

Cape Cod National Seashore Activity Guide

June 2024

National Park Service
U.S. Department of the Interior
Cape Cod National Seashore



Ranger-guided hike in the dunes.

NPS/KEKOA ROSEHILL

Visitor Center Information

Salt Pond Visitor Center,
50 Nauset Road, off Route 6, Eastham, 508-255-3421
Daily 9 am to 5 pm

This visitor center offers expansive views of Salt Pond, Nauset Marsh, and the Atlantic, and has an outstanding museum. The Nauset Marsh Trail, Buttonbush Trail, and Nauset Bicycle Trail are nearby.

Province Lands Visitor Center,
171 Race Point Road, off Route 6, Provincetown, 508-487-1256
Daily 9 am to 5 pm

Outdoor observation decks offer sweeping views of the ocean and the surrounding dune landscape. The Province Lands Bicycle Trail, Race Point Beach, and the Beech Forest Trail are nearby.

Salt Pond Visitor Center (Eastham) and Province Lands Visitor Center (Provincetown) have staff to assist with trip planning, restrooms, exhibits, an award-winning orientation film (open captions audio description, and assistive listening devices available), and large print and Braille versions of some park publications. The America's National Parks stores are open daily, with apparel, books, field guides, and a variety of seashore-related items for sale. Many ranger-guided programs occur at or depart from the visitor centers. Ask about Junior Ranger and B.A.R.K. Ranger programs.



NPS PHOTO


Evenings at Salt Pond


Tuesdays beginning June 18, 7 pm, Salt Pond Visitor Center Amphitheater


Join us near the shores of Salt Pond or in our air-cooled auditorium for an exciting lineup of music and other performance events, and presentations that showcase the nature and history of the Outer Cape. From presentations on Wampanoag culture, the Whydah, sharks, and aquatic ecosystems, to a circus show, and concerts, Salt Pond is the place to be this summer. Thank you to Friends of the Cape Cod National Seashore and the Cape Cod Chamber Music Festival for sponsoring this year's events.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Programs 2 pm Terrace Talk, Salt Pond Visitor Center, Eastham, Daily beginning June 13 (various dates prior, check calendar)						1 10 am Dune and Bog Walk* 2-4 pm Old Harbor Open House*
* Asterick indicates a Truro/Provincetown program !! In the event of heavy rain, lightning, or excessive heat and humidity, outdoor programs may be canceled or modified. Check in with the respective visitor center.						
2 10 am Dune and Bog Walk* 2 pm Terrace Talk 2-4 pm Old Harbor Open House* 2 pm Sharks and Seals (Truro)* 4:30-7:30 pm Nauset Light Tour	3 9:30 am Sharks and Seals (Eastham) 10 am Beech Forest Beauty* 2 pm Explore the Seashore* 2 pm Terrace Talk 2-4 pm Old Harbor Open House*	4	5 9 am Big View Hiking* 2 pm Terrace Talk 4:30-7:30 pm Nauset Light Tour	6 9:30 am Sharks and Seals (Eastham) 11 am Discover Nauset Marsh Hike 2 pm Terrace Talk	7 2 pm Terrace Talk 2-4 pm Old Harbor Open House* TBD Kayak the Outer Cape*	8 10 am Dune and Bog Walk* 2-4 pm Old Harbor Open House* 2 pm Terrace Talk
9 10 am Dune and Bog Walk* 2-4 pm Old Harbor Open House* 2 pm Sharks and Seals (Truro)* 4:30-7:30 pm Nauset Light Tour	10 2-4 pm Old Harbor Open House*	11	12 9 am Big View Hiking* 4:30-7:30 pm Nauset Light Tour	13 2 pm Terrace Talk	14 2 pm Terrace Talk	15 10 am Dune and Bog Walk* 2 pm Terrace Talk 2-4 pm Old Harbor Open House*
16 10 am Dune and Bog Walk* 11 am Discover Nauset Marsh Hike 2 pm Terrace Talk 2-4 pm Old Harbor Open House* 2 pm Sharks and Seals (Truro)* 4:30-7:30 pm Nauset Light Tour	17 9:30 am Sharks and Seals (Eastham) 10 am Beech Forest Beauty* 2 pm Explore the Seashore* 2 pm Terrace Talk 2-4 pm Old Harbor Open House*	18 11 am Three Sisters Lighthouse Tour 11 am Discover Nauset Marsh Hike 2 pm Terrace Talk 7 pm Evenings at Salt Pond	19 9 am Big View Hiking* 11 am Capt. Penniman House Tour 2 pm Terrace Talk 4:30-7:30 pm Nauset Light Tour	20	21 2 pm Terrace Talk 6 pm Full Moon Campfire* TBD Kayak the Outer Cape* 2-4 pm Old Harbor Open House*	22 10 am Dune and Bog Walk* 11 am Discover Nauset Marsh Hike 2 pm Terrace Talk 2-4 pm Old Harbor Open House*
23/30 10 am Dune and Bog Walk* 11 am Discover Nauset Marsh Hike 2 pm Terrace Talk 2-4 pm Old Harbor Open House* 2 pm Sharks and Seals (Truro)* 4:30-7:30 pm Nauset Light Tour	24 9:30 am Sharks and Seals (Eastham) 10 am Beech Forest Beauty* 2 pm Explore the Seashore* 2-4 pm Old Harbor Open House* 2 pm Terrace Talk	25 11 am Three Sisters Lighthouse Tour 11 am Discover Nauset Marsh Hike 2 pm Terrace Talk 7 pm Evenings at Salt Pond	26 9 am Big View Hiking* 10 am Salt Pond Paddle 11 am Capt. Penniman House Tour 2 pm Terrace Talk 4:30-7:30 pm Nauset Light Tour	27 9:30 am Sharks and Seals (Eastham) 2 pm Terrace Talk	28 10 am Salt Pond Paddle 2 pm Terrace Talk 2-4 pm Old Harbor Open House* TBD Kayak the Outer Cape*	29 10 am Dune and Bog Walk* 11 am Discover Nauset Marsh Hike 2 pm Terrace Talk 2-4 pm Old Harbor Open House*

