

Cape Cod National Seashore Activity Guide July-August 2019

National Park Service
U.S. Department of the Interior

Cape Cod National Seashore



Programs included in this guide are offered by Cape Cod National Seashore park rangers and staff, volunteers, and partner organizations.

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

This visitor center offers magnificent views of Salt Pond, Nauset Marsh, and the Atlantic and has an outstanding museum. The Nauset Marsh and Buttonbush trails and the Nauset Bicycle Trail are nearby. Rangers are on duty to assist with trip planning, and park films are shown throughout the day.

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

Take in the amazing views of the ocean and the surrounding dune landscape from the indoor/outdoor observation decks. The Province Lands Bicycle Trail, Race Point Beach, and the Beech Forest Trail are nearby. Rangers are on duty to assist with trip planning, and park films are shown throughout the day.

💰 This program has a fee and requires a reservation no more than one week in advance.

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

👨‍👩‍👧‍👦 Activities especially suited for families with children.

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

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

Note: Long pants (shorts for canoe and kayak trips and salt marsh explorations), appropriate footwear, hats, sunscreen, bug spray, and water are recommended for outdoor activities.

Symphony at the Seashore



COURTESY DAVID QUINCY

Free Outdoor Concert at Salt Pond Amphitheater, Eastham
Friday, August 23 from 7 to 8:30 pm

For the fourth summer, Cape Symphony, led by Artistic Director and Conductor Jung-Ho Pak, will again bring its beautiful music to the shores of Salt Pond. Enjoy heart-stirring patriotic tunes, Broadway hits, and even a bit of Disney magic! No tickets required. Bench and lawn seating available on a first-come, first-served basis. The amphitheater is wheelchair accessible. Major funding provided by Friends of the Cape Cod National Seashore, and Eastern National, providing park stores at seashore visitor centers and the Keeper's Shop and tours at Highland Light. Bring bug spray, and a flashlight for returning to cars. ♿ 🌿

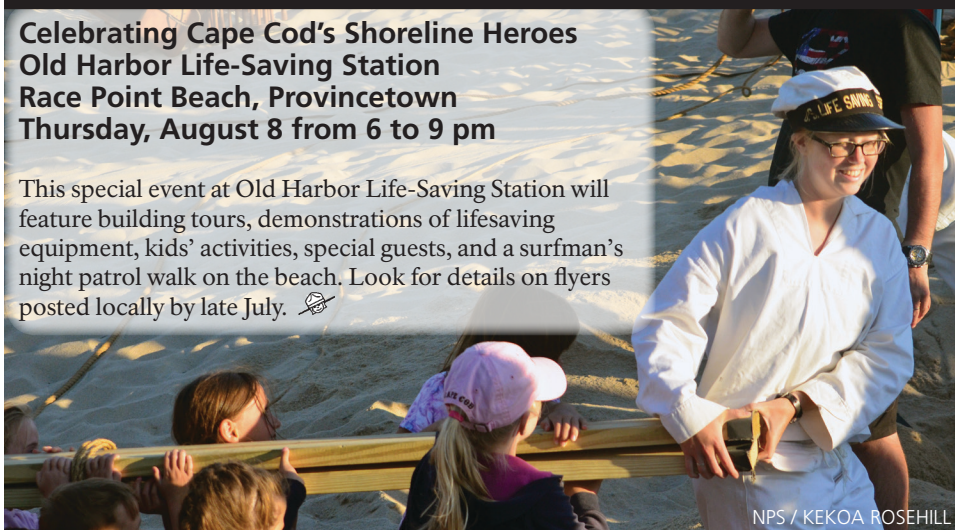
New in 2019: Pre-concert games and activities for kids, 6 to 6:45 pm.

Rain location: Nauset High School. Call Salt Pond Visitor Center at 508-255-3421 or check www.nps.gov/caco for updates.

Wrecks and Rescues

Celebrating Cape Cod's Shoreline Heroes
Old Harbor Life-Saving Station
Race Point Beach, Provincetown
Thursday, August 8 from 6 to 9 pm

This special event at Old Harbor Life-Saving Station will feature building tours, demonstrations of lifesaving equipment, kids' activities, special guests, and a surfman's night patrol walk on the beach. Look for details on flyers posted locally by late July. 🌿



NPS / KEKOA ROSEHILL

Mosquito Story Slam: *Mother Nature*

Free Outdoor Storytelling Event at Salt Pond Amphitheater, Eastham
Thursday, August 15 from 6 to 8 pm

The Mosquito Story Slam is a live storytelling event and podcast now in its 6th season on the Outer Cape. Storytellers will share five-minute true stories based on the theme, *Mother Nature*. Stories are told without notes. The mission of *Mosquito* is to engage diverse audiences in the art and craft of storytelling, while celebrating the commonality of human experiences. Have you a story to share? Come at 5:30 to sign up; storytelling begins at 6 (G or PG rated stories only, please!). Bring bug spray, and a flashlight for returning to cars. Picnicking is welcome. In the event of rain, the slam will be moved indoors. Funding provided by Eastern National, offering park stores at seashore visitor centers and the Keeper's Shop and tours at Highland Light. ♿



COURTESY MOSQUITO STORY SLAM

Kayak and Canoe the Outer Cape

Days and locations vary
Get the details and make your reservation on recreation.gov!

Explore a salt pond, a meandering marsh, or a kettle pond at sunset during these guided canoe and kayak tours. All equipment is provided. Kayak tours require previous paddling experience; canoe tours do not require experience, but do require paddling ability. See pages 6 through 8 for descriptions of *Canoe Trip: Salt Pond Paddle*; *Kayak Adventure*; and *Kayak Trip: Evening on Gull Pond* for details, including locations, minimum ages, cost, and how to register. 🌿 💰



NPS / JODY ANASTASIO

How to Use Recreation.gov to Pay for Programs

Most ranger-guided programs at Cape Cod National Seashore are free. However, some programs are fee-based. Unless otherwise noted, fee-based programs are reserved via recreation.gov online or by phone, up to seven days in advance of the program date.

To reserve online, *recommended method*:

1. Go to go.usa.gov/xQdx7 no earlier than 10 am, starting one week in advance of program date.
2. Review program details, dates, special instructions, and any applicable age or experience requirements and select "Book Now."
3. Online reservations may be made 24 hours a day after 10 am, starting 7 days prior to the program date.

To reserve by phone:

1. Call 1-877-444-6777 no earlier than 10 am, starting one week in advance of program date.
2. Follow prompts and select 1 for "Tickets and Tours."
3. Tell the reservation specialist you want to book a tour at Cape Cod National Seashore, and provide specific tour/program name as listed in this guide.
4. Take note of all special instructions and any applicable age or experience requirements before completing reservation.
5. The call center is open 10 am to midnight.

July Activities See pages 6-8 for program descriptions.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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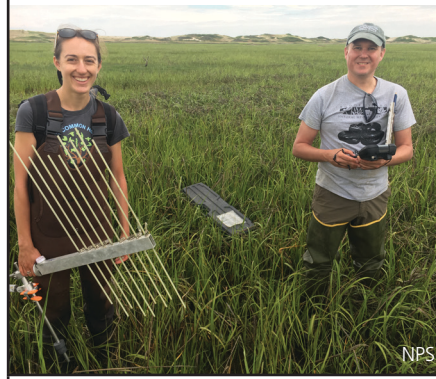
North District Programs - Programs located in the **North District** of the seashore are highlighted in blue, and are located in Truro or Provincetown. Plan for travel times and seasonal traffic. For additional information, and to register where indicated, call the **Province Lands Visitor Center at 508-487-1256**.

South District Programs - Programs located in the **South District** of the seashore are highlighted in yellow, and are located in Eastham or Wellfleet. Plan for travel times and seasonal traffic. For additional information, and to register where indicated, call the **Salt Pond Visitor Center at 508-255-3421**.

Pets: Animals are not permitted on ranger programs or in buildings unless they are working service animals. **Note:** Long pants (shorts for canoe and kayak trips and salt marsh explorations), appropriate footwear, hats, sunscreen, bug spray, and water are recommended for outdoor activities.


Annual Science Symposium

In September the national seashore will again host its annual science symposium, offering an in-depth look at the variety of research activities that promote understanding of the seashore's diverse resources. Look for advertising posters in late August.



