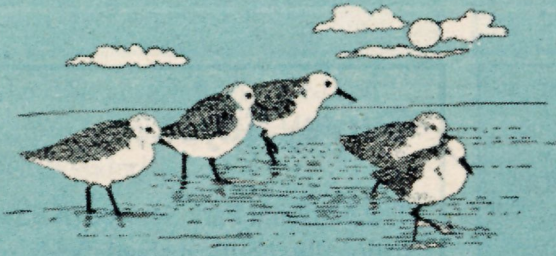


ASSATEAGUE ISLAND



NATIONAL
SEASHORE



Visitor Guide

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Activity Schedules

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Contact Us:

Web Site: www.nps.gov/asis

National Park Service

Barrier Island Visitor Center (MD)

410-641-1441

Toms Cove Visitor Center (VA)

757-336-6577

US Fish & Wildlife Service

Chincoteague Refuge Visitor Center

(VA) 757-336-6122

Maryland State Parks

Assateague State Park (MD)

410-641-2120

Emergency Numbers

Maryland

Ranger Station - (410) 641-3030

After Hours - Dial 911

Virginia

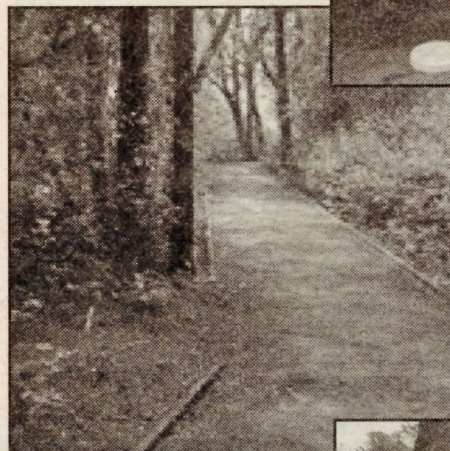
Ranger Station - (757) 336-6577

After Hours - Dial 911

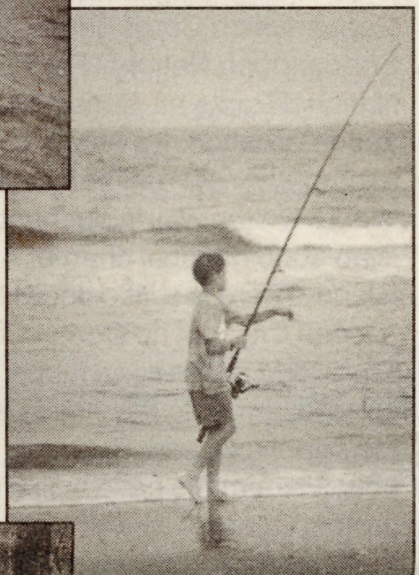
Experience Your Park



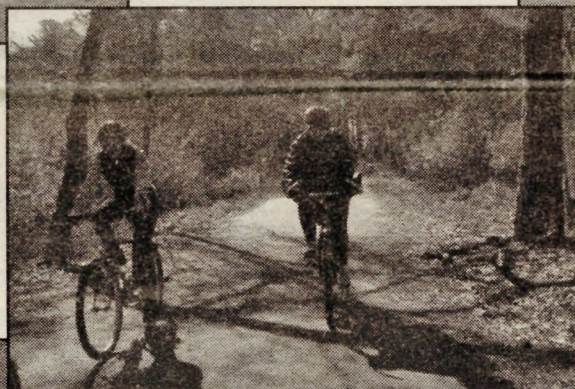
Discover



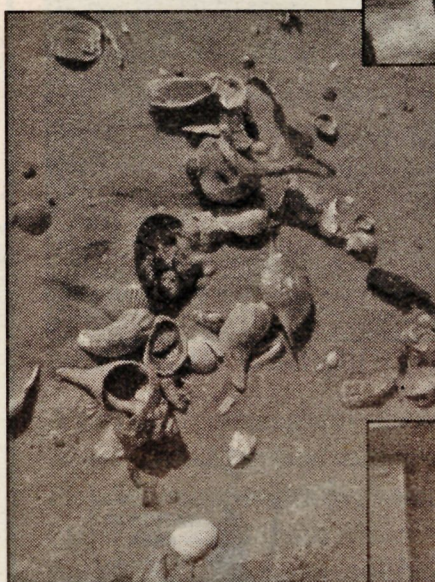
Wander



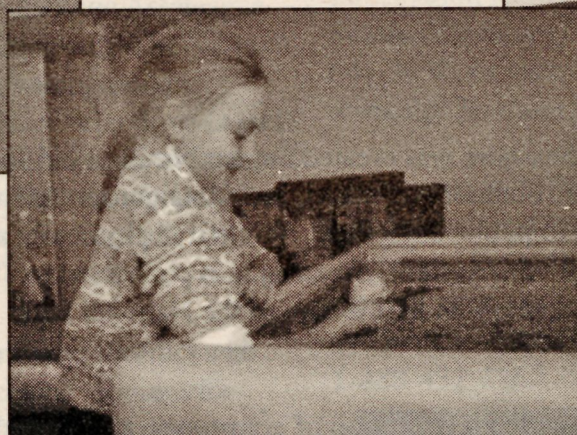
Relax



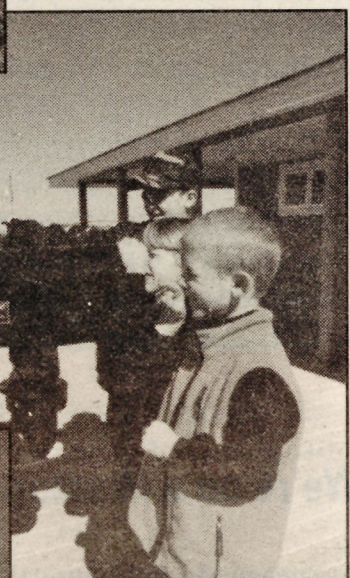
Explore



Enjoy



Learn



Observe

What's there to do here?
Turn to page 3 to find out!

Message from the Superintendent

Welcome to Assateague Island National Seashore! We sincerely hope that your visit here is pleasant, rewarding and safe. In partnership with Assateague State Park and Chincoteague National Wildlife Refuge, the National Park Service manages this 37 mile-long island to conserve the plants and animals that live here and to provide you a place for rest, relaxation and recreation.

In 1933 President Franklin D. Roosevelt, during a visit to the Civilian Conservation Corps camps in Shenandoah National Park described National Parks as places for recreation and re-creation. It's hard to find a better example of re-creation than a barrier island. On the wall in our headquarters is an 1866 nautical chart of Assateague Island. There is a little dot with the words "Ocean City" but no Ocean City Inlet. The island is one continuous, gently curving barrier to the waves and wind of the Atlantic Ocean. Between then and now, we humans have built walls to protect Ocean City and walls to keep the Ocean City Inlet open. The Assateague Island we know today is still a natural barrier island. It's also over a quarter of a mile farther inland than it was in 1866. The island has re-created itself in a different place.

The island is also a place for you to re-create yourself, if you so choose. It is a different place. In addition to wind, surf, and sandy beach, there are salt marshes to explore, quiet bayside waters to canoe, and pine forests which are never completely quiet. The creatures and plants that live here have adapted to life on a moving island.

They're different, too. By learning more about how they have adapted and how they live, you may, perhaps, learn some things that will make your life more enjoyable and rewarding. Certainly, a visit to the island is a respite from the busyness of our every-day business.

