

Cape Cod National Seashore



Activity Guide



2000

Explore Cape Cod National Seashore

*Welcome to Cape Cod National Seashore.
We hope the information and suggestions found in this publication
enhance your national park experience on Cape Cod.*

Begin at one of the park's visitor centers

Salt Pond Visitor Center, off Route 6, Eastham, open 9 to 4:30 daily (extended hours during the summer), is Cape Cod National Seashore's main visitor facility with orientation films on the half hour, a comprehensive museum featuring highlights of the vast range of cultural and natural history themes represented on Cape Cod, and a well-stocked bookstore.

Province Lands Visitor Center, off Race Point Road, Provincetown, open from 9 to 5 daily mid-April through late-November, 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 natural and human history of the area, a small bookstore and indoor theater with showings of park orientation films.

Both visitor centers are staffed with rangers and volunteers eager to assist you in planning your visit. Restrooms and public telephones are available.

Walking and hiking self-guiding nature trails

There are eleven self-guiding nature trails at the Seashore that are open year round: in Eastham - the Fort Hill, Red Maple Swamp, Buttonbush, Nauset Marsh and Doane Trails; in Wellfleet - the Atlantic White Cedar and Great Island Trails; in Truro - the Pamet,

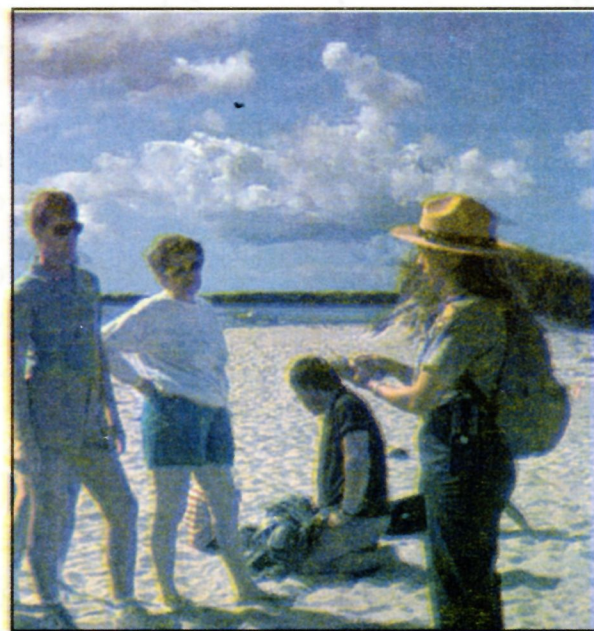


Lady's-slipper

Small's Swamp and Pilgrim Spring Trails; and the Beech Forest Trail in Provincetown. Individual self-guiding interpretive trail folders (with information on specific natural and historic features) are available at some trailheads. Trailside plant identification markers are referenced in the *Common Trailside Plants* guidebook on sale at park headquarters and both visitor center bookstores. Pick up the Self-Guiding Nature Trails folder for more information.

Ranger-led programs

Join us for nature walks, family programs, historic building tours and open houses, canoe trips, surfcasting and shell fishing sessions, special events and much more. See inside for details.



Biking

There are three bicycle trails under the care and maintenance of Cape Cod National Seashore: Nauset Trail in Eastham (1.6 miles), Head of the Meadow Trail in Truro (2 miles), and the Province Lands Trail (loop trail 5.45 miles) in Provincetown. Massachusetts state law requires children younger than 13 to wear protective helmets when operating or riding as a passenger on a bicycle. It is advisable that all riders, regardless of age, wear protective headgear to ensure a safe and enjoyable biking experience.

What's Inside... park map, park orientation, calendar of events, nature calendar with tidechart, local area information and more.

**...Stay in touch with Cape Cod National Seashore
on the world wide web at www.nps.gov/caco**

More of Cape Cod National Seashore...

Beaches, swimming, saltwater recreation

Coast Guard, Nauset Light, Marconi, Head of the Meadow, Race Point and Herring Cove beaches, stretching from Eastham to Provincetown, provide a variety of experiences for ocean swimming, fishing, beach combing and other recreational pursuits. All Seashore beaches have bathhouse facilities and are staffed with lifeguards from late-June through early-September when fees are collected. Free, seasonal shuttle buses serve Coast Guard Beach from the Little Creek parking area off Doane Road in Eastham. Shuttle bus service is newly available from various points in North Truro and Provincetown to Herring Cove beach for a nominal fee. Herring Cove is the only beach with a snack bar concession. The use of floats, rubber rafts and similar items is prohibited at lifeguard-protected areas. Surfing is permitted outside of the lifeguard-protected areas.

Permits for driving on Seashore oversand routes are required and available for purchase at Race Point in Provincetown. Bird nesting activity may force some route closures during the spring and summer. Call (508)487-2100 for general information. Call (508)487-3698 for route closure information.

Cape Cod beaches are prime nesting territory for the endangered piping plover and the threatened roseate tern.

Visitors are expected to respect marked closed areas.



Accessibility

Many park facilities and services are accessible to disabled visitors. Large print versions of official park publications and the Buttonbush Trail are available for those with impaired vision. If you are hearing impaired, scripts or captioning for various park films are available upon request. Personal PA systems and TDD for incoming and outgoing telephone calls are available upon request at Salt Pond Visitor Center. Coast Guard and Herring Cove beaches provide accessible parking, restrooms, changing facilities and beach wheelchairs. In addition, Herring Cove beach features specially designed showers that can accommodate wheelchairs.

Park trails at Doane Rock in Eastham, the Marconi Station Site in Wellfleet and the Old Harbor Life-Saving Station in Provincetown have been surfaced to accommodate wheelchairs. Ask for a copy of the park's accessibility folder for more information.

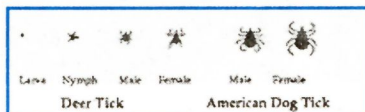
Safety at the Seashore



Poison ivy is prolific in many locations. The rash it causes can cause severe discomfort. "Leaves of three, let it be".

Use sunscreen to avoid sunburn. Use a waterproof sunscreen if you intend to go swimming.

Take precautions to avoid contact with insects. Mosquitos may carry encephalitis or the West Nile virus. Deer ticks may carry lyme disease. Stay on trails, out of tall grasses and inspect clothes and skin. Use repellent and wear proper clothing.



Rip currents and undertow are common, dangerous conditions along ocean beaches. Stay safe by swimming in lifeguard-protected areas.

Campfire Permits

A limited number of campfire permits per day, per Seashore beach, are available and may be reserved up to 3 days in advance by calling Salt Pond Visitor Center for Coast Guard, Nauset Light and Marconi beaches, or Province Lands Visitor Center for Head of the Meadow, Race Point and Herring Cove beaches. Permits need to be picked up at the reserving visitor center prior to 2pm the day of the fire.

Camping

Cape Cod National Seashore does not offer camping. However, many privately-owned campgrounds are available in the area. The only nearby state campground is Nickerson State Park in Brewster, and can be reached at (508)896-3491.

Pets

Ask at Seashore visitor centers or ranger stations to locate areas where pets are permitted and restrictions that apply. Specific areas where pets are prohibited are posted.

Park Information

(all area code 508)

Salt Pond Visitor Center	255-3421
Province Lands Visitor Center	487-1256
North District Ranger Station	487-2100
South District Ranger Station	255-2112
Park Headquarters	349-3785

**For emergencies inside
and outside the park,
DIAL 911.**

Entrance Fees

**Cape Cod National Seashore
2000 entrance fee schedule,
late-June through early-September.**

All passes are available at beach entrance stations and visitor centers

Daily entrance*: \$7 per day per vehicle;
\$1 per pedestrian or
bicyclist;
under 16 free

Seasonal pass*: \$20 per vehicle for
unlimited entrances
at all Seashore beaches

** 80% of revenues generated stay within Cape Cod National Seashore as part of the Fee Demonstration Program enacted by Congress in 1997. Monies have rebuilt the Red Maple Swamp trail in Eastham, re-roofed the Old Harbor Life-Saving Station in Provincetown, and renovated and refurbished the bathhouses and restrooms at Herring Cove, Head of the Meadow and Race Point beaches.*

And Introducing...

\$50, "Parks Pass" good for one year from purchase for entrance fees at all national parks. Pass package includes a Pop-Out™ map of the national parks, a Proud Partner decal and an offer for the free GoParks Newsletter. More than 80% of revenues from Parks Pass sales support vital national park programs nationwide including those that benefit Cape Cod National Seashore. Also available for purchase online at www.nationalparks.org or by calling 1-888-GO-PARKS.

