



CAPE COD CURRENTS



THE OFFICIAL GUIDE TO CAPE COD NATIONAL SEASHORE

1999

... Mending The Park: The Debate Over "Undoing History" to Restore Critical Ecosystems *(continued from cover)*



Open salt marsh, 1903. View from Bound Brook Island across the Herring River flood plain to Merrick Island, Wellfleet.

Subsequent wetland drainage projects dried up former salt marshes, while modern fire suppression virtually eliminated forest fire and now threatens the survival of globally rare heathlands.

Any decision to attempt ecosystem restoration must be tempered by the need to preserve cultural features that are recognizably Cape Cod and have their own set of public values and benefits. For most visitors and local residents these cultural features would include antique Cape houses and traditional homesteads, cranberry bogs, open heathlands and even dune shacks, all of which occupy human-disturbed landscapes. Therefore, each park restoration program includes deliberate consideration of both natural systems and human changes to the land.

Hatches Harbor: A Case Resolved

Issues of ecosystem restoration and cultural resource preservation at Hatches Harbor in Provincetown have been resolved. This past winter construction was completed on enlarged culverts through the Hatches Harbor Dike. The bigger culverts will increase tidal flow to restore 60 to 90 acres of salt marsh which have been diked and degraded since 1930.

The project was hardly quick or easy, because the Provincetown Airport is protected from storm surges by the dike and its safety has to be assured. After ten years of interagency planning and National Park Service fund-raising, restoration is beginning this year.

Restoring partial tidal flow also advanced cultural resource goals for the harbor, such as depicting the "original" maritime landscape of a now-extinct fishing community. Ecosystem restoration at Hatches Harbor balances both natural resource and human needs.

Herring River: Prime Candidate for Restoration

The Herring River of northern Wellfleet and southern Truro is large by Cape Cod standards. The stream begins at Herring Pond, gathers volume from discharging groundwater and several tributaries, and finally flows into Cape Cod Bay at Wellfleet Harbor. For about 2000 years prior to European settlement, the stream's 1000-acre flood plain comprised a highly productive salt marsh estuary (see accompanying photograph), similar in appearance to the lower Pamet River.

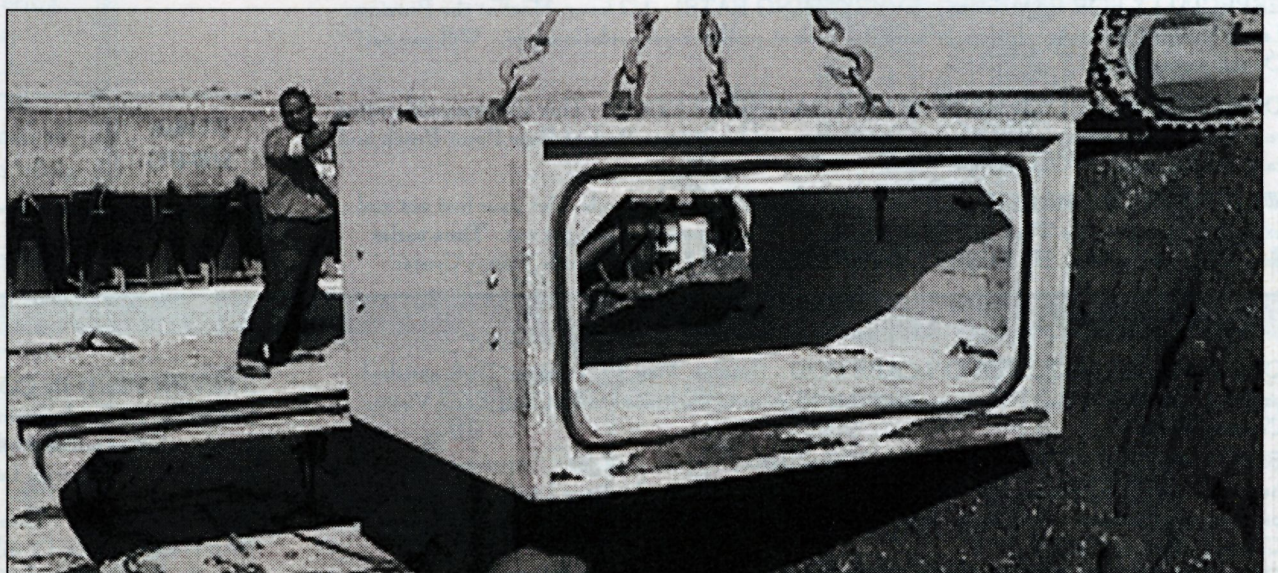
Like all salt marshes, the river's marshlands provided food and nursery habitat for many important fish, shellfish and crustaceans, protected coastal waters from pollution, provided salt hay for animal fodder, and buffered the effects of storm surges on coastal farms and dwellings. These human uses of the tidal marshes and estuaries are a central component of the Cape's cultural history.

Wetlands have been lost and water quality degraded, gradually destroying many of the marshland's native values to people. Unlike the Pamet River of Truro, which has retained some wetland values, the Herring River marshes have been severely drained.

In addition, the drainage has disturbed the natural cycling of sulfur, nitrogen and other elements causing poor water quality and fish kills. Today, after nine decades of diking, ditch drainage, stream channelization and the encroachment of forest into a once-expansive estuary, the "Herring River" as it once existed is nearly invisible to the public. Its central importance to the Town of Wellfleet, recorded in every Town Meeting Report before the 1908 diking, has been largely forgotten.

Nevertheless, the controversial nature of the 1908 diking and subsequent drainage of Herring River's wetlands has not been forgotten. The National Park Service and other groups and agencies have long supported research and planning to restore tidal flow to this estuary. Throughout this process, it has become clear that the river's management requires a broad understanding of the natural and disturbed system, as well as the historic and current human dependency on its normal functioning.

The successful ecosystem restoration at Hatches Harbor and the challenges at the Herring River remind us that Cape Cod National Seashore is a vibrant mosaic of pristine and altered landscapes. Preservation of some and restoration of others is crucial to the health of park resources and for future enjoyment by Cape Codders and the visiting public.