<p>1</p> <p>9 am Fish, Snails, and Horseshoe Crab Tails Activity 10 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Eastham 10 am Amazing Race Provincetown 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Discover Nauset Marsh Walk 11 am Captain Penniman House Tour 2 pm Canoe Trip: Salt Pond Paddle 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 6:30 pm Sunset Over East Harbor Hike</p>	<p>2</p> <p>8:30-10:30 am Plein Air Painting: Fort Hill, Eastham 9:30 am Fish, Snails, and Horseshoe Crab Tails Activity 9:30 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Truro 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 1 pm Kayak Adventure: Orleans, Eastham, and Wellfleet 2 pm Canoe Trip: Salt Pond Paddle 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4:30-7:30 pm Nauset Light 7 pm Evenings at Salt Pond Visitor Center: Family Fun with Stand-Up Chameleon Jackson Gillman</p>	<p>3</p> <p>10 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Eastham 10 am-noon Captain Penniman House Open House 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Atwood-Higgins House Tour 1:30 pm Kayak Adventure: Orleans, Eastham, and Wellfleet 2 pm Hands-On Squid 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4 pm Art in the Dunes Hike 4:30-7:30 pm Nauset Light 5 pm Three Sisters Lighthouses Tour 5 pm Seal Walk 7:30 pm Campfire: Nauset Light Beach</p>	<p>4</p> <p>7:30 am Surfcasting 101 9 am Yoga on the Beach: Herring Cove Beach 10 am Cape Cod Ninja Warrior, Season 5, Ninja vs. Ninja 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Ranger's Choice: Eastham 2-4 pm Old Harbor Life-Saving Station Open House 3:30 pm Ranger's Choice: Eastham 5 pm Soundwalk 7 pm Evenings at Salt Pond Visitor Center: Movie: <i>National Treasure</i></p>	<p>5</p> <p>7:30 am Yoga on the Beach: Nauset Light Beach 10 am Canoe Trip: Salt Pond Paddle 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Small Fry Special Activity 11 am Captain Penniman House Tour 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 3:30 pm Discover Nauset Marsh Walk 4:30-7:30 pm Nauset Light 5:30 pm Kayak Trip: Evening on Gull Pond, Wellfleet 7:30 pm Campfire: Herring Cove Beach</p>	<p>6</p> <p>10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 2 pm Canoe Trip: Salt Pond Paddle 2 pm Crafternoons at Province Lands 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 3:30-4:30 pm Plein Air Painting at the Seashore: Artists' Reception 6:30 pm Sunset in Pamet Valley Hike</p>	
<p>7</p> <p>9 am Big View Hiking 10 am Dune and Bog Walk 10 am Cape Cod Ninja Warrior, Season 5, Ninja vs. Ninja 10 am-5 pm Highland Lighthouse 11 am Ranger's Choice: Eastham 2 pm Canoe Trip: Salt Pond Paddle 2 pm Kayak Adventure: Provincetown and Truro 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4:30-7:30 pm Nauset Light 5 pm Three Sisters Lighthouses Tour</p>	<p>8</p> <p>10 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Eastham 10 am Amazing Race Provincetown 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Discover Nauset Marsh Walk 11 am Captain Penniman House Tour 2 pm Canoe Trip: Salt Pond Paddle 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 2:30 pm Fish, Snails, and Horseshoe Crab Tails Activity 6:30 pm Sunset Over East Harbor Hike</p>	<p>9</p> <p>8:30-10:30 am Plein Air Painting: Marconi Station, Wellfleet 9:30 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Truro 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Wet 'N Wild Activity: Provincetown 2 pm Canoe Trip: Salt Pond Paddle 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 2:30 pm Kayak Adventure: Orleans, Eastham, and Wellfleet 3:30 pm Fish, Snails, and Horseshoe Crab Tails Activity 4:30-7:30 pm Nauset Light 7 pm Evenings at Salt Pond Visitor Center: Navy Band Northeast - Rhode Island Sound</p>	<p>10</p> <p>10 am Healers & Invaders: Plants Along the Trail Workshop 10 am P.I.E. Story Theatre by Wellfleet Harbor Actors Theater 10 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Eastham 10 am-noon Captain Penniman House Open House 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Atwood-Higgins House Tour noon Seal Walk 11:45 am Wet 'N Wild Activity: Wellfleet 1 pm Kayak Adventure: Orleans, Eastham, and Wellfleet 2 pm Hands-On Squid 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4 pm Art in the Dunes Hike 4:30-7:30 pm Nauset Light 5 pm Three Sisters Lighthouses Tour 7:30 pm Campfire: Nauset Light Beach</p>	<p>11</p> <p>7:30 am Surfcasting 101 9 am Observing Nature Through Art 10 am Cape Cod Ninja Warrior, Season 5, Ninja vs. Ninja 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Atwood-Higgins House Tour 11 am Ranger's Choice: Eastham 11 am Marine Lecture Series: Right Whales: In the Shadow of Extinction 2 pm Take the Cape History Challenge 2-4 pm Old Harbor Life-Saving Station Open House 3:30 pm Ranger's Choice: Eastham 5 pm Birding for Beginners 7 pm Evenings at Salt Pond Visitor Center: Monica Rizzio, the Washashore Cowgirl</p>	<p>12</p> <p>6:15 am Vacation Meditation: Sunrise Sound and Light - Nauset Light Beach overlook 7:30 am Yoga on the Beach: Nauset Light Beach 10 am Canoe Trip: Salt Pond Paddle 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Small Fry Special Activity 11 am Captain Penniman House Tour 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 3:30 pm Discover Nauset Marsh Walk 4:30-7:30 pm Nauset Light 5:30 pm Kayak Trip: Evening on Gull Pond, Wellfleet 7:30 pm Campfire: Herring Cove Beach</p>	<p>13</p> <p>10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Ranger's Choice: Eastham 2 pm Canoe Trip: Salt Pond Paddle 2 pm Crafternoons at Province Lands 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 6:30 pm Sunset in Pamet Valley Hike</p>