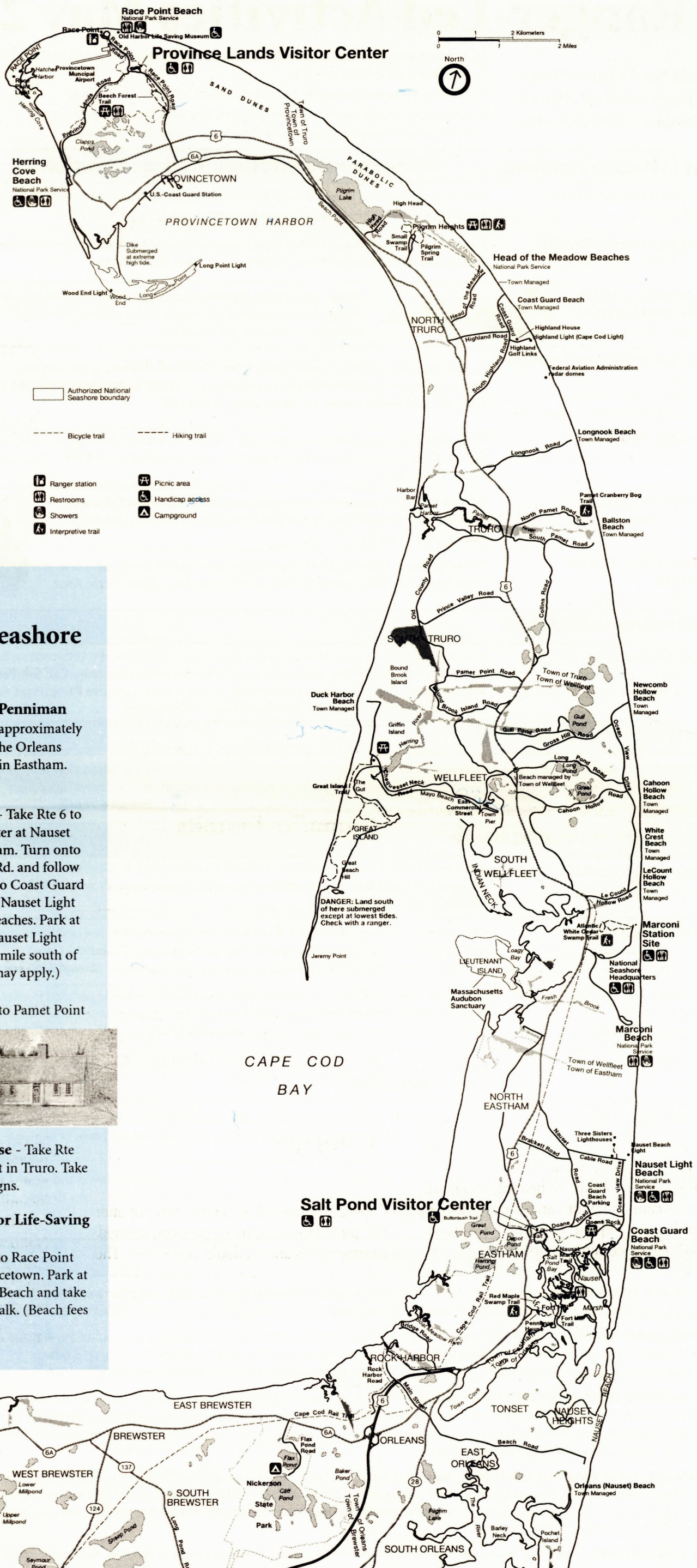


Other entrance fee passes:

\$15, upgrade for Parks Pass, good for one year at all federal recreation areas;

\$10, Golden Age Lifetime Pass, for all federal recreation areas, US citizen 62 years or older;

Free, Golden Access Lifetime Pass, for all federal recreation areas, US citizen with disability.



Historic Buildings at Cape Cod National Seashore Directions:

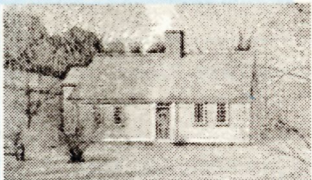


Captain Edward Penniman House - off Rte 6, approximately one mile north of the Orleans Rotary at Fort Hill in Eastham. Limited parking.

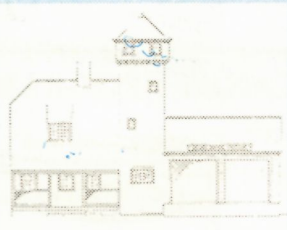


Nauset Light and the Three Sisters - Take Rte 6 to the traffic light at Salt Pond Visitor Center at Nauset Rd., Eastham. Turn onto Nauset Rd. and follow signs to Coast Guard and Nauset Light beaches. Park at Nauset Light beach. The Three Sisters are located 1/4 mile south of Nauset Light on Cable Rd. (Beach fees may apply.)

Atwood-Higgins House - Take Rte 6 to Pamet Point Rd. in Wellfleet. (The last road in Wellfleet before crossing the town line into Truro.) Take Pamet Point Rd. and follow signs to Atwood-Higgins. Limited parking.



Highland Light and Highland House - Take Rte 6 to the Cape Cod (Highland) Light exit in Truro. Take the turn to the lighthouse and follow signs.



Old Harbor Life-Saving Station
Take Rte 6 to Race Point Rd., Provincetown. Park at Race Point Beach and take the boardwalk. (Beach fees may apply.)

Ranger-Led Activities May 27 - June 30

Salt Pond Visitor Center
Nauset Road off Route 6
Eastham (508)255-3421

- ♿ Denotes programs that are accessible with minor assistance. Contact park staff for additional accessibility services.
- ★ Denotes programs especially suited for families with young children.
- ✓ Long pants (except canoe trips), appropriate footwear, hat, sunscreen, insect repellent and water are recommended for walks, hikes and canoe trips.

Province Lands Visitor Center
Race Point Road off Route 6
Provincetown (508)487-1256

Activities in Eastham	Program Description/Meeting Location	SU	MO	TU	WE	TH	FR	SA
THE OUTERMOST BEACH 2 hrs, 2 miles.	Follow in the footsteps of several well known authors along Nauset Marsh and the outer beach to a land that has inspired writers for generations. Doane Picnic Area.	10am						
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. Terrace at Salt Pond Visitor Center.	2pm				2pm		
LIGHTHOUSE TOUR of 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. Nauset Light Beach lot.	3pm, & 5 pm 6/11-6/25		3pm, & 5 pm 6/13-6/27				
CAPTAIN EDWARD PENNIMAN HOUSE T=TOUR, 10am, 1 hour. OH=OPEN HOUSE, 1-4pm.	Explore the interior of this historic home. Learn about this whaling captain and his well-traveled family. OPEN HOUSE , browse through. TOUR by RESERVATION ONLY. Call Salt Pond Visitor Center. Limited parking at Fort Hill.		T OH	OH	OH	OH	OH	T
COASTAL FORESTS 1-1/2 hours, 1-1/2 miles. ♿	Walk through a typical forest on Outer Cape Cod which leads to the edge of the sea. Discuss factors that influence the plants and animals that live there. Doane Picnic Area.						2pm	
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. Nauset Light Beach lot.			10am				10am
BIRDS OF THE FOREST & SHORE 2 hours, 1-1/2 miles.	This introduction to the birds of Cape Cod traverses coastal forest, salt marsh and ocean beach. Identify a variety of birds. Bring binoculars. Doane Picnic Area.							7:30am

Activities in Wellfleet		SU	MO	TU	WE	TH	FR	SA
ATWOOD-HIGGINS HOUSE T = TOUR, 1pm, 1 hour. OH= OPEN HOUSE, 1-4pm. ♿	A unique opportunity to visit the interior and grounds of this authentic 18th-century, full-cape house. OPEN HOUSE , browse through. TOUR by reservation only. Call Salt Pond Visitor Center. <i>Directions:</i> From Eastham, take Route 6 north. Left onto Pamet Point Road, the last road before crossing the Truro town line. Limited parking.				T	OH		

Activities in Truro		SU	MO	TU	WE	TH	FR	SA
HEATHLANDS AND BOGS OF THE PAMET VALLEY 2-1/2hours, 2-3 miles.	 Explore the changing landscape of the valley and experience the ocean view from atop Bearberry Hill. Meet at the trailhead parking area near the environmental education center at the end of North Pamet Road, off Route 6, Truro. Through 6/11 only.	2pm						

