



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). This visitor center offers magnificent views of Salt Pond, Nauset Marsh, and the Atlantic; an outstanding museum; and regularly scheduled films in the theater. New exhibits showcase the Outer Cape's location in the Gulf of Maine ecosystem and Wampanoag culture and history. Restrooms are available in the parking area. The Nauset Marsh and Buttonbush trails and the Nauset Bicycle Trail are 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, this center features an observation deck with 360-degree views; a small exhibit area; showings of park orientation films every half hour (9-4). Whales are often viewable from here. Restrooms are available in the parking area. The Province Lands Bicycle Trail and Race Point Beach are 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.



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

The Value of Citizen Involvement

Most of my National Park Service (NPS) assignments have been at new national park areas. At a new park, significant effort is required to construct facilities, develop an identity, provide visitor services, and grow relationships and partnerships. Last year we celebrated the 50th anniversary of the establishment of Cape Cod National Seashore. I thought a 50-year-old national park area would be well-established and on its way. I quickly realized that this NPS unit is still very much a work in progress.

Ongoing work touches on every aspect of our mission, from protecting natural and cultural resources, to providing safe, clean, and satisfying experiences for our millions of visitors. This important work cannot be done without citizens who join our volunteer team, and partners, such as Friends of the Cape Cod National Seashore, who contribute funds and labor to important park programs. Occasionally, there are individuals who make property decisions that benefit the park.

A cornerstone of our 50th year was acquiring the 10-acre Baker-Biddle property on Bound Brook Island in Wellfleet. During the public ceremony to celebrate the acquisition, the Biddle family spoke of the pride they felt knowing that the land they cared about would not be subdivided and developed but would become part of the national seashore. In addition to the preservation of open space, the site has a rich history that includes Native

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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.

4 Friends Celebrate 25 Years of Support; Climate-Friendly Park Update

5 The Lure of Herring Cove

by Park Historian William Burke

6 Seashore to Host DOE Mobile Climate Facility

by AmeriCorps Cape Cod Volunteer Alexandra Heyn

7 Guide to Amphibians at Cape Cod National Seashore

A guide to local species by Park Wildlife Biologist Dr. Robert P. Cook.

8 Guide to Historic Buildings, & Area Information

Section 2 Seasonal Calendar of Events

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



National Park Service
U.S. Department of the Interior

Cape Cod National Seashore

99 Marconi Site Road
Wellfleet, MA 02667

Superintendent: George E. Price, Jr.

E-mail: Superintendent_CACO@nps.gov

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

Website: www.nps.gov/caco

Emergencies: 9 - 1 - 1

Visitor Services

CAPE COD NATIONAL SEASHORE'S 40 MILES OF PRISTINE OCEAN BEACH AND 44,000 ACRES MAKE 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.

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 20). 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.)

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

Superintendent's Message *continued*

American presence and early European settlement.

It was home to historical figures, including Lorenzo Dow Baker, an important businessman who introduced U.S. commerce with South America; and Judge and Mrs. Biddle. Judge Biddle was U.S. attorney general under President Roosevelt, and a Nuremberg Trial judge. Mrs. Biddle was a nationally acclaimed poet.

This was the second important property acquisition in two years. In 2010, we acquired a 58-acre conservation easement for the 237-site North of Highlands Camping Area from Steve Currier and his family. This easement allows for a natural, and affordable, no-frills camping experience within walking distance of Head of the Meadow Beach. Both acquisitions are the result of efforts by the late Senator Edward M. Kennedy and the Massachusetts Congressional Delegation, with the help of the Trust for Public Lands.

Active citizen involvement, including generous contributions of time, financial resources, and land protection opportunities, has been a hallmark of the success of the National Park System since the establishment of Yellowstone National Park in 1872. We who are privileged to work for the National Park Service are grateful to those who make these contributions to strengthen our national parks as gifts to the American people now and in the future.

George E. Price, Jr.
Superintendent

On the cover: Shell fisherman in Nauset Marsh, view from Fort Hill, Eastham, by Ross Johnston. Ross Johnston is a photographer and a science teacher at Nauset Regional High School. He is also an interpretive park ranger at Salt Pond Visitor Center.

TECHNOLOGY-BASED PROGRAMS AT CAPE COD NATIONAL SEASHORE



Dial and Discover.

The national seashore's cell phone interpretation program provides 24/7 access to some of the park's most compelling stories and resources. Look for "Dial and Discover" signs at Salt Pond, Coast Guard Beach, Fort Hill, Province Lands Visitor Center, and the Marconi Site. Some stops have QR codes and web links for smartphone users. Visitors with hearing or mobility difficulties can pick up a printed script at the visitor centers.

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, or pick up a free copy at Salt Pond Visitor Center in Eastham.

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 2012 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 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 Beach, Truro: Parking area rarely fills.

Race Point Beach, 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 Beach, 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 at many locations in the seashore. Seasons run September through February, plus May for turkey hunting. Check the park's website at www.nps.gov/caco, or ask at visitor centers or ranger stations for current information.



Interested in lighthouses? Ask at a visitor center for a brochure with brief histories and directions.



Friends of the Cape Cod National Seashore

Celebrating 25 Years

by Richard Spokes, President
(info@fccns.org)



Cape Cod National Seashore Has Gone Green!

by Jenna Sammartino, Interpretive Ranger

There's a new "green standard" at Cape Cod National Seashore. After several years of planning and progress, in 2011 the seashore was officially named a *Climate Friendly Park* by the National Park Service. To date, fewer than 65 parks have fully completed the rigorous process, and Cape Cod National Seashore's official designation is truly a milestone.

The *Climate Friendly Parks* program requires national park areas to take a hard look at their current operations and key sustainability challenges. Goals are set to reduce park carbon emissions by targeted percentages in the categories of energy, transportation, and waste. Member parks also pledge to increase climate change education efforts with park staff, visitors, and local communities.

Staff, stakeholders, and National Park Service Washington office representatives worked together to develop a Climate Friendly Park Action Plan for the seashore that provides a roadmap for future actions. A 2007 baseline inventory found that the seashore's total greenhouse gas emissions (including park operations, concessionaires, and visitor activities) were equivalent to 3,303 metric tons of carbon dioxide. This is roughly comparable to the amount emitted by 281 households annually. As a *Climate Friendly Park*, the seashore will, by 2020, have reduced its total emissions by 20%.

What this means is that the status quo will no longer suffice. Meeting our goals will require change – on all our parts. Park staff is doing its part: from little things like turning off computer monitors, to big things like driving fewer miles in more fuel-efficient vehicles. Plans are in the works to incorporate renewable energy sources into operations. A new incentive program has recently been implemented to encourage staff to "alternative commute" via public transportation, carpooling, bike riding, and walking.

We know park visitors are interested in stepping up, too. Did you know that several park beaches are accessible by bike trail? The Cape Cod Regional Transit Authority, with whom the seashore has partnered, offers year-round bus service from Eastham to Provincetown. If you left your reusable water bottle at home – no worries! Stainless steel bottles are available for purchase at our bookstores. And don't forget to use the recycle bins throughout the park! As we move forward, we're striving to make it even easier for our visitors to enjoy a green park experience. Look for more car-free visitation opportunities in the near future: from increased public transportation options to improved bicycling infrastructure.

But nature's not waiting for us: Cape Cod is seeing the effects of climate change. Local flora and fauna are being impacted. Park scientists are documenting higher surface temperatures in our kettle ponds, which result in changes in water quality. Rising sea levels and more severe storms threaten our fragile coastline. So we need to start today by driving less, reducing waste, and using less energy. We'll all breathe easier tomorrow!

Learn more about the *Climate Friendly Parks* program and what you can do to help Cape Cod and other national parks at www.nps.gov/climatefriendlyparks.

In 2012, Friends of the Cape Cod National Seashore celebrates a milestone – its 25th anniversary. Founded in 1987 by a small, dedicated group of individuals who wanted to provide a helping hand to the seashore, Friends has become a vital partner to Cape Cod National Seashore in protecting park resources and providing for public enjoyment.