 Activities especially suited for families with children.

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

 Long pants, appropriate footwear, hats, sunscreen, bug spray, and water are recommended for outdoor activities. For dune walks in loose, coarse sand, we recommend closed-toe shoes, such as sneakers.

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

 This is a challenging hike. Wear closed-toe shoes; bring water, sunscreen, and bug spray. Expect to move at a brisk pace over difficult terrain and loose, coarse sand.

Programs and Activities Orleans, Eastham, and Wellfleet Area Programs

Captain Penniman Home Tour – Starting June 19, Wednesdays, 11 am, 1 hour. Captain Penniman was one of the most successful whaling captains in New England. Join us to explore his 1868 home and learn about his family's hardships, adventures, and lifestyle. Meet at the Penniman House in Eastham.

Discover Nauset Marsh Hike – June 6, 16, 18, 22, 23, 25, 29, 30. 11 am, up to 1.5 miles. Walk through Cape Cod's geologic past, hear the stories of the cultural landscape, and explore the wonders of the nature world throughout the park. Meet at the Salt Pond Visitor Center. ✓

Evenings at Salt Pond – Tuesdays beginning June 18, 7 pm, 1 hour. End your day the perfect way, with outdoor music and performance events on the shores of Salt Pond, and indoor presentations on nature and history topics. Bench and lawn seating available for outdoor programs and picnicking is welcome. Indoor presentations are held in the auditorium and doors open at 6:30. Sponsored by Friends of the Cape Cod National Seashore. &

- Tuesday 6/18: Concert—Outer Cape Chorale Chamber Singers (indoors) The Outer Cape Chorale Chamber Singers will perform acapella songs and tell stories of special places. Encompassing all genres, this hour-long eclectic program will have something for everyone to enjoy!
- Tuesday 6/25: Talk—Rona Leventhal, Storyteller (Earth Celebration: Stories and Songs For Our Planet!) - Sit back, put your feet up, and join Storyteller Rona Leventhal for a journey around the world and back with her back pocket full of multi-cultural stories! Rona Leventhal is one person, but many voices! Through her, skies talk, turtle sing and magic happens! She'll have you tapping your feet, swaying in your seats, dancing, singing and laughing as she shares stories from the silly to the serious, from the mysterious to the monstrous!

Nauset Light Tour - Sundays and Wednesdays, 4:30-7:30 pm. This iconic red and white lighthouse has been warning ships away from Eastham's

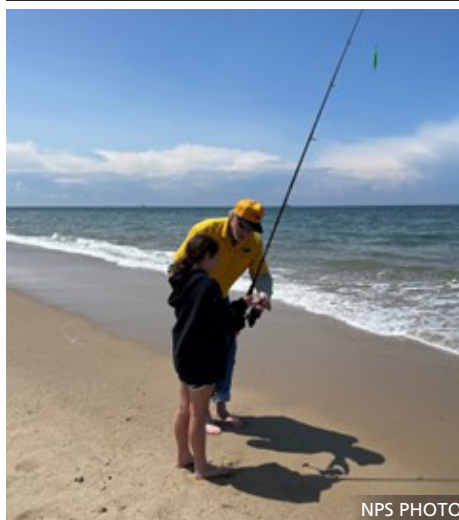
shores since 1923. Climb the tower and learn of its history and importance. Admission is free, but donations are accepted. Located at Nauset Light Beach, Eastham. Operated by Nauset Light Preservation Society: www.nausetlight.org

Salt Pond Paddle – June 26 & 28, 10 am, 2.5 hours, 1 mile. A ranger will share the nature of marshes and kettle ponds on this easy paddling trip via canoe. The minimum age is 6 years old, must be 12 years old to paddle. All equipment provided. Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 0. ▼

Sharks and Seals: Cape Cod's Dynamic Duo Walk (Eastham) – Mondays and Thursdays (except June 10, 13 & 20), 9:30 am, 1 hour, up to 1 mile in loose sand. Examine the relationship between sharks and seals and their roles in the balance of a healthy marine environment. Bring binoculars if you have them for seal viewing. Reservations are required and may be made up to one week in advance by calling Salt Pond Visitor Center at (508) 255-3421, ext. 0.