Activities in Provincetown		SU	MO	TU	WE	TH	FR	SA
SAND IN YOUR SHOES 1 hour, 1 mile in loose sand.	Stroll with a ranger through the dunes below the visitor center. Explore how the area has changed and how plants and animals survive in this environment. Province Lands Visitor Center. Through 6/11 only.	10am						
WRECKS AND RESCUES OH = Open House, 2-3:30 pm. ♿	Old Harbor Life-Saving Station is a reminder of the shipwrecks and rescues that occurred along Cape Cod. View rescue equipment and chat with a ranger about the Cape's maritime history. Park at Race Point Beach and take the boardwalk. Through 6/17 only.	OH	OH 5/29 only					OH
MONDAY MORNING HIKING CLUB 3-4 hours, 3-6 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 which vary weekly. Call Province Lands Visitor Center. Through 6/12 only.		8am					
FAMILY DUNE WALK 1 hour, 1 mile. ★	Take a short hike into the dunes and explore the circle of life. Province Lands Visitor Center. Through 6/17 only.							11am
MARSH MUCKING 2 hours, 1/2 mile. ★	Get your feet wet as you explore the abundance and diversity of life in an intertidal zone. By reservation only. Call Province Lands Visitor Center. Through 6/15 only.					Time varies		
HATCHES HARBOR HIKE 2-1/2 hours, 3 miles.	Hatches Harbor was diked in the 1930s. See how the marsh was altered and view current efforts to restore it. By reservation only. Call Province Lands Visitor Center. Through 6/16 only.						1:30pm	

Special One-Time Saturday Programs

LIFE OF THE MEADOW - May 27, 1pm. 2 hours, 1-1/2 miles. Explore the natural history of birds and other wildlife common in a Cape Cod meadow. Meet at Hemenway town landing, (1 road north of the blinking light) at Fort Hill, off Route 6, Eastham.

HIKING UNBEATEN PATHS - June 3 at noon. Up to 3-1/2 hours, 4 miles. Walk along the beach and on out-of-the-way fire roads and trails, to explore the natural history of coastal forests and ocean beaches. Meet at Doane Picnic Area, Eastham. The route travels past Coast Guard Beach, Nauset Light, then south through the forest to return to the meeting location.

BILLINGSGATE: INTO WELLFLEET'S PAST - June 10 at 1pm. 3-1/2 hours, 4 miles. Walk across Great Island, past the site of "Smith's" Tavern. Learn about the maritime history of Wellfleet where the Pilgrims witnessed Native Americans harvesting whale products. A century later, Wellfleet became the center of whaling on Cape Cod with the tavern serving those engaged in maritime activities. Meet at the Great Island lot in Wellfleet.

CHANGING FACES OVER THE CENTURIES - June 17 at 1pm. 2-1/2 hrs, 2 miles. Explore three centuries of human history at Fort Hill, where French explorer Samuel Champlain recorded some of the earliest descriptions of Native Americans in New England. Walk will include a trip to the *Cove Burying Ground* where several Mayflower passengers and the first town minister are buried. Meet at the lower lot at Fort Hill, Eastham.

GREAT ISLAND HIKE - June 24 at noon. Up to 3-1/2 hours, 4 miles. Explore the natural history of marshes, fields and glacial terrain of this former island, while enjoying wildlife and other natural features. Meet at Great Island Trail lot in Wellfleet.

CANOE PROGRAMS



PLEASANT BAY

Wednesdays at 1:30pm.

3 hours, 3-4 miles.

NAUSET MARSH

Fridays at 10am.

2 hours, 2-3 miles.

Paddle through scenic areas in search of marine life.

See Special Program and Reservation Policy on page 5.
Call Salt Pond Visitor Center for reservations and information.

Ranger-Led Activities July and August

Salt Pond Visitor Center
Nauset Road off Route 6
Eastham (508)255-3421

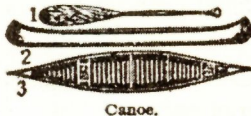
- ♿ Denotes programs that are accessible with minor assistance. Contact park staff for additional accessibility services.
- ★ Denotes programs especially suited for families with young children.
- ✓ Long pants (except canoe trips), appropriate footwear, hats, sunscreen, insect repellent & water are recommended for walks, hikes & canoe trips.

Province Lands Visitor Center
Race Point Road off Route 6
Provincetown (508)487-1256

SPECIAL PROGRAM AND RESERVATION POLICY

❖ Unless otherwise noted, to make reservations for programs from Chatham to Wellfleet call Salt Pond Visitor Center; for programs in Provincetown call Province Lands Visitor Center. ❖ Canoe programs cost \$15 per adult, \$9 per child 16 and under. ❖ Canoe lessons cost \$7 per adult, \$5 per child 16 and under. ❖ Surfcasting demonstrations cost \$12 per person (adult or child). ❖ Minimum age for canoe programs is 6, surfcasting is 12. ❖ 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 meets the basic experience required by other park-sponsored canoe trips. ❖ Canoe and surfcasting programs require advance registration. ❖ Tickets are non-refundable, available in advance, and must be purchased either in person at visitor centers, or by phone with a credit card, prior to 4:30pm daily.

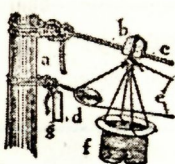
❖ Reservations for historic building tours and other special program as noted may be made either in person or by phone to Salt Pond or Province Lands Visitor Center. ❖ Directions to meeting locations may be obtained at the visitor centers.

Activities in Chatham/Orleans	Program Descriptions/Meeting Locations	SU	MO	TU	WE	TH	FR	SA
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				
CANOE PLEASANT BAY 3 hours, 3-4 miles.	Paddle through the protected waters of Pleasant Bay. Basic experience is required. By reservation only. See Special Program and Reservation Policy above.			1:30pm			1:30pm	
GOOD TIDINGS 1 hour. ★	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-influenced programs, page 7.							varies
								
Activities in Eastham	Program Descriptions/Meeting Locations	SU	MO	TU	WE	TH	FR	SA
SURFCASTING 101 2 hours.	Learn saltwater fishing and a little bit about the fish that inhabit these waters. Meet at the Coast Guard Station at Coast Guard Beach (Eastham). By reservation only. See Special Program and Reservation Policy above.					7:30am		7:30am
BIRD WALK Up to 2 hours, 1-1/2 miles.	Identify a variety of birds found along the shore and in upland areas. Appropriate for all levels. Meet at Salt Pond Visitor Center terrace. Bring binoculars.	7:30am						
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-influenced programs, page 7.	varies						
CANOE NAUSET MARSH 2 hours, 2-3 miles.	 Paddle through a scenic marsh in search of marine life. Tides vary - some trips require wading. Basic experience required. By reservation only. See Special Program and Reservation Policy above.	9am, & 2pm August only	9am, & 2pm August only	9am, & 2pm August only	9am	9am, & 2pm August only	9am, & 2pm August only	9am
CANOE LESSON (for the beginner) 1 hour, 1 mile.	Learn basic paddling technique and how to control a canoe. Counts towards experience required for our other canoe trips. By reservation only. See Special Program and Reservation Policy above.	12:30pm	12:30pm			12:30pm	12:30pm	
CAPTAIN EDWARD PENNIMAN HOUSE T=TOUR, 10am, 1 hour. OH=OPEN HOUSE, 1-4pm.	Explore the interior of this historic home and learn about this whaling captain and his well-traveled family. OPEN HOUSE , browse through. TOUR, by reservation only. See Special Program and Reservation Policy above. Limited parking.		T OH		T OH		OH	T
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 Salt Pond Visitor Center.		10:30am		10:30am			
THE OUTERMOST BEACH 2 hours, 2 miles.	Follow in the footsteps of several well-known authors along Nauset Marsh and the outer beach to a land that has inspired writers for generations. Meet at Doane Picnic Area.							5pm
COASTAL FORESTS 1-1/2 hours, 1-1/2 miles.	Walk through a typical forest on Outer Cape Cod that leads to the edge of the sea. Discuss factors that influence the plants and animals that live there. Meet at Doane Picnic Area.			9:30am				
								