One of four concrete culverts that will help restore 90 acres of salt marsh at the Hatches Harbor Dike in Provincetown.

PROVINCE LANDS
VISITOR CENTER
RACE POINT ROAD
PROVINCETOWN,
MA 02657
(508)487-1256

RANGER-LED ACTIVITIES

MAY 28 THROUGH JULY 2, 1999

SALT POND
VISITOR CENTER
ROUTE 6
EASTHAM,
MA 02642
(508)255-3421

Activities in Orleans and Eastham...

BIRDS ALONG THE SHORE - 2 hours, 2 miles. Walk to find birds along the shore such as herons, terns and plovers. Learn about their life cycles. Bring binoculars. Meet at the first parking lot of the Doane Picnic Area, Eastham.

COASTAL FOREST TO OCEAN'S EDGE - 1 1/2 hours, 1 1/2 miles. Enjoy a walk that traverses coastal forest, salt marsh and ocean beach and learn what factors determine the plant and animal life that lives there. Meet at Doane Picnic Area, Eastham.

SAND IN YOUR SHOES - 1 hour, 1 mile. Walk along the outer beach where Henry Beston and others throughout time have gained inspiration. Learn about shoreline retreat, nesting shorebirds and coastal ecology. Meet at Coast Guard Beach parking lot, Eastham.

SOMETHING FISHY - Up to 1 1/2 hours, 1 mile. Join in an activity focusing on fish, crabs, or other marine organisms and on the salt marsh that provides their homes and nourishes them. Meet at the Salt Pond Visitor Center terrace. Wading is not required.

CANOE PLEASANT BAY - 3 hours, 3 to 4 miles. Paddle through the protected waters of Pleasant Bay in Orleans. See Special Program and Reservation Policy on page 5.

THE OUTERMOST BEACH - 2 hrs, 2 miles. Follow in the footsteps of Henry David Thoreau and Henry Beston. Walk along Nauset Marsh and the outer beach to a land that has inspired writers for generations. Meet at Doane Picnic Area, Eastham.

CANOE NAUSET MARSH - 2 hours, 2 to 3 miles. Paddle through scenic Nauset Marsh in search of local marine life. See Special Program and Reservation Policy on page 5.

LORE OF NAUSET MARSH - 1 1/2 hours, 1 1/2 miles. Explore the rich natural and human history around Nauset Marsh. Learn how each has effected the other throughout time. Meet on the terrace at the Salt Pond Visitor Center.

CAPTAIN EDWARD PENNIMAN HOUSE - Explore the interior of this historic home. Learn about this whaling captain and his well-traveled family. **OPEN HOUSE (OH)**, browse through. **TOUR program is 1 hour by RESERVATION.** Call Salt Pond Visitor Center.

LIFE ON THE EDGE - 1 hour, 1 mile. Witness the effects and discuss the issues associated with an ever-changing shoreline as you explore the beach below the bluffs at Nauset Light Beach. Meet at the Nauset Light Beach parking lot, Eastham.

LIGHTHOUSE TOUR at the THREE SISTERS - 1 hour, 1/2 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.

WHOOO'S OUT TONIGHT? - 1 1/2 hours, 1 mile. Venture into the mysterious world of nighttime and explore the various sights and sounds. Meet at Hemenway town landing in Eastham (1 road north of the blinking light at Fort Hill off Rte. 6).

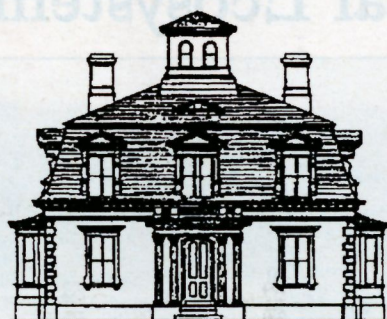
Sunday Monday Tuesday Wednesday Thursday Friday Saturday

7:30am

5/29, 6/5,
6/19

10am

11am



1pm
6/2, 6/9,
6/16

2pm

2pm
6/3, 6/10,
6/17

2:30pm

Tour, 10am
OH, 1-4

OH, 1-4pm

Tour, 10am
OH, 1-4

OH, 1-4pm

OH, 1-4pm

Tour, 10am

3pm

3pm

3pm

7:30pm
5/29, 6/12,
6/26

Activities in Wellfleet...

HEATHLANDS AND SWAMPS: NEIGHBORS OF CONTRAST - 1 1/2 hours, 1 1/2 miles. Explore two contrasting rare habitats, a white cedar swamp and the sandy plains of heathlands. Meet at the Marconi Station Site parking lot, Wellfleet.

ATWOOD-HIGGINS HOUSE - A unique opportunity to visit the interior and grounds of this authentic 18th-century full-cape house. **OPEN HOUSE**, browse through. **TOUR** is one hour. **COSTUMED** program is 30 minutes and introduces Capt. Solomon Higgins, second owner of the house and a Revolutionary War figure. **RESERVATIONS required for TOUR and COSTUMED program.** Call Salt Pond Visitor Center.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

10am
thru 6/18

Tour, 1pm
OH, 2-4pm

Costumed
10 & 10:45am
OH, 1-4

Tour, 1pm
OH, 2-4pm

Activities in Provincetown...

MONDAY MORNING HIKING CLUB - 3 to 3 1/2 hours, 3 to 5 miles. Join a local, veteran park ranger and explore the beauty and variety the park has to offer. Hikes are moderate to strenuous, and feature out-of-the-way destinations. Locations vary weekly. Call Province Lands Visitor Center.

SPRINGTIME IN THE BEECH FOREST - 1 1/2 hours, 1 mile. Look for signs of spring in one of the most diverse forests on the Cape. Easy walking. Meet at the trailhead at Beech Forest. Bring insect repellent.

EXPLORING THE PROVINCE LANDS DUNES - 1 hour, 1 mile. Stroll with a ranger through the dunes below the visitor center. Explore how this area has changed since the Pilgrim landing and what the prospects are for the future. Moderate walking in soft sand. Meet at Province Lands Visitor Center.