July Activities Continued

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 9 am Big View Hiking 10 am Dune and Bog Walk 10 am Cape Cod Ninja Warrior, Season 5, Ninja vs. Ninja 10 am-5 pm Highland Lighthouse 11 am Ranger's Choice: Eastham 2 pm Canoe Trip: Salt Pond Paddle 2 pm Kayak Adventure: Provincetown and Truro 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4:30-7:30 pm Nauset Light 5 pm Three Sisters Lighthouses Tour	15 9:30 am Fish, Snails, and Horseshoe Crab Tails Activity 10 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Eastham 10 am Amazing Race Provincetown 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Discover Nauset Marsh Walk 11 am Captain Penniman House Tour 2 pm Canoe Trip: Salt Pond Paddle 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 6:30 pm Sunset Over East Harbor Hike	16 9:30 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Truro 10 am Fish, Snails, and Horseshoe Crab Tails Activity 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Discover Nauset Marsh Walk 11 am Captain Penniman House Tour 2 pm Canoe Trip: Salt Pond Paddle 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4:30-7:30 pm Nauset Light 7 pm Evenings at Salt Pond Visitor Center: Digney Fignus Band	17 10 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Eastham 10 am-noon Captain Penniman House Open House 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Atwood-Higgins House Tour noon Kayak Adventure: Orleans, Eastham, and Wellfleet 2 pm Hands-On Squid 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4 pm Art in the Dunes Hike 4:30-7:30 pm Nauset Light 5 pm Three Sisters Lighthouses Tour 5 pm Seal Walk 6:30 pm Annual Meeting, Friends of the Cape Cod National Seashore 7 pm Evenings at Salt Pond Visitor Center: Climate Change Impacts and Actions: Globally and Locally 7:30 pm Campfire: Nauset Light Beach	18 7:30 am Surfcasting 101 9 am Yoga on the Beach: Herring Cove Beach 10 am Cape Cod Ninja Warrior, Season 5, Ninja vs. Ninja 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Atwood-Higgins House Tour 11 am Ranger's Choice: Eastham 11 am Marine Lecture Series: The Unsilent World: Noise Pollution in the 21st Century 2 pm Take the Cape History Challenge 2-4 pm Old Harbor Life-Saving Station Open House 3:30 pm Ranger's Choice: Eastham 5 pm Soundwalk 7 pm Evenings at Salt Pond Visitor Center: Outer Cape Chorale Chamber Singers	19 7:30 am Yoga on the Beach: Nauset Light Beach 10 am Canoe Trip: Salt Pond Paddle 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Small Fry Special Activity 11 am Captain Penniman House Tour 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 3:30 pm Discover Nauset Marsh Walk 4:30-7:30 pm Nauset Light 5:30 pm Kayak Trip: Evening on Gull Pond, Wellfleet 6-8 pm Highland Lighthouse - Light up the Night Climb 7:30 pm Campfire: Herring Cove Beach	20 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Ranger's Choice: Eastham 2 pm Canoe Trip: Salt Pond Paddle 2 pm Crafternoons at Province Lands 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 5:30-9:30 pm Kohlberg House Open House 6:30 pm Sunset in Pamet Valley Hike
21 9 am Big View Hiking 10 am Dune and Bog Walk 10 am Cape Cod Ninja Warrior, Season 5, Ninja vs. Ninja 10 am-5 pm Highland Lighthouse 11 am Ranger's Choice: Eastham 2 pm Canoe Trip: Salt Pond Paddle 2 pm Kayak Adventure: Provincetown and Truro 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4:30-7:30 pm Nauset Light 5 pm Three Sisters Lighthouses Tour 8 pm Vacation Meditation: Sunset Sound and Light - Marconi Station Site platform	22 10 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Eastham 10 am Amazing Race Provincetown 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Discover Nauset Marsh Walk 11 am Captain Penniman House Tour 2 pm Canoe Trip: Salt Pond Paddle 2 pm Fish, Snails, and Horseshoe Crab Tails Activity 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 6:30 pm Sunset Over East Harbor Hike	23 8:30-10:30 am Plein Air Painting: Doane Rock, Eastham 9:30 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Truro 10 am Dune and Bog Walk 10 am Wet 'N Wild Activity: Provincetown 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 2 pm Canoe Trip: Salt Pond Paddle 2 pm Kayak Adventure: Orleans, Eastham, and Wellfleet 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 2:30 pm Fish, Snails, and Horseshoe Crab Tails Activity 4:30-7:30 pm Nauset Light 7 pm Evenings at Salt Pond Visitor Center: Beat Greens	24 10 am P.I.E. Story Theatre by Wellfleet Harbor Actors Theater 10 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Eastham 10 am-noon Captain Penniman House Open House 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Seal Walk 11 am Atwood-Higgins House Tour 11 am Wet 'N Wild Activity: Wellfleet 1 pm Kayak Adventure: Orleans, Eastham, and Wellfleet 2 pm Hands-On Squid 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4 pm Art in the Dunes Hike 4:30-7:30 pm Nauset Light 5 pm Three Sisters Lighthouses Tour 6:30 pm "Romeo and Juliet" by Shakespeare Under the Stars 7:30 pm Campfire: Nauset Light Beach	25 7:30 am Surfcasting 101 9 am Observing Nature Through Art 10 am Cape Cod Ninja Warrior, Season 5, Ninja vs. Ninja 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Atwood-Higgins House Tour 11 am Ranger's Choice: Eastham 11 am Marine Lecture Series: Plankton: The Good, the Bad, and the Truly Amazing 2-4 pm Old Harbor Life-Saving Station Open House 3:30 pm Ranger's Choice: Eastham 5 pm Birding for Beginners 7 pm Evenings at Salt Pond Visitor Center: Salt Marsh Migration and Sea Level Rise	26 7:30 am Yoga on the Beach: Nauset Light Beach 10 am Canoe Trip: Salt Pond Paddle 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Small Fry Special Activity 11 am Captain Penniman House Tour 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 3:30 pm Discover Nauset Marsh Walk 4:30-7:30 pm Nauset Light 5:30 pm Kayak Trip: Evening on Gull Pond, Wellfleet 7:30 pm Campfire: Herring Cove Beach	27 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Ranger's Choice: Eastham 2 pm Canoe Trip: Salt Pond Paddle 2 pm Crafternoons at Province Lands 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 6:30 pm Sunset in Pamet Valley Hike
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August Activities See pages 6-8 for program descriptions.

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Far Land on the Beach - Sunset Music Nights

Far Land on the Beach at the Herring Cove Beach bathhouse in Provincetown is pleased to bring back sunset music nights for another summer season. Enjoy delicious local, sustainable, and healthy food from the concession, outdoor grill, or grab 'n go, and relax to the music as the sun sets over Cape Cod Bay. Sponsored in part by Friends of the Cape Cod National Seashore. *Wednesdays and Sundays at 6:30 pm in July, and 6 pm in August. Free admission, cash only food and drink.*



Wednesday, June 26: Funktapuss
 Sunday, June 30: The Rip it Ups
 Wednesday, July 3: Chandler Travis Philharmonette
 Sunday, July 7: Johnny & The Washashores
 Wednesday, July 10: The New Beach Band
 Sunday, July 14: The Spampinato Brothers
 Wednesday, July 17: Sensible Shoes
 Sunday, July 21: Zoe Lewis
 Wednesday, July 24: Joe Morgan and the Kingfish
 Sunday, July 28: The Sarah Burrill Band

Wednesday, July 31: Sarah Swain & The Oh Boys
 Sunday, August 4: Digney Fignus
 Wednesday, August 7: The New Beach Band
 Sunday, August 11: Cheryl Aruda and Dirty Blonde
 Wednesday, August 14: VB and The Buzz
 Sunday, August 18: Funktapuss
 Wednesday, August 21: The Grab Brothers
 Sunday, August 25: The Catie Flynn Band
 Wednesday, August 28: Bert Jackson's Wicked Blue
 Sunday, September 1: The Rip it Ups

<p>4 9 am Big View Hiking 10 am Dune and Bog Walk 10 am Cape Cod Ninja Warrior, Season 5, Ninja vs. Ninja 10 am-5 pm Highland Lighthouse 11 am Ranger's Choice: Eastham 2 pm Canoe Trip: Salt Pond Paddle 2 pm Kayak Adventure: Provincetown and Truro 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4:30-7:30 pm Nauset Light 5 pm Three Sisters Lighthouses Tour</p>	<p>5 10 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Eastham 10 am Amazing Race Provincetown 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Discover Nauset Marsh Walk 11 am Captain Penniman House Tour 2 pm Canoe Trip: Salt Pond Paddle 2 pm Fish, Snails, and Horseshoe Crab Tails Activity 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 5:30 pm Sunset Over East Harbor Hike</p>	<p>6 8:30-10:30 am Plein Air Painting: Salt Pond, Eastham 9:30 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Truro 9:30 am Wet 'N Wild Activity: Provincetown 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 2 pm Canoe Trip: Salt Pond Paddle 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 2:30 pm Kayak Adventure: Orleans, Eastham, and Wellfleet 3 pm Fish, Snails, and Horseshoe Crab Tails Activity 4:30-7:30 pm Nauset Light 7 pm Evenings at Salt Pond Visitor Center: Delicious Wild-Harvest: Wampanoag Fishing, Shellfishing, and Whaling Technology</p>	<p>7 10 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Eastham 10 am-noon Captain Penniman House Open House 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Seal Walk 11 am Atwood-Higgins House Tour 10:45 am Wet 'N Wild Activity: Wellfleet 1 pm Kayak Adventure: Orleans, Eastham, and Wellfleet 2 pm Hands-On Squid 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4 pm Art in the Dunes Hike 4:30-7:30 pm Nauset Light 5 pm Three Sisters Lighthouses Tour 6:30 pm "Romeo and Juliet" by Shakespeare Under the Stars 7 pm Campfire: Nauset Light Beach</p>	<p>8 7:30 am Surfcasting 101 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Atwood-Higgins House Tour 11 am Ranger's Choice: Eastham 11 am Marine Lecture Series: Whale Evolution: Fifty Million Years in the Making 3:30 pm Ranger's Choice: Eastham 6-9 pm Wrecks and Rescues: Celebrating Cape Cod's Shoreline Heroes 7 pm Evenings at Salt Pond Visitor Center: CrabGrass Bluegrass Band</p>	<p>9 7:30 am Yoga on the Beach: Nauset Light Beach 10 am Canoe Trip: Salt Pond Paddle 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Small Fry Special Activity 11 am Captain Penniman House Tour 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 3:30 pm Discover Nauset Marsh Walk 4:30-7:30 pm Nauset Light 5:30 pm Kayak Trip: Evening on Gull Pond, Wellfleet 7 pm Campfire: Herring Cove Beach</p>	<p>10 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Ranger's Choice: Eastham 2 pm Canoe Trip: Salt Pond Paddle 2 pm Crafternoons at Province Lands 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 5:30 pm Sunset in Pamet Valley Hike</p>
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August Activities Continued

