



the Cape Cod guide



THE OFFICIAL NEWSPAPER OF CAPE COD NATIONAL SEASHORE

1998

...New Life for Nauset and Highland Lighthouses

(continued from cover)

... There are some fascinating similarities between the two lighthouse moves. Although Highland had stood on the towering bluffs of Truro since 1857, and Nauset had guarded the shores of Eastham since 1923, both were moved in the same year: 1996. In both cases, grassroots organizations alarmed by the closeness of the coastal bank to their beloved lights spurred governmental action to save the lights beginning in the early 1990s. Each lighthouse stood at a location served by two earlier generations of light towers, towers that had either been replaced over time or lost to the encroaching sea. Both lights will continue as aids-to-navigation, Highland still officially a Coast Guard light and Nauset a private one. Both moves captured the imagination and support of an international constituency. Both moves were done by the same company: International Chimney Corporation of Buffalo, NY. Perhaps most satisfying is that the same groups that helped save the lights from certain destruction will operate their respective lights into the next century.

Yet the movers who faced the daunting task of relocating the lights saw the two lighthouse as very different structures.

A modern day Thoreau might have compared the lighthouses to boxers, describing Highland as the big bruiser: tall, heavy, more experienced, with massive brick walls four feet thick. Nauset would have been the more agile of the fighters: shorter, lighter, flashier.

Nauset was made to be moved around; after all, it had been built as one of the Chatham twin lights in the 1870s before being moved to Eastham.

At the Highlands, the historic Highland Golf Links that surrounded the Light complicated the lengthy relocation site selection process. At Nauset, private property issues limited the choices.

In the end, the mover's rugged system of hydraulic rams, I-beams and rails pushed Highland 450 feet west over a two-week period during the heat and dust of July.

Four months later, Nauset settled onto its new foundation 250 feet to the west via flatbed truck in a mere three days. The lighthouses were safe: Highland had barely 110 feet to spare from the edge of the cliff by the time it was saved, Nauset 37.



Nauset Lighthouse move

Who paid what:

Highland:	\$1,000,000 Federal
	\$ 500,000 State
	\$ 150,000 "Save the Light"
Total	\$1,650,000
Nauset:	\$ 253,100 Federal
Total	\$ 253,100

We have new life for our old lights, and the future looks brighter than ever. Come celebrate their history by climbing the stairs that lighthouse keepers once traveled to light the horizon for mariners.

OTHER LIGHTHOUSES

Three Sisters Lighthouses: short walk from Nauset Light. Contact Salt Pond Visitor Center for hours.

Chatham Light: tours by the US Coast Guard Auxiliary. Call Salt Pond Visitor Center for tour times.

Race Point Light: Keeper's House currently being rehabilitated for future use by the New England Lighthouse Foundation.

Long Point and Wood End Lights: in Provincetown, exterior viewing only.

"Tale of the Tape"

	Height	Weight	Age	Reach	Material	New distance from cliff
Highland:	66ft	410	141 years	20 miles	brick	450ft
Nauset:	48ft	110	121 years	17 miles	cast iron w/brick lining	250ft

Discover the quiet of Cape Cod.

Take a short walk or a long hike on the beach or on one of many trails found throughout Cape Cod National Seashore. For more information, request a Self-guiding Nature Trail folder.

Beech Forest Trail - This shady trail circles a pond amid beech and oak woods much like those described by early explorers. One mile loop.

Pilgrim Heights Trails - Two trails through regenerating pine and oak forest provide vistas of sand dunes, ocean and marsh. ¾ mile loops.

TO PROTECT PARK RESOURCES, please:

- Keep pets off Self-guiding Nature Trails and National Park Service Bike Trails.
- Do not collect plants, animals or historic objects, other than:
 - small quantities of certain berries and mushrooms (ask a Ranger);
 - small quantities of empty seashells.

Great Island Trail - Once two islands now connected by a sandspit, this bayside peninsula provides access to beach, marshes, dunes and pine and oak forest. Seven mile round trip or four mile loop.

Atlantic White Cedar Swamp Trail - This path through oak woods leads to a boardwalk in a white cedar swamp. 1½ mile loop.

Doane Loop Trail - This paved, level trail through pines and oaks passes Doane Rock, the Cape's largest glacial boulder. Begins one mile east of Salt Pond Visitor Center. ½ mile loop.

SALT POND TRAILS

Nauset Marsh Trail - From the edge of Salt Pond, this trail leads to a Nauset Marsh overlook, returns through forest and ends at the Buttonbush Trail. One mile loop. A well-marked spur leads 1½ miles farther to Coast Guard Beach.

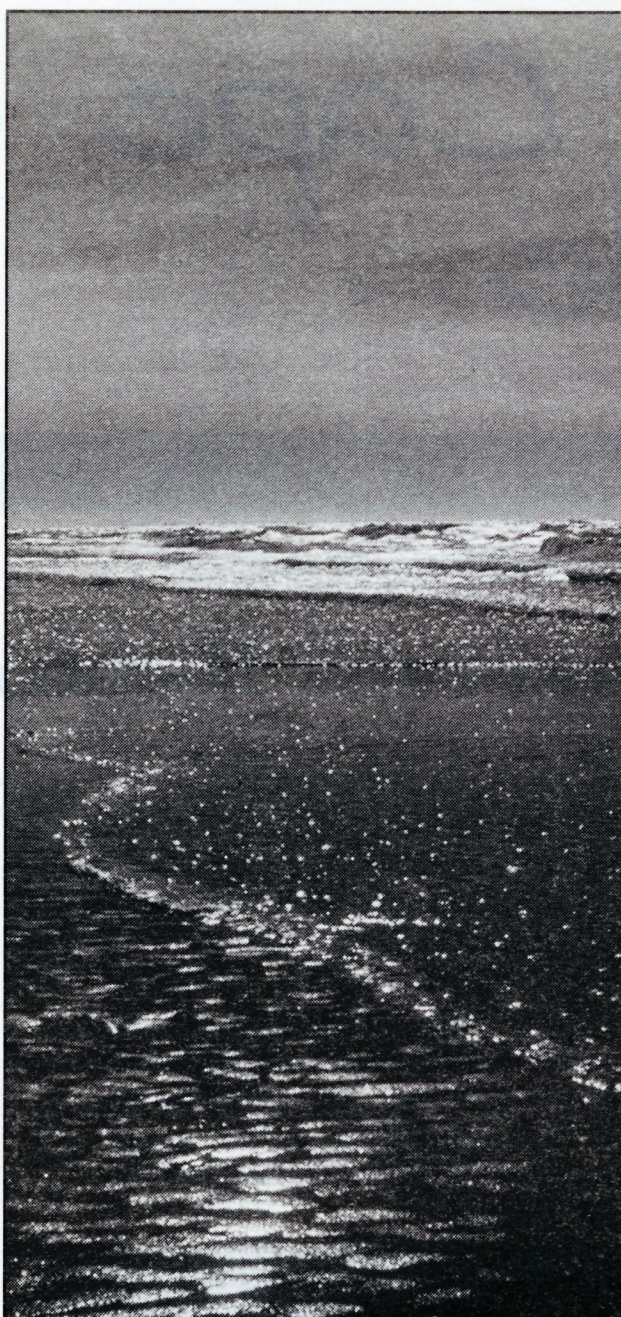
Buttonbush Trail - This easy walk to a small, marshy pond has braille labels and other features for the visually impaired. ¼ mile loop.

