

Cape Cod National Seashore Activities May 1 through May 23, 2014

National Park Service
U.S. Department of the Interior
www.nps.gov/caco



Planning and construction projects are underway to replace the stairs at Nauset Light Beach and the footbridge at the Nauset Marsh Trail in Eastham destroyed during winter storms. Repairs are also being made to the Herring Cove North parking area, where extensive erosion has limited parking. Full access to all areas is pending for Memorial Day weekend.

SALT POND VISITOR CENTER SATURDAYS

OPEN DAILY 9 TO 4:30 PM ♿

OFF ROUTE 6, EASTHAM.

508 - 255 - 3421

This visitor center offers magnificent views of Salt Pond, Nauset Marsh, and the Atlantic; an outstanding museum; and regularly-scheduled films in the theater. Staff are on duty to help with trip planning, and there is a well-stocked gift and bookstore featuring national seashore-related items. Restrooms are available in the parking area. The Nauset Marsh and Buttonbush trails, and the Nauset Bike Trail are nearby.

PROVINCE LANDS VISITOR CENTER

OPEN DAILY 9 TO 5 PM ♿

OFF RACE POINT ROAD,
PROVINCETOWN 508 - 487 - 1256

Just two miles from the tip of the Cape, this center features an observation deck with 360° views; a small exhibit area; showings of park orientation films every half hour (9-4); staff on duty to assist with trip planning, and sales of books, maps, puzzles, apparel, games and other interpretive items. Whales are often viewable from here. Restrooms are available in the parking area. The Province Lands Bike Trail and Race Point Beach are nearby.

In Eastham

WALK: SALT POND DISCOVERY - 2:30 PM, 1 hour, 1 mile. Free. Discover some of the intriguing stories and features of this scenic area within the national seashore. Meet at the terrace of the Salt Pond Visitor Center. *No program May 3.*

TOUR: CAPTAIN PENNIMAN HOUSE - A WHALING FAMILY'S STORY - 11 AM, 1 hour. Free. Examine some of the hardships, adventures, and lifestyle of a whaling family as you tour their 1868 home. **Reservation required no more than 7 days in advance.** Call Salt Pond Visitor Center, 508-255-3421. Meet at the Penniman House at Fort Hill, off Route 6.



In Provincetown

WALK: BEECH FOREST BEAUTY - 10 AM, 1 hour, 1½ miles in soft sand. Free. Watch spring erupt in this unique hardwood forest nestled in the dunes. Discover the diversity of this ecosystem as you look for animal tracks, plants growing in sand dunes, cranberry bogs, and vernal pools. Favorable winds might also bring spring birds like warblers. Meet at the Beech Forest parking area, off Race Point Road. *May 17 and 24 only.*

WALK: PROVINCE LANDS DUNES AND BOGS - 2 PM, 1 hour, 1 mile in loose sand. Free. Explore an enchanting dune landscape of unusual plants and wild cranberry bogs, while learning about the Province Lands' unique place in American history. Meet at the Province Lands Visitor Center parking area, off Race Point Road.

SUNDAYS

In Eastham

WALK: LIGHTHOUSE TOUR of the THE THREE SISTERS - 3 PM, 1 hour, ½ mile. Free. 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. ♿



In Wellfleet

WALK: EXPLORING THE FIRE ROADS OF WELLFLEET - 9:30 AM, 2 hours, 2 to 3 miles. Discover solitude and surprising history on this adventure hike through the woods of South Wellfleet. Bring water and insect repellent and wear sturdy footwear. Meet at the southwest corner of the Marconi Beach parking area.

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Now in its 19th year, the month of May into early June is designated *Cape Cod Maritime Days* with many scheduled Capewide events that celebrate Cape Cod's maritime history.
www.capecodmaritimedays.com



OPEN HOUSE: RACE POINT LIGHT - Sunday, May 18, 9 AM to 2 PM. Free. In honor of *Mariner's Day*, the Cape Cod Chapter of the American Lighthouse Foundation is offering a special tour of the entire station. Free transportation and light refreshments will be provided. Meet at Race Point Beach, Provincetown, in the parking area farthest from the water. Last ride to the lighthouse is at 2 PM. Call 508-362-9304 for more information. *Appropriate footwear required.*

OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION - Daily, 2 to 4 PM. Old Harbor is the last intact lifesaving station of Cape Cod's original thirteen. The station has been restored and refurnished. A visit feels like stepping into a turn-of-the-century, working station. Park at Race Point Beach, Provincetown.

