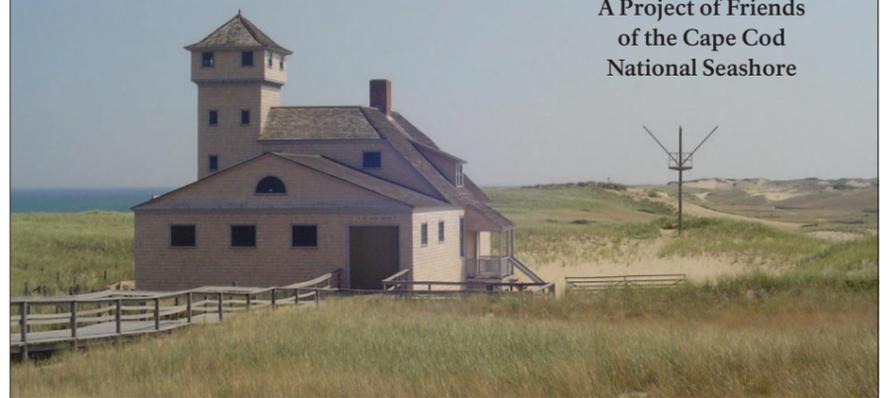
Eastern National is a private, nonprofit organization that provides quality educational products and services to park visitors. Proceeds are donated directly to Cape Cod National Seashore to support interpretive and educational programs, including the printing of this publication.



Serving Visitors to America's National Parks and other Public Trusts

## Old Harbor Life-Saving Station Campaign

A Project of Friends of the Cape Cod National Seashore



Friends of the Cape Cod National Seashore is raising funds to enhance the visitor experience at the recently rehabilitated Old Harbor Life-Saving Station at Race Point Beach in Provincetown through the acquisition of exhibits and furnishings. The goal 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, Thursday, July 15, 2010

7 PM, Salt Pond Visitor Center, Eastham

A presentation by Greg Skomal, PhD follows, "Jaws-Revisited: White Sharks in New England" Everyone is welcome.

Friends of the Cape Cod National Seashore is a nonprofit organization of dedicated individuals who have a special love and respect for this spectacular national park. The Friends mission supports the educational, environmental, historical, recreational, and scientific purposes of the seashore. Among its many activities are maintaining several public hiking trails, assisting with conservation projects, preserving historic structures, and providing recreational summer programs.

Join our many members who enjoy a special and caring relationship with Cape Cod National Seashore. Visit us at [www.fccns.org](http://www.fccns.org)



## Local Area Information

### Chambers of Commerce:

#### Cape Cod Chamber of Commerce:

Website: [www.capecodchamber.org](http://www.capecodchamber.org)  
Email: [info@capecodchamber.org](mailto:info@capecodchamber.org)  
Phone: 1-888-33-capecod or 508-362-3225

#### Chatham:

Website: [www.chathaminfo.com](http://www.chathaminfo.com)  
Email: [chamber@chathaminfo.com](mailto:chamber@chathaminfo.com)  
Phone: 1-800-715-5567  
Info Booth: 508-945-5199

#### Orleans:

Website: [www.capecod-orleans.com](http://www.capecod-orleans.com)  
Email: [info@capecod-orleans.com](mailto:info@capecod-orleans.com)  
Phone: 1-800-865-1386  
Info Booth: 508-255-1386

#### Eastham:

Website: [www.easthamchamber.com](http://www.easthamchamber.com)  
Email: [info@easthamchamber.com](mailto:info@easthamchamber.com)  
Phone: 508-240-7211  
Info Booth: 508-255-3444

#### Wellfleet:

Website: [www.wellfleetchamber.com](http://www.wellfleetchamber.com)  
Email: [info@wellfleetchamber.com](mailto:info@wellfleetchamber.com)  
Phone: 508-349-2510

#### Truro:

Website: [www.trurochamberofcommerce.com](http://www.trurochamberofcommerce.com)  
Email: [info@trurochamberofcommerce.com](mailto:info@trurochamberofcommerce.com)  
Phone: 508-487-1288

#### Provincetown:

Website: [www.ptownchamber.com](http://www.ptownchamber.com)  
Email: [info@ptownchamber.com](mailto:info@ptownchamber.com)  
Phone: 508-487-3424

### Outer Cape Bicycle Rentals:



Arnold's, Provincetown	508-487-0844
Gale Force, Provincetown	508-487-4849
Idle Times, Eastham	508-255-8281
Idle Times, Wellfleet	508-349-9161
Little Capistrano, Eastham	508-255-6515
Little Capistrano, Wellfleet	508-349-2363
Provincetown Bikes	508-487-8735

### Whale Watching in Provincetown:



Dolphin Fleet	800-826-9300
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### Dune Tours in Provincetown:

Art's Dune Tours	508-487-1950
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### 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
North of Highland, No. Truro	508-487-1191
No. Truro Camping, No. Truro	508-487-1847
Dune's Edge, Provincetown	508-487-9815
Coastal Acres, Provincetown	508-487-1700
Nickerson State Park, Brewster	508-896-3491