Across the National Park System, park friends groups have taken on a critical philanthropic role to help close the gap between federal funding and parks accomplishing their goals. Friends of the Cape Cod National Seashore funds and provides volunteers for projects that would otherwise be delayed or not get done. While we have more than 500 individual and family members, during this anniversary year we are reaching out to increase our membership and expand our ability to fund vital seashore programs, provide more volunteers, and encourage stewardship. Our annual magazine, initiated in 2010, and our new logo are increasing our visibility.

restore the interior of the Old Harbor Life-Saving Station in Provincetown to its 1900 appearance. In 2011, we developed the park's 50th Anniversary Challenge Hunt and electronic Memories Album. As in previous years, we sponsored the Tuesday Nights at Salt Pond series, the Winter Film Festival, and summer concerts. Our participation in projects such as the stabilization of Ballston Beach dunes, the Seal Education Team, and the phenology monitoring project helps protect park resources, as well as gather data that inform park management decision-making. We have many opportunities ahead to continue to support the national seashore.

Anniversaries are cause for celebration! In late August, we will have a celebratory party and fundraiser. What better place to salute 25 years of service to and special partnership with Cape Cod National Seashore than on the terrace of Salt Pond Visitor Center overlooking Nauset Marsh and the Atlantic? Check our website for updates on this special event (www.fccns.org). We will be raising funds for one of our three newly adopted projects for 2012 and beyond:

1. Improvements at the Penniman House grounds to restore its historic appearance and improve visitor safety.
2. Development of exhibits to promote visitor understanding of resources along the Province Lands Bicycle Trail.
3. Support the park's *Making Waves* project to bring youth from Hyannis and urban areas to the park for recreation, resource immersion, and career awareness.

Do join our efforts and become a Friend of the Cape Cod National Seashore.

Friends of the Cape Cod National Seashore sees the 25th Anniversary as an unprecedented opportunity to redouble our efforts to preserve, protect, and enhance the fragile environment of our beloved national seashore for all generations. "Love the Seashore? Join the Friends!"



Over the decades, Friends has had many significant accomplishments. In the late 1990s, we funded the stabilization of the historic Pamet Cranberry Bog House in Truro. Through our ongoing Adopt-A-Trail program, we have maintained the park's busiest trails. Recently, we completed a capital campaign that raised \$120,000 to



Junior Ranger Program

What is a Junior Ranger? A Junior Ranger is: ...a Caretaker ...an Adventurer ... a Learner ...a Seeker ...a Discoverer... A Junior Ranger could be... YOU!

If you are between the ages of 5 and 12, you can start the Junior Ranger journey. Just pick up the small *Junior Ranger* booklet at the Salt Pond or Province Lands visitor center, talk to one of the rangers at the desk, and you're ready to explore Cape Cod National Seashore! Being a Junior Ranger means you understand how special national parks are and how it is up to all of us to help protect them in the future. We hope you will have fun learning about this park and the many others that also have Junior Ranger programs. 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. Check out the Junior Ranger Program at other national parks you may visit in the future!

We invite you to become a Cape Cod National Seashore Junior Ranger. You will join a growing group of young people who are interested in the world around them and involved in their nation's history.



RANGER-LED ACTIVITIES, JULY 1 through AUGUST 31, 2012

-  Denotes activities that are accessible with minor assistance. Contact park staff if you have questions about accessibility.
- ✓ Long pants (shorts for canoe trips), appropriate footwear, hats, sunscreen, bug spray, and water are recommended for outdoor activities.

-  Denotes National Park Service Ocean Park Stewardship programs aimed at improving awareness and protection of marine resources.
-  Denotes activities especially suited for families with children.

SPECIAL PROGRAM AND RESERVATION POLICY

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

- Canoe trips: \$20 per adult, \$14 per child 16 and under (minimum age 6). Canoe experience is mandatory.
- Salt Pond Paddle trips: \$17 per adult, \$12 per child 16 and under (minimum age 6). No experience required.
- Surfcasting lessons: \$15 per person. Minimum age is 12.
- Tickets are nonrefundable, available no more than 7 days in advance, and must be purchased with a credit card either in person at visitor centers or by phone, prior to 4:30 PM daily.
- All equipment is provided unless otherwise noted. • You may have to wade and assist with moving equipment during canoe programs. • Wear shoes (required) that can get wet.

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

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

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham - Program Descriptions and Meeting Locations
				7 AM			BEGINNING SURFCASTING LESSON - 1½ hours. Fee required. 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. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE. * Accessible with assistance if Salt Pond Visitor Center is notified in advance, 508-255-3421.  
7:30 AM							WALK: SEARCHING FOR BIRDS - 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.
						7:30 AM No program July 28	YOGA ON THE BEACH - 1¼ hours. Free. Stretch the body and the spirit in the serenest 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. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER.
9:30 AM and 3 PM	3 PM	3 PM	9:30 AM and 3 PM	3 PM	9:30 AM or 3 PM		CANOEING: SALT POND PADDLE - 1½ hours, 1½ miles. Fee required. Take a leisurely paddle in the protected waters of Salt Pond and nearby area of Nauset Marsh in Eastham to explore its beauty and diversity. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ABOVE. 
					10 AM		WALK: CHRONICLES FROM A CAPE CODDER - 1 hour, 1 mile. Free. 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 for a talk and walk along the edge of Salt Pond.
		Drop by 10:30 to 11:30 AM		Drop by 10:30 to 11:30 AM			ACTIVITY: SOMETHING FISHY - up to ½ mile. Free. See what swims, squirms, slides, and squiggles in the Salt Pond. Drop by and visit the ranger at the edge of the pond to examine some of the animal life that lives along the seashore. This is not a wading program. Access the pond from behind Salt Pond Visitor Center. 
	T 11 AM	OH 1 - 4 PM	OH 1 - 4 PM	OH 1 - 4 PM		T 11 AM	CAPTAIN EDWARD PENNIMAN HOUSE: A WHALING FAMILY'S STORY - Free. Learn about the Penniman family through a tour of their home and stories of their travels. Examine some of the hardships, adventures, and lifestyle of a whaling family. T = TOUR, BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER. OH = OPEN HOUSE, BROWSE THROUGH. Meet at the Penniman House at Fort Hill. Limited parking. 
		11 AM No program July 3, 10 and August 28					TALK: HISTORY IS FUN – REALLY! - ½ hour. Free. Why is the park clearing trees at Fort Hill? What's new with the dune shacks and the newly acquired Baker-Biddle property? Think you can conquer the famous Cape History Challenge in 2 minutes or less? Want a closer look at some archeological artifacts? Join Park Historian Bill Burke, for updates on what's new with the seashore's old stuff. Salt Pond Visitor Center classroom. 
	11:30 AM		11:30 AM		11:30 AM		ACTIVITY: SMALL FRY SPECIAL - ¾ hours. Free. Children, bring your parents to the Salt Pond Visitor Center to hear some savory seashore stories, or participate in hands-on fun discovering the critters that live here. Geared for young children.  
	2:30 PM						WALK: PEOPLE OF THE PAST - 1½ hours, 1½ miles. Free. Wander along the paths that border Nauset Marsh and the historical maintained fields of Fort Hill. Examine the rich human history that has led to important historical and archeological designations for this area. Meet at Hemenway town landing (one road north of Fort Hill off Route 6). * Accessible with assistance if Salt Pond Visitor Center is notified in advance, 508-255-3421. 
			2:30 PM			2:30 PM	WALK: LORE OF NAUSET MARSH - 1 hour, 1 mile. Free. Explore the rich natural and human history around Nauset Marsh. Learn how each has affected the other over time. Meet on the terrace at Salt Pond Visitor Center.
		3 PM			3 PM		ACTIVITY: OPERATION EXPLORE! - 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. Adults must remain with children. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER. 
	3:30 PM		3:30 PM				ACTIVITY: SECRETS OF THE SEASHORE - 1 hour. Free. This indoor program for ages 3 to 6 examines animals found in Cape Cod's intertidal zone. Meet a seashore celebrity and enjoy a creature craft. Look for marvelous mollusks, incredible crustaceans, excellent echinoderms (sea stars and sponges), and fabulous fish! Adults must remain with children. Meet in the classroom at Salt Pond Visitor Center. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER.  
4:30 to 7:30 PM			4:30 to 7:30 PM				TOUR: NAUSET LIGHT - Lighthouses have guided mariners off Cape Cod shores since the late 1700s. Nauset Light remains a navigational aid. Park at Nauset Light Beach. Beach fee may apply. Conducted by Nauset Light Preservation Society. www.nausetlight.org. Donations accepted. 
5 PM		5 PM					TOUR: THREE SISTERS LIGHTHOUSES - 1 hour, ½ mile. Free. These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Learn of their history and importance. Meet at the northeast corner of Nauset Light Beach parking area. Beach fee may apply. 