Elsewhere in this newspaper, you'll get tips on enjoying the island safely. You'll also learn about some of the things we are doing to be responsible stewards of the island and the things that live here. Please help us protect the island so your children and their children will have the same opportunity for re-creation in the future.

Assateague Island National Seashore is one unit of the National Park System, which comprises 384 areas covering more than 83.3 million acres in every state (except Delaware), the District of Columbia, American Samoa, Guam, Puerto Rico, and the Virgin Islands. These areas include national parks, monuments, battlefields, military parks, historical parks, historic sites, lakeshores, seashores, recreation areas, scenic rivers and trails, and the White House.

The National Park Service cares for these special places which have been saved by the American people so that all may experience our heritage. Experience your America.

If there's anything we can do to make your experience more enjoyable or rewarding, just ask a Ranger.

- Michael Hill

Survey Says.....

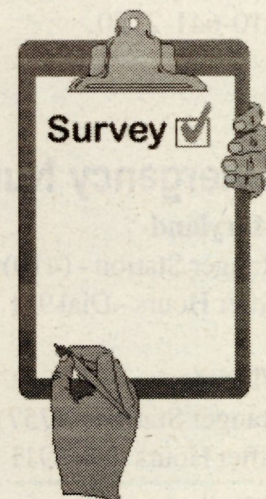
The National Park Service (NPS) manages nationally significant battlefields, parks, historic sites, monuments, lakeshores, memorials, parkways, preserves, reserves, recreation areas, riverways and seashores. Knowledge about people who visit these NPS areas has become increasingly important to park managers, and is required to meet NPS goals related to the Government Performance and Results Act (GPRA). GPRA directs federal agencies to use performance management as a primary planning strategy. All NPS units are required to report performance related to a broad list of GPRA goals. These goals were developed by the NPS and subject matter experts, and approved by the Director of the NPS. A Visitor Survey Card (VSC) was developed to measure each park unit's performance related to two specific annual and 5-year GPRA goals. These goals require a performance measurement of:

- 1) visitor satisfaction with park facilities, services and recreational opportunities.
- 2) visitor understanding and appreciation of the park they are visiting.

These types of performance goals are difficult to measure without the aid of a public survey. The Visitor Survey Card has provided NPS park managers with information to:

- report performance to specific GPRA goals.
- better understand visitor needs.
- better protect natural and cultural resources by improving visitor management.
- improve visitor services by carefully examining visitor feedback.
- save money by identifying strengths and weaknesses in park facilities, services and recreational opportunities.

Assateague Island National Seashore will be distributing Visitor Survey Cards during July 2001. This will be the fourth year of the VSC. This survey has helped the park plan and work toward improvement of facilities. The park is pleased with visitor response and understanding of the significance of this National Seashore. A ranger may ask for your participation in this survey during July. We hope for your participation and invite your feedback with our survey!



We're on a Mission

Assateague Island National Seashore was created September 21, 1965 for the general purposes of public outdoor recreation, including conservation of natural features contributing to public enjoyment. While it is physically an island, as part of the National Park System, Assateague is connected to 384 unique areas throughout the country under the care of the National Park Service.

Think of Assateague as the pearl in a collection of gemstones, and as such we strive to fulfill the mission of the National Park Service "...which purpose is to conserve the scenery and the natural and historic objects and the wild life therein and to provide for the enjoyment of the same in such manner and by such means as will leave them unimpaired for the enjoyment of future generations." **National Park Service Organic Act, 16 U.S.C.1.**

Assateague Island is constantly built and reshaped by natural forces. These dynamic processes dictate the island's future; however human management of these resources must be flexible if true protection and preservation are to be effective. The American public is a key force in the accomplishment of our mission. The future of Assateague's physical shape and appearance is unknown, but the island's protection is certain and is in our hands.



Assateague Island - What's there to Do Here?

3

Hiking

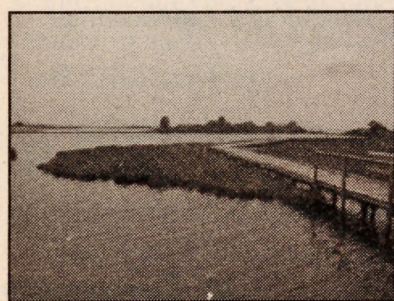
Assateague Island has a variety of paved and unpaved trails open for hiking. There are also 37 miles of beach to wander!

Maryland

Life of the Forest Trail - 1/2 mile loop.
Life of the Dunes Trail - 1/2 mile loop.
Life of the Marsh Trail - 1/2 mile loop.

Virginia

Service Road - 7 miles.
Wildlife Loop - 3.2 mile loop.
Woodland Trail - 1.6 mile loop.
Swan Cove Trail 1.25 miles.
Black Duck Marsh Trail - 1.0 mile.
Freshwater Marsh Trail - 1.0 mile.
Lighthouse Trail - 1/2 mile loop.



Biking

Biking on Assateague is a great way to explore the island and avoid summer traffic and parking problems.

Maryland

Cyclists may explore miles of paved bike path from the Bridge parking lot, west of the Verazzano bridge, over the Bike bridge and along Bayberry Drive and Oceanside campground.

Virginia

A paved bike path leads from the town of Chincoteague to Assateague Island.
Wildlife Loop - 3.2 mile loop.
Woodland Trail - 1.6 mile loop.
Swan Cove Trail 1.25 miles.
Black Duck Marsh Trail - 1.0 mile.

When It's Not a Beach Day, Try These Ideas

Enjoy exhibits, nature films, and bookstores in the Toms Cove, Chincoteague Refuge and Barrier Island visitor centers.

Walk the Life of Assateague nature trails in Maryland and the Swan Cove, Woodland, Lighthouse, Freshwater Marsh and Wildlife Loop trails in Virginia.

Drive the Assateague to Crisfield 'Beach to Bay Indian Trail'. Discover rich regional history in several museums, small towns and state parks.

Visit the Salisbury Zoo and Ward Museum of Wildfowl Art - both small, but outstanding!

Explore charming Chincoteague and its museums and NASA's Wallops Island Visitor Center.

Ranger-Guided Activities

A variety of ranger-guided programs are offered to encourage visitors of all ages to enjoy and learn more about the barrier island environment. Check pages 6, 7, 10 and 11 for more information.



Canoeing, Kayaking, Boating

Explore Assateague's largest habitat and get a different perspective on your park! Bring your own watercraft or rent one from nearby local companies or the park concessionaire in Maryland (canoes). Canoes and kayaks may be launched from designated areas on Assateague. Careful consideration should be given to weather conditions and tidal currents. Federal regulations require a personal flotation device for each person in a watercraft. Check at the Barrier Island or Toms Cove Visitor Center for more information.

Shell Collecting

Shell collecting is a popular way to enjoy Assateague's beaches. To ensure a supply of shells for beach dwelling organisms and future visitors, please limit collecting to one gallon or less of **unoccupied** shells.

Shellfishing

Crabbing and clamming are great ways to discover the bays behind Assateague and sample some local seafood. Regulations change often! Please stop by the Barrier Island or Toms Cove Visitor Center for more information.