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 9 am Big View Hiking 10 am Dune and Bog Walk 10 am Cape Cod Ninja Warrior, Season 5, Ninja vs. Ninja 10 am-5 pm Highland Lighthouse 11 am Ranger's Choice: Eastham 2 pm Canoe Trip: Salt Pond Paddle 2 pm Kayak Adventure: Provincetown and Truro 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4:30-7:30 pm Nauset Light 5 pm Three Sisters Lighthouses Tour	12 10 am Amazing Race Provincetown 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Discover Nauset Marsh Walk 11 am Captain Penniman House Tour 2 pm Canoe Trip: Salt Pond Paddle 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 5:30 pm Sunset Over East Harbor Hike	13 8:30-10:30 am Plein Air Painting: Province Lands Visitor Center 9:30 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Truro 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Kayak Adventure: Orleans, Eastham, and Wellfleet 2 pm Canoe Trip: Salt Pond Paddle 2 pm Ranger's Choice: Province Lands 4:30-7:30 pm Nauset Light 7 pm Evenings at Salt Pond Visitor Center: Neal Nichols' Geography Show	14 10 am P.I.E. Story Theatre by Wellfleet Harbor Actors Theater 10 am-noon Captain Penniman House Open House 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Atwood-Higgins House Tour 1 pm Kayak Adventure: Orleans, Eastham, and Wellfleet 2 pm Hands-On Squid 2 pm Ranger's Choice: Province Lands 4 pm Art in the Dunes Hike 4:30-7:30 pm Nauset Light 4:30 pm Seal Walk 5 pm Three Sisters Lighthouses Tour 6:30 pm "Romeo and Juliet" by Shakespeare Under the Stars 7 pm Campfire: Nauset Light Beach	15 7:30 am Surfcasting 101 9 am Yoga on the Beach: Herring Cove Beach 10 am Cape Cod Ninja Warrior, Season 5, Ninja vs. Ninja 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Atwood-Higgins House Tour 11 am Ranger's Choice: Eastham 11 am Marine Lecture Series: Ocean Smog: Plastic Pollution in the 21st Century 2-4 pm Old Harbor Life-Saving Station Open House 3:30 pm Ranger's Choice: Eastham 5 pm Birding for Beginners 6 pm Evenings at Salt Pond Visitor Center: Mosquito Story Slam	16 10 am Canoe Trip: Salt Pond Paddle 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Small Fry Special Activity 11 am Captain Penniman House Tour 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4:30-7:30 pm Nauset Light 5:30 pm Kayak Trip: Evening on Gull Pond, Wellfleet 6-8 pm Highland Lighthouse - Light up the Night Climb 7 pm Campfire: Herring Cove Beach	17 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Ranger's Choice: Eastham 2 pm Canoe Trip: Salt Pond Paddle 2 pm Crafternoons at Province Lands 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 5:30 pm Sunset in Pamet Valley Hike
18 9 am Big View Hiking 10 am Dune and Bog Walk 10 am Cape Cod Ninja Warrior, Season 5, Ninja vs. Ninja 10 am-5 pm Highland Lighthouse 11 am Ranger's Choice: Eastham 2 pm Canoe Trip: Salt Pond Paddle 2 pm Kayak Adventure: Provincetown and Truro 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4:30-7:30 pm Nauset Light 5 pm Three Sisters Lighthouses Tour	19 8 am Vacation Meditation: Morning Meditation - Salt Pond Visitor Center rear lawn 10 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Eastham 10 am Amazing Race Provincetown 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Discover Nauset Marsh Walk 11 am Captain Penniman House Tour 12:30 pm Fish, Snails, and Horseshoe Crab Tails Activity 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 5:30 pm Sunset Over East Harbor Hike	20 8:30-10:30 am Plein Air Painting: Hemenway Landing, Eastham 9:30 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Truro 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 2 pm Canoe Trip: Salt Pond Paddle 2 pm Fish, Snails, and Horseshoe Crab Tails Activity 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 2:30 pm Kayak Adventure: Orleans, Eastham, and Wellfleet 4:30-7:30 pm Nauset Light 7 pm Evenings at Salt Pond Visitor Center: Bauhaus Summers on the Outer Cape	21 9 am Seal Walk 10 am Healers & Invaders: Plants Along the Trail Workshop 10 am P.I.E. Story Theatre by Wellfleet Harbor Actors Theater 10 am Sharks and Seals: Cape Cod's Dynamic Duo Walk: Eastham 9:30 am Wet 'N Wild Activity: Wellfleet 10 am-noon Captain Penniman House Open House 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Atwood-Higgins House Tour 1 pm Kayak Adventure: Orleans, Eastham, and Wellfleet 2 pm Hands-On Squid 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4 pm Art in the Dunes Hike 4:30-7:30 pm Nauset Light 5 pm Three Sisters Lighthouses Tour 7 pm Campfire: Nauset Light Beach	22 7:30 am Surfcasting 101 9 am Observing Nature Through Art 10 am Cape Cod Ninja Warrior, Season 5, Ninja vs. Ninja 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Ranger's Choice: Eastham 11 am Marine Lecture Series: Seals: A Success Story 2 pm Take the Cape History Challenge 2-4 pm Old Harbor Life-Saving Station Open House 3:30 pm Ranger's Choice: Eastham 5 pm Soundwalk	23 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 10:30 am Small Fry Special Activity 11 am Captain Penniman House Tour 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 4:30-7:30 pm Nauset Light 5:30 pm Kayak Trip: Evening on Gull Pond, Wellfleet 7 pm Evenings at Salt Pond Visitor Center: Symphony at the Seashore	24 10 am Dune and Bog Walk 10 am-4:30 pm Highland House Museum 10 am-5 pm Highland Lighthouse 11 am Ranger's Choice: Eastham 2 pm Canoe Trip: Salt Pond Paddle 2 pm Crafternoons at Province Lands 2 pm Ranger's Choice: Province Lands 2-4 pm Old Harbor Life-Saving Station Open House 5:30 pm Sunset in Pamet Valley Hike
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Visitor Activities

South District Programs - Programs located in the **South District** of the seashore are highlighted in yellow, and are located in Eastham or Wellfleet. Plan for travel times and seasonal traffic. For additional information, and to register where indicated, call the **Salt Pond Visitor Center** at **508-255-3421**.

Atwood-Higgins House Tour - 1 hour. Free. Take advantage of this unique opportunity to visit the interior and grounds of this authentic 18th century full-Cape house. 269 Bound Brook Island Road, Wellfleet. **Reservations required** and accepted no more than one week in advance. Call Salt Pond Visitor Center to register. *Wednesdays and Thursdays at 11 am. No program July 4 or August 22.*

Amazing Race - Provincetown - 1½ hours, 2 miles. Free. Discover Provincetown's history one clue at a time. As you race against time to win the grand prize, experience the town's unique treasures and best-kept secrets. Wear comfortable shoes. Meet at the Provincetown Town Green, Bas Relief Park on Bradford Street, across from the town hall. Use public parking in town (meter or lot fee may be required). **Reservations required** and accepted no more than one week in advance. Call the Province Lands Visitor Center to register. *Mondays at 10 am.*

Art in the Dunes Hike - 2½ to 3 hours, 2½ miles in loose sand. Free. On this long hike into the Province Lands dunes, view firsthand the quality of light, natural environment, and isolation that have long attracted artists and writers to Provincetown. You may have the opportunity to meet an artist-in-residence at a dune shack. **Reservations required** and accepted no more than one week in advance. Call Province Lands Visitor Center to register. *Wednesdays at 4 pm. No program on July 31.*

Big View Hiking - 2 hours, 3-4 miles. Free. Join us for an energetic, cardiovascular hike to some of the most majestic ocean and bay views in the national seashore. No reservations required, but call the Province Lands Visitor Center for directions to trailhead. *Sundays at 9 am.*

Birding for Beginners - 1 hour, 1 mile. Free. Discover the joys of birding! Learn the basics of bird ID and investigate the diversity of birds on the Outer Cape while gaining experience using field guides and listening for birdcalls. No experience required. Binoculars and field guides supplied. No reservations necessary, but call Province Lands Visitor Center for meeting locations. *Thursdays, July 11 and 25, and August 15 and 29 at 5 pm.*