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Eastham - Program Descriptions and Meeting Locations
		7 PM					TUESDAY NIGHTS AT SALT POND VISITOR CENTER - 1 hour. Free. Subject specialists, authors, and performing artists present a variety of programs throughout the summer. Details on page 4 of this section. 
	7:30 PM July; 7 PM August		7:30 PM July; 7 PM August				CAMPFIRE: NAUSET LIGHT BEACH - 1½ hours, ½ mile. Free. Join an evening of fun around the campfire and learn about the special natural and historical features of Cape Cod. <i>On Monday, July 30, campfire will include sing-along sponsored by Friends of the Cape Cod National Seashore, with special guests Denya LeVine and Tim Dickey.</i> Meet at Nauset Light Beach. 
		Times vary		Times vary		Times vary	CANOEING: CANOE ADVENTURE - up to 3 hours, 3 miles. Fee required. These trips may explore Nauset Marsh, kettle ponds, or a bay, or may focus on a specialized topic. Locations and topics vary. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, FOR A LIST OF PROGRAM TOPICS, DETAILS, AND TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PREVIOUS PAGE.
Times vary							ACTIVITY: SHELLFISHING DEMONSTRATION - 1 hour. Free. 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. July 1 - 6 PM; July 8 - noon; July 15 - 6 PM; July 22 - 10:30 AM; July 29 - 4:30 PM; August 5 - 10:30 AM; August 12 - 4 PM; August 19 - 9:30 AM; August 26 - 3:30 PM. 

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Wellfleet - Program Descriptions and Meeting Locations
		8 AM No program August 28					CANOE TRIP: GULL POND - 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 NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PREVIOUS PAGE.
				10 AM			WALK: BOMBS AND BLACKOUTS - 1 hour, ½ mile. Free. Join Ranger Dana Eldridge on this walk along the Marconi bluffs (the former Camp Wellfleet) to examine the impact WWII had on the region. Hear his personal stories of Coast Guard patrols, the detritus of war washed upon the beaches, target practice, and torpedoed ships. Meet at the Marconi Site parking area.
			11 AM No program July 4	11 AM No program August 16			TOUR: ATWOOD-HIGGINS HOUSE - 1 hour. Free. Learn about early 18th-century Cape Cod architecture and one of the Outer Cape's early colonial settlement sites. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL SALT POND VISITOR CENTER, 508-255-3421, TO REGISTER. Directions: Take Route 6. Turn onto Pamet Point Road, Wellfleet, at the Truro town line, follow signs.
					Times vary		ACTIVITY: TIDAL FLATS FORAY - 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. July 6 - 7:30 AM; July 13 - 1:30 PM; July 20 - no program; July 27 - noon; August 3 - 6 PM; August 10 - noon; August 17 - 5:30 PM; August 24 - 10:30 AM. 

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Truro - Program Descriptions and Meeting Locations
						8 AM	HIKE: OUTER CAPE HIKING CLUB - 2 to 4 hours, 4 to 6 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 include Truro, Wellfleet, and Provincetown. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER.
		10 AM No program July 3, August 21 and 28					WALK: TRURO HIGHLANDS HISTORY AND GEOLOGY - 1 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. Learn why this location displays some of the most interesting geology on the Cape. <i>Directions:</i> Take Route 6 to the Highland Road exit in Truro and follow signs for Cape Cod (Highland) Light. Meet outside the lighthouse. 
10 AM to 5:30 PM	10 AM to 5:30 PM	10 AM to 5:30 PM	10 AM to 5:30 PM	10 AM to 5:30 PM	10 AM to 5:30 PM	10 AM to 5:30 PM	TOUR: HIGHLAND LIGHT - Enjoy magnificent views from Cape Cod's oldest lighthouse. Open daily from May 19 through mid-October. \$4 all ages. Children must be 48 inches tall. 508-487-1121. <i>Conducted by volunteers of Highland Museum and Lighthouse, Inc. www.capecodlight.org.</i>
	10:30 AM to 4:30 PM	10:30 AM to 4:30 PM	10:30 AM to 4:30 PM	10:30 AM to 4:30 PM	10:30 AM to 4:30 PM	10:30 AM to 4:30 PM	MUSEUM: HIGHLAND HOUSE MUSEUM - Browse through an amazing array of objects from the Truro Historical Society's collection. Monday to Saturday, June 1 through September 30. \$5 adults, 12 and under and members free. <i>Hosted by volunteers of the Truro Historical Society. www.trurohistorical.org.</i>
	12 noon						WALK: TRURO'S COLD WAR PAST AND OUR CLIMATE'S FUTURE - 1½ hours, ¾ mile. Free. Tour the former North Truro Air Force Station. Learn about its role in our Cold War past and exciting plans for its future as the Highlands Center. This year the site will host a Department of Energy atmospheric radiation measurement facility. On the walk we may see the launch of a balloon that provides data used in improving climate models. <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. 
	3 PM No program August 20 and 27						HIKE: SEASIDE DUNES - 1½ hours, 2 miles, strenuous. Free. This is a quintessential Cape hike through parabolic dunes with views of the sea. Wear shoes appropriate for walking in soft sand, and bring water. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER
Times vary No program August 19 and 26			Times vary				WALK: SEALS OF CAPE COD - 1 hour, 1 mile in soft sand. Free. Join marine specialists for an exciting opportunity to visit seals at a local haul-out site. Learn appropriate wildlife-viewing techniques so as not to disturb the seals. 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. 

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Provincetown - Program Descriptions and Meeting Locations
9 AM No program August 19 and 26							PADDLE: BRING YOUR OWN KAYAK - Up to 3 hours, 3 miles. Free. Meander through tidal rivers and kettle ponds. Bring your own kayak and gear (including life vests, which will be required). Program locations include Provincetown and Truro. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER.
			9:30 AM				WALK: TOUR OF THE TOWN - 1½ hours, 3 miles. Fee required. \$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. 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.