Surf Fishing

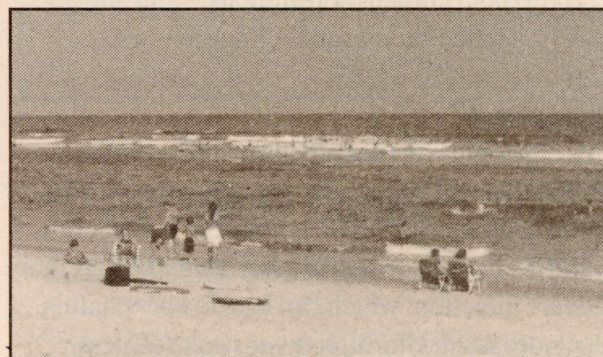
Surf fishing has been a popular recreational activity for generations. With a few basic tips on seasons, conditions, equipment, species and regulations, anglers can have an enjoyable experience, create a few memories and share a few tales for years to come. Fishing is prohibited within the lifeguarded beach area. Stop by the visitor center and pick up a surf fishing brochure and current regulations.

Off Road Vehicles

There are 13 miles of beach in Maryland and a small section of beach in Virginia open to off road vehicles. An annual off road vehicle permit may be purchased for \$60. Specific equipment is required. Be aware of closures during the busy summer season. Check at the Toms Cove Visitor Center (VA) or the Ranger Station/Campground Office (MD) for details.

Swimming, Surfing

Experience Assateague's most dynamic habitat! During the summer, lifeguard-protected beaches are provided in both the Maryland and Virginia districts. Mats, floats, surfing and surf fishing are allowed **outside** of the lifeguarded beach areas. See page 5 for tips to help you safely enjoy your ocean experience.



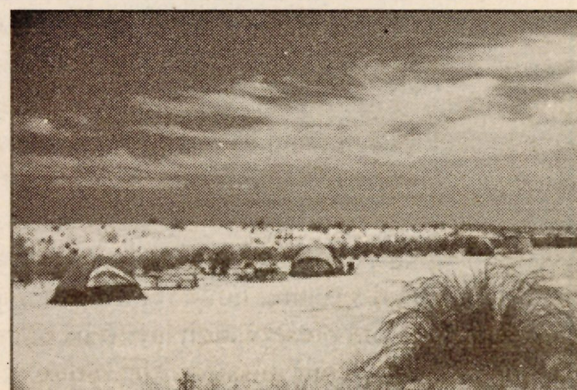
Seashore Camping - Something for Everyone

A variety of camping is available on Assateague Island, in the Maryland section only. The National Park Service provides two campgrounds, Oceanside and Bayside, which offer drive-in pads suitable for tents, trailers and recreational vehicles. In addition, Oceanside has walk-in, tent-only sites, located 100-200 feet from centralized parking areas.

Both campgrounds have primitive facilities with outdoor chemical toilets, central locations for drinking water and outdoor rinse-off showers. Reservations can be made from May 15th through October 15th, up to five months in advance of a camping date by calling 1-800-365-2267. The rest of the year is first-come, first-served. Group camping sites for clubs or affiliated groups are available by reservation year round by calling 1-800-365-2267. Backcountry camping for canoeists or hikers are available at established sites. Additional camping

information is available at the National Seashore's campground office by calling 410-641-3030, or visiting our web site at www.nps.gov/asis.

Assateague State Park in Maryland also has a campground that features hot shower bathhouses. There are a limited number of electric hookups in the state park. Further state park information is available at 410-641-2120. For reservations call 1-888-432-2267.



Bugs, Birds, Disease and DEET

Is West Nile virus found on Assateague?

The virus that can cause West Nile encephalitis has been commonly found in humans, birds, and other vertebrates in Africa, Eastern Europe, and the Middle East since the first recorded occurrence of the disease in the 1950's. West Nile virus had never been documented in the western hemisphere before 1999, when an outbreak occurred in New York City. The virus was probably introduced to the United States by an infected bird or mosquito.

Mosquitoes?

Most female mosquitoes must take a blood meal before they can lay eggs. Usually, the only outcome of a mosquito bite is a minor irritation of the skin. Even in areas where mosquitoes carry the West Nile virus, very few of them are actually infected with it, so the chance of being bitten by an infected mosquito is small. Evidence of West Nile virus has been found in eleven states, including Maryland and Virginia. It is, however, expected to expand its geographic range in the future.

Transmission?

West Nile virus is transmitted by infected mosquitoes. The virus exists in nature as part of a transmission cycle involving mosquitoes and birds – the primary host for the virus (1). Mosquitoes become infected after taking a blood meal from an infected bird (2). If the virus circulates in a mosquito's blood for an incubation period of 10–14 days, the infected mosquito can transmit the virus to both humans and animals while biting to take a second blood meal (3 & 4).

Symptoms?

Most people who become infected with West Nile virus will either have no symptoms or very mild ones such as fever, headache, body aches, mild body rash, or swollen lymph glands. A more severe infection, which can lead to encephalitis, includes headache, high fever, neck stiffness,

disorientation, coma, convulsions, muscle weakness, paralysis and, rarely, death. While all residents living in areas where West Nile virus has been found can potentially become infected, only a very small minority will develop a serious case of encephalitis. People over 50 years of age are at greater risk of becoming seriously ill because of their declining immune system. While there is no vaccine to protect people from West Nile virus, the symptoms and medical complications associated with the disease can usually be treated.

What is Assateague doing about West Nile?

In 2001 the National Park Service will be monitoring mosquitoes and other wildlife indicators at Assateague Island National Seashore for the presence of West Nile virus. Results of the monitoring program will be used to evaluate risk to park visitors and identify appropriate management measures should the virus be detected. Park staff are working closely with experts from local governments and the U.S. Centers for Disease Control to ensure that public

health is fully protected.

What can you do while visiting Assateague?

You can reduce your risk if you:

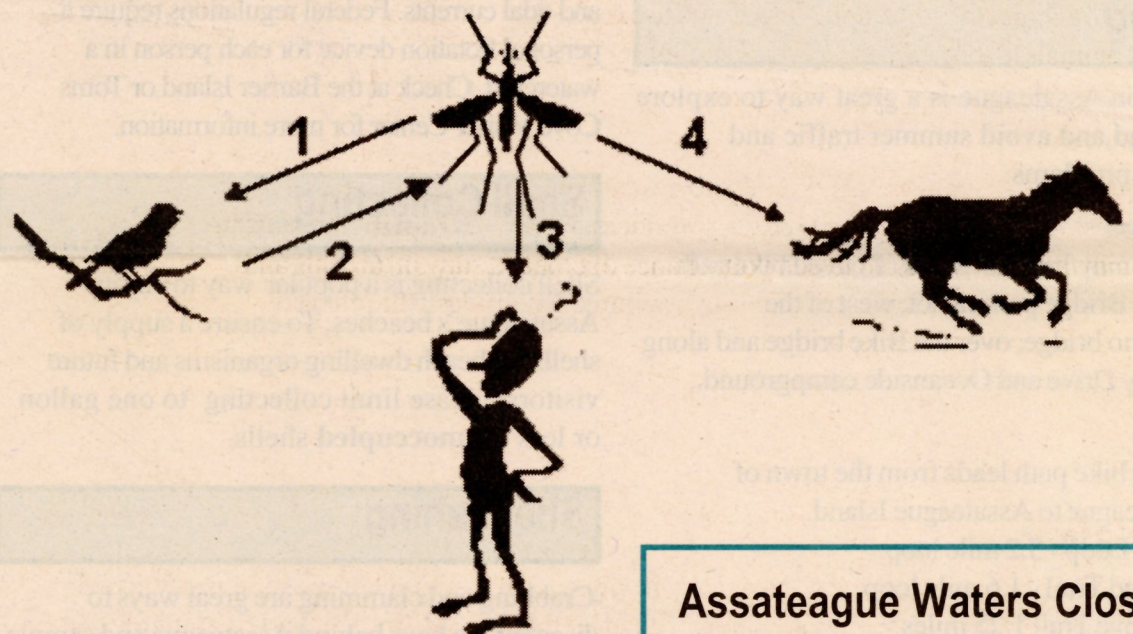
1. Wear long-sleeved shirts and long pants at dawn and dusk when mosquitoes are most active.
2. Treat clothing with repellants containing DEET, since mosquitoes can bite through thin cloth.
3. Apply insect repellents sparingly to exposed skin to deter mosquitoes from biting.