Campfire: Herring Cove Beach - 1 hour. Free. A beach campfire is a quintessential Cape Cod experience! Nature provides the ambience (including stunning sunsets!), and rangers provide the fire, music, and stories of nature and history. Bring a beach chair or towel to sit on, bug spray, and a flashlight. Meet the rangers on the beach in front of the large bathroom and concession area. Consider coming early to grab a bite at Far Land on the Beach! Accessible with assistance; please notify Province Lands Visitor Center in advance. *Fridays at 7:30 pm in July, 7 pm in August, last program August 16.*

Campfire: Nauset Light Beach - 1½ hours, ½ mile. Free. Join us for an evening of fun as we gather around the campfire for stories, songs, and activities that tell about the nature of Cape Cod and its rich past. Bring a blanket and insect repellent, but please leave the s'mores fixings at home. Meet in the parking lot at Nauset Light Beach, at the intersection of Ocean View Drive and Cable Road, Eastham. *Wednesdays at 7:30 pm in July, 7 pm in August.*

Canoe Trip: Salt Pond Paddle - 1½ hours, 1½ miles. \$25 per adult, \$20 per child 16 and under (minimum age 6). Take a leisurely paddle in the protected waters of Salt Pond to explore its beauty and diversity. Canoes seat three; rangers will determine seating placements. Meet at the Salt Pond Visitor Center amphitheater, Eastham. **Reservations required** and accepted beginning at 10 am one week in advance of the program date. Reserve at go.usa.gov/xQdx7 (24 hours), or call 1-877-444-6777 (10 am to midnight). *Sundays, Mondays, Tuesdays, and Saturdays at 2 pm; Fridays at 10 am. No program August 19 or 23.*

Cape Cod Ninja Warrior, Season 5, Ninja vs. Ninja - 1 hour. Free. In the spirit of the popular television show "American Ninja Warrior," tackle our Race Point Beach family-friendly, low-lying, obstacle course in the sand. Run, jump, carry, and problem solve to best your time. Compare your athletic abilities to those of the U.S. Life-Saving Service, predecessor to the Coast Guard. **Reservations required** and accepted no more than one week in advance. Call Province Lands Visitor Center to register. *Sundays and Thursdays at 10 am. Last program August 22. No program August 8.*

Captain Penniman House Tour - 1 hour. Free. Learn about the Penniman family through a tour of their home and stories of their travels. Examine the hardships, adventures, and ways of life of a whaling family. Meet at the Penniman House at Fort Hill, 70 Fort Hill Road, Eastham. Limited parking. **Reservations required** and accepted no more than one week in advance. Call Salt Pond Visitor Center to register. *Mondays and Fridays at 11 am.*

Captain Penniman House Open House - Free. Stop by to browse this 1868 whaling captain's home and learn about the family that lived here and their adventures. 70 Fort Hill Road, Eastham. *Wednesdays from 10 am to noon.*

Crafternoons at Province Lands - 1 hour. Free. The seashore's full of exciting and curious things, like horseshoe crabs, seals, and lighthouses. Kids, bring your parents and create a craft to take home! Meet at Province Lands Visitor Center in Provincetown. *Saturdays at 2 pm through August 24.*

Discover Nauset Marsh Walk - 1 hour, up to 1 mile. Free. Take this easy one-hour walk to discover some of the intriguing stories and features of this scenic and significant area within the national seashore. Meet on the terrace of Salt Pond Visitor Center, Eastham. *Mondays at 10:30 am, Fridays at 3:30 pm. No program August 16 or 23.*

Dune and Bog Walk - 1½ hours, 1 mile in loose sand. Free. Explore an enchanting dune landscape of unusual plants and wild cranberry bogs while learning about the Province Lands' unique place in American history. Check in at the desk at the Province Lands Visitor Center in Provincetown. *Sundays, Tuesdays, Fridays, and Saturdays at 10 am.*

Evenings at Salt Pond Visitor Center - 1 hour unless otherwise noted. Free. Performing artists, historians, and scientists will offer insights into seashore resources and stories. Salt Pond Visitor Center, Eastham. Check with the visitor center to see if the program will be indoors or outdoors. See next column for list of performances. *Tuesdays and Thursdays at 7 pm unless otherwise noted, plus Cape Symphony on Friday, August 23, no program August 22. Bring a flashlight, and bug spray for outdoor programs.*

North District Programs - Programs located in the **North District** of the seashore are highlighted in blue, and are located in Truro or Provincetown. Plan for travel times and seasonal traffic. For additional information, and to register where indicated, call the **Province Lands Visitor Center** at **508-487-1256**.

Tuesday, July 2 - Family Fun with Stand-Up Chameleon Jackson Gillman Audiences of all ages will fall under the Chameleon's spell as he shape-shifts into various creatures.

Thursday, July 4 - Movie: National Treasure Ben Gates must steal one of America's most sacred and guarded documents – the Declaration of Independence – in a race against time and a ruthless enemy. PG. 131 minutes.

Tuesday, July 9 - Navy Band Northeast - Rhode Island Sound Back by popular demand, this Navy ensemble returns to rock the Salt Pond Amphitheater.

Thursday, July 11 - Monica Rizzio, the Washashore Cowgirl Monica creates eclectic music that combines the best of country, folk, bluegrass, and jazz.

Tuesday, July 16 - Digney Fignus Band Award winning singer-songwriter, Top 20 Americana and Roots recording artist Digney and his band will delight you. 1½ hours.

Special Wednesday Program: July 17 - Climate Change Impacts and Actions: Globally and Locally Richard Delaney, President of the Provincetown Center for Coastal Studies, will discuss his work on climate change – from the Paris Climate Summit to the Cape Cod Climate Change Collaborative. Talk follows the Friends of the Cape Cod National Seashore's Annual Meeting, which starts at 6:30 pm.

Thursday, July 18 - Outer Cape Chorale Chamber Singers Under the direction of Allison Beavan, this acapella ensemble provides lighthearted music for audiences of all ages. This year's theme is the moon and the stars.

Tuesday, July 23 - Beat Greens Guitarist Rick Arnoldi and singer/songwriter Jerusha Korim share a homemade mix of folk, oldies, and original songs with roots on the Cape.

Thursday, July 25 - Salt Marsh Migration and Sea Level Rise Stephen M. Smith, Cape Cod National Seashore ecologist, will discuss how our local marshes are (or are not) able to keep pace with a rising sea level.

Tuesday, July 30 - Grayson Ty A singer-songwriter based out of Western Massachusetts, Ty's soulful tone and meaningful lyrics have been compared to those of James Bay and Ed Sheeran.

Thursday, August 1 - Toast and Jam A favorite Cape Cod duo, Tim Dickey and Julie Charland perform original bluegrass, modern folk, Americana, and more.

Tuesday August 6 - Delicious Wild-Harvest: Wampanoag Fishing, Shellfishing, and Whaling Technology Join Elizabeth and Jonathan James Perry for a presentation on coastal tribal community lifeways and seasonal hunting based on family tradition and historical accounts in the Northeast. They will also bring examples of their art and hand-crafted fishing gear.

Thursday, August 8 - CrabGrass Bluegrass Band Old and new foot stompin' comes to you courtesy of this entertaining five-piece band.

Tuesday, August 13 - Neal Nichols' Geography Show Explore our world through this amazingly innovative and interactive program, created and presented by Neal Nichols.

Thursday, August 15 - Mosquito Story Slam The Mosquito Story Slam is a live storytelling event and podcast now in its 6th season on the Outer Cape. Storytellers will have five minutes to tell a true story based on the theme, *Mother Nature*. Sign up at 5:30, stories begin at 6. See page 1 for more details! 6-8 pm.

Tuesday, August 20 - Bauhaus Summers on the Outer Cape Join Cape Cod Modern House Trust founder Peter McMahon to learn about how the Outer Cape attracted many of the prime movers of the enormously influential Bauhaus architectural movement.

Friday, August 23 - Cape Symphony at the Seashore See page 1 for more details.

Tuesday, August 27 - A Sailor's Valentine: An Evening of Storytelling Gather 'round as master storyteller Linda "Schuyler" Ford enchants you with stories of mermaids, sailors, and the sea.