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Provincetown - Program Descriptions and Meeting Locations
9:30 AM No program August 26							SCAVENGER HUNT: THE AMAZING RACE - PROVINCETOWN - 1 to 1½ hours, 2 miles. Fee required. Discover Provincetown's history one clue at a time. Race against time to win the grand prize while experiencing the town's unique treasures and best-kept secrets. Wear comfortable shoes. Meet the ranger at the Pilgrim Monument parking area. *Admission fee charged for the Pilgrim Monument will be from \$4 to \$10 depending on group size. \$10 parking fee is refunded for stays shorter than 2 hours. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, TO REGISTER. 
	10 AM			10 AM		3:30 PM	WALK: DUNES OF THE PROVINCE LANDS - 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. Wear shoes appropriate for walking in soft sand, and bring water.
					10 AM		WALK: OUR BEACHES - 1½ hours, 1 mile. Free. Cape Cod is known for its wonderful beaches. How do humans and marine debris affect the natural ecology of this habitat? Join a ranger to explore these topics and to help clean up our beaches. Come every week for a different beach! CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256 FOR LOCATIONS. 
		10 AM	10 AM		10 AM		ACTIVITY: LIFEGUARD DEMONSTRATION - ½ hour. Free. Join a lifeguard for a surf rescue demonstration on the beach and learn how to stay safe while swimming in the ocean. Meet at the head lifeguard stand at each beach: Tuesday, at Race Point Beach; Wednesday, at Herring Cove Beach; Friday, at Head of the Meadow Beach in Truro. All ages. <i>Beach fees apply.</i> 
						10 AM	SNORKEL ADVENTURE - 2 hours. Free. Explore the amazing underwater world of Cape Cod and witness a freshwater or saltwater ecosystem firsthand. 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. 
	11 AM No program August 27						ACTIVITY: JUNIOR LIFESAVER - 1 hour. Free. Explore the lives of Cape Cod's shoreline heroes through games and activities. Try your hand at maritime skills from the past and earn a Junior Lifesaver patch. Meet at Province Lands Visitor Center to caravan to this program.  
				11 AM			TALK: MARINE LECTURE SERIES - 1 hour. Free. Weekly offerings by the director of marine education, Provincetown Center for Coastal Studies. Meet at Province Lands Visitor Center. July 5 - Whales of Cape Cod; July 12 - Seals, Making a Comeback; July 19 - Marine Animal Disentanglement; July 26 - Whales of Cape Cod - as part of the Provincetown Center for Coast Studies "Whale Week"; August 2 - Marine Animal Stranding; August 9 - Cape Cod Marine Ecosystem: Past, Present, and Future; August 16 - Seals, Making a Comeback; August 23 - Oceans and Climate Change; August 30 - Marine Debris: 21st Century Scourge.  
							ACTIVITY: HANDS-ON SQUID - 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. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, TO REGISTER.  
				2 PM		4 PM	ACTIVITY: OPERATION EXPLORE! - 1½ to 2 hours. Free. Calling all future rangers 8 to 13! Develop skills for adventures in the great outdoors by attending any or all of program offerings. Adults must remain with children. <i>Thursdays: Animal Tracking: What Animals Live Here?</i> Meet at Province Lands Visitor Center. <i>Saturdays: Junior Naturalist Scavenger Hunt.</i> Meet at Beech Forest parking area, off Race Point Road. 
3 PM to 5 PM	3 PM to 5 PM	1 PM to 4 PM	3 PM to 5 PM	1 PM to 4 PM	3 PM to 5 PM	3 PM to 5 PM	OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION - Free. Built in 1898, Old Harbor is the last intact life-saving station of the original 13 on Cape Cod. The station has been extensively restored and refurbished. A visit feels like stepping into a turn-of-the-century working station while the crew is out on patrol. Park at Race Point Beach and take the short walk to Old Harbor. <i>Beach fee may apply.</i>
				4 PM No program August 30			ACTIVITY: SEAL PUP STORIES - ½ hour. Free. Where are seals born, and what do they need while growing up? Join a naturalist for an indoor program about seals, including short activities and a story, geared toward ages 3 to 8. Parents must remain with children. Meet at Province Lands Visitor Center. 
		4 PM					HIKE: ART IN THE DUNES - 3 hours, 2½ to 3 miles in loose sand. Free. On this long hike into the Province Lands dunes, view firsthand the quality of light, natural environment, and isolation that have long attracted artists and writers to Provincetown. Meet an artist-in-residence at a dune shack. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER. SPACE IS LIMITED.
				6 PM			HISTORICAL REENACTMENT: BEACH APPARATUS DRILL - 1 hour. Fee required. Listen for the keeper's command, "Open the boat room doors!" and return to the days of shipwrecks and lifesaving along Cape Cod. Watch uniformed surfmen fire a line from a cannon to a "ship" in distress and haul the "victim" to shore. This is our 33rd year reenacting this 1902 rescue drill. Takes place at Old Harbor Life-Saving Station, Race Point Beach. \$5 for adults; \$2 for seniors over 62, and children 7 to 17; children 6 and under are free.  
					7:30 PM July; 7 PM August		CAMPFIRE: HERRING COVE BEACH - 1 hour. Free. Enjoy sunset on the beach and an evening of folklore and games around the campfire. <i>On August 3 and 31, campfires will include sing-along programs sponsored by Friends of the Cape Cod National Seashore, with special guests Denya LeVine and Randy Patterson (August 3), Denya LeVine and Tim Dickey (August 31).</i> Bring a beach chair or towel to sit on. Meet the rangers at the end of the right-hand parking area, Herring Cove Beach, Provincetown. * Accessible with assistance if Province Lands Visitor Center is notified in advance, 508-487-1256.  
						7:30 PM	WALK: NIGHT PATROL AT OLD HARBOR - 1½ hours, ¼ mile. Free. The heroic surfmen of the U.S. Life-saving Service were always ready for a rescue, especially at night. Experience the station and the beach at night as if it were the early 1900s. Hear stories about shipwrecks and those who inhabited the station. Meet at Old Harbor Life-Saving Station, Race Point Beach. 
	Times vary No program July 2, August 20 and 27		Times vary No program July 4, August 22 and 29				WALK: TIDAL FLATS FORAY - 1½ hours, ½ mile. Free. Get your feet wet as you explore the abundance and diversity of life in an intertidal zone in Provincetown. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER.  
					Times vary No program August 31		CANOE ADVENTURE: LONG POINT - up to 3 hours, 3 miles. Fee required. Paddle across Provincetown Harbor to explore marsh, tidal flats, and dunes. Learn about the interesting history of Long Point. If conditions permit, swimming and snorkeling may be possible. BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, TO REGISTER. SEE SPECIAL PROGRAM AND RESERVATION POLICY ON PAGE 1 OF THIS SECTION. 

Special programs

TUESDAY NIGHTS at SALT POND VISITOR CENTER

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. Doors open at 6:30. Due to limited seating, please arrive early. Sponsored by Friends of the Cape Cod National Seashore.

JULY 3 - WHALING IN THE WAMPANOAG TRADITION By the time of the heyday of whaling in the 19th century, the Wampanoag people had already been practicing whaling for centuries. Jonathan Perry, an Aquinnah Wampanoag historian, will present a talk on whaling in the Wampanoag tradition.

JULY 10 - JOBI POTTERY: THE HISTORY OF A CAPE COD COTTAGE INDUSTRY Jobi™ Pottery in Truro was founded in 1953 by Joe Colliano and Bill Hastings. Current owner/designer Susan Kurtzman will discuss the history and techniques behind Jobi Pottery. Pottery will be available for sale.

JULY 17 - LORENZO DOW BAKER: CAPE COD'S BANANA PIONEER When Lorenzo Dow Baker returned to Boston from a voyage to Jamaica, he brought home a hold full of a fruit previously unknown to New Englanders: the banana. Former history professor Randy Bartlett, Ph. D., will discuss this fascinating Wellfleet native.

JULY 24 - LIVE BIRDS OF PREY! Join Perry Ellis from Mass Audubon's Blue Hills Trailside Museum for a presentation on these majestic native birds. **Due to limited seating, reservations required - call the Salt Pond Visitor Center, no more than 7 days in advance, at 508-255-3421, ext. 18.**

JULY 31 - OR WOULD YOU RATHER BE A FISH? Looking for an evening of family fun complete with song, dance, and audience participation? Join minstrel storyteller Mary Jo Maichack for this program of folklore and songs of the sea.

AUGUST 7 - A PASSION FOR BIRDS Henry Lappen uses his own hand-sculpted masks and a comic portrayal of birds to inspire an appreciation and understanding of the avian world in this interactive program.

AUGUST 14 - SONGS OF NATURE AND THE LAND Balladeer Linda Russell explores the relationship between people and the land revealed in traditional songs of the past. This program takes a musical/historical look at the natural world of Cape Cod. **Due to limited seating, reservations required - call the Salt Pond Visitor Center, no more than 7 days in advance, at 508-255-3421, ext. 18.**

AUGUST 21 - REALLY BIG FISH IN CAPE COD WATERS Some of the most interesting and largest fish in the world are found in Cape Cod waters. Join Carol "Krill" Carson for this program about ocean sunfish, basking sharks, and perhaps a few other notable species.

AUGUST 28 - ROSEATE TERNS: BEYOND BREEDING Ellen Jedrey of Mass Audubon, and Dr. Jeff Spendelov of United States Geological Survey, will present this illustrated program on the importance of the Cape Cod National Seashore to endangered roseate terns as a site for resting and refueling before the fall migration.



Henry Lappen, August 7

PROGRAMS at PROVINCE LANDS VISITOR CENTER, off Race Point Road, Provincetown Tuesdays, at 3 PM. Free. ♿

Sponsored by Friends of the Cape Cod National Seashore



Osprey

JULY 24 - LIVE BIRDS OF PREY! Power, ferocity, and mystery are qualities humans have used to describe birds of prey for thousands of years. Join Perry Ellis from Mass Audubon's Blue Hills Trailside Museum for this one-hour presentation on these majestic native birds.