Need more information about West Nile virus?

Centers for Disease Control and Prevention
<http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>

Maryland Department of Health and Mental Hygiene
<http://edcp.org/html/mosquito.html>

- Carl Zimmerman



Use DEET Repellents Properly

DEET is one of the most widely used insect repellents. Products containing 20–30% DEET will provide adequate protection for most people under most conditions. Repellents used on children should contain no more than 10% DEET. To use a repellent, follow these guidelines:

- Use only products approved by the EPA. Before using any product, read and understand the directions for use.
- Do not spray a repellent in enclosed areas or near food, and do not inhale aerosol forms.
- Repellents should not be applied to infants or used by pregnant women.
- Use just enough to lightly cover exposed skin and clothing. Never apply to cuts, wounds, or inflamed skin. Do not saturate the skin or apply under clothing.
- To apply repellent to your face, first dispense onto your palms, rub hands together, and apply a thin layer to facial skin. Avoid your eyes or mouth.
- Do not allow children to apply a repellent by themselves and do not apply a repellent directly to a child's skin. First apply it to the palms of your hands and then apply it to the child. Do not apply to children's hands since they may touch their eyes and mouth.
- If you suspect that you or your child is reacting badly to an insect repellent, discontinue its use, wash treated skin, and call the local poison center. For more information about DEET, contact the National Pesticide Telecommunications Network at 1-800-858-7378.

Assateague Waters Closed to PWCs

Effective May 1, 2000 most waters within the boundary of Assateague Island National Seashore were CLOSED to personal watercraft (PWCs).

National Parks like Assateague were created to protect and preserve water and air quality, wildlife habitat, and to provide natural and recreational experiences for park visitors. While appropriate for some waters, use of personal watercraft is inconsistent with National Park Service management goals as mandated by the U.S. Congress.

A single travel route for bayside PWC access to the island has been established on both the Maryland and Virginia ends of the island. Check at a park visitor center or ranger station for more information.

Thank you for following these regulations and helping to protect this special place for the enjoyment of present and future generations.

Wildlife

Wildlife, especially the wild horses, may often appear tame and gentle, but may become aggressive quickly and can be dangerous. Each year several visitors are bitten or kicked by what appears to be 'tame' wildlife. Feeding any wildlife is unhealthy for the animals, dangerous for you, and strictly prohibited. Some animals become beggars and each year at least one is killed by a car while seeking a handout. Do not stop or park on the roadside or bike trail to view the wildlife except in designated areas - enjoy them from a distance.

Ticks and Lyme Disease

Lyme Disease is an illness caused by bacteria transmitted to people through tick bites. In its early stages, Lyme Disease may cause circular rashes, flu-like symptoms, headaches, stiff neck, and fevers. In its later stages, the disease may cause arthritis in large joints, meningitis, and neurological and cardiac problems. The primary carrier, the deer tick, is present on Assateague Island. While they can be found in any natural area on the island, special care should be taken in high shrub areas, woods and leaf litter. To learn more about Lyme Disease and how to avoid tick bites, stop by a ranger station or visitor center and pick up the brochure 'Ticks and Lyme Disease in the National Parks'.



Rabies

For many years, rabies had worked its way south along the Delmarva Peninsula and has finally reached Assateague. While mange, distemper, and other wildlife diseases may commonly affect the appearance and behavior of many creatures, particularly foxes and raccoons, visitors should never approach animals with the intention of offering assistance. Untreated, rabies leads to death in humans. Please report any human contact with sick animals to the nearest park ranger or refuge official.



Poison Ivy

Found throughout the inner dune, shrub and forest habitats of the island, poison ivy, with its shiny leaves in clusters of three, can produce an itchy, red rash if you come in contact with the plant's oils. To lessen your chance of contact, stay on all trails and boardwalks. If you accidentally touch poison ivy, immediately wash the affected areas with soapy water to remove the oil. Remember: "Leaves of three - let them be!"

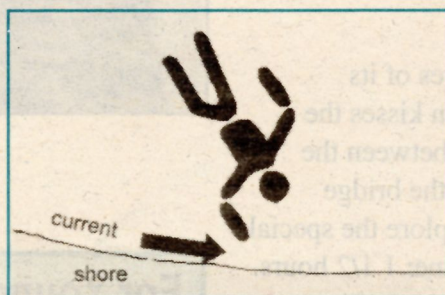


Surf Safety

The National Park Service works to provide you with a safe and enjoyable experience, however conditions at the beach and in the surf zone can change dramatically in very short periods of time. Understanding the dynamics of typical surf zone currents will help you avoid a potentially dangerous situation. For your best protection use the lifeguarded area. Blue flags mark the boundaries of the lifeguarded area. Ask any lifeguard or check the informational signs for posted warnings or closures.

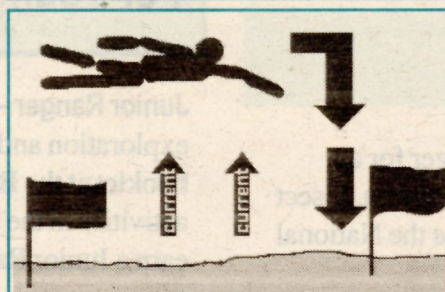
Littoral Current

The littoral current is a 'river of water' that moves up or down the shoreline parallel to the beach. It is created by the angled approach of waves. In storm conditions this current can be very swift due to high wave energy.



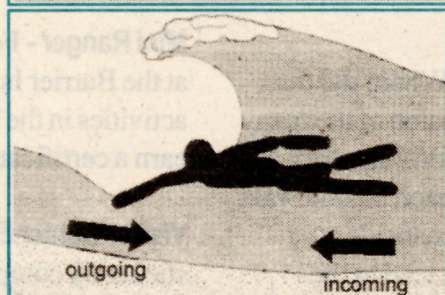
Rip Current

A rip current is one type of seaward current that will take you out to sea through the incoming waves, sometimes at an angle (offset current). To escape these seaward rips, swim parallel to the beach in the direction of the littoral current. Never try to swim against seaward currents.



Backwash Current

A backwash current on a steeply sloping beach can pull you toward deeper water, but its power is quickly checked by incoming waves. To escape this current, swim straight to the beach or wait and float until the current stops, then swim in.



Sun Survival

While some exposure to sunlight can be enjoyable, too much can be dangerous. Overexposure to ultraviolet (UV) radiation in sunlight can result in a painful sunburn and can also lead to more serious health effects, including skin cancer, premature aging of the skin, and other skin disorders; cataracts and other eye damage; and immune system suppression.