Activities in Eastham (cont'd)	Program Descriptions/Meeting Locations	SU	MO	TU	WE	TH	FR	SA
IN SEARCH OF WILDLIFE 1-1/2 hours, 1-1/2 miles.	Search for birds, animal sounds, tracks and other evidence which indicate that wildlife is abundant and nearby. Meet at Doane Picnic Area. 					7:30am		
KIDS ON THE BEACH up to 30 minutes. ★ &	Short, fun and hands on! Kids will have fun learning about Cape Cod through activities or a demonstration. Parents must stay with children. Meet at the bottom of the wooden ramp, Coast Guard Beach, via bike or shuttle bus. Beach parking fees apply.		11am		11am		11am	
WHAT'S IN THE BUCKET? up to 30 minutes. ★ &	Close-up look at life of the marsh, bay or ocean. Meet at the terrace of Salt Pond Visitor Center. Program may include a short walk.		2:30pm 3:30pm		2:30pm 3:30pm		2:30pm 3:30pm	
FISH, SNAILS & HORSESHOE CRAB TAILS up to 1-1/2 hours, 1/2 - 1 mile. ★	Learn about the animal life found underwater in a salt marsh through the use of seine and dip nets. Wading is not required. Meet at the terrace of Salt Pond Visitor Center.	3pm		3pm		3pm		3pm
LIGHTHOUSE TOUR of 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 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. Meet at Nauset Light Beach.		July 7:30pm, August 7pm		July 7:30pm, August 7pm			
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 auditorium or amphitheater. A fee will be charged for some programs. See GUEST PRESENTATIONS listings page 8.					7:30pm		
WHOOO'S OUT TONIGHT? 1-1/2 hours, 1-1/2 miles. ★	Venture out into the mysterious world of nighttime and explore the various sights and sounds. Meet at Doane Picnic Area. 	July 8:30pm, August 8pm		July 8:30pm, August 8pm				
HENRY DAVID THOREAU RETURNS TO CAPE COD	Get a taste for Cape Cod at the middle of the 19th century by joining Thoreau (a.k.a. David Barto) for any one of the offered programs.	Various dates and times. See page 8 for details.						

Activities in Wellfleet	Program Descriptions/Meeting Locations	SU	MO	TU	WE	TH	FR	SA
GOOD TIDINGS 1-1/2 hour, 1 mile. ★ 	Discover what lives on the tidal flats. Wear footwear that can get wet. Meets at Great Island parking lot, on the bayside. See tide-influenced programs, page 7.			varies		varies		
CEDAR SWAMPS AND HEATHLANDS 1-1/2 hours, 1-1/2 miles.	Visit the cedar swamp and the surrounding rare heathlands while learning about the ability of these plants to survive water-logged roots, sandy soils and constant winds. Meet at the Marconi Station Site lot.						10:30am	
ATWOOD-HIGGINS HOUSE T = TOUR, 1pm, 1 hour. OH = OPEN HOUSE, 1-4pm. &	A unique opportunity to visit the interior and grounds of this authentic 18th- century, full-cape house. OPEN HOUSE , browse through. TOUR by reservation only. See Special Program and Reservation Policy, page 5. <i>Directions:</i> From Eastham, take Route 6 north. Left onto Pamet Point Road, the last road before crossing the Truro town line. Limited parking.				T	OH	OH	
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. Meet at Great Island lot.							July 7:30pm, August 7pm
CANOE GULL POND 2 hours, 1-2 miles.	Discover the diversity of life in this fresh water pond. Basic canoeing experience required. By reservation only. Call PROVINCE LANDS VISITOR CENTER. See Special Program and Reservation Policy, page 5.				8am			

Activities in Truro	Program Descriptions/Meeting Locations	SU	MO	TU	WE	TH	FR	SA
ON A CLEAR DAY YOU CAN SEE FOREVER 1 hour, 1 mile.	Walk to the top of Bearberry Hill and enjoy a commanding view of the Atlantic and former cranberry bogs. Meet at the trailhead parking area near the youth hostel at the end of North Pamet Road, off Route 6. 							9:30am
FROM THE AIR FORCE TO THE ARTS AND ENVIRONMENT 1-1/2 hours, 3/4 mile. &	Explore the former North Truro Air Force Station and the exciting plans for its future. Take Route 6 to Cape Cod (Highland) Light exit in Truro. Travel past the turn to the lighthouse. Turn left onto Old Dewline Road. Meet at the lot outside the station entrance.				2pm			
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 and bring a flashlight. Meet at the hostel at the end of North Pamet Road, off Route 6.				July 8pm, August 7:30pm			

Activities in Provincetown	Program Descriptions/Meeting Locations	SU	MO	TU	WE	TH	FR	SA
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, page 5.				7am except 8/16			
 MONDAY MORNING HIKING CLUB 3-4 hours, 3-6 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 which vary weekly. Call Province Lands Visitor Center.		8am except 8/14					
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 to sign up (487-1310). \$5 per person.			9am				
A FAMILY AFFAIR 1/2 hour to 1 hour. ★  (except for Dune Walk and Lifeguard Demonstration.)	Short programs of stories, walks, and fun activities will introduce families to the many wonders of the National Seashore. Hands-On Squids is designed for ages 8-12; by reservation only. Sundays Sand Modeling Province Lands Amphitheater; Mondays Dune Walk Province Lands Visitor Center; Tuesdays Hands-On Squids Province Lands Amphitheater (except 7/18); Wednesdays Whales Province Lands Amphitheater; Thursdays Lifeguard Demonstration Race Point Beach; Fridays Shorebird Superheroes Province Lands Amphitheater; Saturdays Animal Senses Province Lands Amphitheater.	10am	10am	10am	10am	10am	10am	10am
THE BEAUTY OF STELLWAGEN BANK 3/4 hour.	This slide-illustrated program introduces the marine life that benefits from Stellwagen Bank National Marine Sanctuary. Province Lands Visitor Center auditorium.				11am			
CAPE COD STORYTELLERS 1/2 hour. ★ 	Local performing artists are featured as the tradition of storytelling comes alive with a Cape Cod flavor.				See page 8 for details.			11am except 7/29
CANOE DISCOVERY 2-2-1/2 hours, 1-3 miles.	Explore a pond, lake, bay, or marsh by canoe. Basic experience required. By reservation only. See Special Program and Reservation Policy, page 5.						varies	
SAND IN YOUR SHOES 1 hour, 1 mile in loose sand.	Stroll through the dunes below the visitor center. Explore how the area has changed and how plants and animals survive in this environment. Meet at Province Lands Visitor Center.	11am, 2pm	2pm					
BEECH FOREST WALK 1-1/2-2 hours, 2 miles.	Looking for shade on a summer day? Stroll through this diverse forest and explore dune ponds and a changing landscape. Meet at the Beech Forest Nature Trail.			2pm except 8/15				
HATCHES HARBOR HIKE 3 hours, 3 miles.	 Hatches Harbor was diked in the 1930s. See how the marsh was altered and view current efforts to restore it. By reservation only. See Special Program and Reservation Policy, page 5.				2pm			
WRECKS AND RESCUES OH = Open House, 3-5pm. 	Old Harbor Life-Saving Station is a reminder of the shipwrecks and rescues that occurred along Cape Cod. View rescue equipment and chat with a ranger about the Cape's maritime history. Park at Race Point Beach and take the boardwalk to Old Harbor. \$7 beach fee applies.	OH	OH	OH	OH		OH	OH
MARSH MUCKING 2 hours, 1/2 mile. ★	Get your feet wet as you explore the abundance and diversity of life in an intertidal zone. By reservation only. See Special Program and Reservation Policy, page 5. (No program 7/3 and 8/21.)		varies					
ART IN THE DUNES 3 hours, 2-1/2-3 miles in loose sand.	 On this long hike, meet an artist-in-residence and view first hand the quality of light, natural environment, and isolation that attract artists and writers to Provincetown. By reservation only. See Special Program and Reservation Policy, page 5.			4:30pm			4:30pm	
THE END OF A PERFECT DAY 1-1/2 hours. ★	Experience a beach campfire while watching the sun set over Cape Cod Bay. Meet at the end of the north (right side) lot at Herring Cove Beach.							7:30pm
HISTORIC SURF RESCUE REENACTMENT 1 hour. ★ 	 Listen for the keeper's command, "Open the boat room doors!" and return to the days of shipwrecks and lifesaving along Cape Cod shores. This is our 21 st season of reenacting this 1902 rescue drill complete with surfmen in traditional uniform, firing of the Lyle gun, and use of the breeches buoy. Old Harbor Life-Saving Station, Race Point Beach. \$3 adults, \$1 seniors over 62, 16 & under free. Pay at Race Point Beach fee booth after 5:30 pm.				6pm			

TIDE-INFLUENCED PROGRAMS

Here are the designated times for the programs offered through Salt Pond Visitor Center that are scheduled based on the tides:

SHELLFISHING DEMONSTRATION Sundays in Eastham	GOOD TIDINGS IN WELFLEET Tuesdays	GOOD TIDINGS IN WELFLEET Wednesdays	GOOD TIDINGS IN WELFLEET Thursdays	GOOD TIDINGS IN CHATHAM Saturdays
July 2 9am	July 4 7pm	July 5 8am	July 6 8:30am	July 1 4:30pm
July 9 3:30pm	July 11 1:30pm	July 12 2:30pm	July 13 3:30pm	July 8 10:30am
July 16 8am	July 18 6:30pm	July 19 7pm	July 20 7:30am	July 15 4:30pm
July 23 2pm	July 25 11:30am	July 26 12:30pm	July 27 1:30pm	July 22 9am
July 30 8am	August 1 5:30pm	Aug 2 7pm	August 3 7:30am	July 29 3:30pm
August 6 2pm	August 8 12noon	Aug 9 1pm	August 10 2pm	August 5 9am
August 13 6:30pm	August 15 5:30pm	Aug 16 6pm	August 17 7pm	August 12 3:30pm
August 20 1pm	August 22 10am	Aug 23 11am	August 24 12 noon	August 19 8am
August 27 6:30pm	August 29 4pm	Aug 30 5:30pm	August 31 6:30pm	August 26 2pm



David Barto as Thoreau

Henry David Thoreau Returns to Cape Cod

For the second summer in a row, noted nineteenth-century literary figure and naturalist Henry David Thoreau returns to Cape Cod to engage in informal chats and present lively children's programs and amusing lectures at various park sites. Professor David Barto, the personality behind the character, has been portraying Thoreau for over 15 years, previously at Walden Pond from 1984 to 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 scheduled June 24th through August 19th in Eastham and are free except where noted. The first 20 minutes of all walking programs are accessible.

Morning Nauset Marsh Walk with Thoreau - 1 hour, 1-1/2 mile. Find out when and why Thoreau visited Cape Cod. Salt Pond Visitor Center terrace. **Severe weather cancels this program.** Thursday, Friday, Saturday and Sunday at 10am.

Sunrise Thoreau Beach Walk - 1 hour, 1 mile. Walk with Henry at the very location he walked in the mid-19th century. Meet at Nauset Light Beach lot. **Severe weather cancels this program.** Saturday at 6am.

Children's Story Time With Thoreau - 30 minutes. Enjoy flute playing, adventure stories and perhaps games or contests. Children must be able to sit attentively. Adults are welcome. Salt Pond Visitor Center terrace. **Sundays at noon.** ♿★

Evening Beach Walk With Thoreau - 1 hour, 1-1/2 miles. Join Henry for an evening walk while exploring some of his Cape Cod observations. Meet at Doane Picnic Area. **Severe weather cancels this program.** Thursday at 5pm. ♿

Thoreau Evening Adventures - 1 hour. Listen to some of Henry's memories and stories, such as the Wellfleet Oysterman, from his visits to Cape Cod during the mid-19th century. Meet at the outdoor amphitheater at Salt Pond Visitor Center. **Friday at 5pm.** ♿

Sunday Inspirational Walk With Thoreau - 1 hour, 1-1/2 miles. Learn about some of Henry's deepest philosophies. Meet at Hemenway town landing (1 road north of the blinking light at Fort Hill off Route 6). **Severe weather cancels this program.** Sunday at 5pm.

Evening Thoreau Lecture
Two alternating one hour "lectures" are presented at the Salt Pond Visitor Center. Adults \$3, Children 16 & under \$2. ♿ Friday at 7:30pm.

TOPICS

"Why I Went To Live Alone In The Woods"
June 24, July 8 & 22, August 5 & 19

"Why I Spent A Night In Jail"
July 1, 15 & 29, August 12

Cape Cod Storyteller Project

A partnership between Cape Cod National Seashore and Payomet Performing Arts in Truro



PEOPLES OF THE PROVINCE LANDS

performed by John Thomas, Provincetown-based composer, writer, actor and musical performer.

July 1 and August 12 at Province Lands Outdoor Amphitheater
July 15 and August 26 at Highland Center for the Arts & Environment, North Truro.

CAPE COD STORIES

performed by Ilona Ricardo, Truro resident and internationally-acclaimed performer.

July 8 and August 5 at Province Lands Outdoor Amphitheater
July 22 and August 19 at Highland Center for the Arts & Environment, North Truro.

Saturdays, 11 - 11:30am.
\$2, children 16 & under free.

Rain locations: Province Lands auditorium instead of amphitheater; Truro Central School, Route 6, North Truro instead of Highland Center.

Directions to Highland Center: Take Route 6 to Cape Cod (Highland) Light exit in Truro. Travel past the turn to the lighthouse. Turn left onto Old Dewline Road. Meet at the lot outside the entrance and follow directions to performance site.



Musical Presentations



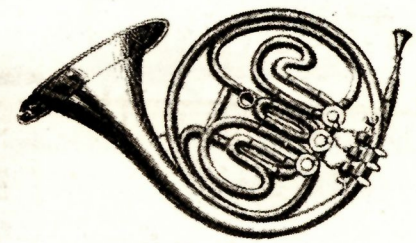
THE LOWER CAPE CONCERT BAND - These free concerts feature a variety of music, from show tunes to marches with band members from Provincetown to Brewster. **Sponsored by the Friends of the Cape Cod National Seashore.** Province Lands Visitor Center, July 5 and August 8 at 7pm; Salt Pond Visitor Center, July 19 and August 22 at 7pm. ♿



CELTIC MUSIC - The group *Shorten the Road* performs music on a variety of traditional instruments: fiddle, banjo, concertina and tin whistle. Adults \$3, children 16 & under free. Salt Pond Visitor Center.

Sunday, August 20 at 7:30pm. ♿

QUINTESSENTIAL BRASS - Enjoy the traditional sounds of this brass quintet as they perform an old-fashioned band concert. The band has been selected to play at Cape Cod National Seashore free to the public through a grant from The Massachusetts Cultural Council. Salt Pond Visitor Center. **Tuesday, July 20 at 7:30pm.** ♿



STEVEN PREU IN CONCERT - Black Oar Music recording artist Steven Preu presents these family-oriented concerts that combine stories and songs that celebrate the maritime history of Cape Cod. Adults \$3, children under 16 free. All Audiences. **Thursday, July 27th at Salt Pond Visitor Center, 7:30pm; Saturday, July 22, and Friday, August 11 at 2pm.** Province Lands Amphitheater (rain location Province Lands Visitor Center auditorium). ♿

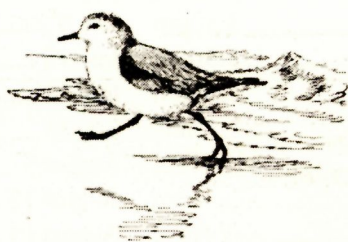


GUEST PRESENTATIONS

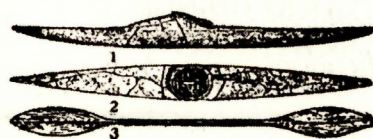
All programs held at Salt Pond Visitor Center on Thursday nights at 7:30pm. All audiences. ♿

WAMPANOAG PEOPLE OF THE PAST - Teachers from Plimouth Plantation will provide an in-depth explanation of daily life in the Wampanoag world of the 17th century. The use of slides, blended with reproduction artifacts and activities, will bring to life seasonal ways of the Wampanoag. **July 3rd.** Adults \$3, 16 & under \$2.

PIPING PLOVERS: LITTLE BIRD, BIG IMPACT! - Join Cape Cod National Seashore staff biologist and shorebird specialist Mary Hake for this slide-illustrated look at the life history of piping plovers and other shore nesting birds. Find out why they deserve so much attention. **July 6th and August 31st.** FREE.



ADVENTURE KAYAKING ON CAPE COD - Join professional photographer and author, David Weintraub for this slide-illustrated presentation of excerpts from his recently published book on kayaking throughout Cape Cod. Learn about kayaking locations, tides and special places on Cape Cod. **July 13th.** FREE.



BOB FINCH READS ESSAYS - Local resident and author Bob Finch will read essays, primarily from his new book *Death of a Hornet*. This published collection of his essays, the first in 15 years, spans a period of 20 years with the first half of the book focusing on the town of Brewster and the second half on the Outer Cape. **August 10th.** FREE.

PETTICOAT PATRIOT - Step back in time to meet Massachusetts native Deborah Sampson who, disguised as a young man, served as a soldier during the American Revolution. Miss Sampson is portrayed by costumed storyteller Joan Gattorna. **August 17th.** Adults \$3, 16 & under \$2.



Joan Gattorna as Deborah Sampson

EYES ON OWLS - Meet several different species of owls, known to live on Cape Cod, through this live owl presentation presented by Marcia Wilson. The program includes an introductory slide show, owl hooting lessons along with the opportunity to see live owls. **August 24th.** Adults \$3, 16 & under \$2.



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

2000 marks the 39th year of the existence of Cape Cod National Seashore.