AUGUST 7 - A PASSION FOR BIRDS Henry Lappen uses his own hand-sculpted masks and a comic portrayal of birds to inspire an appreciation and understanding of the avian world in this one-hour interactive performance.

AUGUST 14 - SONGS OF NATURE AND THE LAND Balladeer Linda Russell explores the relationship between people and the land as revealed in the traditional songs of the past. This one-hour program takes a musical/historical look at the natural world of Cape Cod.

Zoë Lewis and Peter Donnelly Province Lands outdoor amphitheater
Sunday, August 19, 3 PM. Free. These popular local musicians return for their second annual Province Lands concert! Join us for lively sing-along music and family fun.

Special Recurring Programs:

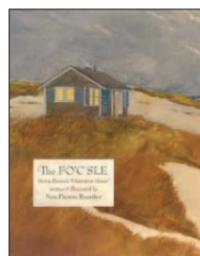
WALK: THE ECOLOGY AND HYDROLOGY OF A SALT MARSH
Wednesdays, July 11 and 25, and August 22 and 29. Times vary. 1 hour, ½ mile. Free. Learn about salt marshes and how tides shape the plant and animal communities that live there, and what happens when the natural tidal flow is restricted. This in-depth, scientific program is geared toward adults. **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.**

PHOTOGRAPHY HIKE: LEAVE ONLY FOOTPRINTS, TAKE ONLY PICTURES
Wednesday, July 11, at 6:30 PM; and Wednesdays, August 22 and 29, at 5:30 PM. 2 hours, up to 2½ miles. Free. A sunset hike and photography workshop. Instruction and advice for capturing unique perspectives of the seashore. All levels and formats (digital or film) welcome. Tripods recommended but not necessary. **BY RESERVATION ONLY NO MORE THAN 7 DAYS IN ADVANCE. CALL PROVINCE LANDS VISITOR CENTER, 508-487-1256, FOR MEETING LOCATION AND TO REGISTER.**

The Allure of the Dune Shacks Province Lands Visitor Center

Wednesday, August 1, 7 PM. Free. ♿

The backshore of Provincetown and Truro has inspired artists, writers, poets, and those wishing to experience remote and rustic dune life for over a century. Learn about the history and preservation of the Dune Shacks of Peaked Hill Bars Historic District with Margie Coffin-Brown of the National Park Service's Olmstead Center for Landscape Preservation, and Cape Cod National Seashore Historian Bill Burke, who will discuss this area's recently released cultural landscape report.



Meet the Author! Nan Parson Rossiter Salt Pond Visitor Center, Eastham Thursday, August 9

3 PM. 1 hour. Free. ♿ Henry Beston's beloved account of the year he spent in a small house overlooking the thundering surf of the Atlantic Ocean is now recorded for young readers in *The Fo'c'sle Henry Beston's Outermost House*. Award-winning author/illustrator Nan Parson Rossiter will read, answer questions, and autograph copies of her new book.

Second Annual Science Symposium Tuesday, August 28

Cape Cod National Seashore's Atlantic Research Center Highlands Center, 43 Old Dewline Road, North Truro This showcase of natural science research being conducted in the Cape Cod National Seashore will feature short presentations by current researchers and will be aimed at general audiences. Check the park's website at www.nps.gov/caco closer to the date for details. *Refreshments courtesy of Friends of the Cape Cod National Seashore.*

Partner Programs

Under the Tent: Payomet Performing Arts Center

Shakespeare's *A Midsummer Night's Dream* - fully staged professional production, June 28 through August 11. Music headliners: David Bromberg (July 1), Rosanne Cash (July 3), John Mayall (July 16), Rickie Lee Jones (July 29), and others. Weekly family and children's shows, children's theater, and acting classes. *For tickets or more details, call the Payomet at 508-487-5400 or check their website at payomet.org.*



28 and 29, and unloading on September 1. Curious? Stop by! Visit www.castlehill.org for more information.

Fired Up!

Truro Center for the Arts at Castle Hill will be loading its Highlands Center wood kiln with pottery and firing the work to 2300 degrees on August 27,

Celebrating 25 Years



financial and volunteer support. www.fcns.org

Outer Cape Chorale Chamber Singers Thursday, July 12, at 7 PM, at Salt Pond Visitor Center, Eastham. Free. Enjoy an evening of song with this popular local group. ♿

"Jaws Comes Home" featuring Dr. Greg Skomal, Shark Researcher Wednesday, July 18, at 8 PM, at Nauset Regional Middle School, Route 28, Orleans. Free. ♿



Dr. Skomal is a noted shark researcher and the author of *Shark Handbook: The Essential Guide for Understanding the Sharks of the World*. During this

public program he will describe how the Outer Cape's healthy seal population attracts sharks resulting in a significant increase in great white shark sightings. Dr. Skomal is the Senior Biologist with the Massachusetts Division of Marine Fisheries. He has appeared in a number of film and television documentaries including National Geographic, Discovery Channel, and ESPN. *The annual meeting of the Friends of the Cape Cod National Seashore precedes this program at 7 PM. The public is invited to attend the meeting.*

An Evening of Celtic Music Friday, July 27, at 7 PM, at Salt Pond Visitor Center, Eastham. Free. ♿

Join Billy Hardy and Beth Sweeney, a Celtic fiddle and instrumental duo, for an evening of Irish and other Celtic music with songs in English and Gaelic. **Due to limited seating, reservations required - call the Salt Pond Visitor Center, no more than 7 days in advance, at 508-255-3421, ext. 18.**

Family Sunset Campfire and Sing-Along in Eastham

Monday, July 30, 7:30 PM, Nauset Light Beach. Free. Enjoy a campfire on the beach with songs led by Cape Cod musicians Denya LeVine and Tim Dickey.

Family Sunset Campfires and Sing-Alongs in Provincetown

Friday, August 3, Denya LeVine and Randy Patterson
Friday, August 31, Denya Levine and Tim Dickey
7 PM, at Herring Cove Beach, Provincetown. Free. Enjoy an evening campfire on the beach with songs led by Cape Cod musicians.

The Lure of Herring Cove

by William Burke, Cape Cod National Seashore Historian

Everyone has a favorite beach on Cape Cod, and for many, Herring Cove is the best of all. It encompasses a luxurious crescent of sand in Provincetown that stretches southward from Hatches Harbor to Wood End. From its raucous start in the 1800s as a fishing settlement known as “Helltown,” to its rebirth in the early 20th century under the name of “New Beach,” to its current vibe as a beach to meet friends and enjoy the sunset over Cape Cod Bay, Herring Cove is a mecca for the beach lover. With 525 parking spaces, there is usually room for everyone.

Maritime Roots

Just a short hike from the center of Provincetown itself, the Herring Cove of a century ago offered fishermen quick access to in-shore fish stocks during the winter months when fishing schooners remained in port. By the 1890s, some 120 fishermen had created “Helltown,” a shanty village composed of 33 shacks of odd shapes and sizes made of driftwood and wood scraps. Fishermen would trudge in from town by 4 AM and begin their rigorous day by launching heavily laden sail- and oar-powered dories out to hand-trawl the fishing grounds six miles offshore. Back after noon and fortified with lunches brought in by wives and children, the men unloaded their catch and tended their equipment while carriers whisked the fish to town by horse and cart for loading onto trains bound for New York.



The smelly yet profitable Nickerson Whale Oil plant, circa 1890, processed whales for whale oil, and fish scraps and whale meat for fertilizer.

Adding to the maritime scene was the sprawling Nickerson Whale Oil plant nearby, which processed whales and fish for their oil and fertilizer. For a few short decades, until the advent of gas-powered vessels, Helltown was an economic engine for the town, helping to make Provincetown one of the richest towns in the commonwealth.