Thursday, August 29 - So Goodly a Land: How the Outer Cape's Landscape and Environment Have Changed Since the Landing of the Mayflower The seashore's mapping specialist, Mark Adams, teams up with park historian Bill Burke for a free-ranging discussion looking back through time.

Fish, Snails, and Horseshoe Crab Tails Activity - 1½ hours, 1 mile. \$8 per person. All attendees must have a reservation. Wade into the tidal flats of Salt Pond with seine and dip nets to discover many of the hidden animals found in this intertidal habitat. Wear footwear (required) that can get wet. Meet at the Salt Pond Visitor Center amphitheater, Eastham. **Reservations required** and accepted beginning at 10 am one week in advance of the program date. Reserve at go.usa.gov/xQdx7 (24 hours), or call 1-877-444-6777 (10 am to midnight). *Most Mondays and Tuesdays. Program is subject to tides; see calendar for exact dates and times.*

Hands-On Squid - 1 hour. Free. Investigate the fascinating anatomy and life of one of the Atlantic's squishiest mollusks. Ages 8 and up. Meet at Province Lands Visitor Center in Provincetown. **Reservations required** and accepted no more than one week in advance. Call Province Lands Visitor Center to register. *Wednesdays at 2 pm. No program July 31.*

Healers & Invaders: Plants Along the Trail Workshop - 2 hours, 1 mile. Free. Take a deeper dive into the wild world of plants on Cape Cod. Begin in the classroom with an exploration of native species – many of which have healing and medicinal uses. Out on the trail, we will also find alien invaders: plants that have been introduced as "exotics," only to spread to places where they have a competitive advantage over native plants. Cameras and plant guides are welcome for this foray into the Cape's "growing" world. Meet at Salt Pond Visitor Center, Eastham. *Wednesdays, July 10 and August 21 at 10 am.*

Highland House Museum - \$7 per adult, \$5 per student or child ages 6-17, free for children under age 6. \$1 off admission the same day after the Highland Light tour. A visit to the museum provides a fascinating glimpse into the lives of the people on the Outer Cape. 27 Highland Light Road, Truro. Operated by the Truro Historical Society: www.trurohistoricalsociety.org/highlandhouse/ *Mondays through Saturdays from 10 am to 4:30 pm.*

Visitor Activities - Continued

Highland Lighthouse - \$6 per adult, \$5 per student or senior. Must be 48 inches tall to climb lighthouse. No flip flops. Climb Cape Cod's oldest and tallest lighthouse! Entrance to the keeper's house and shop is free; there is a fee to climb the lighthouse. 27 Highland Light Road, North Truro. Operated by Eastern National: www.highlandlighthouse.org Open daily from 10 am to 5 pm, last tour departs at 4:30 pm.

Highland Lighthouse - Light up the Night Climb - \$6 per adult, \$5 per student or senior. Must be 48 inches tall to climb lighthouse. No flip-flops. Bring a flashlight. Watch the sun set over Provincetown and the full moon rise over the Atlantic. 27 Highland Light Road, North Truro. Operated by Eastern National: www.highlandlighthouse.org Fridays, July 19 and August 16 from 6 to 8 pm, last climb at 7:30 pm.

Kayak Adventure: Orleans, Eastham, and Wellfleet - Up to 3 hours, 3 miles. \$50 per person (minimum age 15). Paddle with a ranger and explore the beauty and diversity of Cape Cod. Locations vary weekly. Previous kayaking experience required. If you have questions about your ability, talk with the rangers at Salt Pond Visitor Center before registering. All equipment provided - single kayaks only, no doubles. **Reservations required** and accepted beginning at 10 am one week in advance of the program date. Reserve at go.usa.gov/xQdx7 (24 hours), or call 1-877-444-6777 (10 am to midnight). *Most Tuesdays and Wednesdays. Program is subject to tides; see calendar for exact dates and times.* 🇺🇸

Kayak Adventure: Provincetown and Truro - 2½ hours, 3 miles. \$50 per person (minimum age 12). Paddle with a ranger to experience the diversity of aquatic environments in Truro and Provincetown. Locations vary. All equipment provided - single kayaks only, no doubles. Previous kayaking experience required. If you have questions about your ability, talk with the rangers at Province Lands Visitor Center before registering. **Reservations required** and accepted beginning at 10 am one week in advance of the program date. Reserve at go.usa.gov/xQdx7 (24 hours), or call 1-877-444-6777 (10 am to midnight). *Sundays at 2 pm.* 🇺🇸

Kayak Trip: Evening on Gull Pond, Wellfleet - 1½ hours, 1½ miles. \$50 per person (minimum age 12). Enjoy the quiet hush of a kettle pond at dusk, where the only sounds may be birds settling down for the evening and the gentle splash of paddles against still waters. All equipment provided - single kayaks only, no doubles. Previous kayaking experience required. If you have questions about your ability, talk with the rangers at Province Lands Visitor Center before registering. **Reservations required** and accepted beginning at 10 am one week in advance of the program date. Reserve at go.usa.gov/xQdx7 (24 hours), or call 1-877-444-6777 (10 am to midnight). *Fridays at 5:30 pm.* 🇺🇸

Kohlberg House Open House - Free. Drop in to celebrate the completion of the renovation of the historic Kohlberg House by Cape Cod Modern House Trust. Park at Newcomb Hollow Beach, Wellfleet and walk or ride the free shuttle to the property. For details, visit ccmht.org. *Saturday, July 20, 5:30-9:30 pm.*

Marine Lecture Series - 1 hour. Free. Weekly offerings by the Director of Marine Education, Center for Coastal Studies. Province Lands Visitor Center in Provincetown. *Thursdays at 11 am, no program July 4.* 🇺🇸

July 11 - Right Whales: In the Shadow of Extinction
July 18 - The Unsilent World: Noise Pollution in the 21st Century
July 25 - Plankton: The Good, the Bad, and the Truly Amazing
August 1 - Spinnaker: An Entanglement Story
August 8 - Whale Evolution: Fifty Million Years in the Making
August 15 - Ocean Smog: Plastic Pollution in the 21st Century
August 22 - Seals: A Success Story
August 29 - Marine Animal Stranding

Mosquito Story Slam: Mother Nature - 2 hours. Free. Outdoor storytelling event at Salt Pond Visitor Center. *Thursday, August 15. See page 1 for details.* 🇺🇸

Nauset Light Tour - *Tours are free, but donations are accepted.* Explore the grounds and climb this iconic light, while learning of its history and importance. Operated by Nauset Light Preservation Society: www.nausetlight.org/visit *Sundays, Tuesdays, Wednesdays, and Fridays from 4:30 to 7:30 pm.*

Observing Nature Through Art - 1½ hours, 1 mile. Free. Join ranger and artist Rebecca Arnoldi for a walk and creative art program. She will focus on nature drawing in July and watercolor painting in August. Bring easy-to-carry art supplies if you have them, or use what we provide. **Reservations required** and accepted no more than one week in advance. Call Province Lands Visitor Center to register. *Thursdays, July 11 and 25, and August 22 at 9 am.* 🇺🇸

Old Harbor Life-Saving Station Open House - *Beach fees apply.* Discover stories of wrecks and rescues as you explore the interior of this furnished life-saving station, the last life-saving station of the original 13 built on Cape Cod. Park at Race Point Beach in Provincetown and take the short walk to Old Harbor. *Daily 2-4 pm. Closed on August 8, 13, and 14.* 🇺🇸

P.I.E. Story Theatre by Wellfleet Harbor Actors Theater - 40 minutes. Free. Join the fun in these outdoor interactive and eclectic performances of fairy tales and fables! With wooden stools, a few props, and creative characters, stories come to life. Favorites include *The Little Engine That Could* and *Three Billy Goats Gruff*. Meet at the Salt Pond Visitor Center amphitheater, Eastham. *Wednesdays July 10 and 24 and August 14 and 21 at 10 am.* 🇺🇸

Plein Air Painting at the Seashore - The Eastham Painters' Guild will be out plein air painting at various Cape Cod National Seashore locations this season, and will have their artwork on display in the exhibit room at the Salt Pond Visitor Center in Eastham during July and August. *Meet the artists at opening receptions on Saturday, July 6 and Saturday, August 3 from 3:30 to 4:30 pm at Salt Pond Visitor Center.* 🇺🇸

Plein air painting will take place most Tuesdays, 8:30 to 10:30 am.