Those of us who live, work and visit here today are treated to a landscape, an ocean view and bits of history that have been carefully preserved over that time. But how close is our experience today to that of a Cape Codder or visitor decades ago? When we think of all the tremendous changes that have taken place in our daily lives over that time it is no small miracle that any of the Cape Cod that was here in 1961 still remains.

In the last four decades Cape Cod's year-round population has increased from around 50,000 to over 200,000. There has been a tremendous increase in the percentage of residents who are retired from the workforce. In every town on the Outer Cape, large areas that were open space are now subdivided and contain houses. Computers now rule the day, and cell phones can give every beachgoer easy access to information and services from under the beach umbrella. In the 60's, most summer homes were modest and minimally improved. Now, more and more of them can be lived in year-round, and have been up-sized and upgraded.

In recreation trends, the National Seashore has seen the popularity of outdoor recreation soar, and visitation levels rise. We have seen a huge increase in the use of off-road vehicles. We have seen the development of new "toys," like mountain bikes, sea kayaks, humvees and personal watercraft. And people's expectations have changed. Few Americans like to get far from their vehicles, and, when vacationing, many expect certain amenities like parking and good food to be within easy reach. Lots of folks have a day or two to spend, and want to cram in as much as they can. The leisurely month-long sojourns of the past have disappeared for many families.

Quite a few of these changes have benefited us all and we enjoy them daily. Each, however, has meant adjustments, and some have come at a cost. During a recent review of the question of whether or not to allow the use of personal watercraft within the Seashore this was brought home to us again. When the Congress was considering establishing the Seashore in 1959, the major concerns raised by local residents (other than numerous

debates over exactly where the boundaries should go to allow for town growth) related to a fear of "honky tonk" development along the roadsides and too many campers (human, not vehicular).

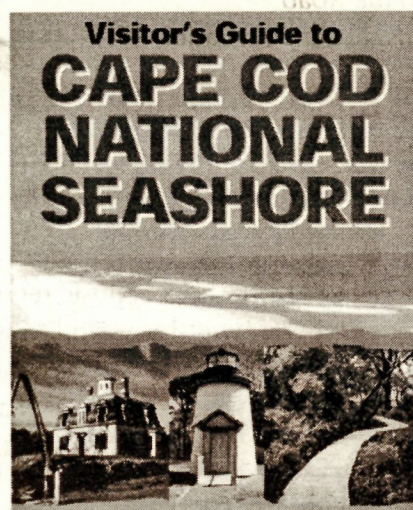
Now a partial list of our challenges includes deciding where cell phone towers can be placed, providing enough parking at summer peaks, trying to manage our fresh water resources to keep both kettle ponds and humans healthy, dealing with the large numbers of informal trails from new back yards into the park and deciding how much engine noise is too much.

Two things are crystal clear. First, the daily lifestyle decisions of visitors and local residents about where to go, how to get there and what to do once arrived have as much or more to do with protecting the Outer Cape and the Seashore than anything a ranger can do. In ways that are respectful of everyone's interests, we have to work together to preserve this place. Second, we desperately need good science to help us make better decisions. Are there limits to use? You bet there are. But when have we hit them? What is "too great an impact" and when is there "too much noise?" How the towns, the county, the Commonwealth and we pool our knowledge and powers to make better decisions about the resources we share can make a big difference. And so can you, by deciding to enjoy this wonderful park as responsibly as you can.

The little bookstores with the BIG selection of

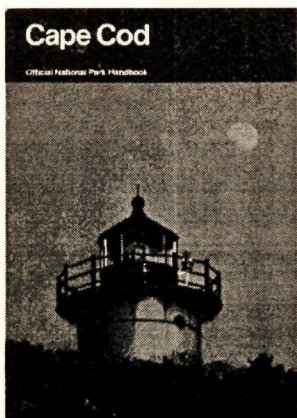
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- ♦ At Salt Pond and Province Lands
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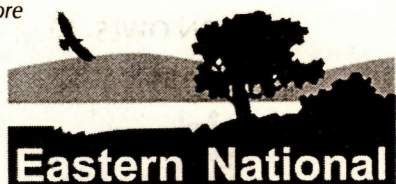
Edited by Shirley C. Sabin and Michael E. Whatley
Maps by James E. Owens

Visitor's Guide to Cape Cod National
Seashore \$7.95

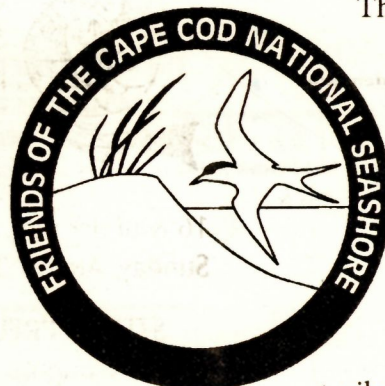


Cape Cod National Seashore
Handbook \$7.50

***EASTERN NATIONAL** is a private, non-profit organization that provides educational products and services to park visitors. Proceeds are donated directly to Cape Cod National Seashore to support interpretive and educational programs including the production and printing of this publication.*



Serving America's National Parks and Other Public Trusts
Eastern National provides quality educational products and services to America's national parks and other public trusts.



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 projects.

Join the FRIENDS OF THE CAPE COD NATIONAL SEASHORE

**Annual meeting July 15, 10am at
Salt Pond Visitor Center
FREE and open to the public.**

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,
PO Box 550, Wellfleet, MA 02667**

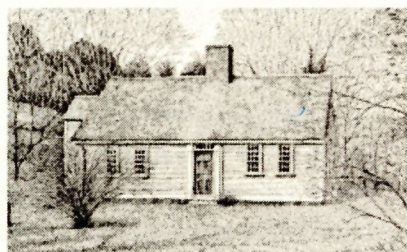
The Penniman House in Eastham

The Penniman House, completed in 1868, was styled after the French Second-Empire period and included every known comfort of the day and many innovative ideas. The house had the first kitchen and bath built with indoor plumbing in Eastham and the first indoor flush toilet in town. The original heat source for the house was eight wood or coal stoves that stood in front of the marble mantles in each of the rooms piped directly into the houses two chimneys. Carpeting, stained glass windows, fine woodwork, running water, and an efficient heating system made it one of the finest homes in town.

The Captain Edward Penniman family enjoyed this fine home for nearly 100 years. The house was sold with twelve acres to the National Park Service in 1963 when the Cape Cod National Seashore was formed.



Atwood Higgins House in Wellfleet



Historical definitions of the Cape Cod house are varied. The Cape Cod cottage first appeared as a one-room framed structure built in the post-and-beam method of construction, with walls made of vertical planks. These houses often grew from a one-room dwelling or "half house" to a seven-or-eight-room, story-and-a-half Cape Cod cottage. An intermediate step was often to a three-quarter Cape Cod house.

As it stands, the Atwood-Higgins house is a fine example of a properly framed Cape Cod cottage which grew from a half house in the early 1700's to a full Cape with eight rooms by the 19th century. In 1961, Cape Cod National Seashore became the guardian of the house and site.

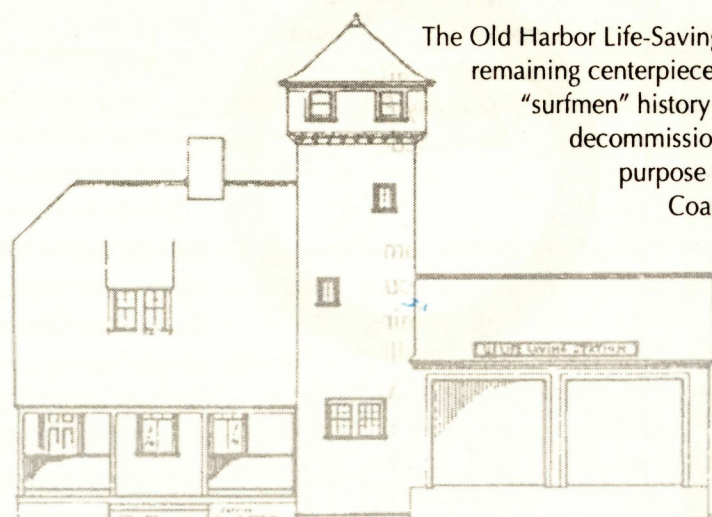
The Highland House in North Truro

"In 1835, James Small built a two-story clapboard farmhouse near the present Highland House. Isaac Small, for 50 years a resident of the area, states: 'Henry David Thoreau visited our family twice on his journeys down the Cape, the first time at the Lighthouse when my father was Keeper in June of 1850, and again in 1855 when he stopped with us at the Farm.' This 'Farmhouse', the original Highland House, began accommodating summer visitors as early as 1835... Issac Small built the present House in 1907 and continued the guesthouse tradition... While the present Highland House is only 67 years old, it important as a survivor of a way of life gone forever on Cape Cod - an architectural structure designed for visitor use years before the 'summer people' began individual land and house purchases for summer retreats."