The Rise of Sun and Fun

Provincetown’s rise as art colony and tourist destination coincided with the reinvention of Herring Cove in the early 20th century. Herring Cove was part of the Province Lands, an eventual common lands purchased from the Native Americans by the Pilgrims in 1654. Nearly 300 years later and with the land still undeveloped, Massachusetts constructed a paved road through the area in the 1920s, including a coast road along Herring Cove’s spine. This new road gave access to “New Beach.” Bathers discovered the warm, calm water of Cape Cod Bay. By contrast, the Cape’s east-facing Great Beach was slower to develop because of its surf and cold water.

By the 1950s, New Beach featured 800 parking spaces, a new bathhouse and snack bar. The new bathhouse, which still exists today, was the commonwealth’s first and boasted a staff that included an onsite manager, clerk matron, three check room and two bathhouse attendants, two porters, and three lifeguards. Its bunker-like design reflected fears of another storm like the recent 1938 hurricane.

Yet Mother Nature soon asserted her defining role at New Beach. Erosion threatened the coast road and new beach facilities as soon as they were built. A 1956 newspaper account described the alarming beach erosion taking place as a result of the state removing dunes for better views of the water. The state armored long stretches of shore with asphalt aprons/revetments built to a depth below sea level to stem the tide of erosion. Small stone groins were installed to collect sand in front of the bathhouse. In fact, over 375 feet of shoreline had already been lost at this location since the 1830s. The revetment and groins offered some measure of protection in the immediate area but starved sand from other areas farther down the beach.

The New National Seashore and the Challenge of Access

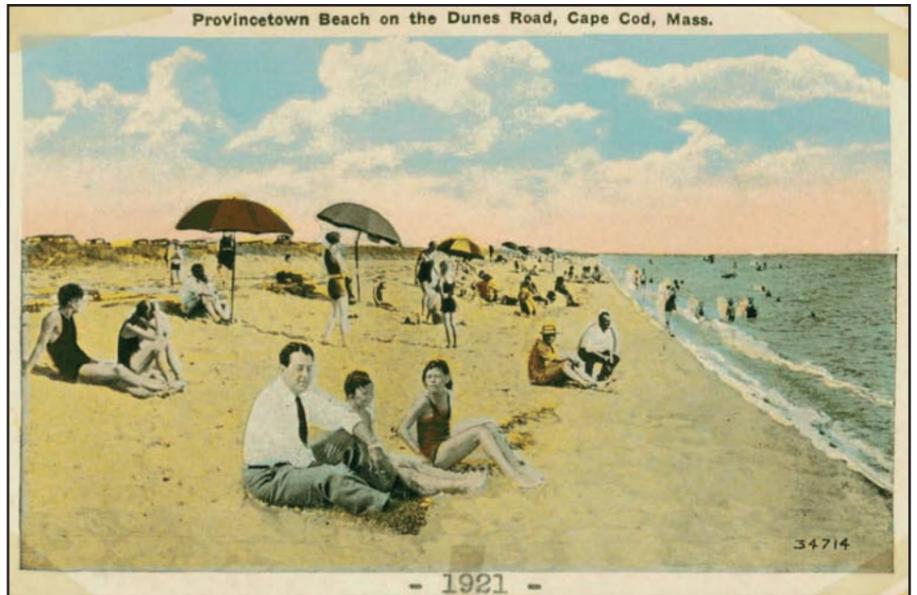
Thanks in large part to the Emergency Committee for the Protection of the Province Lands, formed in the late 1950s, the state handed over the Province Lands in their entirety to the National Park Service in 1962. The service renamed the facility Herring Cove after the historic name for the shoreline nearer to Wood End and built additional revetments in 1965 in a renewed effort to slow erosion. Despite the problems, Herring Cove has remained a popular destination. Over 850,000 people visit annually, including many who come for the unparalleled views of Cape Cod Bay directly from the parking area. However, that accessibility is currently being threatened once again by time and tides.

We’ve reached a tipping point with the old facilities at Herring Cove. Since the beginning of 2012, wave action has broken up large sections of the revetment. The deteriorating bathhouse needs replacing, and the north end parking lot is directly threatened by erosion. Coastal geologists predict a continued 2.5 - 3.5-foot annual erosion rate and the need to move back facilities to a location immediately behind the existing bathhouse by the end of this decade. Long-standing National Park Service policy is to let coastal processes occur unimpeded and to adjust facilities accordingly. The National Park Service is currently planning for new bathhouse facilities and ways to maintain parking lot views to the water.

There is a powerful tradition of public beach access at Herring Cove, beginning with those intrepid dory fishermen of yesteryear. Today, all stakeholders seek to keep Herring Cove sustainable, safe, and accessible for future generations.



The commonwealth of Massachusetts built a road out to “New Beach” by the 1920s that brought both cars and beachgoers to the beach by the bay.

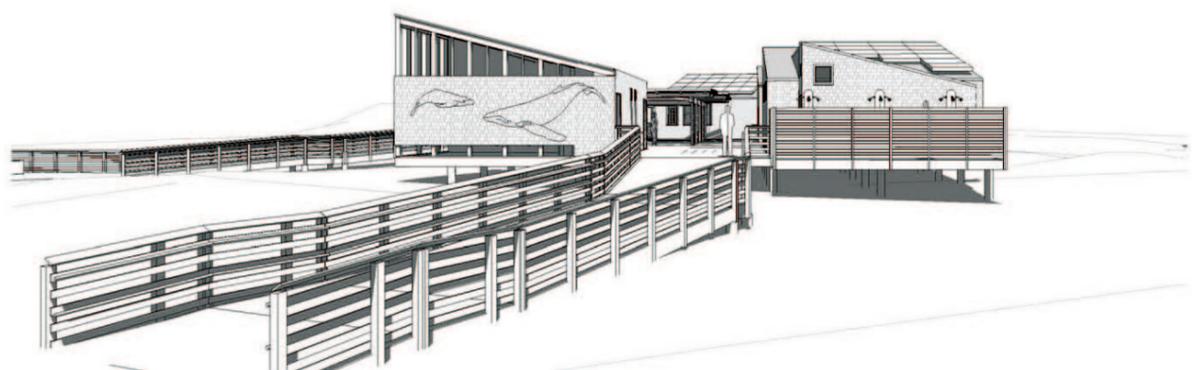


This early postcard image reminds us that Herring Cove has had many names over the years. Navy charts labelled it “Measured Mile Beach,” a 1937 article dubbed it “Outermost Beach,” and some artists have referred to it as “Beach of Jewels.”



Shortly after acquiring Herring Cove from the commonwealth, the National Park Service installed additional revetments in 1965.

HERRING COVE BEACH FACILITY



This early schematic design of the new bathhouse proposal incorporates a number of Cape Cod architectural motifs. The project includes separate structures for changing, restrooms, concessions, and lifeguards. Short boardwalks will link the buildings to the beach.

Seashore to Host Department of Energy Mobile Climate Facility

Lynne Roeder, ARM Public Information officer, and other ARM staff contributed to this article.

by Alexandra Heyn, AmeriCorps Cape Cod Volunteer

Things are “looking up” for science at the Highlands Center of Cape Cod National Seashore (CCNS). In July 2012, the National Park Service (NPS) Atlantic Research Center at the Highlands Center welcomes a year-long “Two Column Aerosol Project” (TCAP) funded by the Department of Energy’s (DOE) Atmospheric Radiation Measurement (ARM) Climate Research Facility. The research will place emphasis on clouds and aerosols above Cape Cod.

Originally developed in 1989, and designated as a scientific user facility in 2005, the ARM Climate Research Facility provides climate data for national and international research efforts related to global climate change. The ARM facility operates heavily instrumented permanent ground sites in three key climate regions — the North Slope of Alaska, the southern Great Plains in Oklahoma, and the Tropical Western Pacific. In addition to these permanent sites, ARM operates aerial and mobile facilities, one of which will be in place for one year at CCNS.

Through its mobile facilities, comprised of portable observatories with dozens of scientific instruments, ARM has collected climate data from the Maldives, India, Colorado, the Azores, China, Germany, Niger, and California. Cape Cod boasts a unique geography — a long isolated coastal spit downwind of major metropolitan areas — making the Highlands Center an ideal location to collect data on cloud and aerosol properties in the air moving between North America and the Atlantic Ocean.