FORT HILL TRAILS

Fort Hill Trail - Walk among old farm fields with vistas of Nauset Marsh and the barrier beach. 1½ mile loop.

Red Maple Swamp Trail - This trail descends from the Fort Hill Trail to a boardwalk through a red maple swamp. A portion of the trail is wheelchair-accessible. ½ mile loop. (NOTE: This trail from Hemenway Landing to the inner loop will be closed from 7am to 3pm, Monday - Friday, through Labor Day.)

FOR SAFETY'S SAKE, remember:
POISON IVY is widespread - so are **DEER TICKS** which may carry Lyme Disease.
Stay on paths to minimize your exposure to both.



Coast Guard Beach, Eastham

Experience the beauty of Cape Cod

Use back roads to reach vistas of ocean, salt marsh and sand dunes and to see distinctive architecture reflecting a life focused on the sea. To find out more, ask at the information desk at one of our visitor centers.

Fort Hill - Panoramic views of Nauset Marsh and the ocean beyond unfold in this setting of 19th-Century homes and fields. The Captain Edward Penniman House located here is one of several historic buildings within the Seashore.

Marconi Station Site - This was the location of the first wireless telegraph station in the United States, selected for its high ocean cliffs. A scale model and information panels tell the story of Guglielmo Marconi's achievements here.

Great Island - A drive by Wellfleet Harbor reveals scenic views of Great Island, once two islands but now connected to Wellfleet by a sandspit.

Atwood-Higgins House - This 1730's Cape Cod House, in a pastoral setting, typifies those built by early Cape Cod settlers.

Pilgrim Heights Overlook - This overlook provides distant views of the ocean and sand dunes which wrap around Provincetown in a curved hook.

Race Point Road - This road winds through beech and oak forest that opens onto sparsely vegetated sand dunes. It ends at Race Point Beach near the 1898 Old Harbor Life-Saving Station which housed the men and equipment of the U.S. Life-Saving Service.

Province Lands Visitor Center - Open mid-April through November, this visitor center provides exhibits, film showings, a bookstore and staff to help answer questions. The observation deck provides year-round viewing of the Province Lands dunes.

Beautiful trails make BIKING a great alternative on Cape Cod

- especially when summer traffic and parking pose problems. To find out more, request a Bicycle Trail folder.

Province Lands Bike Trail - This hilly trail winds among beech and oak forests, sand dunes and freshwater ponds. Five mile loop.

Head of the Meadow Bike Trail - This level trail skirts the edge of a freshwater marsh and provides glimpses of the marsh and dunes. Two miles each way.

Nauset Bike Trail - This trail connects Salt Pond Visitor Center with Coast Guard Beach. It leads through pine and oak forest with vistas of Nauset Marsh along the way. 1½ miles each way.

Cape Cod Rail Trail - This level, State-maintained trail on old railroad bed extends 26 miles between Dennis and Wellfleet. It passes through pines and oaks, occasionally skirting a pond or marsh. Park near Nickerson State Park in Brewster or at LeCount Hollow Road in Wellfleet.

Boston to Cape Cod Bikeway - This signed route follows 100 miles of back roads and the Cape Cod Rail Trail, from the Charles River Bike Path in Boston to Provincetown.

FOR YOUR SAFETY, please remember: PEDESTRIANS and IN-LINE SKATERS share these trails with bike riders.

HELMETS prevent head injuries. By Massachusetts law, children younger than 13 must wear them.

WATCH FOR SAND on trails.