Terrace Talk – Daily beginning June 13 (various dates prior, check calendar), 2 pm, 30 minutes. Cape Cod National Seashore is full of animals, history, and pristine landscapes. Join a ranger for a presentation exploring one of the many wonders of the seashore. Meet at the Salt Pond Visitor Center.

Three Sisters Lighthouses Tour – Tuesdays starting June 18, 11 am, 1 hour. These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Explore their history and importance. Meet at the Three Sisters Lighthouse parking lot – space is limited – on the north side of Cable Road.



Family Fishing Day

Saturday, June 1, 9-11 am, 11 am-1 pm

Bring the whole family down to the Cape tip to learn about and try out surf casting. Kids, sister, son, singles - everyone welcomed. Only children 12 years and older will be able to try out the rods, but we will have a "Fish Camp" with activities for younger children. Please leave your pets at home. Call the Province Lands Visitor Center with questions, 508-487-1256. Join us during two time slots, 9-11 am, 11 am-1 pm.

Registration is required. Learn more and register here: <https://signup.com/go/ETWOBOT>



Horseshoe Crab Science

Thursday, June 20, 2 pm at East Harbor

Join Cape Cod National Seashore Aquatic Ecologist Sophia Fox and researchers from the Antioch University for a look at what East Harbor's restoration and reintroduction of salt water almost two decades ago has meant for horseshoe crabs how the population is faring today.

Wear shoes/boots that can get wet and muddy (scientists will also have some for borrowing). Meet at East Harbor, off High Head Road in North Truro.

Programs and Activities Truro and Provincetown Area Programs

Beech Forest Beauty – Mondays (except June 10), 10 am, 1 hour, 1 mile. Join a ranger to hear what hidden gems await this fall in the dune ponds and cranberry bogs of this old growth forest and adjacent dune scape. Reservations are required and may be made up to one week in advance by calling Province Lands Visitor Center at 508-487-1256. ✓

Big View Hiking – Wednesdays, 9 am, 2-3 hours, 4-6 miles. Join us for an energetic, cardiovascular hike to some of the most majestic ocean and bay views in the national seashore. Call 508-487-1256 for location details. ✓ ▼

Dune and Bog Walk – Saturdays & Sundays, 10 am, 1-2 hours, 1-2 miles in loose sand. Head out from the Province Lands Visitor Center to explore an enchanting landscape of sand dunes and wild cranberry bogs. Meet at the Province Lands Visitor Center.

Explore the Seashore – Mondays (except June 10), 2 pm, 2 hours, 2-3 miles in loose sand. Explore the wild habitats, fascinating nature, and captivating history of the Province Lands. Slog through sand and traipse up and down dunes in this immersive experience. Call 508-487-1256 for location details. ✓

Full Moon Campfire – Friday, June 21, 6 pm, 1 hour. Enjoy sunset on the beach and an evening of folklore and games around the campfire. Bring a beach chair or towel to sit on. Meet the rangers on the beach in front of the bathhouse and concession area at Herring Cove Beach in Provincetown. Accessible with assistance: please notify Province Lands Visitor Center in advance. ♿

Highland House Museum – Mondays through Saturdays, 10 am-4:30 pm. This former 1907 hotel now serves as a museum, providing fascinating insight into the culture and history of the Outer Cape, including the Wampanoag, arts traditions, industry, and tourism. \$8 for adults, \$7 for seniors, students, and children ages 6-17. Free for children 5 and under. Operated by the Truro Historical Society www.trurohistoricalsociety.org/highlandhouse/

Highland Light Tour – Daily, 9 am to 5 pm (last tour at 4:30). The original Highland (Cape Cod) Light was constructed in 1797, making it the first lighthouse on Cape Cod. The current 1857 tower is the third on the site, and recently underwent a major rehabilitation. Tours are operated by seashore partner, Eastern National. www.highlandlighthouse.org

Kayak the Outer Cape – Fridays except June 14, tide-dependent, up to 3 hours, 3 miles. Kayak with a ranger in a meandering marsh or a dune-sided lake. One of the best ways to immerse yourself in the seashore! Previous kayaking experience is required; minimum age is 12. Reservations are required and may be made up to 3 days in advance by calling Province Lands Visitor Center at (508) 487-1256. ▼

Old Harbor Life-Saving Station Open House – Fridays through Mondays except June 14, 2-4 pm, drop in. Built in 1898, Old Harbor is the last intact life-saving station of the original 13 on Cape Cod. A visit feels like stepping into a turn-of-the-century, working station while the crew is out on patrol. Old Harbor is located at Race Point Beach, Provincetown. Beach fees may apply.

Sharks and Seals: Cape Cod's Dynamic Duo Walk (Truro) –Sundays, 2 pm, 1 hour, up to 1 mile in loose sand. Join a ranger to examine the relationship between sharks and seals and the roles they play in the balance of a healthy marine environment. Bring binoculars if you have them for seal viewing. Meet at Head of the Meadow Beach, Truro.