What to Expect

New sights, new sounds, and a few days of traffic delivering research instruments will stand out from the usual Cape Cod summer scene. From July 2012 to June 2013, those instruments placed at the mobile facility at the Highlands Center will measure clouds, water vapor, aerosols, solar energy, and atmospheric radiation. There will also be weather balloons equipped with telemetry instrumentation that transmit information about wind speed and direction, tem-



Aerosol Plume - True-color Sea-viewing Wide Field-of-view Sensor (SeaWiFS) image showing a large plume of aerosol moving eastward over the North Atlantic Ocean on May 4, 2001. Image courtesy of the NASA EOS Project Science Office

perature, humidity, and pressure at various levels in the atmosphere.

Balloons will be launched four times per day (every six hours) throughout the year following the appropriate Federal Aviation Administration guidelines. If your timing is right, you may catch a glimpse of the weather balloons as they rise into the sky, but they will quickly leave visual range within a minute or two of their launch, as they ascend into strong winds aloft. It is highly unlikely that any balloons will land near the shoreline because of the westerly winds that quickly carry them eastward over the ocean.

The balloons rise to 60,000 feet or more where they generally burst and fully disintegrate within a few days in saltwater — making it extremely unlikely for the debris to wash up on shore or to pose injury to any marine life or traffic. Similar biodegradable natural latex balloons are launched from 70 other locations across North America, one of which is located a few towns over in Chatham. Balloons in Chatham are launched twice per day by the National Weather Service.

Supplementing these ground-based measurements will be two instrumented aircraft during two intensive three-week research flight periods in July 2012 and February 2013. Flights will depart from the Barnstable Municipal Airport following appropriate FAA notifications and regulations. One of the aircraft will be flying at lower altitudes (lowest of 1,000 feet over land and 300 feet past the land-sea interface), while the second aircraft will focus on collecting data at higher altitudes above visual range.

Both aircraft will fly in stacked formation to simultaneously obtain measurements of aerosol and cloud properties within two columns of air—one column above the ground site and the other a few hundred kilometers east of Cape Cod, over the ocean.

Some of the instruments used to collect the necessary data from the mobile facility ground sites include radar, lidar, and sodar. These instruments emit different types of waves — radio, light, and sound — into the sky and convert the return signals into specific measurements.

To foster collaboration among CCNS, ARM, and the local education community, CCNS has designated an ARM education ranger to work both in the park and in school systems for the duration of the ARM deployment here on Cape Cod.

CCNS Education staff have identified and collected teacher resources, lesson plans, and activities that complement the measurement components of TCAP, while matching them with state science and technology curriculum frameworks at specific grade levels.

The lessons and activities are designed to give students hands-on experience in physical science, Earth and space science, math, and thinking skills as applied to actual research conducted by TCAP scientists. CCNS has also received a grant from the National Park Foundation to provide money for busing students to the ARM facility.

CCNS is excited to host DOE research of global interest and for its team to call Cape Cod home while they continue to work to improve scientific understanding of global climate science.

Questions?

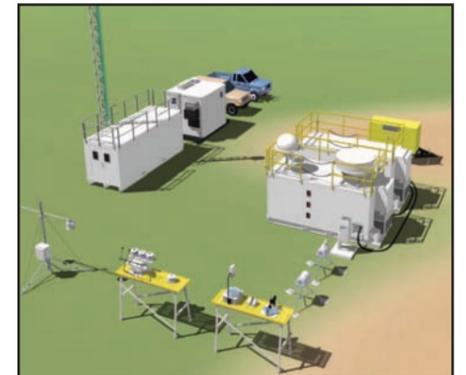
For more information on the ARM TCAP project coming to the Highlands Center at CCNS, please visit www.arm.gov.

For more information regarding educational outreach and programming, please contact either Barbara Dougan, CCNS education specialist, at Barbara_Dougan@nps.gov, or Cathy Skowron, CCNS TCAP education ranger, at cathyskowron@comcast.net.

On a lightly clouded night, it may be possible to see a faint beam of greenish light from the lidar, but only if you are within close range.

Education and Community Collaboration

Scientists leading this initiative from Pacific Northwest National Laboratory stated their specific research objective at Cape Cod is “to quantify aerosol properties, radiation, and cloud characteristics at a location subject to both clear and cloudy conditions and clean and polluted conditions.” All of the data collected from the ARM facilities can be accessed by anyone, at anytime, for free. The only requirement for accessing the information is to become a registered user at arm.gov. This allows the organization to keep its scientific users informed of data updates to adhere to reporting requirements for DOE user facilities. Data collaborations and contributions from additional scientists and researchers are welcomed and encouraged by ARM.



More than Meets the Eye - An artist's rendering of the instrumentation that will be operating during the ARM deployment at the Highlands Center. These containers and instruments will be used to obtain measurements for climate research. Image courtesy of ARM Climate Research Facility



A Site with a View - Kim Nitschke (ARM Mobile Facility site manager) and Lauren McKean (CCNS park planner) stand at a bluff overlooking the Atlantic Ocean. The ARM Mobile Facility will operate just inland from this location at the Highlands Center. Image courtesy of ARM Climate Research Facility

Climate Data for the World

A primary objective of the U.S. Department of Energy's Atmospheric Radiation Measurement (ARM) Program is to improve scientific understanding of the fundamental physics related to interactions between clouds and radiative feedback processes in the atmosphere. To achieve this objective, the ARM Climate Research Facility (ACRF) operates sites around the world to obtain continuous field measurements of cloud and atmospheric properties and provides data products that promote the advancement of climate models.

This includes support to archive and analyze climate change data, including data from the ACRF sites, and data on greenhouse gas emissions and concentrations. As a user facility, the ACRF makes these data freely available to the global climate change research community through the Data Archive.

Image courtesy of the NASA EOS Project Science Office

Seashore Amphibians: Indicators of Environmental Quality

by Dr. Robert P. Cook, Wildlife Biologist

Although miles of ocean beach may be the most popular image of Cape Cod National Seashore, it is not the only one. Most of the seashore is neither ocean nor beach, but rather tens of thousands of acres of woodland, field, heath, and dunes. Punctuating these uplands are a variety of freshwater wetlands – kettle ponds, vernal ponds, swamps, marshes, and cranberry bogs – so numerous they have barely been identified and mapped. Tied to these wetlands are the amphibians – a group of animals that makes up in abundance what it may lack in prominence.

Amphibians represent a transition from an aquatic to terrestrial lifestyle. Their scaleless skin and gelatinous eggs have little resistance to drying and require moist, if not wet, habitats. They hide under protective cover or burrow underground to avoid heat and drying. Many are nocturnal or seasonal, awaiting spring rains to become active. Most people only encounter a few of the species found at Cape Cod National Seashore because of their limited activity. This lack of familiarity has led to much myth and misunderstanding about amphibians, and a false impression of their abundance, diversity, and ecological importance.

Check the park's website for additional information about amphibians and reptiles including podcasts, sound recordings, and videos.



Grey Treefrog Larvae

<http://www.nps.gov/caco/naturescience/amphibians.htm>

<http://www.nps.gov/caco/naturescience/reptiles.htm>

Cape Cod National Seashore supports 12 species of amphibians exhibiting three basic lifestyles. The bullfrog, green frog, red-spotted newt and, to a lesser extent, the pickerel frog are aquatic as adults, primarily living in permanent ponds year round. They lay their eggs in these, and their tadpoles take from one to three years to develop into the adult form. Bullfrogs and green frogs are easily the most conspicuous of the seashore's amphibians, frequently seen and heard during the summer at kettle ponds and permanent wetlands. At the other extreme is the completely terrestrial red-backed salamander. The eggs of this worm-sized woodland salamander are laid in decaying logs and undergo complete development without any wetland habitat.

The most common amphibian lifestyle here, however, is semi-aquatic. The spotted salamander, four-toed salamander, spadefoot toad, Fowler's toad, spring peeper, grey treefrog, and wood frog all live and feed in forest and dunes for most of the year. However, they need ponds to reproduce and migrate overland on rainy nights to breeding ponds, primarily temporary ponds. After laying their eggs, they return to the woods and dunes. The eggs and larvae develop in the pond, transform into the adult form in early to mid-summer before the pond dries up, and disperse into the uplands. Swarms of young, recently metamorphosed Fowler's toads dispersing into

the uplands from their natal pond are a common event in early July.