Limit Time in the Midday Sun

Avoid exposure to the sun between 10 am and 4 pm when the sun's rays are strongest. Remember the shadow rule: Watch Your Shadow. No Shadow, Seek Shade!

Always Use Sunscreen

Apply a broad-spectrum sunscreen of a Sun Protection Factor (SPF) of at least 15 or higher liberally on exposed skin and reapply every 2 hours when working or playing outdoors. Even waterproof sunscreen can come off when you towel off, sweat, or spend extended periods of time in the water.

Cover Up

Wear tightly woven, loose-fitting, and full-length clothing. A hat with a wide brim offers good sun protection to your eyes, ears, face, and the back of your neck. Wearing sunglasses that block 99-100% of UV radiation will greatly reduce sun exposure that can lead to cataracts and other eye damage.

Source: EPA430-F-99-026
<http://www.epa.gov/sunwise>

Beach Safety During Lightning Storms

Every year lightning strikes kill or injure beach-goers around the world. Thunder occurs as a result of lightning. If thunder can be heard then lightning is present, even though it may not be immediately observed. These simple steps can help save your life.

- Obey posted closures.
- Retreat to your car or other shelter and wait out the storm.
- Do not use the showers as you leave the beach during a storm.
- If you are caught in an open area, drop to your knees, lean forward and crouch with your hands on your knees. Do not lie down or put your hands on the ground.
- Timing a storm: Sound travels about a million times slower than light. Use this difference to estimate how far a lightning strike is away from you. When you see the flash, time the seconds it takes to hear the thunder. A 5-second difference between the lightning flash and the thunder means the lightning struck 1 mile away. For each additional 5 seconds the strike is another mile away.

Monday, June 18 - Saturday, August 25, 2001



Guided Explorations

Birds Across Assateague - Join us for a 1 mile stroll from beach to bay to look for island birdlife. We provide binoculars and a spotting scope for a close-up look. Meet in the history exhibit parking lot at the intersection of Bayberry Drive and Ferry Landing Road. Insect repellent, long pants and long sleeves are recommended.

Distance: 1 mile. Time: 1 1/2 hours.

Island on the Move - Assateague Island is a giant wave of moving sand. Search for ancient Assateague and find the clues to discover what makes this place a barrier island. Meet at the pedestrian/bicycle bridge parking lot (between the visitor center and the bridge). After walking to the top of the bridge overlook, we'll car caravan north of the state park and explore evidence of an island on the move.

Distance: 1 mile. Time: 1 1/2-2 hours.

Bay Discovery - Marshes and bays are some of the most productive places on earth. Join a naturalist and take a close look at marine organisms that thrive in the bay. Wear clothing that you don't mind getting wet! A snug pair of wading shoes is required - no flip-flops. Meet at the Old Ferry Landing. Time: 1 hour.

Canoe Trip - Join a park ranger at the Old Ferry Landing for a unique way to explore the marshes and waters of Chincoteague Bay. After a short briefing on basic canoeing skills, we will explore a rarely experienced part of the island. **Paddlers must be age 14 or older**, and all paddlers must have strength to paddle in windy conditions. Children ages 6-13 have the option of sitting in the middle of the canoe. **No children under age 6 permitted.** All equipment is provided. Wading shoes (no flip-flops) are required, as wading will be necessary at certain stops. **Note:**

Reservations must be made in person at the Barrier Island Visitor Center. There is a \$10.00 per canoe fee for the activity, payable by cash or check only at the time of making the reservation. This fee is non-refundable except when stormy or extremely windy weather forces cancellation of the trip. Reservations are limited to one trip per person each summer. Canoeists with reservations must arrive on time or risk forfeiture to others standing by. Distance: 1 mile. Time: 2 hours.

Why Bother with the Bay? - Everyone talks about that big bay across the way. You know the one. Our bay is better! Wading clothes and a snug pair of wading shoes are required. No flip-flops. Insect repellent recommended. **Program limited to 20 participants, first-come first-served.** Meet at the Life of the Marsh nature trail. Distance: 1 mile. Time: 2 hours.

Life of the Beach - Rediscover the beach and the secret lives of its inhabitants. Do you really know the place where the ocean kisses the shore? Meet at the pedestrian/bicycle bridge parking lot (between the visitor center and the bridge). After walking to the top of the bridge overlook, we'll car caravan north of the state park and explore the special relationship between land and water. Distance: 1 mile. Time: 1 1/2 hours.

Evening Programs

A Walk at Dusk - (precedes Campfire Program) Join a ranger for an evening stroll down the beach to the site of the campfire program. Insect repellent may be necessary. Meet under the canopy outside the National Seashore's Campground Ranger Station.

Distance: 1/4 mile. Time: 1/2 hour.

Campfire Program - Did pirates hide out on Assateague? Where did the ponies really come from? Join a park naturalist for a discussion of the many faces of Assateague. Insect repellent may be necessary. If driving, park at the southernmost beach boardwalk in the North Ocean Beach lot and walk 200 yards south along the beach. If you are camping in Oceanside Campground, walk north from one of the boardwalks that lead to the beach. Time: 1 hour.

Recreational Demonstrations

Surf Rescue Demonstration - Join our lifeguard staff as they demonstrate the equipment and techniques of ocean surf rescue. Because ocean swimming can be dangerous, the staff strongly encourages your participation in this activity. Meet at the designated lifeguard stand at North Ocean Beach. Time: 1/2 hour.

Shellfishing Demonstration - Learn about the undiscovered delicacy of Assateague, the ribbed mussel, and how to safely harvest and cook it. Join a ranger at Ferry Landing to find out how to collect clams and blue crabs too, and learn about the environmental and economic pressures that threaten them. Those interested in seeing where mussels live should wear clothing and shoes (no flip-flops) suitable for wading. Time: 1 hour

Surf Fishing - We provide several surf rods and bait, and demonstrate equipment and casting techniques to help you learn about the basics of surf fishing. Wear clothing and shoes suitable for wading in the surf if you want to cast it "way out there!" All participants will have several chances to cast; those interested can fish awhile. No better way to learn before investing in equipment. Meet at the northeast corner of the Ocean Beach parking lot. **Note: program is for ages 12 and older.** Time: 1 - 1 1/2 hours.

Nature Talks

Aquarium Feeding - You don't need scuba gear to join park staff for a look at the weird and wonderful creatures inhabiting the waters around Assateague Island. Time: 45 minutes.



For Young Naturalists

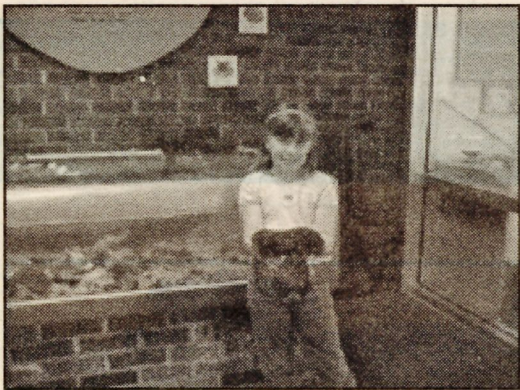
Junior Ranger - For children ages 6-14. Make your visit an Assateague exploration and learn more about the seashore. Purchase a Junior Ranger booklet at the Barrier Island Visitor Center. When you have completed the activities in the booklet and attended two ranger-guided programs, you'll earn a Junior Ranger certificate and patch.