July 2 - Fort Hill, Eastham
July 9 - Marconi Station, Wellfleet
July 23 - Doane Rock, Eastham
July 30 - Atwood-Higgins House, Wellfleet
August 6 - Salt Pond, Eastham
August 13 - Province Lands Visitor Center
August 20 - Hemenway Landing, Eastham
August 27 - Highland Light, Truro

Ranger's Choice Talk or Walk: Eastham - Up to 1 hour, up to 1 mile. Free. Stop by the Salt Pond Visitor Center to find out the ranger's favorite program and location this week. Topics feature a variety of history and nature topics, and could include a short walk or terrace talk. *Sundays, Thursdays, and Saturdays at 11 am. Thursdays at 3:30 pm. No program July 6.* 🇺🇸

Ranger's Choice Talk or Walk: Province Lands - Up to 1 hour, up to 1 mile. Free. Stop by the Province Lands Visitor Center to find out the ranger's favorite topic and location. Programs vary by day, feature a variety of history and nature topics, and could include a short walk or deck talk. Province Lands Visitor Center in Provincetown. *Every day except Thursdays at 2 pm. No program on July 31.* 🇺🇸

"Romeo and Juliet" by Shakespeare Under the Stars/The Tilden Arts Center/ Cape Cod Community College - 1½ hours. Free. When young Romeo Montague and Juliet Capulet fall in love, an age-old vendetta between two powerful families erupts into bloodshed. This timeless tale reminds us to put aside our differences in the service of love. Salt Pond Visitor Center amphitheater, Eastham. *Wednesday, July 24 and 31, and Wednesday, August 7 and 14 at 6:30 pm.* 🇺🇸

Seal Walk - 1-2 hours, 1-2 miles in loose sand. Free. Join the Director of Marine Education, Center for Coastal Studies, for a beach walk to look for seals hauled out on sandbars to rest. Learn about the biology and natural history of these native marine mammals. **Reservations required** and accepted no more than one week in advance. Call Province Lands Visitor Center to register. *Wednesdays. Program time varies with the tide; see calendar for dates and times.* 🇺🇸

Sharks and Seals: Cape Cod's Dynamic Duo Walk - Eastham - 1 hour, up to 1 mile on sand. Free. Examine the relationship between sharks and seals and the role they play in the balance of a healthy marine environment. Bring a pair of binoculars for seal viewing. Meet at Coast Guard Beach, at the end of Doane Road, Eastham. **Reserved parking.** Call Salt Pond Visitor Center no more than one week in advance to reserve a parking space. *Mondays and Wednesdays at 10 am. No program July 31 or August 12 or 14.* 🇺🇸

Sharks and Seals: Cape Cod's Dynamic Duo Walk - Truro - 1 hour, up to 1 mile on sand. Free. Examine the relationship between sharks and seals and the roles they play in the balance of a healthy marine environment. Bring a pair of binoculars for seal viewing, or borrow the ranger's. Meets at the national seashore-managed Head of the Meadow Beach in Truro. **Reserved parking.** Call Province Lands Visitor Center no more than one week in advance to reserve a parking space. *Tuesdays at 9:30 am.* 🇺🇸

Small Fry Special Activity - ¾ hour. Free. Children, bring your parents to the Salt Pond Visitor Center for seashore crafts and stories. Geared for ages 5 to 8. Salt Pond Visitor Center, Eastham. *Fridays at 10:30 am.* 🇺🇸

Soundwalk - 1½ hours, 1 mile. Free. This guided walk explores natural sounds, including birds, insects, wind, and waves. Learn to make a sound map and to record nature sounds. Bring a recording device (a smartphone or a digital recorder), or use the ranger's. 111 North Pamet Road. Take Truro Center/ Pamet Roads exit off Route 6 in Truro. Proceed 1½ miles on North Pamet Road to the end. Meet at the trailhead parking area below the youth hostel. *Thursdays, July 4 and 18, and August 1 and 22 at 5 pm.* 🇺🇸

Sunset in the Pamet Valley Hike - 1½-2 hours, 2 miles on uneven terrain with elevation gain and some log steps. Free. A hike around this serene area is the perfect end to a busy day. Enjoy dramatic views of the Pamet landscape, glacial terrain, and the Atlantic, and discover how people have used this area over time. 111 North Pamet Road in Truro. Take Truro Center/ Pamet Roads exit off Route 6 in Truro. Proceed 1½ miles on North Pamet Road to the end. Meet at the trailhead parking area below the youth hostel. *Saturdays at 6:30 pm in July and 5:30 pm in August.* 🇺🇸

Sunset Over East Harbor Hike - 1½-2 hours, 1½ miles in loose sand. Free. Climb atop a parabolic dune to gain 360° views of ocean, cranberry bogs, harbor, and Provincetown. Discover the quality of light that has long attracted artists and writers to the dune landscape. Meet in the bike trail parking lot at the end of High Head Road, off Route 6, in Truro (stay left and continue on the dirt road). *Mondays at 6:30 pm in July and 5:30 pm in August.* 🇺🇸

Surfcasting 101 - 1½ hours. \$20 per person (minimum age 12). Learn the basics of saltwater fishing and practice the skill, but don't expect to bring home supper! No fishing license required. Meet at the Coast Guard station, Coast Guard Beach, at the end of Doane Road, Eastham. **Reservations required** and accepted beginning at 10 am one week in advance of the program date. Reserve at go.usa.gov/xQdx7 (24 hours), or call 1-877-444-6777 (10 am to midnight). *Thursdays at 7:30 am.* 🇺🇸

Symphony at the Seashore, featuring the Cape Symphony - Free outdoor concert at Salt Pond Visitor Center. *Friday, August 23. See page 1 for details.* 🇺🇸

Take the Cape History Challenge! - 20 minutes. Free. Take this fun, hands-on challenge and identify curious bits and pieces of Cape Cod history. Meet the park's historian and get updates on what's new with the seashore's old stuff. Salt Pond Visitor Center, Eastham. *Select Thursdays at 2 pm See Calendar for exact dates.* 🇺🇸

Three Sisters Lighthouses Tour - 1 hour, ½ mile. Free. These 1800s lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Learn of their history and importance. **Meet at the northeast corner of the Nauset Light Beach parking lot at the intersection of Ocean View Drive and Cable Road, Eastham.** *Sundays and Wednesdays at 5 pm.*

Vacation Meditation - 45 minutes. Free. Life on "Cape Time" is relaxed. Join Ellen Sullivan of Sound and Light Meditations for these mindfulness sessions taking in the sounds, colors, and light at various pop-up locations in the park. Bring bug spray. 🇺🇸

Friday, July 12 at 6:15 am: Sunrise Sound and Light - Nauset Light Beach overlook
Sunday, July 21 at 8 pm: Sunset Sound and Light - Marconi Station Site platform
Thursday, August 1 at 9 am: Morning Meditation - Sharpening Stone at Fort Hill
Monday, August 19 at 8 am: Morning Meditation - Salt Pond Visitor Center rear lawn

Wet 'N Wild Activity, Provincetown - 1½ hours, 1½ miles. \$8 per person. All attendees must have a reservation. Get your feet wet as you wade into the tidal flats at Provincetown's West End Marsh with dip nets and buckets to discover the abundance and diversity of life in the intertidal zone. Sneakers or water shoes that can get wet are required; no flip flops and no bare feet. Look for directions when you register. **Reservations required** and accepted beginning at 10 am one week in advance of the program date. Reserve at go.usa.gov/xQdx7 (24 hours), or call 1-877-444-6777 (10 am to midnight). *Select Tuesdays. Program time varies with the tide; see calendar for dates and times.* 🇺🇸

More →

Visitor Activities - Continued

Wet 'N Wild Activity, Wellfleet - 1½ hours, 1½ miles. \$8 per person. All attendees must have a reservation. Get your feet wet as you wade into the tidal flats at Great Island with dip nets and buckets to discover the abundance and diversity of life in the intertidal zone. Sneakers or water shoes that can get wet are required; no flip flops and no bare feet. Look for directions when you register. **Reservations required** and accepted beginning at 10 am one week in advance of the program date. Reserve at go.usa.gov/xQdx7 (24 hours), or call 1-877-444-6777 (10 am to midnight). *Select Wednesdays. Program time varies with the tide; see calendar for dates and times.* 🌊 \$

Wrecks and Rescues: Celebrating Cape Cod's Shoreline Heroes - Free event at Old Harbor Life-Saving Station. *Thursday, August 8. See page 1 for details.* 🌊