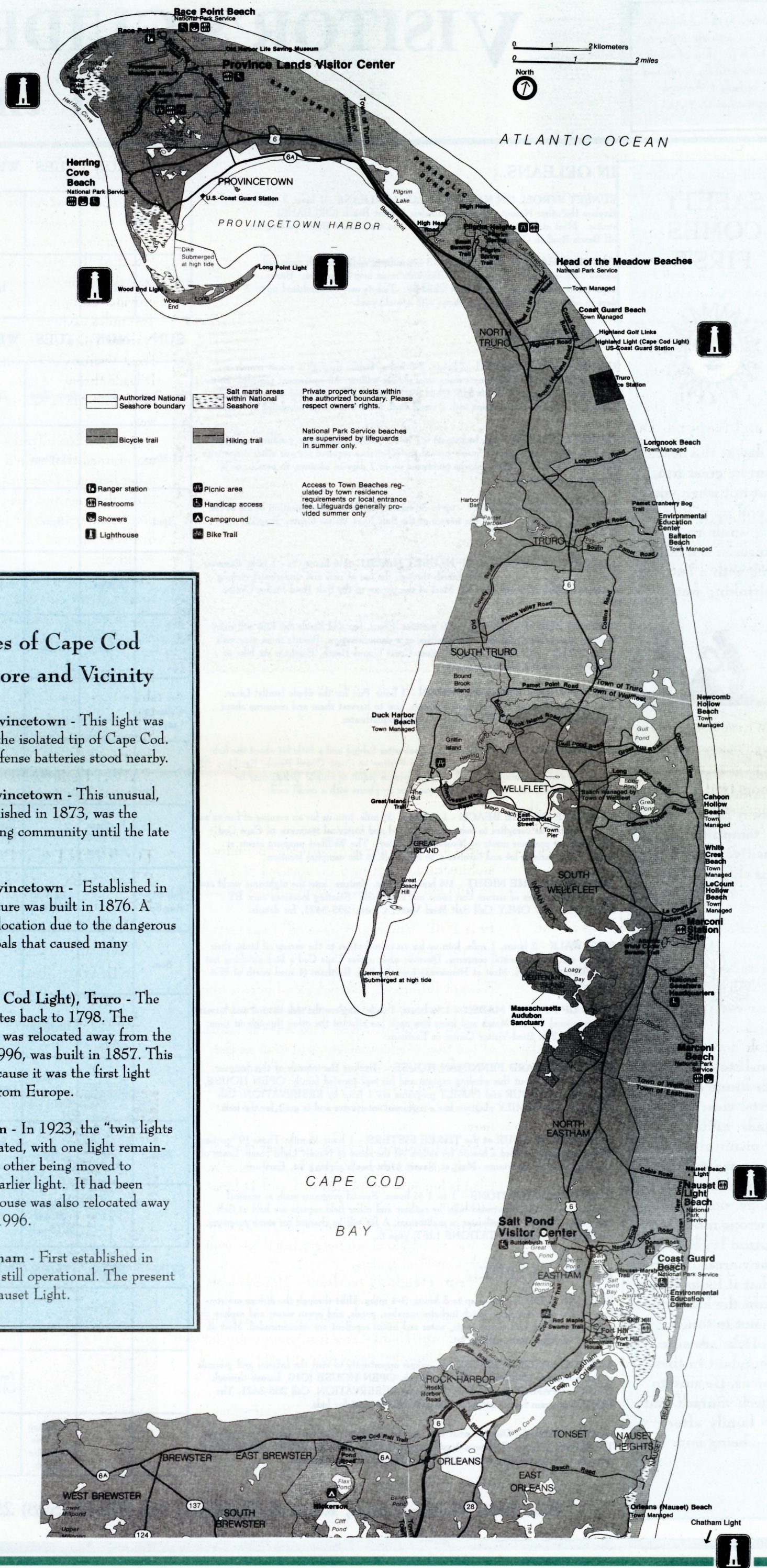
STAY RIGHT. Alert people when passing.

TO PROTECT PARK RESOURCES, please:

- Stay on established bike trails and sand roads.
- Keep off Self-guiding Nature Trails with your bike.
- Keep pets off National Park Service Bike Trails and Self-guiding Nature Trails.



Red Maple Swamp, Eastham



Lighthouses of Cape Cod National Seashore and Vicinity

Long Point Light, Provincetown - This light was established in 1827, at the isolated tip of Cape Cod. Two Civil War harbor-defense batteries stood nearby.

Wood End Light, Provincetown - This unusual, square lighthouse, established in 1873, was the center of a thriving fishing community until the late 19th Century.

Race Point Light, Provincetown - Established in 1816, the present structure was built in 1876. A light was needed at this location due to the dangerous current and offshore shoals that caused many shipwrecks.

Highland Light (Cape Cod Light), Truro - The first light in this area dates back to 1798. The present structure, which was relocated away from the perilous cliff's edge in 1996, was built in 1857. This is an important light because it was the first light seen by ships traveling from Europe.

Nauset Light, Eastham - In 1923, the "twin lights of Chatham" were separated, with one light remaining in Chatham and the other being moved to Eastham to replace an earlier light. It had been moved before this lighthouse was also relocated away from the cliff's edge in 1996.

Chatham Light, Chatham - First established in 1808, this lighthouse is still operational. The present tower is the "twin" to Nauset Light.

How to use this schedule:
Select an activity. Refer to
the table for day of week
and time activity is offered
from July 1 through
September 6, 1998.

VISITOR'S GUIDE TO...

JULY 1 through

SAFETY COMES FIRST



A day at the beach
can be great fun,
but not when you
end up with a
sunburn.

Sunscreen is a must,
along with a hat and
drinking water.



Be sure to tell the
kids to stay on the
guarded beach and
away from those
tempting but
sensitive and danger-
ous cliffs and steep
dunes.



A visit to one of the
Seashore's many
crystal clear "kettle"
ponds, hiking trails
or picnic areas can
be a memorable
experience... but, we
hope, not for the
wrong reasons.
Poison Ivy lives in
many areas. Learn
what it looks like.
Ticks are also
abundant in these
areas. Be sure to
check yourself and
family after
being out.

IN ORLEANS...

SUNSET STROLL ON NAUSET BEACH, ORLEANS - 1 hour, 1 mile. Explore the other Nauset. Listen to timeless Nauset Beach (ORLEANS) stories. Meet at Nauset Knolls Motel, adjacent to the Nauset Beach parking lot off Beach Road in Orleans.

CANOE PLEASANT BAY 3 hours, 3 - 4 miles. Paddle through protected waters. All equipment is provided. Participants must help lift canoes. **Basic experience is required.** Adult \$15, Child \$9. Tickets may be purchased up to 7 days in advance, in person, or by phone with a credit card.

IN EASTHAM...

CANOE NAUSET MARSH - 2 hours, 2-3 miles. Paddle through a scenic marsh in search of marine life. Tides vary - some trips require wading. All equipment provided. **Basic experience is required.** Adult \$15, Child \$9. Tickets may be purchased up to 7 days in advance, in person, or by phone with a credit card. (Additional trips scheduled in August.)

CANOE LESSON (for the beginner) - 1 hour, 1 mile. Learn basic paddling technique and how to control a canoe. Counts toward the experience required for our other canoe trips. Adult \$7, Child \$5. Tickets may be purchased up to 7 days in advance, in person, or by phone with a credit card.

WHAT'S IN THE BUCKET? - up to 30 minute hands-on demonstration of life in the marsh, bay or ocean. Meet at the terrace of the Salt Pond Visitor Center. Program may include a short walk.

UNDERSEA MYSTERIES OF NAUSET MARSH - 1½ hours, ½ - 1 mile. Discover the hidden life and value of a salt marsh through the use of nets and underwater viewing equipment. Wading is **not** required. Meet at the terrace of the Salt Pond Visitor Center.

KIDS ON THE BEACH - up to 30 minutes. Short, fun and hands on! Kids will enjoy learning about Cape Cod through activities or a demonstration. Parents must stay with children. Meet at the Coast Guard Station, Coast Guard Beach, Eastham via bike or shuttle bus. Beach parking fees apply.