ESPECIALLY FOR FAMILIES: WATER BABIES AND MERMAID'S PURSES - 1/2 hour. Learn clues that can tell you that baby creatures have been, or soon will be born or hatched. Meet on the grass near the pond at Beech Forest, Provincetown. Bring insect repellent.

ESPECIALLY FOR FAMILIES: EVERYTHING EATS! - 1/2 hour. Meet at the Province Lands Visitor Center Amphitheater for a fun look at predator-prey relationships. Will you eat? Or will you be eaten?

OPEN HOUSE AT OLD HARBOR LIFE-SAVING STATION - This 100-year-old station sets the stage for stories about storms, shipwrecks, and lifesaving. Park at Race Point Beach and take the boardwalk to Old Harbor.

WADING IN THE MARSH, FLATS & ROCKS - 2 hours, 1/2 mile. Get your feet wet and explore Provincetown's West End inter-tidal zone. Wear shoes that can get wet. **Time varies depending on the tide.** **BY RESERVATION ONLY.** Call Province Lands Visitor Center.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

8am
5/31-6/14

9am
5/30-6/13

10am
5/30-6/13

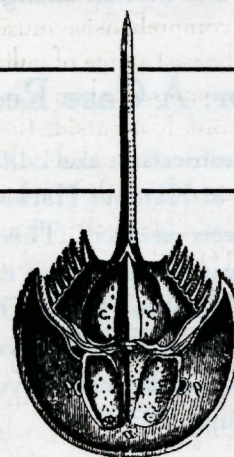
11am
5/30-6/13

2-3:30pm
5/30-6/13

10am
5/29-6/19

11am
5/29-6/12

2-3:30pm
5/29, 6/12,
6/19



6/2, 6/9

SPECIAL PROGRAMS...

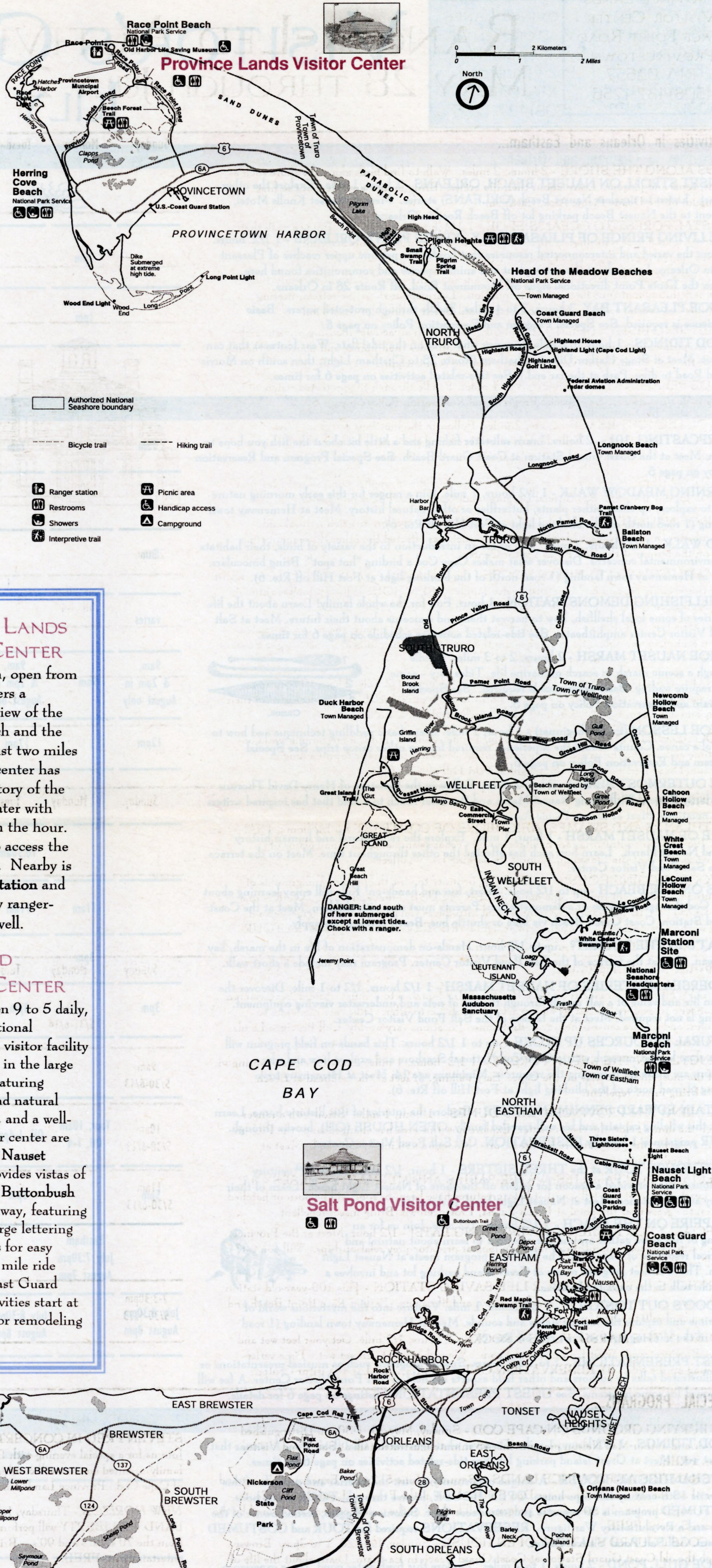
OLD BURYING GROUNDS ON CAPE COD - Sunday, May 30, 1:30pm. Distinguished professor and author Mac Nelson presents this 45 minute illustrated talk at Salt Pond Visitor Center. **FREE.**

SEA SHANTIES AT PROVINCE LANDS - Saturday, June 5, 2pm. Experience the art and humor of sea shanty music with singer Don Sineti. Meet at the Province Lands Visitor Center outdoor amphitheater. In case of rain, program will be held in the visitor center. Sponsored by the Cetacean Society. **FREE.**

OLD COAST GUARD STATION OPEN HOUSE - Sunday, June 20, 1 to 3pm. Browse through the old Coast Guard Station at Coast Guard Beach in Eastham. Learn about the life of "Surfmen" and the heroic efforts they took to save shipwreck victims. **FREE.**

STEVEN PREU IN CONCERT AT PROVINCE LANDS - Saturday, June 26, 7pm. Join us for a special evening with Black Oar Music Recording Artist Steven Preu. This family-oriented concert will combine stories and songs that celebrate the maritime history of Cape Cod. Province Lands Visitor Center auditorium. \$3 adults, 16 and under free.