National Register of Historic Places Nomination, 1975

Cape Cod National Seashore acquired the Highland House in 1964. It is now home to the Truro Historical Society Museum and houses an excellent collection of items relating to Truro's history, including wreckage from numerous shipwrecks.

Old Harbor Life-Saving Station in Provincetown



The Old Harbor Life-Saving Station (circa 1897) is a remaining centerpiece of US Lifesaving Service and "surfmen" history on Cape Cod. Until it was decommissioned in July 1944, the station's purpose was to provide housing for US Coast Guard lifesaving crews, storage for equipment and temporary shelter for rescued persons.

The Old Harbor Life-Saving Station, acquired by the National Park Service in 1973, was threatened by coastal erosion in its original location at Nauset

(North) Beach in Chatham. In 1977, the structure was divided in two, lifted off its foundation by two large cranes, swung out to a barge on the beach, and floated to Provincetown Harbor. There it weathered the now-famous "Storm of 78" which surely would have destroyed it. The building was taken off the barge and reassembled on its present site, the stretch of shoreline known as Race Point. Old Harbor is open during the summer months when historical reenactments of the breeches buoy rescues are performed weekly.

Nauset Light, the Three Sisters, and Cape Cod Light

The lights at Nauset Beach have had a long and complicated past. In 1838, three brick towers were built in a row 150 feet apart on the cliffs of what is now the Nauset Light Beach area. Known as the Three Sisters, the original brick towers fell victim to erosion in 1892, and were replaced with three movable wooden towers. In 1911, one light that flashed three times was retained and two of the "sisters" were sold. The one

remaining light became known as "The Beacon". The Three Sisters are arranged in their original configuration in the woods just off Cable Road.



The current Nauset Lighthouse was moved from Chatham in 1923 when the twin lights of Chatham were discontinued. (The remaining twin in Chatham is still in operation.) It was acquired by the National Park Service in the mid-1990s and moved to its current location in 1996, safe in the short-term from an ever-eroding cliff. It serves as a private aid to navigation.

Established in 1798, Cape Cod Light is the oldest lighthouse on Cape Cod. Also known as Highland Light, the present 66-foot tall brick structure was built in 1857. The first-order Fresnel lens installed at that time made it the most powerful light on the New England mainland. When electrified, it measured an immense four-million-candle power. Highland Light was moved back from the eroding cliff in 1996 through the combined efforts of local, state, and federal organizations. The structure is owned by the National Park Service, with the US Coast Guard maintaining the beacon as an official aid to navigation visible 20 miles out to sea. The Highland Lighthouse & Museum, Inc., operates as a National Park Service concession, has a small museum in the base that is open daily during the summer, and offers regularly-scheduled tours May to October.

Dune Shacks of Peaked Hill Bars, Provincetown

The first shacks, built by the Humane Society in the 1800 's, were intended to save the lives of shipwrecked seamen. With the appearance of the US Lifesaving Service, surfmen assigned to the shore for long, lonely stretches of time built more sturdy structures to house their families. By the 1930's others discovered the "magic" of the shacks in the dunes, including artists and writers. Among those who used the rustic outposts for inspiration were: Mable Dodge, critic Edmund Wilson, poets e.e.cummings, Harry Kemp and Mary Oliver, painters Edwin Dickinson, Boris Margo, Willem de Koonig and Jackson Pollock and authors Eugene O'Neill, Jack Kerouac and Norman Mailer.

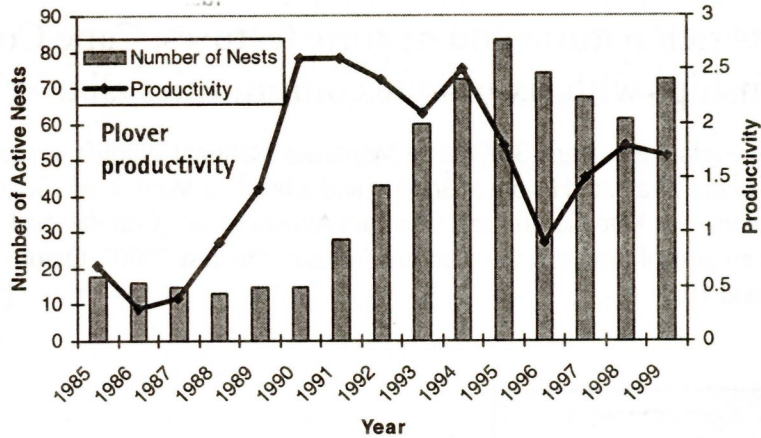
The shacks were listed with the National Register of Historic Places in 1989. Today, with one exception, they are owned by the National Park Service. Two are currently leased by non-profit groups that provide artist-in-residence experiences. Visitors to the Seashore may enjoy the interpretive hike that occurs weekly during the summer which visits one of the artists-in-residence.

Inventory and Monitoring Update

Cape Cod National Seashore's Natural Resource Inventory and Monitoring Program collects information on the condition of natural resources to determine if the park is succeeding in one of its primary purposes: protecting its plant and animal life and the ecosystems that support them. The program continues to grow with special funding from Washington specifically earmarked for long term ecological monitoring. As one of seven "Prototype Monitoring" parks, Cape Cod is developing and testing monitoring procedures for use by other coastal parks.

Join Seashore shorebird expert Mary Hake for informative summer programs on the piping plover.

The park has long been monitoring kettle pond water quality and piping plovers. Monitoring shows that kettle pond water quality over the past 20-30 years is largely unchanged in remote ponds with low visitation. Ponds that receive high visitation, however, show changes in pH and transparency, suggesting that recreational use and shoreline wastewater disposal systems may be altering water quality through nutrient inputs. Piping plover numbers and productivity continue to recover as a result of the habitat protection and active management by park staff. Cape Cod National Seashore now supports about 5% of the Atlantic Coast population.



Monitoring will soon be expanded to include groundwater hydrology and vegetation. Monitoring procedures for amphibians, mammals, fish, birds, and rare plants are in the process of being developed. In addition, baseline inventories of reptiles, small mammals and rare plants will be conducted this year.

Exotic Plant Management at Cape Cod National Seashore

An exotic species is defined as one that is newly established at a significant distance from its former geographic range, including both species native to another part of a state or region, and introductions from distant regions or continents. Exotic species can be aggressive colonizers to the point of displacing native species through competition, reducing biodiversity through habitat degradation and altering entire ecosystem properties. Cape Cod National Seashore Resource Management staff will conduct a survey of invasive non-native plants from May to October 2000 to gain a better understanding of which species are most problematic, what areas are effected, how much acreage is infested and to determine if control efforts are warranted. Of the approximately 175 non-native plant species occurring at the Seashore, some of the more invasive include: purple loosestrife, multiflora rose, rugosa rose, Oriental bittersweet, Japanese honeysuckle, Tatarian honeysuckle, autumn olive, and common buckthorne.

You can help in the effort to preserve native plant species by planting only native or non-invasive plant species in home gardens.

AmeriCorps and Friends National Seashore Beach Grass Planting



Matt Boulanger, AmeriCorps and Besty Kober and Howard Irwin of the Friends planting beach grass at Coast Guard Beach.

On March 11th a collaborative effort between *Friends of the Cape Cod National Seashore* and *Barnstable County's AmeriCorps Cape Cod* succeeded in planting 8,000 shoots of beach grass in high traffic dune areas. The project was funded through a \$500 grant awarded to *The Friends* by *Pride in Cape Cod*, the first such grant ever issued by this organization. It was used to restore habitat at Marconi Site and Coast Guard Beach.

Friends of the Cape Cod National Seashore is composed of local volunteers, and has been in existence since 1987. The *Barnstable County AmeriCorps Cape Cod* program, funded by Barnstable County, Job Training and Employment Corps, and through grants from the Massachusetts Service Alliance and the Corporation for National Service, is in its first year of operation. Twenty two recent college graduates are committed to providing 1700 hours of service in the areas of land and water conservation and environmental education. In return for their service, they are receiving an invaluable communal living experience, a modest federal living stipend and an education award to pay for college loans or graduate study. Seashore AmeriCorps volunteers provide assistance at the North Atlantic Coastal Laboratory, Salt Pond Visitor Center, and Marconi Headquarters.