SHELLFISHING DEMONSTRATION - 1 hour. Fun for the whole family! Learn about the life histories of some local shellfish, how to harvest them and concerns about their future. Meet at Salt Pond Visitor Center amphitheater.

SURFCASTING 101 - 2 hours. Learn saltwater fishing and a little bit about the fish you hope to catch. Meet at the Coast Guard Station at Coast Guard Beach, Eastham. All equipment and instruction provided. \$12 per person (adult or child). Tickets may be purchased up to 7 days in advance, in person, or by phone with a credit card.

CAMPFIRE ON THE BEACH - 1 ½ hours, ½ mile. Join us for an evening of fun as we gather around the campfire to learn about natural and historical resources of Cape Cod. The Eastham program meets at Nauset Light Beach. The Wellfleet program meets at Great Island parking lot and involves a ½ mile walk to the campfire location.

EXPERIENCE THE NIGHT - 1½ hours, 1 mile. Venture into the nighttime world and discover the wonders of nature that come out after dark! Starting locations vary. **BY RESERVATION ONLY.** Call Salt Pond Visitor Center, 255-3421, for details.

BIRD WALK - 2 hours, 1 mile. Join us for an introduction to the variety of birds, their habitats and environmental concerns. Discover what makes Cape Cod a bird watching hot spot. Bring binoculars. Meet at Hemenway town landing, Eastham (1 road north of Fort Hill, off Rte. 6)

LORE OF NAUSET MARSH - 1 ½ hours, 1 mile. Explore the rich natural and human history around Nauset Marsh and learn how each has effected the other throughout time. Meet at the Salt Pond Visitor Center in Eastham.

CAPTAIN EDWARD PENNIMAN HOUSE - Explore the interior of this historic home and learn about this whaling captain and his well-traveled family. **OPEN HOUSE**, browse through. **TOUR** and **FAMILY** programs are 1 hour by **RESERVATION**. Call 255-3421. The **FAMILY** program has a costumed interpreter and is great for the kids.

LIGHTHOUSE TOUR at the THREE SISTERS - 1 hour, ½ mile. 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 Nauset Light beach parking lot, Eastham.

GUEST PRESENTATIONS - 1 to 1 ½ hours. Special programs such as musical presentations or slide-illustrated talks by authors and other field experts are held at Salt Pond Visitor Center amphitheater or auditorium. A fee will be charged for some programs. See **SPECIAL PRESENTATIONS LIST**, page 6.

IN WELLFLEET...

BACKCOUNTRY TREK - up to 3 hours, 3-4 miles. Hike through the diverse environment at the Marconi Area, which includes marshes, ponds, and ocean views; and explore the rich history of the area. Long pants, water and insect repellent are recommended. Meet at Marconi Headquarters parking lot.

ATWOOD-HIGGINS HOUSE - A unique opportunity to visit the interior and grounds of this authentic 18th century full-cape house. **OPEN HOUSE (OH)**, browse through. **TOUR** and **FAMILY** programs are 1 hour, by **RESERVATION**. Call 255-3421. The **FAMILY** program has a costumed interpreter and is great for kids.

GOOD TIDINGS - Discover what lives on the tidal flats. Wear footwear that can get wet. The Wellfleet program (1½ hour, 1 mile) meets at Great Island parking lot. The Chatham program (1 hour, ½ mile) meets at the Stage Harbor Dike in Chatham.

SUN MON TUES WED THURS FRI SAT

				July 7:30 Aug 7pm		
	1pm		1pm		1pm	

SUN MON TUES WED THURS FRI SAT

9am 2pm	2pm	9am 2pm	2pm	9am 2pm	9am 2pm	9am
11:30am		11:30am		11:30am		
3pm		3pm		3pm		3pm
	3:30pm		3:30pm		3:30pm	
	11am	11am	11am	11am	11am	
See Tide Calendar page 6						
		7am				
	Eastham July 7:30 Aug 7pm		Eastham July 7:30 Aug 7pm		Wellfleet July 7:30 Aug 7pm	
July 8:30 Aug 8pm		July 8:30 Aug 8pm				
8am						
		10:30am		10:30am		10:30am
	Tour 1pm OH 2 - 4	Family 3pm OH 1 - 4	OH 1 - 4	OH 1 - 4	OH 1 - 4	Tour 10am
5pm		5pm				
		7pm 7/14 & 8/18 only		7pm 8/6 only	7pm except 7/3	

SUN MON TUES WED THURS FRI SAT

				9am		
			Tour 1pm OH 2 - 4	OH 1 - 4	Tour 1pm OH 2 - 4	Family 3-5pm
		Wellfleet see Tide Calendar page 6		Chatham see Tide Calendar page 6		Wellfleet see Tide Calendar page 6

Salt Pond Visitor Center, Route 6, Eastham, MA 02642 (508) 255-3421

...RANGER-LED ACTIVITIES

SEPTEMBER 6, 1998

IN TRURO...

PILGRIM LAKE DUNES HIKE - 2 ½ hours, 2 miles in loose sand. Hike into the largest sand dunes on the Cape. Bring water, hat, sunscreen and insect repellent. Meet at the dirt parking lot at the end of High Head Road.

ARCHEOLOGY OF NORTH TRURO - 1 hour, ½ mile. How did the early inhabitants of the Cape live their lives? Learn about the people of the Cape from Native Americans of 4000 years ago to recent inhabitants. Meet at Small's Swamp trailhead, near the interpretive shelter at Pilgrim Heights in Truro.

LIFE AT THE TRURO HIGHLANDS - 45 minutes, ½ mile. Stroll back nearly a century as you pass buildings from the once-bustling Highlands resort. Learn about the Highland Golf Links and Highland Light. Conclude with a spectacular view of the Atlantic Ocean. Meet on the porch of the Highland House Museum.

BALLSTON BEACH CAMPFIRE - 2 hours, 1 mile in loose sand. Enjoy twilight on the outer beach and the Pamet Valley. Prepare for cool evenings. Meet at the Hostel at the end of North Pamet Road in Truro.

TRURO NIGHT HIKE - 2 hours, 2 miles. A new world awaits you in the dark. Meet the park ranger at the Hostel at the end of North Pamet Road in Truro.

IN PROVINCETOWN...

SURFCASTING 101 - 2 hours. Learn saltwater fishing, and a little about the history of fishing in the Province Lands. We provide all equipment and instruction. It's up to you to catch the fish. Tickets are \$12, and may be purchased up to 7 days in advance, in person, or by phone with a credit card.