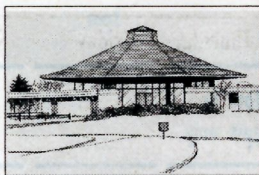
NEW HORIZON - Thursday, July 1, 7pm. The rock band of THE U. S. AIR FORCE BAND OF LIBERTY will perform two 45 minute sets of "top ten" popular rock music from the 70's, 80's and 90's. Bring the whole family for this evening of musical entertainment. **FREE.**



PROVINCE LANDS VISITOR CENTER

in Provincetown, open from 9 to 5 daily, offers a dramatic 360° view of the

Province Lands dunes, the Outer Beach and the Atlantic Ocean from its upper deck. Just two miles from the tip of Cape Cod, this visitor center has exhibits on the natural and human history of the area, a small bookstore and indoor theater with showings of park orientation movies on the hour. The Center is also an excellent place to access the five-mile Province Lands Bicycle Trail. Nearby is the historic Old Harbor Life-Saving Station and walking trails through the dunes. Many ranger-guided programs start at the center as well.



SALT POND VISITOR CENTER

in Eastham, open 9 to 5 daily, is Cape Cod National Seashore's main visitor facility

with orientation movies on the half hour in the large auditorium, a comprehensive museum featuring highlights of the vast range of cultural and natural history themes represented on Cape Cod, and a well-stocked bookstore. Just outside the visitor center are two popular nature trails: the 1 1/2 mile Nauset Marsh Trail skirts the Salt Pond and provides vistas of Nauset Marsh and Nauset Spit; and the Buttonbush Trail, a short 1/4 mile multisensory pathway, featuring a guide rope and text panels printed in large lettering and Braille. The visitor center also allows for easy access to the Nauset Bicycle Trail, a 1.6 mile ride which leads to the Atlantic Ocean at Coast Guard Beach. In addition, many ranger-led activities start at the center. Plans are underway for a major remodeling project, slated to begin in 2001.

SALT POND
VISITOR CENTER
ROUTE 6
EASTHAM,
MA 02642
(508)255-3421

PROVINCE LANDS
VISITOR CENTER
RACE POINT ROAD
PROVINCETOWN,
MA 02657
(508)487-1256

VISITOR'S GUIDE TO...

JULY 3 THROUGH

Activities in Chatham and Orleans...	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.					7pm		
THE LIVING FRINGE OF PLEASANT BAY, KENTS POINT, ORLEANS - 1 1/2 hours. Explore the varied and interconnected resources that border the pristine upper reaches of Pleasant Bay in Orleans. Learn about the many plant and animal species and communities found here. Follow the Kents Point directional signs off Monument Road, off Route 28 in Orleans.		2pm					
CANOE PLEASANT BAY 3 hours, 3 to 4 miles. Paddle through protected waters. Basic experience is required. See Special Program and Reservation Policy on page 5.		1pm		1pm		1pm	
GOOD TIDINGS - 1 hour, 1/2 mile. Discover what lives on the tidal flats. Wear footwear that can get wet. Meet at Stage Harbor Dike in Chatham (Route 28 to Chatham Light, then south on Morris Island Road to dike. Park at the far end.). See tide-related activities on page 6 for times.					varies		

Activities in Eastham...	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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. See Special Program and Reservation Policy on page 5.	7am		7am				
MORNING MEADOW WALK - 1 1/2 hours, 1 mile. Join a ranger for this early morning nature walk to explore, up close, either plants, butterflies or other natural history. Meet at Hemenway town landing (1 road north of the blinking light at Fort Hill off Rte. 6).						8am	
BIRD WALK - 1 1/2 hours, 1 mile. Join us for an introduction to the variety of birds, their habitats and environmental concerns. Discover what makes Cape Cod a birding "hot spot". Bring binoculars. Meet at Hemenway town landing (1 road north of the blinking light at Fort Hill off Rte. 6).	8am						8am
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. See tide-related activities schedule on page 6 for times.	varies						
CANOE NAUSET MARSH - 2 hours, 2 to 3 miles. Paddle through a scenic marsh in search of marine life. Tides vary - some trips require wading. Basic experience is required. See Special Program and Reservation Policy on page 5.	9am, & 2pm in August only	9am	9am, & 2pm in August only	9am	7:30am, 10:30am	9am	9am
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. See Special Program and Reservation Policy on page 5.	12pm		12pm	12pm			
THE OUTERMOST BEACH - 2 hrs, 2 miles. Follow in the footsteps of Henry David Thoreau and Henry Beston. Walk along Nauset Marsh and the outer beach to a land that has inspired writers for generations. Meet at Doane Picnic Area.						9:30am	
LORE OF NAUSET MARSH - 1 hour, 1 mile. Explore the rich natural and human history around Nauset Marsh. Learn how each has effected the other throughout time. Meet on the terrace at the Salt Pond Visitor Center.			10:30am				10:30am
KIDS ON THE BEACH - up to 1/2 hour. 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 via bike or shuttle bus. Beach parking fees apply.		11am	11am	11am	11am	11am	
WHAT'S IN THE BUCKET? - up to 1/2 hour. 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.		3pm		3pm		3pm	
UNDERSEA MYSTERIES OF NAUSET MARSH - 1 1/2 hours, 1/2 to 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.	3pm		3pm		3pm in August only		3pm
NATURAL RESOURCES UP CLOSE - up to 1 1/2 hours. This hands-on field program will take a close look at research within Cape Cod National Seashore and explore how and why decisions are made for managing the resources. Minimum age 14. Meet at Hemenway town landing (1 road north of the blinking light at Fort Hill off Rte. 6).							2:30pm
CAPTAIN EDWARD PENNIMAN HOUSE - Explore the interior of this historic home. Learn about this whaling captain and his well-traveled family. OPEN HOUSE (OH), browse through. TOUR program is 1 hour by RESERVATION. Call Salt Pond Visitor Center.		Tour, 10am OH, 1-4	OH, 1-4pm	Tour, 10am OH, 1-4pm	OH, 1-4pm	OH, 1-4pm	Tour, 10am
LIGHTHOUSE TOUR at the THREE SISTERS - 1 hour, 1/2 mile. These 19 th -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.	5pm		5pm				
CAMPFIRE ON THE BEACH - 1 1/2 hours, 1/2 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 1/2 mile walk to the campfire location.		Eastham July 7:30pm August 7pm		Eastham July 7:30pm August 7pm			Wellfleet July 7:30pm August 7pm
WHOOO'S OUT TONIGHT? - 1 1/2 hours, 1 mile. Venture into the mysterious world of nighttime and explore the various sights and sounds. Meet at Hemenway town landing (1 road north of the blinking light at Fort Hill off Rte. 6).	July 8:30pm August 8pm		July 8:30pm August 8pm				
GUEST PRESENTATIONS - 1 to 1 1/2 hours. Special programs such as musical presentations or slide-illustrated talks by authors and other field experts are held at Salt Pond Visitor Center. A fee will be charged for some programs. See GUEST PRESENTATIONS listings on page 6 for details.					7pm		

