Cape Cod National Seashore Activities
April 2016

Including National Park Week and International Marconi Day

National Park Service
U.S. Department of the Interior

Salt Pond Visitor Center: 50 Nauset Road, off Route 6, Eastham *Open daily 9 to 4:30 pm, 508 - 255 - 3421* This visitor center offers magnificent views of Salt Pond, Nauset Marsh, and the Atlantic; an outstanding museum; and thematic films in the theater. Staff are on duty to help with trip planning. There is a well-stocked store offering books, maps, puzzles, games, apparel, and other interpretive items for sale. Restrooms are available in the parking area. The Nauset Marsh and Buttonbush trails and the Nauset Bicycle Trail are nearby.

Province Lands Visitor Center: 171 Race Point Road, off Route 6, Provincetown *Reopens for the season on May 1. 508 - 487 - 1256* Take in the exceptional views from the outdoor observation decks. Spring often brings whales into the area, which may be observed spouting in the distance. Restrooms are available in the parking area. The Province Lands Bicycle Trail, Race Point Beach, and the Beech Forest are nearby.

Due to extensive storm damage and erosion, there is currently no access to Nauset Light Beach in Eastham.

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

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

✓ Outdoor program. Dress in layers. If weather is inclement, contact Salt Pond Visitor Center at 508-255-3421 to see if the program is cancelled or will be moved indoors, if possible. Note: Pets are not permitted on ranger programs.

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

100! National Park Service Centennial program

April 16 - 24, 2016

National Park Week

Join the Fun!

Between April 16 and 24 the national seashore joins over 400 other national park areas across the country celebrating the 100th birthday of the National Park Service. Join us for beach walks and a shark talk, a hands-on look at park vehicles and tools, historic building tours, and exhibits of student art. Many of our programs are geared towards families, as National Park Week occurs during spring vacation for Massachusetts schools. All activities are free and open to the public.

2016 National Park Service CENTENNIAL

FIND YOUR PARK

National Park Service:

1916-2016, and Beyond!

This year parks across the country are connecting with and creating the next generation of park visitors, supporters, and advocates. The national seashore and our partners will host many events this year to celebrate what's special about this park, and how the national seashore is connected to the larger story of preservation and enjoyment embodied by the 400+ national park areas across the country. Beginning in late spring, look for concerts; an art festival and exhibitions; a science symposium; Instameets for Instagrammers; wireless radio events; Healthy Parks, Healthy People activities; lighthouse commemorations; and more. We'll even introduce a piece of music that was composed for the national seashore in honor of the Centennial! Plus, several signature projects are underway, including extensive exterior repairs and painting at the Captain Penniman House in Eastham, and rehabilitation of the historic outdoor amphitheater at Salt Pond Visitor Center beginning in the fall. Our big message to everyone this year is, "Get up. Get out there. Find Your Park!"

Wednesday, April 20

Calling All Kids

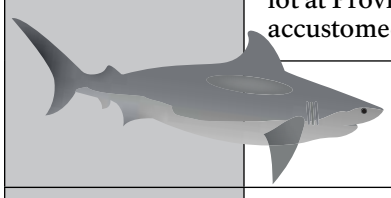
Touch a Truck and Become a Junior Ranger!

10:30 AM to noon, Salt Pond Visitor Center, 50 Nauset Road, Eastham. From ATVs, boats, and fire engines, to bucket loaders, trams, and law enforcement cruisers, park staff use a variety of tools and vehicles to get the job done. Celebrate the 100th birthday of the National Park Service AND become a Junior Ranger while you climb on, sit in, and take a selfie with the equipment. There will be an Instagram Instameet as part of the event, so bring your mobile device, tag with #futureranger, #CapeCodNPS, and #NPS100, and post on Instagram. ♿ ✓ **100!**

RANGER PROGRAMS All programs are free, and no reservations are needed, except as noted.