TOUR OF THE TOWN - 2 hours, 3 miles. Join a park ranger and a member of the Pilgrim Monument and Museum staff for a walking tour of the history of Provincetown. BY RESERVATION ONLY. Call the Pilgrim Monument and Museum at (508)487-1310 to sign up. \$5 per person program fee.

EXPLORING THE PROVINCE LANDS - 1 hour, 1 mile. Introductory hike from the Province Lands Visitor Center. Explore the dunes, cranberry bogs and forests below the visitor center and learn why the area is called the "Province Lands." Requires walking in soft sand.

RANGER ON THE ROOF - 15 minutes. The view from the Province Lands Visitor Center upper deck can start discussion of many topics: whales of the North Atlantic, history of fishing, Provincetown, and the dune shacks of the Province Lands. Join a ranger for this brief talk.

KIDS AT THE BEACH - 20 minutes. Short, fun and hands-on! Could be a puppet show, lifeguard demonstration or short beach exploration. Parents must stay with children. Meet at Race Point Beach bath house. \$7 entrance fee for Race Point Beach.

EXPLORING HATCHES HARBOR - 3 hours, 2 miles. Hatches Harbor offers beautiful views of Race Point Light and excellent birding. Explore three different habitats and learn about the proposed salt marsh restoration project. Bring water, hat and insect repellent. RESERVATION REQUIRED. Call 487-1256.

CANOE DISCOVERY - 2-3 hours, 1-3 miles. Explore a fresh water pond, lake, or salt marsh. Water shoes or sandals required. All equipment provided. **Basic experience is required.** Adult \$15, Child \$9. Tickets may be purchased up to 7 days in advance, in person, or by phone with a credit card.

WADING IN THE MARSH, FLATS & ROCKS - 2 hours, ½ mile. Get your feet wet and explore the West End inter-tidal zone. Wear shoes that can get wet. RESERVATION REQUIRED. Call 487-1256.

OPEN HOUSE AT OLD HARBOR LIFE-SAVING STATION - The story of the storms, shipwrecks, and surfmen of the US Life-Saving Service exemplifies the maritime history of Cape Cod. Old Harbor Life-Saving Station, built in 1898, was moved from Chatham to Provincetown in 1977. Walk the boardwalk behind the bathhouse at Race Point Beach to Old Harbor. \$7 beach entrance fee.

THE BEAUTY OF STELLWAGEN BANK - 20 minutes. Slide illustrated program at Province Lands Visitor Center. Fisherman, whales and whale watchers have a vital interest in this underwater National Marine Sanctuary that lies just offshore of Race Point.

ART IN THE DUNES - 3 hours, 4 miles. On this long hike, meet an artist-in-residence and experience firsthand the quality of light, natural environment and isolation that attracts artists and writers to Provincetown. Wear sturdy shoes, a hat, and sunscreen. Bring water and insect repellent. BY RESERVATION ONLY. Call 487-1256.

HISTORIC BEACH APPARATUS DRILL - 1 hour. Surfmen demonstrate 1902 rescue drill, including firing a Lyle gun and using a breeches buoy. Meet at Old Harbor Life-Saving Station at Race Point Beach. Fee program: \$3 adults, \$1 seniors (62 and over), children 16 and under free.

SURFMAN'S NIGHT PATROL - 1 ½ hours, ½ mile. Meet a park ranger dressed as a surfman from the U.S. Life-Saving Service and walk a beach patrol looking for ships in distress. Walk the boardwalk behind the bathhouse at Race Point Beach to the Old Harbor Life-Saving Station.

SUNSET CAMPFIRE - 1 ½ hours, ½ mile. Stories around the campfire are timed with sunset across Cape Cod Bay. Meet at the end of the north (right side) parking lot at Herring Cove Beach.

EVENING PROGRAM - 1 hour. Illustrated talks and special speakers on Cape Cod. Meet at Province Lands Visitor Center indoor auditorium. Weekly list of topics available at visitor centers.

SUN MON TUES WED THURS FRI SAT

	8am				8am	
	10am		10am			
		2pm				
			July 8pm Aug 7:30			
						July 8pm Aug 7:30

SUN MON TUES WED THURS FRI SAT

	7am		7am			
		9am				
1pm		10am			2pm	10am
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2pm	2pm	2pm	2pm	2pm	2pm	2pm
	see Tide Calendar page 6				see Tide Calendar page 6	
	see Tide Calendar page 6	see Tide Calendar page 6			see Tide Calendar page 6	
		see Tide Calendar page 6				
3 - 5pm	3 - 5pm	3 - 5pm	3 - 5pm	3 - 5pm	3 - 5pm	3 - 5pm
3:30pm	3:30pm	3:30pm	3:30pm	3:30pm	3:30pm	3:30pm
		4:30pm			4:30pm	
				6:30pm		
		July 8pm Aug 7:30				
	July 8pm Aug 7:30					
7:30pm					7:30pm	

MAN'S BEST FRIEND



Planning to visit Cape Cod National Seashore with your dog? He is welcome as long as you both follow a few regulations. Your dog must be on a leash at ALL times. The leash can be up to six feet in length as long as he is always under control.

He may accompany you in all outdoor areas in the Seashore except the following:

* All Cape Cod National Seashore bike trails;

* Designated nature trails;

* Lifeguard protected beaches (except to pass through to a section of beach beyond lifeguard zones);

* Shorebird nesting areas;

* Fresh-water ponds from May 15-Oct 15 (To help maintain water quality).

Helpful Tips...

After a day of fun at the Seashore, be sure to inspect your pet for ticks. They are common on the outer cape.

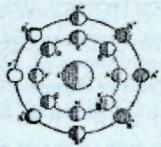


NEVER leave your pet locked in a vehicle during the summer.

Province Lands Visitor Center, Race Point Road, Provincetown, MA 02657 (508)487-1256

...Ranger-Led Activities continued...