Activities in Wellfleet...	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GOOD TIDINGS - 1 1/2 hours, 1 mile. Discover what lives on the tidal flats. Wear footwear that can get wet. Meet at Great Island parking lot. See tide-related activities on page 6 for times.			varies				varies
ATWOOD-HIGGINS HOUSE - A unique opportunity to visit the interior and grounds of this authentic 18th-century full Cape house. OPEN HOUSE, browse through. TOUR is one hour. COSTUMED program is 30 minutes and introduces Capt. Solomon Higgins, second owner of the house and a Revolutionary War figure. RESERVATIONS required for TOUR and COSTUMED program. Call Salt Pond Visitor Center.				Tour, 1pm OH, 2-4pm	Costumed 10 & 10:45am OH, 1-4	Tour, 1pm OH, 2-4pm	
CANOE GULL POND - 2 hours, 1 to 2 miles. Explore this fresh water pond. Basic experience required. See Special Program and Reservation policy on page 5.			4pm				

RANGER-LED ACTIVITIES

SEPTEMBER 4, 1999

Activities in Truro...

PILGRIM LAKE DUNES HIKE - 2 1/2 hours, 2 miles in loose sand. Journey into the largest sand dunes on the Cape, including the unusual parabolic dunes. Bring water, hat, and sunscreen. Meet at the dirt parking lot at the end of High Head Road in North Truro.

LIFE AT THE TRURO HIGHLANDS - 3/4 hour, 1 mile. Stroll back nearly a century and explore the historic Highlands resort area including the Highland Golf Links and Highland Light. End with a spectacular view of the Atlantic. Take Route 6 to Cape Cod (Highland) Light exit in Truro. Follow signs to the lighthouse. Meet on the porch of the Highland House Museum.

FROM THE AIR FORCE TO THE ARTS AND ENVIRONMENT - 1 1/2 hour, 1 mile. Learn about the history and exciting plans for a recent Seashore acquisition: the former North Truro Air Force Station. Take Route 6 to Cape Cod (Highland) Light exit in Truro. Continue past the turn to the lighthouse, and turn left onto Old Dewline Road. Meet at the parking lot outside the station entrance.

BALLSTON BEACH CAMPFIRE - 2 hours, 1 mile in loose sand. Enjoy twilight on the outer beach with stories around the campfire. Dress for cool evenings. Bring insect repellent. Meet at the hostel at the end of North Pamet Road, off Route 6, Truro.

Activities in Provincetown...

SURFCASTING 101 - 2 hours. Learn the basics of saltwater fishing, a little about the history of fishing in Provincetown and the fish you might catch. **BY RESERVATION ONLY.** See Special Program and Reservation Policy below.

WINGS OVER THE CAPE - 2 1/2 to 3 hours, 1 to 2 miles. Discover the great variety of bird life on Cape Cod on these introductory walks to current birding "hot spots". Bring binoculars and field guides, if possible. **BY RESERVATION ONLY.** Call Province Lands Visitor Center.

MONDAY MORNING HIKING CLUB - 3 to 4 hours, 3 to 5 miles. Join a local, veteran park ranger to explore the beauty and variety the park has to offer. Hikes are moderate to strenuous, and feature out-of-the-way destinations. Locations vary weekly. Call Province Lands Visitor Center.

A FAMILY AFFAIR - Short programs (1/2 hour to 1 hour) of stories, walks, and fun activities will introduce families to the many wonders of the National Seashore. *What's In the Bucket?* is designed for toddlers and pre-schoolers. *Hands-On Squids* is designed for ages 8-12, and **requires advance sign-up at Province Lands Visitor Center.** **Parents must remain with children.** All programs begin at 10am except for the Lifeguard Demonstration which begins at 1pm.

TOUR OF THE TOWN - 2 hours, 3 miles. Step back into the past for this walking tour of the history of Provincetown co-sponsored and presented with the Pilgrim Monument and Museum. **BY RESERVATION ONLY.** Call the Pilgrim Monument and Museum (487-1310). \$5 per person.

CANOE DISCOVERY - 2 to 2 1/2 hours, 1 to 3 miles. Explore a pond, lake, bay, or marsh. **Designed for intermediate canoeists with prior experience.** See Special Program and Reservation Policy below. Program starts July 2nd.

SEASHORE SNAPSHOT - 15 minutes. Join a ranger on the observation deck atop the Province Lands Visitor Center for spectacular views of ocean and dunes and a brief glimpse into the Seashore's rich natural or cultural history.