Thursday, **April 14, 7:15 PM,** ***and*** **April 28, 7:30 PM**	**Frog-ercise!** *4 miles, 1-¼ hours.* During this fast-paced sunset walk with a wildlife biologist you'll get some cardio exercise while listening for different species of frogs calling from wetlands along the way. The hike leaves promptly so we have enough daylight to walk from Salt Pond Visitor Center along a footpath to Coast Guard Beach, and then return in the dark along the Nauset Bike Trail. Participants need to be sure footed on uneven terrain and in low light conditions, and able to maintain a 15-20 minutes/mile pace. We'll walk without lights, but pack a flashlight for safety. Dress in layers — it can be cooler and windier at the beach than in the forest, and bring water and bug spray Meet at the far end of the Salt Pond Visitor Center parking lot near the bike trail, 50 Nauset Road, Eastham. Limited to 10 participants. *Preference given to those who have made reservations before 4:30 PM the day of the walk by calling 508-255-3421 ext. 0.* ✓
Daily, **April 16-24**	**Indoor Activity: Learning Tables** *10 AM-3 PM. Free.* Stop by the Salt Pond Visitor Center between 10 AM and 3 PM to check out the self-guided activity that's available for the day. Topics range from seals and shells to butterflies and horseshoe crabs. 50 Nauset Road, Eastham. ♿

continued

Sunday, **April 17**	**Walk: Lighthouse Tour of the Three Sisters** *3 PM, 1 hour, ½ mile.* These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Come and learn of their history and importance. Meet at Nauset Light Beach parking area, Eastham. ✓ ♿
Monday, **April 18**	**Walk: To the Race! (The Sequel)** *1 PM, 3 hours, 3 miles partially in loose sand.* Back by popular demand – a walk through the Hatches Harbor area to visit Race Point. Learn about salt marsh restoration, how climate change is affecting the area, and view the exterior of Race Point Light. We may also see whales and shorebirds at the beach. Bring water, sturdy shoes, bug spray, and binoculars if you have them. Meet in the parking lot at Province Lands Visitor Center, 171 Race Point Rd., Provincetown, to caravan to the walk's start. This walk is appropriate for families accustomed to moderately strenuous walking conditions. ✓
	 **Talk: Great White Sharks** *2:00 PM, 45 minutes.* Join a ranger for an in-depth look at one of the ocean's most fascinating predators. This program will examine the natural history of white sharks, their habits, and why they're becoming the hottest topic on Cape Cod. Meet in the classroom of Salt Pond Visitor Center, 50 Nauset Road, Eastham. ♿
Tuesday, **April 19**	**Find Your Beach-Junior Ranger Beach Adventure** *10:30 AM to noon, Coast Guard Beach, at the end of Doane Road, Eastham.* Junior rangers and their parents are invited to join a ranger to explore a beach. Learn about sand, beach zones, and erosion. Look for animal signs and tracks and discover animals that make the beaches and dunes their home. ✓
	Walk: Discover Nauset Marsh *2 PM 1 hour, up to 1 mile.* Take this easy walk to discover some of the intriguing stories and features of this scenic area. Meet on the terrace of the Salt Pond Visitor Center, 50 Nauset Road, Eastham. ✓
Thursday, **April 21**	**Walk: Where the Spark of Magic Happened** *11 AM. 45 minutes, ½ mile.* Explore the site where in 1903 Guglielmo Marconi transmitted the first official wireless message across the ocean. Meet in the parking area of the Marconi Station Site, 195 Marconi Station Site Road, Wellfleet. ✓ ♿
	Activity: Exploring Habitats of the Atlantic White Cedar Swamp *2 PM. 1.5 hours. 1 mile.* The Atlantic White Cedar Swamp Trail contains heathlands, upland forests, and an Atlantic cedar swamp. Use a variety of scientific tools to determine what makes each ecosystem uniquely different from the others. Meet at the Atlantic White Cedar Swamp trailhead at the Marconi Station Site, 195 Marconi Station Site Road, Wellfleet. ✓
Friday, **April 22**	**Walk: Wildlife of the Salt Marsh** *9 AM, 1.5 hours. 1.5 miles.* Join a ranger for a hike around the diverse habitats of the marsh to look for signs of animal life. Learn how forest animals use the edge of the salt marsh to meet their needs, such as obtaining food. Meet on the terrace of the Salt Pond Visitor Center, 50 Nauset Road, Eastham. ✓
	Penniman House Tour *11 AM, 1 hour.* Learn about the Penniman family through a tour of their home and stories of their travels. Examine the lifestyle, hardships, and adventures of a whaling family. Meet at the Penniman House, 70 Fort Hill Road, Eastham.
Saturday, **April 23**	**Beach Clean-Up** *9 to 10:30 AM, Herring Cove Beach, Provincetown.* Celebrate Earth Day by helping to spruce up one of the national seashore's spectacular beaches. You may even spy some whales in the distance! Learn about what you're picking up, and see how catalogued trash contributes to a growing data set about refuse on our beaches. Meet Jesse Mechling, Marine Education Director for the Center for Coastal Studies at the north parking lot (right turn after passing through the beach entrance). Sponsored by Friends of the Cape Cod National Seashore and Center for Coastal Studies. ✓
	Event: International Marconi Day Celebration *10 AM to 3 PM, Coast Guard Station, Coast Guard Beach, Eastham* In 1903, Guglielmo Marconi made history when he sent and received the first two-way wireless transatlantic message from the United States to Europe from his Wellfleet station. Families are invited to join licensed amateur radio operators from the Marconi Cape Cod Radio Club as they make contacts with other operators around the world in honor of Marconi's 1864 birthdate. Kids can practice Morse code on a "key," use signal flags, and learn about other signaling techniques.