Tide Calendar Tide Calendar Tide Calendar Tide Calendar

July, August & September			1 July	2 July Good Tiding - 12:30pm	3 July Hatches Harbor - 10am Canoe Discovery - 5:30pm	4 July Independence Day Good Tidings - 1pm
5 July Shellfish Demonstration 5pm	6 July Canoe Discovery - 9:30am Hatches Harbor - 12:30pm	7 July Canoe Discovery - 9:30am Good Tidings - 3:30pm Marsh Walk - 3:30pm	8 July	9 July Good Tidings - 6pm	10 July Canoe Discovery - 11:30am Hatches Harbor - 4pm	11 July Good Tidings - 6:30pm
12 July Shellfish Demonstration 10:30am	13 July Hatches Harbor - 10:30am Canoe Discovery - 2pm	14 July Good Tidings - 8:30am Marsh Walk - 8:30am Canoe Discovery - 2:30pm	15 July	16 July Good Tidings 10:30am	17 July Hatches Harbor - 9:30am Canoe discovery - 5pm	18 July Good Tidings 11:30am
19 July Shellfish Demonstration 5pm	20 July Canoe Discovery - 8am Hatches Harbor - 1pm	21 July Canoe Discovery - 9am Marsh Walk - 3pm Good Tidings - 3pm	22 July	23 July Good Tidings - 6pm	24 July Canoe Discovery - 11:30am Hatches Harbor - 4pm	25 July Good Tidings - 6:30pm
26 July Shellfish Demonstration 10:30am	27 July Hatches Harbor - 10am Canoe Discovery - 1:30pm	28 July Good Tidings - 8am Marsh Walk - 8:30am Canoe Discovery - 2:30pm	29 July	30 July Good Tidings - 10:30am	31 July Hatches Harbor - 9am Canoe Discovery - 4pm	1 August Good Tidings - 11am
2 August Shellfish Demonstration 3:30pm	3 August Canoe Discovery - 7am Hatches Harbor - noon	4 August Canoe Discovery - 8am Marsh Walk - 2pm Good Tidings - 2pm	5 August	6 August Good Tidings - 4:30pm	7 August Canoe Discovery - 10:30am Hatches Harbor - 3pm	8 August Good Tidings - 4pm
9 August Shellfish Demonstration 9:30am	10 August Hatches Harbor - 9:30am Canoe Discovery - 1pm	11 August Good Tidings - 7:30am Marsh Walk - 8:30am Canoe Discovery - 1:30pm	12 August	13 August Good Tidings 9:30am	14 August Hatches Harbor - 9am Canoe Discovery - 4pm	15 August Good Tidings - 10:30am
16 August Shellfish Demonstration 3:30pm	17 August Canoe Discovery - 7:30am Hatches Harbor - noon	18 August Canoe Discovery - 8am Marsh Walk - 2pm Good Tidings - 2pm	19 August	20 August Good Tidings 4:30pm	21 August Canoe Discovery - 10:30am Hatches Harbor - 3:30pm	22 August Good Tidings - 5pm
23 August Shellfish Demonstration 9:30am	24 August Hatches Harbor - 9:30am Canoe Discovery - 12:30pm	25 August Marsh Walk - 8am Canoe Discovery - 1:30pm Good Tidings - 6:30pm	26 August	27 August Good Tidings - 9am	28 August Hatches Harbor - 11am Canoe Discovery - 3:30pm	29 August Good Tidings - 10am
30 August Shellfish Demonstration 2:30pm	31 August Hatches Harbor - 10:30am Canoe Discovery - 4pm	1 September Canoe Discovery - 7:30am Good Tidings - 12:30pm Marsh Walk - 12:30pm	2 September	3 September Good Tidings - 3pm	4 September Canoe Discovery - 9am Hatches Harbor - 2pm	5 September Good Tidings - 4pm
6 September Shellfish Demonstration 8am	7 September Labor Day Canoe Discovery - 11:30am Hatches Harbor - 4pm	<i>The phases of the moon directly influence the height of ocean tides. Tidal range is greatest around the full and new moons. This summer, the highest and lowest tides will occur the morning of August 8th with high tide at 12:50am and low tide at 7:05am. Take advantage of full moons on July 9, August 7 and September 6 to enjoy a moonlit walk on the beach. New moons on July 23 and August 21 offer the best opportunity for star gazing.</i>				

Special Presentations...

Salt Pond Visitor Center at 7pm

Friday, July 10 - EVERYDAY LIFE OF A 19TH-CENTURY FAMILY is a slide illustrated program by Theresa Barbo, a historical researcher and writer. Bring the family. Adult \$2, Child \$1.

Tuesday, July 14 - BAND CONCERT by the Lower Cape Concert Band. The 25-person band will play favorite tunes enjoyed throughout the decades. FREE.

Friday, July 17 - GEOLOGY OF CAPE COD will present the story of the formation of Cape Cod by ice, wind and water. Robert Oldale, geologist with USGS; Woods Hole from 1967-1995 will present this slide illustrated program. FREE.

Friday, July 24 - CELTIC MUSIC. The group *Shorten the Road* will perform music on a variety of instruments including fiddle, banjo, concertina and tin whistle. Adult \$2, Child \$1.

Friday, July 31 - POLLYWOGS AND GIANT PUDDLES. Betsy Colburn, an ecologist with MA Audubon (currently working for Cape Cod National Seashore), will present this slide illustrated program on vernal pools (seasonally wet ponds) and the life that depends on them. FREE.

Thursday, August 6 - BAND CONCERT by the US Air Force Band of Liberty. The 50-person band will play overtures, marches, Broadway selections and big band tunes. FREE.

Friday, August 7 - MIGHTY SEA CAPTAINS AND THEIR SAILORS tells the story of Cape Cod's world-famous captains and their adventures and misfortunes. A slide illustrated program by Theresa Barbo, a historical researcher and writer. Bring the family. Adult \$2, Child \$1.

Friday, August 14 - SEA SHANTY MUSIC, performed by singer songwriter Steven Preu, will entertain the whole family and provide information about life revolving around the sea. Adult \$2, Child \$1.

Tuesday, August 18 - BAND CONCERT by the Lower Cape Concert Band. The 25-person band will play favorite tunes enjoyed throughout the decades. FREE.

Friday, August 21 - DEER, WHITE FOOTED MICE AND DEER TICKS. What Do They Have in Common? Lyme Disease! Eric Straus, Professor of Biology at Boston College will present a slide illustrated program on the ecology of Lyme Disease. FREE.

Friday, August 28 - STELLWAGEN BANK: FROM WHALES TO BACTERIA. Ann Smrcina, Education Coordinator for Stellwagen Bank, will present this slide illustrated program on the great diversity of life on the Bank. FREE.