Cape Cod National Seashore Goes "Green"

Though there are many variations, sustainable practices can be defined as "the performance of routine tasks and functions resulting in less impact on regional and global resources". Cape Cod National Seashore's general management plan dictates the development and use of sustainable practices in park operations. Listed below are a few of the programs and practices already in place at the Seashore:

- In 1998, Cape Cod National Seashore purchased the first completely all-electric trams utilized by the National Park Service. Extremely quiet, with zero emissions, these trams have transported thousands of visitors to and from an inland parking area to Coast Guard Beach in Eastham.

- Cape Cod National Seashore is rehabilitating and building new boardwalks and trail bridges using recycled plastic lumber. The Seashore has replaced boardwalks and bridges at the Red Maple Swamp trail in Eastham, Coast Guard, Nauset and Marconi beaches and at Beech Forest in the Province Lands.

Visitors to the Seashore are encouraged to find ways in their own lives to conserve and sustain, to protect our precious natural resources.

- In 1998, the Seashore stopped fertilizing and watering lawns, saving ground water, the electricity to pump and store the water and reducing pollutants affecting ground and sea water on the Outer Cape.

- Cape Cod National Seashore has adopted a recycling program that encourages and enables visitors to recycle their cans and bottles. A local disability rehabilitation center collects, sorts and cashes in cans and bottles. The resulting monies are put back into the recycle program. Look for and use containers for recyclables throughout the Seashore.

- January 2000 Cape Cod National Seashore switched over to all environmentally-safe citrus-based janitorial cleaning products.

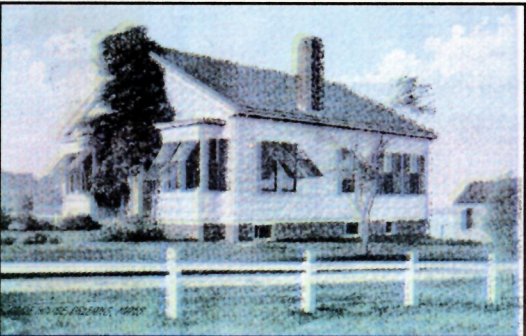
Recycle Recycle Recycle Recycle Recycle Recycle Recycle Recycle Recycle Recycle

Local area information

In addition to its rich natural and historic features, Cape Cod National Seashore boasts close proximity and relationships with six unique communities all overlapping with the boundary of the park.

Visitors to **Chatham** can explore the nearly 3,000 acre Monomoy National Wildlife Refuge offering unparalleled opportunities for birdwatching, the Atwood House Museum, home of the Chatham Historical Society and a bustling Main Street. Summer activities in Chatham feature Friday night old-fashioned band concerts in the center of town at Kate Gould Park, Chatham Athletics Cape Cod Baseball League games and a July 4th parade. Outside of the summer season, enjoy the town-sponsored annual tribute to the maritime industry "Seafest 2000", October 13 through 15, and "Christmas by the Sea" Christmas stroll weekend December 9 and 10.

Chamber of Commerce website: www.chathamcapecod.org
Email: chamber@chathamcapecod.org
Phone: 1-800-715-5567
Info Booth: (508)945-5199



French Cable Station, Orleans
courtesy of Orleans Historical Society

Orleans visitors can enjoy such points of interest as Rock Harbor, the nature trails at Kent's Point along Pleasant Bay, The Orleans Historical Society's Meeting House and its detailed exhibit illustrating Orleans' colonial and maritime history, and the French Cable Station Museum. Summer activity highlights include Orleans Cardinal Cape Cod Baseball League games, arts and crafts fairs, July 4th activities, and the annual "Pops in the Park" concert, featuring the Cape Cod Symphony. Outside of the summer season enjoy events during the town-sponsored "Fall for Orleans" festival scheduled to run September 22 through October 1.

Chamber of Commerce website: www.capecod-orleans.com
Email: info@capecod-orleans.com
Phone: 1-800-865-3186
Info Booth: (508)240-2484

Visitors to **Eastham** can explore a restored, working Cape Cod windmill on Windmill Green across from town hall and the Eastham Historical Society's Old Schoolhouse Museum located across from Salt Pond Visitor Center. Annual events include the Heritage Week sponsored "Hands on the Arts" festival in June, and the town-sponsored "Windmill Weekend" occurring the weekend after Labor Day with sand art competitions, an arts and craft fair, road race, square dance and popular parade. Eastham, often referred to as the "gateway" to Cape Cod National Seashore, will celebrate its 350th anniversary during the summer of 2001.



Eastham Windmill

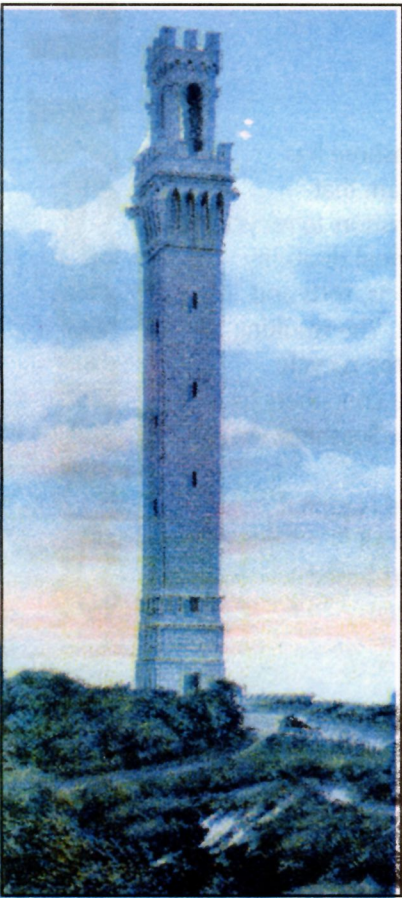
Chamber of Commerce website: www.easthamchamber.com
Phone: (508)240-7211
Info Booth: (508)255-3444

Wellfleet visitors can enjoy the Wellfleet Historical Society Museum, the Massachusetts Audubon Wellfleet Bay Wildlife Sanctuary, extensive town-sponsored July 4th activities, panoramic views at Wellfleet Harbor, and the famous "Wellfleet Oyster". Dubbed "The Art Gallery Town", Main Street and the parallel Commercial Street provide opportunities for browsing through numerous galleries and artist's studios. The public is invited to participate in town-sponsored weekly square dances at the Harbor Wednesday nights in July and August at 7:30pm.

Chamber of Commerce website: www.capecod.net/wellfleetcc
Email: Wellfleet@capecod.net
Phone: (508)349-2510

Truro is home of the famous Cape Cod Light, Cape Cod's oldest lighthouse. It is currently operated as a National Park Service concession by Highland Light and Museum, Inc., a local non-profit organization. Regularly-scheduled tours are offered May to October for a fee. The historic Highland Golf Links is adjacent, as is the Truro Historical Society's collection of historical artifacts housed at the Highland House one of Truro's best known landmarks. The town-sponsored "Truro Treasures" weekend occurs in late September and features a dance, a road race and other events.

Chamber of Commerce website: www.virtualcapecod.com/chambers/truro
Email: truococ@capecod.net
Phone: (508)487-1288



Pilgrim Monument

Points of interest and activities in **Provincetown** are plentiful, including: whale watching trips from MacMillan Wharf, strolling Commercial Street and the downtown area's numerous shops, art galleries and restaurants, exploring narrow lanes of historic cottages and lush gardens, and visiting the Pilgrim Mounument and Provincetown Art Association museums. Town-sponsored events are numerous, and include a "Yearrounders Festival" in March, the "Portuguese Festival" and "Blessing of the Fleet" in June, and the "Swim for Life and Community Festival" and "Fall Arts Festival" in September. The annual "Lighting of the Pilgrim Monument" occurs around Thanksgiving.

Chamber of Commerce website: www.ptownchamber.com
Email: info@ptownchamber.com
Phone: (508)487-3424

Cape Cod Chamber of Commerce website: www.capecodchamber.org
Email: info@capecodchamber.org
Phone: (888)33-CapeCod

Bicycle Rentals: (area code 508)

Arnold's, Provincetown	487-0844
Black Duck, So. Wellfleet	349-9801
Galeforce, Provincetown	487-4849
Idle Times, Eastham	255-8281
Idle Times, Wellfleet	349-9161
Little Capistrano, Eastham	255-6515
Nelson's, Provincetown	487-8849



Provincetown Bikes, Provincetown	487-8735
Wellfleet Cycles, Ltd., Wellfleet	349-9322

Whale Watching in Provincetown:

Cape Cod Whale Watch	(508)487-4079
Dolphin Fleet	(800)826-9300
Portugese Princess	(800)442-3188



Department of the Interior
National Park Service
Cape Cod National Seashore
99 Marconi Site Road
Wellfleet, MA 02667

address box

postage box