Doctor's Orders

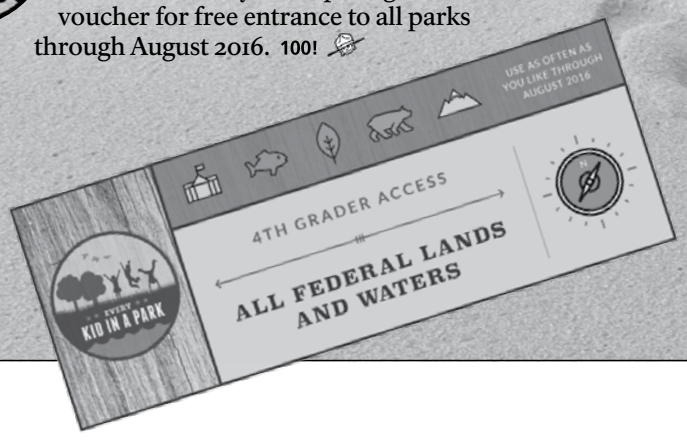
Get Outside!

Did you know that Cape Cod National Seashore and Cape Cod Healthcare (CCH) are collaborating to promote fitness and wellness? The Healthy Parks, Healthy People program has several elements, including wellness programs offered by rangers, and healthcare staff at trailheads in the summer helping walkers achieve their fitness goals. Full details on the 2016 program will be out soon, but here's some background: http://www.capecodhealth.org/about/healthy-parks-healthy-people/welcome/

Jumpstart your program by joining the CCH Winter Mall Walking Program, or by hitting a trail on your own on April 24, National Park Rx Day. Look for the for Healthy Parks, Healthy People ranger programs.

Every Kid in a Park

Every Kid in a Park is a national program that encourages 4th graders and their families to visit America's public lands, including national parks. Visit www.everykidinapark.gov to receive a voucher for free entrance to all parks through August 2016. 100!



Marine Art Exhibit

at Salt Pond Visitor Center

See how elementary, middle, and high school students perceive the marine environment and its myriad species through an exhibition of marine-inspired art sponsored by Massachusetts Marine Educators.

Every Kid in a Park Art Exhibit

at Salt Pond Visitor Center

Drawings by grade 4 students from Eastham and Orleans participating in the 2016 Every Kid in a Park program are on display at the Salt Pond Visitor Center this month. The artwork was inspired by school field trips with park rangers to Cape Cod National Seashore. 100!

Hike — Calling All Scouts to Learn More About Wildlife!

Thursdays in May from 3 to 4:30 PM.

Reservations required. Join Ranger Jon Way, a wildlife specialist, to learn about animals living in our Cape Cod uplands, freshwater wetlands, and salt marshes. Participants should wear comfortable walking shoes to hike from forest to salt marsh edge. Programs will start at the Salt Pond Visitor Center, Eastham. This program is offered after school on Thursdays in May from 3 to 4:30 PM. Scout and youth leaders should call 508-255-3421 x 0300 to make a reservation.

For more information, pick up a copy of Park News at Salt Pond Visitor Center or visit www.nps.gov/caco.
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