Friday, September 4 - RESTORING HATCHES HARBOR. Dr. Norm Ferris, an ecologist with Cape Cod National Seashore, will present this slide illustrated program about the efforts taking place to restore some of the water flow to Hatches Harbor in Provincetown. FREE.

Superintendent's Message from Maria Burks

This past year has been action-packed and exciting. Park staff and our many individual and organizational partners have been very busy behind the scenes to make some important changes that you may notice as you visit Cape Cod National Seashore.

Starting in the southern part of the park, we have been working with Chatham, Orleans, Harwich and Brewster in the development of a management plan for Pleasant Bay. Though most of the Bay is not part of the Seashore, park land abuts significant portions of it, and we were delighted to be able to contribute. As part of that effort we applied for and received a grant to conduct a series of teacher workshops. The park has conducted 40 sessions, hosting over 400 attenders from a variety of towns both on and off Cape. The teachers worked with an interpretive ranger to develop curricula for topics relating to Pleasant Bay.

In Eastham, we have been working with the Nauset Light Preservation Society to reunite the Nauset Light Keeper's house with the lighthouse at its new site. If the work goes as scheduled, it will be complete, or mainly so, by the time you read this. When you visit Eastham, be sure to notice the new view of the light and keeper's house in their safer location away from the eroding coastal bank.

Move on down to Wellfleet, and spend some time at (or in!) the beautiful kettle ponds nestled in the hollows. While you are dabbling your toes in the clear water, keep an eye out for one of the Adopt-A-Pond volunteers. These energetic and dedicated folks love to chat, and

will be happy to tell you all about how to enjoy the ponds while respecting their special, fragile qualities. The Adopt-A-Ponders won the National Park Service Northeast Region's 1997 Partnership Award for their important contribution to their town and the Seashore.



Wellfleet Pond

By now you are well on your way to Truro and may be within sight of the beacon from Highland Light. Also recently moved back from the eroding coastline, the light is now in a position of safety for many years. The Truro Historical Society (THS) and the Seashore have become partners in caring for the lighthouse (the Coast Guard still maintains the actual beacon). This summer, tours are underway once more. If you go (and I highly recommend it) you will pay a fee. We hope you won't begrudge it, as the THS is collecting the funds to help us maintain the historic lighthouse and its associated keeper's house.

At this point you are undoubtedly ready to hit the beach. If you are one of those folks who likes driving an oversand vehicle, you are welcome to stop in at the Oversand Station at Race Point. Rangers on duty there will explain

our new regulation for off-road vehicles (ORV), and the new ORV corridor.

The new regulation and corridor layout were designed during a pioneering "negotiated rulemaking." New to the Park Service, this process invites a broad range of interested non-federal parties to help the agency draft a new regulation. The resulting rule is likely to be both better (because a mix of people contributed ideas) and more acceptable to more people. We hope this new ORV regulation will follow that pattern. But don't take my word for it – check it out for yourself.

The increased beach user fees that went into effect the summer of 1997 as part of the National Park Service's Fee Demonstration Program are hard at work within the Seashore. The Red Maple Swamp Trail in Eastham is under reconstruction with the end result to be a new, fully accessible trail in one of the most picturesque areas of the park. The Old Harbor Life-Saving Station in Provincetown will be re-roofed this summer. If you go to Coast Guard Beach in Eastham, you'll park your car at the Little Creek parking lot, off Doane Road, and will take one of our two, new electric-powered shuttle buses to the beach. Many more projects are "on the list."

Exploring the Seashore from one end to the other makes for a long day, but it's worth it. And the tidbits I've included here are just the tip of the iceberg of exciting things to see and do. The stabilized cranberry bog house in Truro, the revegetated dunes at Herring Cove in the Provincelands and the new interactive video exhibit at Salt Pond Visitor Center are among the many stops of interest I have not described. So be sure to check in at either Salt Pond or Provincelands Visitor Centers for help in planning your visit, and have a wonderful time.



JUST FOR KIDS



ATTENTION JUNIOR RANGERS!

Hidden within each national park is an exciting story waiting for you to discover. Learning the secrets of each national park is fun and easy! Simply ask a park ranger why the park (or in our case the National Seashore) was set aside as a protected place for you to learn from and enjoy.

You can uncover the secrets of the Seashore and become a **JUNIOR RANGER** all at the same time. Stop at either Salt Pond Visitor Center in Eastham, or the Province Lands Visitor Center in Provincetown and pick up a Junior Ranger Packet. The park ranger at the visitor center will explain the program and start you on your way to becoming a Junior Ranger.

What will you need to become a Junior Ranger?

All you will need to do is go along on two ranger-guided activities: a talk, walk, hike, or campfire program will do nicely. Then you will return to the visitor center to complete the "HELP A RANGER" assignment, the last step in your Junior Ranger quest.

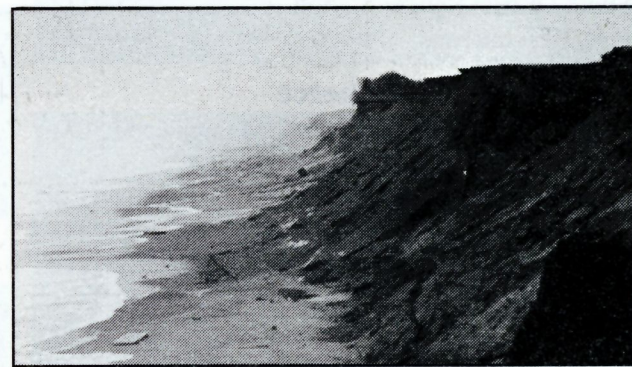
Remember, the job of a Junior Ranger is to help the rangers help the Seashore. You can do this by telling your friends family and others what you learned about Cape Cod National Seashore, and how to take care of this very special place. Your good example is worth more than you will ever know to the Seashore's many plants, animals and other special resources.

THE GREAT BEACH

1998 has been declared the "Year of the Ocean." We are sure you'll be visiting one of Cape Cod National Seashore's outer beaches. Each beach is on the Cape's long narrow belt of sand that faces the Atlantic Ocean. This belt of sand stretches for twenty-five miles and is known as **The Great Beach**. Standing behind The Great Beach is a sand cliff or marine scarp, which acts like a wall holding back the ocean. It also acts as a "sand bank"

Each year an average of three feet of cliff is eroded away by wind, rain and waves. The sand taken from the "bank" is used as a replacement or "deposit" for sand grains that were moved by waves and wind. Some sand is pulled offshore to make sandbars, while some is moved along the shore. The process of sand being moved along the shore by waves is called **littoral drift**.