Yoga on the Beach: Herring Cove Beach - 1¼ hours. \$11 per person. Stretch the body and spirit in the most serene of settings: early morning at Herring Cove. This interdisciplinary yoga class geared to all levels is taught by Rebecca Arnoldi, long-time ranger and certified yoga instructor. Meet at Herring Cove Beach in Provincetown. **Reservations required** and accepted beginning at 10 am one week in advance of the program date. Reserve at go.usa.gov/xQdx7 (24 hours), or call 1-877-444-6777 (10 am to midnight). *Thursdays, July 4 and 18, and August 1, 15, and 29 at 9 am.* 🌊 \$

Yoga on the Beach: Nauset Light Beach - 1¼ hours. \$11 per person. A unique opportunity to “practice in the park!” For over 10 years, an experienced ranger who is also a certified yoga instructor has been leading these interdisciplinary classes geared to all levels. Meet in the parking lot at Nauset Light Beach, at the intersection of Ocean View Drive and Cable Road, Eastham. **Reservations required** and accepted beginning at 10 am one week in advance of the program date. Reserve at go.usa.gov/xQdx7 (24 hours), or call 1-877-444-6777 (10 am to midnight). *Fridays at 7:30 am. No Program August 16 or 23.* 🌊 \$



NPS / JODY ANASTASIO

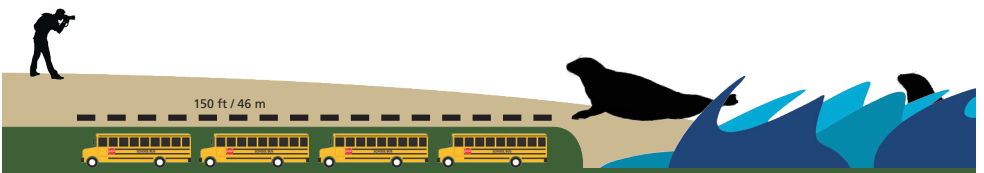
Keep an Eye Out

During the summer months park rangers and volunteers visit high use areas like lighthouses, visitor center grounds, and beaches to talk with the public and share information. Look for them, and please ask questions! In addition, members of the national seashore's Seal Education Team are stationed at locations where seals haul out to rest. They have binoculars to share and show-and-tell items to help you enjoy this natural phenomenon.



NPS / SUE MOYNIHAN

Sometimes the Best Relationship is a Long-Distance Relationship



150 feet = about 4 bus-lengths

To keep wildlife wild, and for your safety, keep back at least 150 feet. Disturbing seals is against federal law.

Attention all 4th Graders!

EVERY KID IN A PARK: All 4th graders and their families are invited to visit national parks and other federal lands for free in 2019. To find out more and to obtain a voucher for free entry, visit: www.everykidinapark.gov



Become a Junior Ranger

Calling All Kids!



The Junior Ranger Program is just for you! Ask for details at Salt Pond or Province Lands visitor centers. Families who wish to explore more should ask about Explorer Packs available for loan from the visitor centers.

Tides at Cape Cod National Seashore

Be aware! The tides can vary dramatically depending on your location on Cape Cod.

The chart below is for the outer beaches in Cape Cod National Seashore, from Eastham to Truro. To use the tide chart for other locations on Cape Cod, you will need to adjust the times accordingly.

Salt Pond (Eastham): high tide add 2 hours, low tide add 3 ½ hours

Herring Cove and Race Point beaches (Provincetown): high tide subtract 20 minutes, low tide subtract 40 minutes

Great Island (Wellfleet, bayside): high tide subtract 25 minutes, low tide subtract 1 hour

July Tides on Cape Cod

Date	Low	High	Low	High
7/1	6:05 am	11:27 am	6:15 pm	
7/2	6:36 am	11:53 am	7:03 pm	12:17 pm
7/3	7:48 am	12:25 am	7:37 pm	1:06 pm
7/4	8:58 am	1:15 am	8:46 pm	1:33 pm
7/5	9:21 am	2:06 am	9:54 pm	2:42 pm
7/6	10:12 am	2:31 am	11:00 pm	3:50 pm
7/7	11:05 am	3:36 am	11:27 pm	4:56 pm
7/8	11:31 am	4:39 am		6:00 pm
7/9	12:26 am	5:39 am	12:35 pm	6:27 pm
7/10	1:27 am	6:37 am	1:38 pm	7:25 pm
7/11	3:00 am	7:34 am	2:40 pm	8:23 pm

Date	Low	High	Low	High
7/12	3:57 am	8:31 am	3:43 pm	9:20 pm
7/13	4:58 am	9:31 am	4:48 pm	10:14 pm
7/14	5:28 am	10:35 am	5:55 pm	11:05 pm
7/15	6:19 am	11:44 am	6:24 pm	
7/16	7:05 am	11:38 am	7:10 pm	12:58 pm
7/17	7:42 am	12:54 am	7:37 pm	1:15 pm
7/18	8:29 am	1:18 am	8:55 pm	1:35 pm
7/19	9:08 am	1:31 am	9:17 pm	2:55 pm
7/20	9:42 am	2:50 am	10:00 pm	3:14 pm
7/21	10:28 am	3:21 am	10:47 pm	3:36 pm
7/22	11:09 am	4:04 am	11:28 pm	4:54 pm

Date	Low	High	Low	High
7/23	11:38 am	4:41 am		5:19 pm
7/24	12:16 am	5:54 am	12:53 pm	6:04 pm
7/25	1:06 am	6:26 am	1:24 pm	6:39 pm
7/26	1:31 am	7:19 am	2:15 pm	7:49 pm
7/27	2:36 am	8:14 am	3:07 pm	8:58 pm
7/28	3:41 am	9:10 am	4:01 pm	9:25 pm
7/29	4:47 am	10:05 am	4:35 pm	10:18 pm
7/30	5:53 am	10:31 am	5:42 pm	11:11 pm
7/31	6:29 am	11:38 am	6:49 pm	

August Tides on Cape Cod

Date	Low	High	Low	High
8/1	7:20 am	12:04 am	7:57 pm	12:46 pm
8/2	8:10 am	12:34 am	8:25 pm	1:55 pm
8/3	9:00 am	1:41 am	9:19 pm	2:26 pm
8/4	9:39 am	2:47 am	10:13 pm	3:18 pm
8/5	10:47 am	3:53 am	11:08 pm	4:11 pm
8/6	11:54 am	4:56 am		5:06 pm
8/7	12:07 am	5:57 am	1:00 pm	6:02 pm
8/8	1:07 am	6:56 am	1:27 pm	7:00 pm
8/9	2:10 am	7:53 am	2:26 pm	8:00 pm
8/10	3:13 am	8:49 am	3:25 pm	8:31 pm
8/11	4:14 am	9:48 am	4:22 pm	9:35 pm

Date	Low	High	Low	High
8/12	5:11 am	10:52 am	5:16 pm	10:43 pm
8/13	6:01 am	11:27 am	6:05 pm	
8/14	6:45 am	11:56 am	6:41 pm	12:11 pm
8/15	7:25 am	12:17 am	7:59 pm	12:39 pm
8/16	8:03 am	12:33 am	8:11 pm	1:28 pm
8/17	8:50 am	1:54 am	8:39 pm	2:05 pm
8/18	9:17 am	2:14 am	9:59 pm	2:49 pm
8/19	9:36 am	2:37 am	10:12 pm	3:18 pm
8/20	10:57 am	3:56 am	10:35 pm	3:33 pm
8/21	11:14 am	4:16 am		4:53 pm
8/22	11:50 am	5:01 am	11:32 pm	5:22 pm

Date	Low	High	Low	High
8/23	12:29 am	5:40 am	12:44 pm	6:09 pm
8/24	1:22 am	6:47 am	1:52 pm	7:02 pm
8/25	2:19 am	7:50 am	2:56 pm	7:33 pm
8/26	3:17 am	8:51 am	3:59 pm	8:35 pm
8/27	4:15 am	9:53 am	4:29 pm	9:37 pm
8/28	5:11 am	10:56 am	5:25 pm	10:41 pm
8/29	6:05 am	11:28 am	6:20 pm	
8/30	6:33 am	11:46 am	7:14 pm	12:20 pm
8/31	7:43 am	12:52 am	8:07 pm	1:11 pm