EXPLORING HATCHES HARBOR - 3 hours, 2 1/2 miles. Hatches Harbor offers beautiful views of Race Point Light and fine birding. It's also the location of the park's current salt marsh restoration project. Wear comfortable walking shoes, and bring others that can get wet if tides require wading. **BY RESERVATION ONLY.** Call Province Lands Visitor Center. Program starts July 2nd.

WADING IN THE MARSH, FLATS & ROCKS - 2 hours, 1/2 mile. Get your feet wet and explore Provincetown's West End inter-tidal zone. Wear shoes that can get wet. **BY RESERVATION ONLY.** Call Province Lands Visitor Center to sign up and for variable times.

PROVINCE LANDS DUNE WALK - 1 hour, 1 mile in loose sand. Stroll with a ranger through the dunes below the visitor center and explore how this area has changed since the Pilgrim landing and what the prospects are for the future. Meet at Province Lands Visitor Center.

THE BEAUTY OF STELLWAGEN BANK - 3/4 hour. Stellwagen Bank National Marine Sanctuary, north of Race Point, teems with life. This slide-illustrated program will introduce you to marine life such as baleen and toothed whales, sand lance, Mola mola, and others that benefit from this underwater preserve. Province Lands Visitor Center auditorium.

ART IN THE DUNES - 3 hours, 4 miles in loose sand. On this long hike, meet an artist-in-residence and view firsthand the quality of light, natural environment, and isolation that attract artists and writers to Provincetown. Wear sturdy shoes, a hat, and sunscreen. Bring insect repellent. **BY RESERVATION ONLY.** Call Province Lands Visitor Center. Program starts July 2nd.

OPEN HOUSE AT OLD HARBOR LIFE-SAVING STATION - This century-old station sets the stage for stories about storms, shipwrecks, and lifesaving. Park at Race Point Beach, Provincetown, and take the boardwalk to Old Harbor. \$7 beach entrance fee applies.

HISTORIC BEACH APPARATUS DRILL AT OLD HARBOR LIFE-SAVING STATION - 1 hour. The Cape's shipwreck and lifesaving histories come alive in this reenactment of a 1902 rescue drill, complete with surfmen, firing of the Lyle gun, and use of the breeches buoy. \$3 adults, \$1 seniors over 62, 16 & under free. Reservations are not required. Pay at Race Point Beach fee booth after 5:30pm. Program starts July 1st.

HERRING COVE CAMPFIRE - 1 1/2 hours, 1 mile. Share stories around the campfire as you watch the sun set over Cape Cod Bay. Meet at the end of the north (right side) parking lot at Herring Cove Beach, Provincetown. Program starts July 1st.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

8am



10am

2pm

July 8pm,
August
7:30pm

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

7am



8am July,
8/14, 8/28.
2pm
8/7, 8/21

8am
except
8/16

Sand Modeling
Amphitheater
(through 8/29)

What's In the
Bucket?
Beech Forest

Nature Detectives
Beech Forest

Dune Walk
Province Lands
Visitor Center

Lifeguard
Demonstration
Race Point Beach

Hands-on Squids
Province Lands
Visitor Center

Everything Eats!
Amphitheater

9am
through 8/3

9:30am

11:30am
1:30pm
2:30pm

11:30am
1:30pm
2:30pm

11:30am
1:30pm
2:30pm

11:30am
1:30pm
2:30pm

11:30am
1:30pm
2:30pm

11:30am
1:30pm
2:30pm

1:30pm

9:30am

varies

2pm

3pm

2pm



2pm

2pm

4:30pm
thru 8/25

4:30pm
thru 8/27

3-5pm

3-5pm

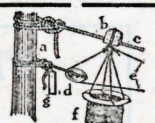
3-5pm

3-5pm

3-5pm

3-5pm

6pm



July 8pm
August
7:30pm

SPECIAL PROGRAM AND RESERVATION POLICY

Canoe programs cost \$15 per adult, \$9 per child 16 and under. Surfcasting demonstrations cost \$12 per person (adult or child). Canoe lessons costs \$7 per adult, \$5 per child 16 and under. Canoe and surfcasting programs require advance reservations. Tickets are available 7 days in advance and must be purchased either in person at visitor centers prior to 4:30pm daily, or by phone with a credit card. All equipment is provided. You may have to wade and assist with moving equipment on canoe programs. Wear shoes that can get wet. The canoe lesson offered meets the basic experience required by other park-sponsored canoe trips.

Directions to meeting locations may be obtained at the visitor centers. Reservations for historic house tours and other special programs as noted may be made either in person or by phone to Salt Pond Visitor Center at (508)255-3421 or Province Lands Visitor Center at (508)487-1256.

...1999 EVENTS AT THE SEASHORE...



David Barto as Thoreau

Thoreau Returns to Cape Cod

This summer noted nineteenth-century literary figure and naturalist Henry David Thoreau returns to Cape Cod engaging in informal chats and presenting lively children's programs and amusing lectures at park sites in Eastham and Wellfleet. Professor David Barto, the personality behind the character, has portrayed

Thoreau for more than 15 years; you may have seen him at Walden Pond between 1984 and 1995. Meet Henry David Thoreau in person and learn of his extensive knowledge of the Outer Cape in the 1850s, his interests in civil rights, and his passion for the environment. Programs are free, except Saturday evenings.

A Children's Hour with Thoreau - Sundays, 1pm at Salt Pond Visitor Center, Eastham. Amusing and interactive recollections of children's activities from yesterday. Fun for the whole family.

Reflections on Wellfleet - Wednesdays from 1 to 3pm at the Atwood-Higgins house area, Wellfleet. Recollections of the Wellfleet Oysterman and other Cape Cod stories.

Adventures with Henry - 1 hour, 1 1/2 miles. Thursdays. Call Salt Pond Visitor Center for times and locations. A ramble through the Outer Cape.

Sunrise Walk - 1 1/2 miles, 1 hour. Fridays, 6am at Nauset Light Beach in Eastham.

An Evening with H. D. Thoreau, naturalist, author, and world philosopher - Saturday, 7pm at Salt Pond Visitor Center, Eastham. \$3.00 per adult, \$2.00 per child 16 and under (not recommend for children under 12 years old).