SUNDAYS *continued*

In Provincetown WALK: PROVINCE LANDS DUNES AND BOGS - 10 AM, 1 hour, 1 mile in loose sand. Free. Explore an enchanting dune landscape of unusual plants and wild cranberry bogs, while learning about the Province Lands unique place in American history. Meet at the Province Lands Visitor Center parking area, off Race Point Road.

TUESDAYS

In Eastham WALK: THOREAU BEACH WALK - 10 AM, 1 hour, 1 mile. Free. Experience the Great Beach shoreline through the writings and experiences of the great 19th-century naturalist and writer, Henry David Thoreau. You may come to feel as he did, when he wrote, "My life is like a stroll upon the beach, as near to the ocean's edge as I can go." Meet in the parking lot at Coast Guard Beach.

WEDNESDAYS

In Truro and Provincetown HIKE: OFF THE BEATEN PATH - 9 AM, 2 to 4 miles, 2 to 3 hours. Free. Moderate. Join a ranger for a longer hike and discover some of the lesser known areas of the Outer Cape. Location varies each week. Reservations required. Call Province Lands Visitor Center at 508-487-1256 for meeting location and to register. Dress for the weather, bring water, insect repellent, and good hiking footwear.



THURSDAYS

In Eastham and Wellfleet HIKE: OFF THE BEATEN PATH - 9 AM. Free. Moderate. Join a ranger for a longer hike and discover some of the lesser known areas of the Outer Cape. Location varies each week. Reservations required. Call the Salt Pond Visitor Center at 508-255-3421 for meeting location and to register. Dress for the weather, bring water, insect repellent, and good hiking footwear.

May 1 - GREAT ISLAND - 3 hours, 3 miles. Explore the early history of Wellfleet by walking through ancestral lands of the native people and the first English "settled" lands of Wellfleet. Travel by foot out to Great Island along the 'gut'.

May 8 - AN "ISLAND" SETTLEMENT: THE HISTORY OF BOUND BROOK - 2 hours, 2 miles. Explore this northernmost of the so-called "islands" of Wellfleet which flank the shore of Cape Cod Bay. Bounded also by the Herring River to the east and Bound Brook to the north, Bound Brook Island is the only one of this group with homes still standing from this earliest period of English settlement in Wellfleet. Long pants are recommended.

May 15 - IN THE VAGABOND'S FOOTSTEPS - Walking Henry Beston's Great Beach. Up to 3 hours, 3 miles in soft sand. *The Outermost House* has drawn people over the decades to Coast Guard Beach. And while Beston's little house has long since been lost to the ocean, it is still possible to experience Beston's beach.

May 22 - WALKING IN THE WILDERNESS: CAPE COD - Up to 3 hours, 3 miles. Explore the philosophy and writings of Henry David Thoreau from his essay *Walking* and his book *Cape Cod*.

FRIDAYS

In Wellfleet WALK: LIFE'S A BEACH - 2:30 PM, 1 hour, 1 mile. Free. When you're on Cape Cod, the ocean is never very far away. Take a walk on the beach, at the edge between land and sea, and discover how the ocean sculpts the natural and cultural stories of this place. Meet at the bathhouse at Marconi Beach.

Save the date:

Wampanoag Traditions Day 2014 - Saturday, May 31

Come to Salt Pond Visitor Center in Eastham for a celebration of Wampanoag culture and traditions. In the morning, several craftsmen and artists from the Aquinnah and Mashpee communities will demonstrate a number of refined traditional skills, and in the afternoon the Wampanoag Singers and Dancers will perform. FREE.



Wampanoag Singers and Dancers

Nauset Light Tours



FREE TOURS CONDUCTED BY
NAUSET LIGHT PRESERVATION
SOCIETY VOLUNTEERS FROM 1 TO 4
PM, SUNDAYS, MAY 11 AND 18.
WWW.NAUSETLIGHT.ORG

Highland Lighthouse



OPENS MID-MAY, OPERATED BY EASTERN NATIONAL.
Climb the lighthouse tower, and take in the beautiful view from the top. 508-487-1121.
ADMISSION TO LIGHTHOUSE: \$4 PER PERSON (CHILDREN MUST BE 48" TALL TO CLIMB HIGHLAND LIGHT.)