Mini Ranger - For children 4-5 years old. Pick up a Mini Ranger booklet at the Barrier Island Visitor Center. When you have completed the activities in the booklet and attended one ranger-guided program you'll earn a certificate and badge.

Visitor Center Explorer - Children ages pre-school and older can earn a sticker by completing a worksheet about the visitor center exhibits.

Barrier Island Visitor Center

The Barrier Island Visitor Center is open daily from 9:00 a.m. to 5:00 p.m. and provides exhibits, educational brochures, nature films, a marine aquarium, lost & found, and emergency services. Visitor Center staff are available to answer your questions and assist you in planning your stay. The center is the starting point for the park's one-hour driving tour by cassette tape. Aquarium critters are fed daily - Come join us! For more information, call (410) 641-1441.



7

Map Guide

- 1 - Barrier Island Visitor Center

2 - Bridge Parking

3 - North Ocean Beach

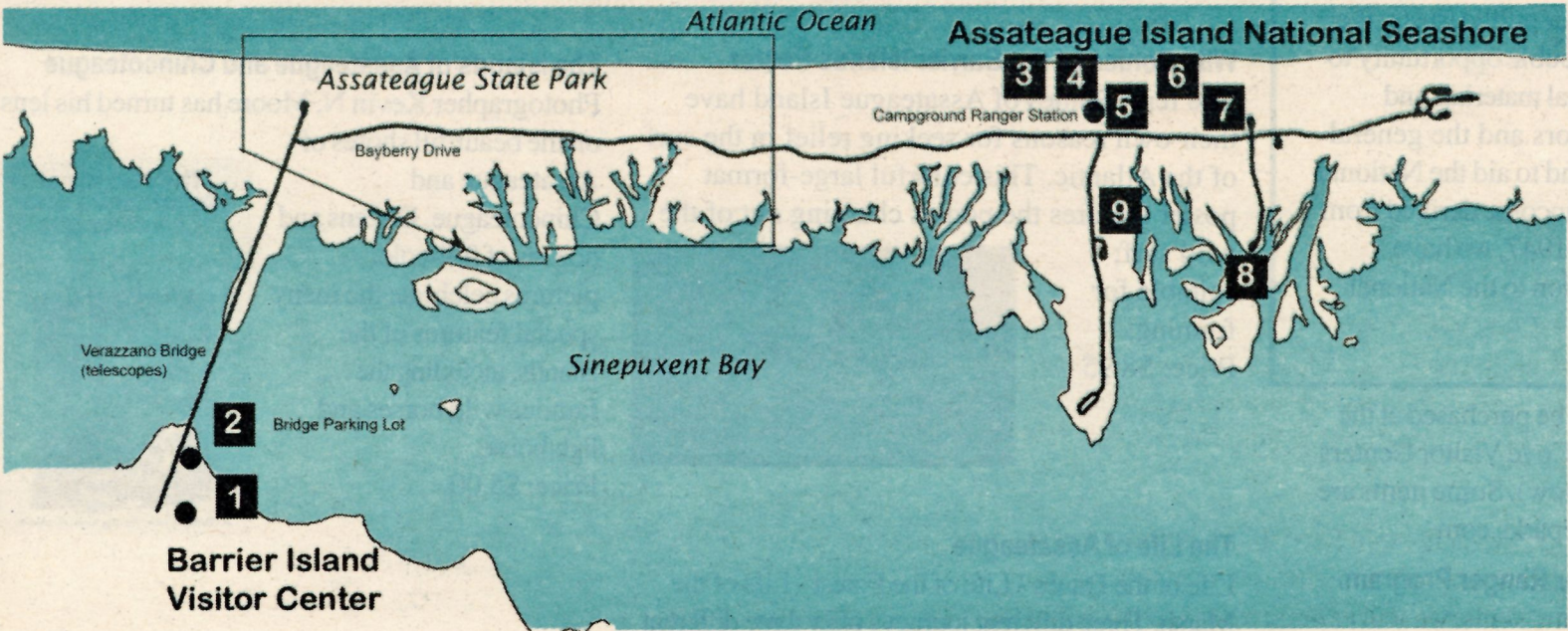
4 - Lifeguarded Beach

5 - Campground Ranger Station
- 6 - 200 yards south of North Ocean Beach Parking lot

7 - History Exhibit Parking Lot

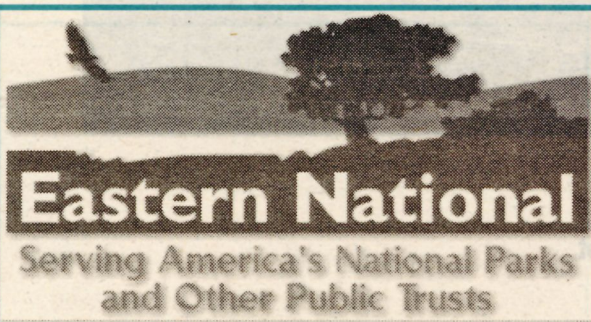
8 - Old Ferry Landing

9 - Life of the Marsh Trailhead



Maryland District Activities

Location	Map Code	Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
History Exhibit Parking Lot	7	Birds Across Assateague (1 - 1 1/2 hours)					7:00 am		
Old Ferry Landing	8	Canoe Trips (2 hours)	9:00 am	9:00 am	4:00 pm	4:00 pm	9:00 am	6:00 pm	9:00 am 5:00 pm
North Ocean Beach	3	Surf Fishing Demonstration (1 - 1 1/2 hours)		9:30 am				9:30 am	
Visitor Center	1	Aquarium Feeding (45 minutes)	10:00 am	1:30 pm	10:00 am	10:00 am	10:00 am	10:00 am	10:00 am
Bridge Parking	2	Life of the Beach (1 1/2 hours)						10:00 am	
Lifeguarded Beach	4	Surf Rescue Demonstration (1/2 hour)		10:00 am			10:00 am		10:00 am
Life of the Marsh Trailhead	9	Why Bother With the Bay? (1 1/2 -2 hours)				10:00 am			
Old Ferry Landing	8	Shelfishing Demonstration (1 hour)	1:30 pm	2:30 pm	1:00 pm	2:00 pm	2:30 pm		
Old Ferry Landing	8	Bay Discovery (1 hour)			2:30 pm			2:00 pm	2:00 pm
Bridge Parking	2	Island on the Move (1 1/2 - 2 hours)					2:00 pm		
Campground Ranger Station	5	A Walk at Dusk (1/2 hour)			7:30 pm				7:30 pm
See Program Description	6	Campfire Program (1 hour)			8:00 pm				8:00 pm



Eastern National, chartered in 1948, is an association operating in more than 130 national parks and other public trusts. We see our mission as a double opportunity to offer quality educational materials and services to park visitors and the general public at fair prices, and to aid the National Park Service with the income derived from these activities. Since 1947, we have donated over \$54 million to the National Park Service.