Maybe you felt sand being moved by waves while you stood at the water's edge. Did sand wash over your feet? Did you ever find yourself in a different location from where you first went into the water to swim? Then you too were moved along the shore by littoral drift, like a grain of sand.



Coast Guard Beach, Eastham

As the cliff gives up its sand, the outer arm of Cape Cod gets narrower. This can cause problems for people who own houses here, especially close to the shoreline, for the land beneath them will eventually be eroded away. Unless these houses are moved, they will fall over the cliff onto the beach. Take a look at the article at the beginning of this newspaper. It describes how Nauset and Highland lighthouses were moved inland from sites that were going to be claimed by the sea. Even though they have been moved, the lighthouses will not be safe forever, for the edge of the sea will eventually work its way to their new sites.



the Cape Cod guide



THE OFFICIAL NEWSPAPER OF CAPE COD NATIONAL SEASHORE

1998

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How to Get In

Highland Light is operated by Highland Museum and Lighthouse, Inc. under a National Park Service concession contract.

- * Open daily, mid-May through October.
- * Call (508)487-1121 for hours and fees.
- * Includes small exhibit in Keeper's House and short video program.

Nauset Light is operated by the Nauset Light Preservation Society, (508) 240-2612, under a pre-existing license with the US Coast Guard.

- * Open Sundays, 4:30-7:30pm, free, June 28 - September 6.
- * Open Sundays, 1pm-4pm, free, September 13 - October 25.
- * Park at Nauset Light Beach parking lot.

New Life for Old Lights: Nauset and Highland Celebrate the Past and Look to the Future

by William Burke, Supervisory Park Ranger



Highland Lighthouse move

Two historic lighthouses within Cape Cod National Seashore, Highland Light and Nauset Light, were recently relocated back from the eroding cliffs of the Outer Cape. The relocations were landmark victories for historic preservation on Cape Cod. Yet other dramatic changes in who would take care of the lighthouses in the future and how the public would experience them from the inside out were made as well. Ownership of both lights will pass from the U.S. Coast Guard to the National Park Service. In turn, the Coast Guard and Cape Cod National Seashore are making agreements with private non-profit groups, the Nauset Light Preservation Society and the Highland Museum And Lighthouse, Inc., that will maintain the lights and offer regularly scheduled tours of their interiors. But we need to go back to the lighthouse moves themselves to fully appreciate this success story...

(continued page 1)

Area Information

Park Information (area code 508)

Salt Pond Visitor Center, Route 6, Eastham, MA
255-3421
Province Lands Visitor Center, Race Point Road
Provincetown, MA 487-1256
North District Ranger Station 487-2100
South District Ranger Station 255-2112
Park Headquarters 349-3785

Chambers of Commerce

(Hotel/Restaurant Information) (area code 508)
Cape Cod Chamber of Commerce 362-3225
(Barnstable County) 240-2484
Town of Orleans 255-3444
Town of Eastham 349-2510
Town of Wellfleet 487-1288
Town of Truro 487-3424
Town of Provincetown

Camping

Cape Cod National Seashore does not offer camping. However, many privately owned campgrounds are available in the area. A free brochure listing the campgrounds is available at area Chambers of Commerce and Seashore Visitor Centers. The only state campground in the area is located at Nickerson State Park, Brewster, and can be reached at (508)896-3491.

EMERGENCY INFORMATION

In an emergency CALL 911.

To contact a RANGER during business hours call (508) 349 - 3788 ext. 218.

Whale Watching

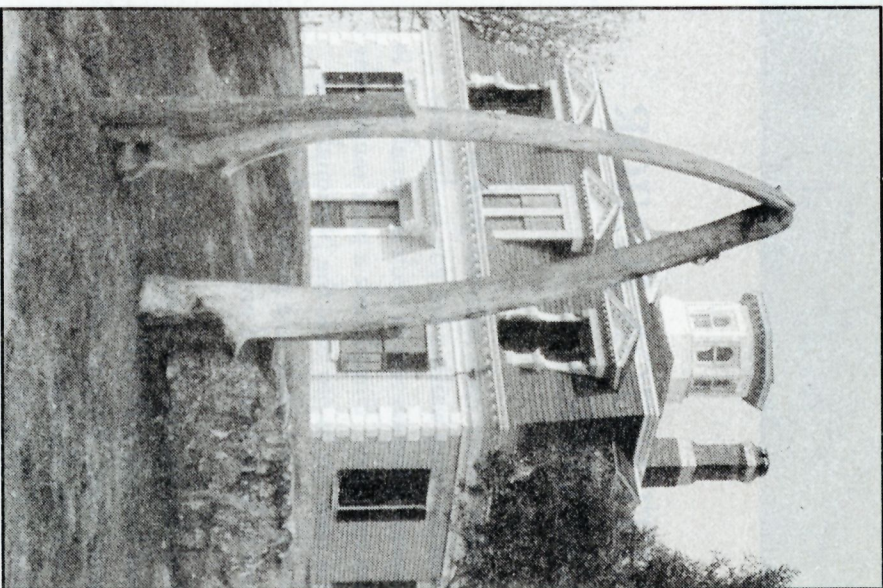
Dolphin Fleet Whale Watch and The Center for Coastal Studies (800)826-9300
Portuguese Princess Whale Watch of Provincetown (800)442-3188
Provincetown Whale Watch (Ranger V) (800)922-9333

Bike Rentals (area code 508)

Arnold's, Provincetown 487-0844
Black Duck Sport Shop, So. Wellfleet 349-9801
Galeforce Bike Rentals, Provincetown 487-4849
Idle Times Bike Rental, Eastham 255-8281
Idle Times Bike Shop, Wellfleet 349-9161
Little Capistrano Bike Shop, Eastham 255-6515
Nelson's Bike Rental, Provincetown 487-8849
Provincetown Bikes, Provincetown 487-8735
Wellfleet Cycles Ltd. 349-9322

Cape Cod National Seashore Website

<http://www.nps.gov/caco>



Pentamian House, Eastham

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Layout/Design: Marianne McCaffery, NPS
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Mark Adams, NPS

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99 Marconi Site Road
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