Tide-Related Activities Schedule

Two of the programs offered through Salt Pond Visitor Center are scheduled based on the time of the tides each day. Here are the designated times for those programs:

Shellfishing Demonstration:

Sundays	4th at 1pm	Sundays	1st at 11:30am
in	11th at 6:30pm	in	8th at 6:30pm
July	18th at 1pm	August	15th at 11am
	25th at 6:30pm		22nd at 5pm
			29th at 10:30am
	and September 5th at 4:30		

Good Tidings:

Tuesdays	6th at 10am	Tuesdays	3rd at 9am
in	13th at 5pm	in	10th at 4:30pm
July	20th at 10:30am	August	17th at 7:30am
in	27th at 4:30pm	in	24th at 3pm
Wellfleet		Wellfleet	31st no program
Thursdays	1st at 7:30am	Thursdays	5th at 11:30am
in	8th at 1pm	in	12th at 6pm
July	15th at 7pm	August	19th at 11:30am
in	22nd at 1pm	in	26th at 1:30am
Chatham	29th at 6:30pm	Chatham	
Saturdays	3rd at 7:30am	Saturdays	7th at 12:30pm
in	10th at 2pm	in	14th at 6pm
July	17th at 8am	August	21st at 12:30pm
in	24th at 2pm	in	28th at 12pm
Wellfleet	31st at 6:30pm	Wellfleet	

GUEST PRESENTATIONS - UNLESS OTHERWISE NOTED, ALL PROGRAMS ARE ON THURSDAYS AT 7PM AT THE SALT POND VISITOR CENTER, EASTHAM.

BIG FISH, LITTLE OCEAN - July 8th. Pat Scida from National Marine Fisheries Service in Gloucester will present a slide-illustrated program about the most sought after fish in the ocean, bluefin tuna, swordfish, sharks and billfish. Some concerns about their declining populations will be addressed. **FREE.**



THE SECRET LIVES OF AMERICAN CROWS - July 15th.

Crows and ravens are thought to be the most intelligent birds in North America. June Chamberlain-Auger will present a summary of her graduate work on the social behavior of crows on Cape Cod, carried out while a student at Tufts University. **FREE.**

STEVEN PREU IN CONCERT

Salt Pond Visitor Center - July 22nd.
Province Lands Amphitheater - August 7th.
Join us for a special evening with Black Oar Music Recording Artist Steven Preu. This family-oriented concert will combine stories and songs that celebrate the maritime history of Cape Cod.
\$3.00 adults, children 16 and under free.
Both concerts start at 7pm.



COYOTES ON CAPE COD - July 29th. Learn about the methodology and behavioral patterns of coyotes on Cape Cod. This program will be presented by University of Connecticut graduate

student Jon Way who is conducting current research, including radio monitoring, on local coyotes. **FREE.**

CELTIC MUSIC - Friday, July 30th. The group *Shorten the Road* performs music on a variety of instruments: fiddle, banjo, concertina and tin whistle. Adults \$2.00, children 16 and under free.

GEOLOGY OF CAPE COD - August 5th. Dr. Frank Fessenden, a Professor from the Science Department of Bentley College, will present a slide-illustrated talk on the Geology of Cape Cod. **FREE.**

LAND HO! - August 12th. A Mayflower passenger (from Plimoth Plantation) will talk about his experiences during the first month in North America. As the Mayflower lay at anchor in Provincetown Harbor, the men set out to explore the Outer Cape in search of a suitable site for their new home. Adults \$3.00, children 16 and under \$2.00.

PETTICOATS AT SEA - August 19th. Join Storyteller Joan Gatturna for a program based on the real life adventures of several New England women who proved their courage and skill when faced with perils from the sea. Adults \$3.00, children 16 and under \$2.00.

ALL ABOUT OWLS August 26th at 5pm. Neither evil spirits nor Walt Disney creations, these nocturnal birds have been misunderstood for centuries. This program, which features several different live owls, separates their natural from their un-natural history. Join Julie Collier and Jim Parks, licensed raptor rehabilitators, for an exciting 45 to 60 minute program. Adults \$3.00, children 16 and under \$2.00.



NORTH AMERICAN BIRDS OF PREY - August 26th at 7pm. See several live North American non-releasable birds of prey. Julie Collier and Jim Parks will explain the birds' place in the environment, their different hunting adaptations, and their status in a rapidly changing world in this 45 to 60 minute program. Adults \$3.00, children 16 and under \$2.00.

Superintendent's
Message...
...from Maria Burks

A good friend is a blessing in life. Friends enrich our days and enhance the enjoyment of life's pleasures. They are the folks we call when we're giving a party or have an extra theater ticket. They also help us through bad times - we call them when the car breaks down, the babysitter fails to show, or our landlord gives us less than two weeks to vacate.

A park can have friends, too. Cape Cod National Seashore is blessed to have many such supporters. In fact, we have an official group of friends, called just that: Friends of Cape Cod National Seashore. These folks pay a small membership fee to join a group whose sole purpose is to support the park. Watch for their newsletter at park visitor centers and learn about some of the interesting "parties" they and we are throwing. Consider joining!

But even beyond our Friends group, we have supporters and partners of all sorts. These are individuals and groups with many interests and purposes, some of which happen to be the same as the Seashore's. When we find each other, wonderful things can happen. Think, for example, of the recent moves of Highland Light and Nauset Light, and their associated keeper's cottages. Those moves would not have happened without the private Truro Historical Society and Nauset Light Preservation Society, respectively. Now, the buildings are maintained and opened to the public by those organizations on behalf of the park.

Then consider our volunteers. These energetic and committed individuals (and sometimes groups) see a need in the park and are willing to devote personal sweat equity to meeting it. They get no remuneration for their efforts, but tell us they find the work deeply satisfying.

If you hike a neatly brushed trail this summer, a volunteer may have cleared it. Plan to visit the Captain Penniman House? Expect to meet a volunteer who will give you the tour.

"Volunteers enhanced your park last year to the tune of over 13,000 hours of donated service."



Volunteers plant beach grass at the April 1999 Herring Cove restoration project sponsored by The Friends.