Recent studies have demonstrated that amphibians, though once considered primitive and insignificant, lead far more complicated and important lives. They exhibit territoriality, are capable of homing, and undertake annual migrations. Some estimates of their numbers suggest there are more pounds per acre of amphibians than any other vertebrate group, making them extremely important in the flow of energy through ecosystems. Amphibians consume large quantities of invertebrates and, in turn, are eaten by reptiles, birds, and mammals.

Just as awareness of amphibian significance is increasing, reports of amphibian declines have begun to cast doubts on their future. Amphibians face a great variety of human threats. Loss of upland habitats to development, wetland draining and filling, pesticides, air and water pollution, road mortality, diseases, and introduced competitors and predators all have been implicated in amphibian population declines. Because they are sensitive to these many forms of environmental degradation, amphibians are good indicators of environmental quality.

Although upland habitats are relatively intact and wetlands abundant in the seashore, there are existing and potential problems. Rainfall on Cape Cod is acidic, with a pH of roughly 4.5, close to the lower limit tolerated by many amphibian eggs. Groundwater withdrawal has the potential to lower water tables and increase the likelihood that vernal ponds dry out prematurely, causing more frequent amphibian reproductive failure. Fortunately, awareness of this issue seems to be helping Cape Codders minimize it. Similarly, although the chytrid fungus, cause of amphibian declines in the tropics, is present, it does not appear to be having an effect here. However, one very real issue is road kill. On rainy nights when amphibians migrate to and from breeding ponds or are actively feeding, thousands may be killed on our roads. NPS now closes Province Lands Road on very rainy nights to help reduce this problem.

Stewardship of natural and cultural resources is the primary mission at Cape Cod National Seashore. An important aspect of this is resource monitoring. In the case of amphibians, we monitor to determine their distribution, habitat preference, abundance, and population trends. While conceptually simple, monitoring amphibians is a challenge. Many populations experience dramatic natural fluctuations due mostly to variation in rainfall. Separating human impacts from natural fluctuations takes time, and requires a monitoring program that integrates information on amphibian populations, pond water quality, landscape use, and hydrology. Since 2003, seashore scientists have monitored the park's amphibians by counting frog and salamander egg masses in vernal ponds and listening at night throughout the park for calling frogs.

Results to date suggest that the seashore supports a diverse and robust amphibian community, given the habitats and potentially occurring species. This includes species such as spotted salamander, spadefoot toad and Fowler's toad, which have declined elsewhere in the region due to development. Here in the seashore, with most of the landscape relatively protected, populations of these elusive but important animals are able to remain reasonably common, which is a rarity these days.

Common Amphibians found in Cape Cod National Seashore



Wood Frog
(*Lithobates sylvatica*)



Bullfrog
(*Lithobates catesbeiana*)



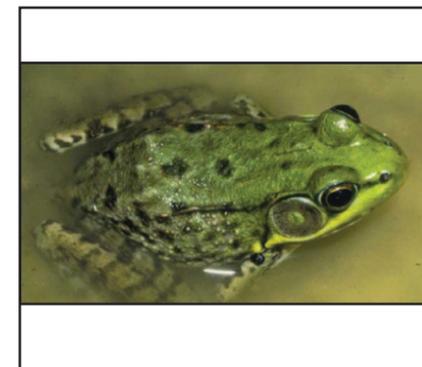
Fowler's Toad egg strands
(*Anaxyrus fowleri*)



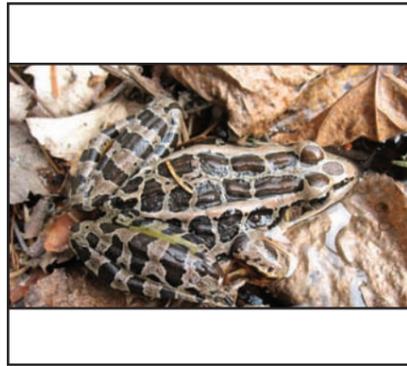
Fowler's Toad
(*Anaxyrus fowleri*)



Green Frog - juvenile
(*Lithobates clamitans*)



Green Frog
(*Lithobates clamitans*)



Pickerel Frog
(*Lithobates palustris*)



Spring Peeper - metamorph
(*Pseudacris crucifer*)



Eastern Spadefoot Toad
(*Scaphiopus holbrookii*)



Grey Treefrog
(*Hyla versicolor*)



Spotted Salamander
(*Ambystoma maculatum*)



Red-backed Salamander
(*Plethodon cinereus*)

FRIENDS OF THE CAPE COD NATIONAL SEASHORE
Celebrating 25 Years



View from Salt Pond Visitor Center, photo by Ross Johnston

To celebrate 25 years of service to the seashore, *Friends of the Cape Cod National Seashore* is planning a gala fundraiser on the evening of August 22, 5:30 to 7:30 PM, at the Salt Pond Visitor Center. Special guest and speaker will be Sebastian Junger, noted author of *The Perfect Storm*. You are invited to join Friends members and supporters for a wonderful celebratory evening of speeches, live music, wine and beer, hors d'oeuvres, door prizes, and conversation on the Salt Pond terrace overlooking Nauset Marsh and the Atlantic. See *Friends* website for further details.

Friends of the Cape Cod National Seashore is a non-profit organization of dedicated individuals who have a special love and respect for this spectacular national park. The *Friends* mission supports and raises funds for 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, sponsoring guest speakers and providing recreational summer programs.

LOVE THE SEASHORE? JOIN THE FRIENDS!

Visit us at www.fccns.org
Find us on Facebook



Cape Cod National Seashore Bookstores



Caps & Hats
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Fleece Jackets
Kids' Tees
Tote Bags & More



Photography Prints
Postcards & Magnets
Notecards
Maps & Fieldguides



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.

Thank you for your purchases.



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Guidebooks
Books for Kids
Local Cookbooks



Gifts
Cape Cod Treasures
Handblown Glass Pottery



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 4:30 to 7:30 PM on Sundays Memorial Day through August, and additionally on Wednesdays in July and August. Donations accepted. 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. Take Pamet Point Road and follow signs to Atwood-Higgins. Seasonal tours. Limited parking.

Highland Light and Highland House, Truro

Highland Light: Open daily mid-May through mid-October. Lighthouse tours daily 10 AM to 5:30 PM, \$4 all ages. Children must be 48 inches tall. 508-487-1121. www.capecodlight.org. **Highland House Museum:** June 1 through September, Monday to Saturday, 10:30 AM to 4:30 PM. \$5 adults, 12 and under/ members free. 508-487-3397. www.trurohistorical.org. *Directions to both:* Take the Cape Cod Light exit, Route 6 onto Highland Road, follow signs.



Pamet Cranberry Bog House, Truro

Originally constructed around 1830, the Bog House is located among former cranberry bogs in the Pamet Valley. It 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 U.S. 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.*)



Local Area Information

Chambers of Commerce:

Cape Cod Chamber of Commerce:
Website: www.capecodchamber.org
Email: info@capecodchamber.org
Phone: 1-888-33-capecod or 508-362-3225

Chatham:
Website: www.chathaminfo.com
Email: chamber@chathaminfo.com
Phone: 1-800-715-5567
Info Booth: 508-945-5199

Orleans:
Website: www.capecod-orleans.com
Email: info@capecod-orleans.com
Phone: 1-800-865-1386
Info Booth: 508-255-1386

Eastham:
Website: www.easthamchamber.com
Email: info@easthamchamber.com
Phone: 508-240-7211
Info Booth: 508-255-3444

Wellfleet:
Website: www.wellfleetchamber.com
Email: info@wellfleetchamber.com
Phone: 508-349-2510

Truro:
Website: www.trurochamberofcommerce.com
Email: info@trurochamberofcommerce.com
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
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, So. Wellfleet	508-349-2363
Provincetown Bikes	508-487-8735

Whale Watching in Provincetown:



Dolphin Fleet	800-826-9300
Provincetown Whale Watches	800-225-4000

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	508-487-1847
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
Hostelling International - http://capecod.hiusa.org	