The following items may be purchased at the Barrier Island and Toms Cove Visitor Centers and by mail (see form below). Some items are available online at www.eparks.com

Assateague Island Junior Ranger Program For Kids Ages 6-14

Make your visit an Assateague exploration and learn more about the seashore. Purchase a Junior Ranger booklet at the Toms Cove or Barrier Island Visitor Center. When you have completed the activities in the booklet and attended two ranger-guided programs, you'll earn a Junior Ranger certificate and patch. Price: \$2.25



Assateague Island Handbook

The U.S. Department of the Interior presents the authoritative guide to Assateague Island. Features many full-color photographs and presents the full story of the seashore and its impact on the island's many inhabitants. Price: \$7.95



Wild Ponies of the Barrier Islands Poster

The feral Ponies of Assateague Island have their own reasons for seeking relief in the surf of the Atlantic. This colorful large-format poster features the ponies charging out of the wild surf; suitable for framing. Price: \$8.95



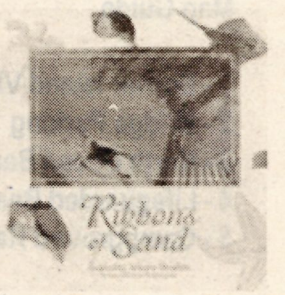
The Life of Assateague

Life of the Dunes - Life of the Forest - Life of the Marsh. Three different journeys offer three different views of life on Assateague Island. This guide presents three half-mile guided tours in the Maryland district to explore each one. Its small size makes it perfect for the hike! Price: \$2.25



Ribbons of Sand

Ribbons of Sand looks at the beauty of beaches along the East and Gulf Coasts. Subjects include sand, seashore plants and animals, and beachcombing objects which are of common interest to children and their families. Environmental concerns of the sensitive seashore habitat are also explored. Price: \$7.95



The Islands of Assateague and Chincoteague

Photographer Kevin N. Moore has turned his lens on the beautiful shores of Assateague and Chincoteague. Dozens and dozens of full-color pictures celebrate the many special features of the islands, including the famous wild horses and lighthouse. Price: \$5.00



Assateague Island Pocket Naturalist

A laminated, fold-out guide that features some of the most common plants and animals that are found in and around Assateague Island. Price: \$5.95



Order Form

The above items may be ordered by filling out this form, enclosing payment (including postage/handling) and mailing to:

Eastern National
C/O Assateague Island National Seashore
7206 National Seashore Lane
Berlin, MD 21811

Shipping Address

Name: _____

Street Address: _____

City, State, Zip Code: _____

Telephone: _____

Item		Quantity	Cost (Each)	Total
Assateague Island Junior Ranger Program			\$2.25	
Wild Ponies of the Barrier Islands Poster			\$8.95	
Assateague Island Handbook			\$7.95	
The Life of Assateague			\$2.25	
Ribbons of Sand			\$7.95	
The Islands of Assateague and Chincoteague			\$5.00	
Assateague Island Pocket Naturalist			\$5.95	
☐ Check		Postage/Handling \$ 0 - 15.00 \$5.50 \$15.00 - 24.99 \$9.50 \$25.00 - 44.99 \$9.00 over \$45.00 \$12.00	Subtotal Postage MD residents add 5% sales tax Total Enclosed	
☐ Money Order				
☐ Master Card	Credit Card Number _____			
☐ Visa	Expiratin Date _____			
☐ Discover	Signature _____			

Don't Look a Gift Horse in the Mouth!

"With manes and tails flying, a band of wild ponies swept into the natural grazing ground."...Extraordinary imagery from an opening chapter in a children's book written by Marguerite Henry. A book written 54 years ago captures for so many visitors, the very essence of Assateague Island. This innocent little book has transformed the lives of a herd of wild horses and the lives of local residents in a once quiet fishing village.

As just about everyone knows, Assateague Island's wild horses and the little town of Chincoteague, Virginia have been immortalized in children's literature in Marguerite Henry's 1947 book, *"Misty of Chincoteague."* As a result of her enchanting story these wild, once anonymous, horses are now international celebrities; an exalted level of fame that has come at a price.

"In that split second the captain, his men, and his live cargo were washed into the boiling foam." The renowned "Misty" tale describes the fateful wreck of a Spanish galleon and a cargo of horses struggling to the remote and sheltering shores of Assateague Island. This is the favored romantic legend that will undoubtedly persevere as long as the wild horses. The little known, mundane practice of thrifty local farmers pasturing livestock on nearby marsh and barrier islands usually elicits a skeptical yawn. Regardless of which story of origin you care to believe, "Misty" and Pony Penning day are practically a part of American folklore.

"They swum the ponies acrost the channel to Chincoteague and put on a big show. 'Twas so excitin', folks come from as far as New York to see it. And afore we knowed it, we was sellin' off some of the colts to the mainlanders." Visitors travel to Assateague to enjoy the beach, go camping, try fishing, crabbing, or clamming, take a hike, enjoy a day of bird watching, join in the July Pony Penning festivities and search for horses, horses, horses! Although, not always in that particular order! Through her literary gift, Marguerite Henry has indeed inspired many a pilgrimage to this island in search of the wild horses.

A typical day at the Maryland end of Assateague often involves a congested road, occupants jumping out of vehicles for quick pictures, maybe a few moments spent petting a horse, perhaps even tossing out a few chips, cookies, apples and carrots, and repeat as necessary during the course of a brief visit. This is our gift to these animals. Would Ms. Henry have ever dreamt she would inspire feeding of her beloved wild horses along roadsides like petting zoo animals?



We now have a herd of expert roadside beggars. The perfectly choreographed pan handling horse "holdup" lies ahead: step-in-front-of-car, ...one...two..., poke - head - in - window ...three...four..., munch! ...five...six... crunch! ...seven...eight....turn-and-repeat... Next-drive-up-window, ...one...two... "With each season the ponies grew wiser...Years went by. And more years."

Roadside begging continues day and night, summer, fall, winter, and spring. This behavior persists long after the crowds of summer have gone. Fall, winter and spring are not as bountiful, but the horses have learned to stand and wait. Standing and waiting while salt marsh grasses and nourishing leaves are all around. Standing and waiting until a vehicle speeds into the park one night and "runs into" something unexpected. There can be lasting effects long after your visit.

Marguerite Henry eloquently captured a brief glimpse of a special time and place in words. Our hearts and imaginations hold onto those images and hope for fulfillment. But the dreamy images we have tucked away and hope to discover on Assateague may not be possible anymore.

Why do we do it? Is it wildness and wilderness we unknowingly crave? Wide open spaces and freedom are often found somewhere else. So, perhaps we overcompensate for those invaluable natural elements often missing from our own lives by driving to the wilderness and "helping" wildlife. Responsibility and respect are virtues often abandoned when tempted. Adorable foals, doting mares and elegant stallions are temptation at Assateague. Should your gift to Assateague's wild horses be cookies and carrots, or instead, a chance at continued wildness? "This time the Phantom did not hesitate. She flew toward her island home.....I belong to the isle of the wild things!"
- Liz Davis

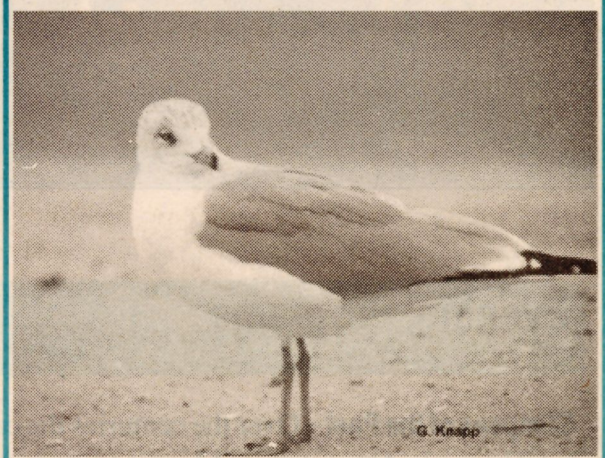
quotes from "Misty of Chincoteague," written by Marguerite Henry, 1947.