We have educational partners, too. Several school districts on the Cape work with us to provide environmental learning experiences to students both in classrooms and through residential programs in the park. The schools provide the teachers, the classrooms and the kids, and we provide rangers, specialized instruction, a place to stay and, of course, the park.

We also have concessionaires. These may be either for-profit or not-for-profit businesses that provide our visitors with services we cannot offer. The Town of Truro currently runs the Highland Links historic golf course (and keeps it maintained to strict historical standards). Businesses offer food or lodging at Herring Cove in Provincetown, Ballston Beach in Truro (a hostel) and Nauset Beach in Orleans.

This list of partners is just representative; the actual list is literally endless. It runs the gamut from our official Advisory Commission appointed by the Secretary of the Interior, to members of the public who send us letters of suggestion, complaint or advice. And, we make new "friends" every year. The fact of the matter is, we'd find it hard to get through life without our friends.

JUNIOR RANGER PROGRAM

Children age 5 and up are welcome to participate in Cape Cod National Seashore's Junior Ranger Program. This program encourages children to explore our park and investigate some of the unique resources.

To participate in the program, stop by one of the visitor centers. Families with children 8 years and over will need to purchase a Junior Ranger Activity Book (\$2.05) and request a list of requirements. After completing the requirements, each youngster will receive a free Junior Ranger Patch at one of the visitor centers.

Children ages 5 to 7 can earn a special Junior Ranger souvenir by picking up and completing a list of requirements for their age group at a visitor center too.

Our schedule features many programs especially suitable for families and children.



Join the FRIENDS OF THE CAPE COD NATIONAL SEASHORE
and Enhance Your Enjoyment of Our Precious Resources

The spectacular natural and cultural resources of the Cape Cod National Seashore are managed and maintained by the National Park Service for everyone to enjoy. But there is a group of people, bonded by their love for the Seashore, who have decided to do something special to help protect and preserve this beautiful, yet fragile environment.

The Friends of the Cape Cod National Seashore is a young and thriving organization committed to the support and promotion of historical, scientific, educational and recreational projects of the Seashore for which there are no federal funds available. Among its many activities are: assisting with the maintenance of public hiking trails, coordinating conservation projects such as planting beach grass to prevent dune erosion; funding the restoration of historic structures; making Seashore facilities and programs more accessible to the handicapped; and administering special funds for research and archive projects.

If you would like to help with these and other worthwhile projects, the Friends of the National Seashore is a great place to start. Just take a moment to fill out the form below and join with more than 500 other terrific people who enjoy a very special and caring relationship with the National Seashore.

-----Clip along this line-----
Name _____ Phone _____
Permanent Mailing Address _____
City/Town _____ State _____ ZIP _____

___ Individual \$15___ Family \$25 (Husband/Wife & Children Under 18) ___ Sustaining \$75 () Contact me about becoming a FRIENDS volunteer

MAIL THE COMPLETED FORM AND YOUR CHECK TO: Friends of the Cape Cod National Seashore, P. O. Box 550, Wellfleet, MA 02667

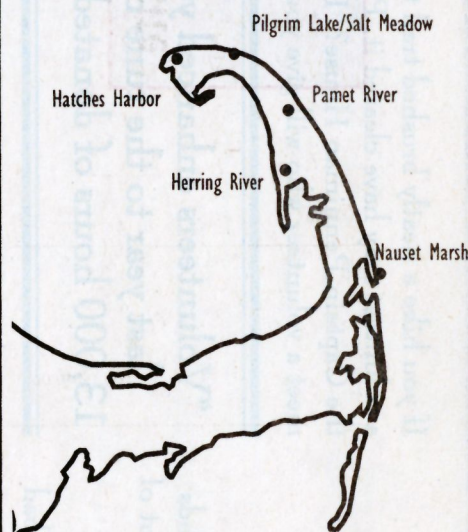


CAPE COD CURRENTS

THE OFFICIAL GUIDE TO CAPE COD NATIONAL SEASHORE 1999

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Extent of tidal restriction (diking) in the Seashore's major estuaries:

	Acres	% diked
Hatches Harbor, Provincetown	200	50
Pilgrim Lake/Salt Meadow, Truro	489	100
Pamet River, Truro	388	41
Herring River, Wellfleet	1100	91
Nauset Marsh, Eastham	2334	<2

Mending The Park: The Debate Over "Undoing History" to Restore Critical Ecosystems

by William Burke and Dr. John Portnoy

National parks preserve cultural and natural resources and provide for public enjoyment. At Cape Cod National Seashore, should we preserve "1961 Cape Cod," the year in which the park was established, or should we restore specific, significant ecosystems to "Pre-1620 Cape Cod?" The answer to both questions is: "It depends."

Any decision to attempt ecosystem restoration must be tempered by the need to preserve cultural features that are recognizably Cape Cod and have their own set of public values and benefits.

A salt marsh restoration project at Hatches Harbor in Provincetown is already underway. Potential ecosystem restoration projects currently being considered include Truro's Pilgrim Lake (once a navigable harbor until diking in the 1860s), the upper Pamet River (part of the Great Pamet salt marsh estuary until 1870),

heathland and dune areas, and the Herring River in Wellfleet.

Cape Cod National Seashore is an unusual park by national park standards. Compared to western parks with millions of acres of wilderness, this national seashore is tiny and suburban. This suburban transformation changed large portions of the original landscape. Nineteenth century "improvements" for transportation, wetland mosquito control or to support local industries often disturbed the native ecosystems that had supported local people, including Native Americans, for thousands of years. Local industries like salt making, grazing, farming and cranberry growing denuded the forests and set the sands of large dune systems free again. Railroad grades and roads for modern transportation dissected flood plains and blocked tidal flow from salt marsh estuaries.

(continued on page 1)

Area Information

Park Information (area code 508)

Salt Pond Visitor Center, Route 6 and Nauset Road, 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

EMERGENCY INFORMATION

In an emergency CALL 911.

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

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.

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

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

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Cape Cod National Seashore Website
Visit our expanded website at
<http://www.nps.gov/caco>

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