Discover Wildlife in Wild Places!

The roadside is not a habitat. Assateague's wildlife inhabit many different environments! Mammals, reptiles, crustaceans, mollusks, fish and over 250 species of birds call the ocean, beach, dunes, forest, salt marsh and bay home. Glimpse a diamondback terrapin while strolling the marsh nature trail, search for a doodlebug's wanderings on the dunes nature trail, surprise scurrying ghost crabs at night on the beach, or birdwatch while pedaling along bike trails. Take a few moments to observe Assateague's true residents using their special "neighborhoods." Your curiosity may awaken as you watch and wonder what these critters are doing!

Please remember, interaction between visitors and wild animals is strictly prohibited and often dangerous for all involved. Deer, horses and other creatures may appear tame, but they are capable of inflicting serious injury and may spread disease. Feeding deer, horses, birds or other wildlife is extremely detrimental to their health. Each year deer and horses are hit and killed by cars and birds and other wildlife are found dead entangled in human trash and fishing tackle.

Assateague Island is an oasis of habitat for countless wild creatures in this world of ever-shrinking natural places. Take pictures and memories, but do not take the "wild" from wildlife.



Foster Horse Program

You can help support wild horse management and protection activities by becoming a Foster Parent. Participants receive a photograph and information on the horse they "foster" and a certificate in an attractive binder. The \$20 contribution goes directly to education, long-term population monitoring, and a contraception program to manage herd size. This helps to protect both the horses and their fragile island habitat.

"Fostering" a wild horse can only be done in person in Maryland's Barrier Island Visitor Center.



Monday, June 18 - Saturday, August 25, 2001



Guided Explorations

For The Birds - (Advanced registration required-limit 25.) This stroll to beach, freshwater and salt marsh habitats is designed for the beginning bird watcher. A limited number of binoculars and bird guides are provided. Meet at the Toms Cove Visitor Center.
Distance: 1/2 mile. Time: 2 hours.

Marine Explorers - Join a naturalist and take a close look at marine organisms from beach to bay. Wear clothing that you don't mind getting wet! This program involves active participation. **A snug pair of wading shoes is required - no flip-flops.** Meet at the south end of parking lot #5.
Distance: 1 mile. Time: 2 hours.

The Changing Beach - Have you ever wondered why Assateague looks different every time you visit? Learn more about barrier island ecology, wildlife and how and why the island is moving. Meet at the Naturalist Shack at the beach, near the traffic circle.
Distance: 1/2 mile. Time: 1 hour.

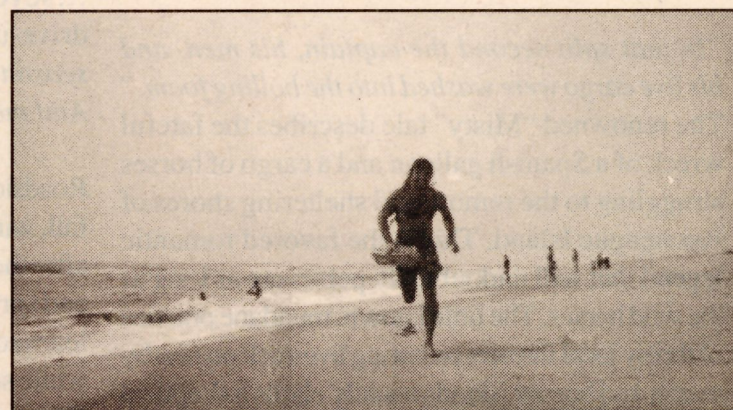
Nature's Nursery -The Salt Marsh - Come wander in our wetlands and learn about where your seafood dinner came from, and become acquainted with the unique plants and animals of this important environment. **Wear shoes that you don't mind getting wet and muddy.** Meet at the Naturalist Shack at the beach, near the traffic circle.
Distance: 1/2 mile. Time: 1 hour.



Recreational Demonstrations

Surf Rescue Demonstration - Join our lifeguard staff as they demonstrate the equipment and techniques of ocean surf rescue. Because ocean swimming can be dangerous, the staff strongly encourages your participation in this activity. Meet at the main lifeguard stand on the beach, at the north end of parking lot #5.
Time: 1/2 hour.

Surf Fishing - Designed for those with limited surf fishing experience, this program includes demonstrations of equipment, bait and casting techniques. Equipment is provided, however, actual practice time depends on group size. **Program is limited to those 12 years and older.** Meet at the Naturalist Shack at the beach, near the traffic circle.
Time: 2 hours.



Nature Talks

Aquarium Talk - The marine aquariums in the Visitor Center contain a microcosm of life from the underwater world of Toms Cove. Join a naturalist for this talk as the residents of the aquarium are fed.
Time: 1/2 hour

Creature Feature - Gather 'round the naturalist and today's mystery guest. Learn the life and lore of a special island inhabitant during this informal discussion. Meet on the Toms Cove Visitor Center deck.
Time: 15 minutes.

Evening Programs

Glimpses of the Past - Over the centuries the calm waters of Toms Cove have been plied by scows and barges, cutters and schooners. As the sun sets, look back into the rich history of this fertile cove. Meet on the Toms Cove Visitor Center deck.
Time: 1/2 hour.

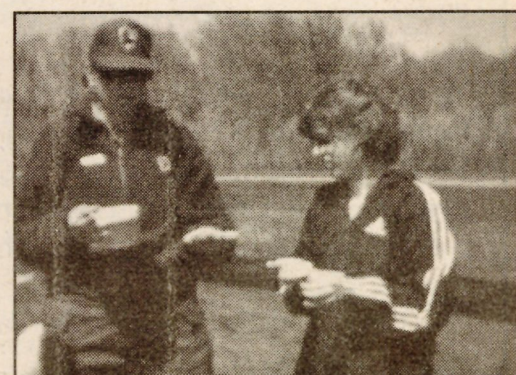
Beach Campfire - A campfire on the beach recreates the mood of days gone by on Assateague. Join park naturalists for a fun and educational program covering a variety of topics on the rich cultural and natural history of Assateague Island. Bring marshmallows and a roasting stick. Meet at the north end of parking lot #5, south of the lifeguarded beach.
Time: 45 minutes.

Evening Program - A park naturalist presents this film, slide or interactive program. Check at the Toms Cove Visitor Center for program topics. **Meet at the Chincoteague National Wildlife Refuge Auditorium.**
Time: 45 minutes.

For Young Naturalists

Junior Ranger - For children ages 6-14. Make your visit an Assateague exploration and learn more about the seashore. Purchase a Junior Ranger booklet at the Toms Cove Visitor Center. When you have completed the activities in the booklet and attended two ranger-guided programs, you'll earn a Junior Ranger certificate and patch. Participants planning to attend the 3:00 pm Junior Ranger Awards Ceremony need to turn their booklets into the Toms Cove Visitor Center staff by 2:00 pm.

Mini Ranger - Children 4-5 years old can become a Mini Ranger. Pick up a Mini Ranger booklet at the Toms Cove Visitor Center. When you have completed the activities in the booklet and attended one ranger-guided program you'll earn a certificate and badge.



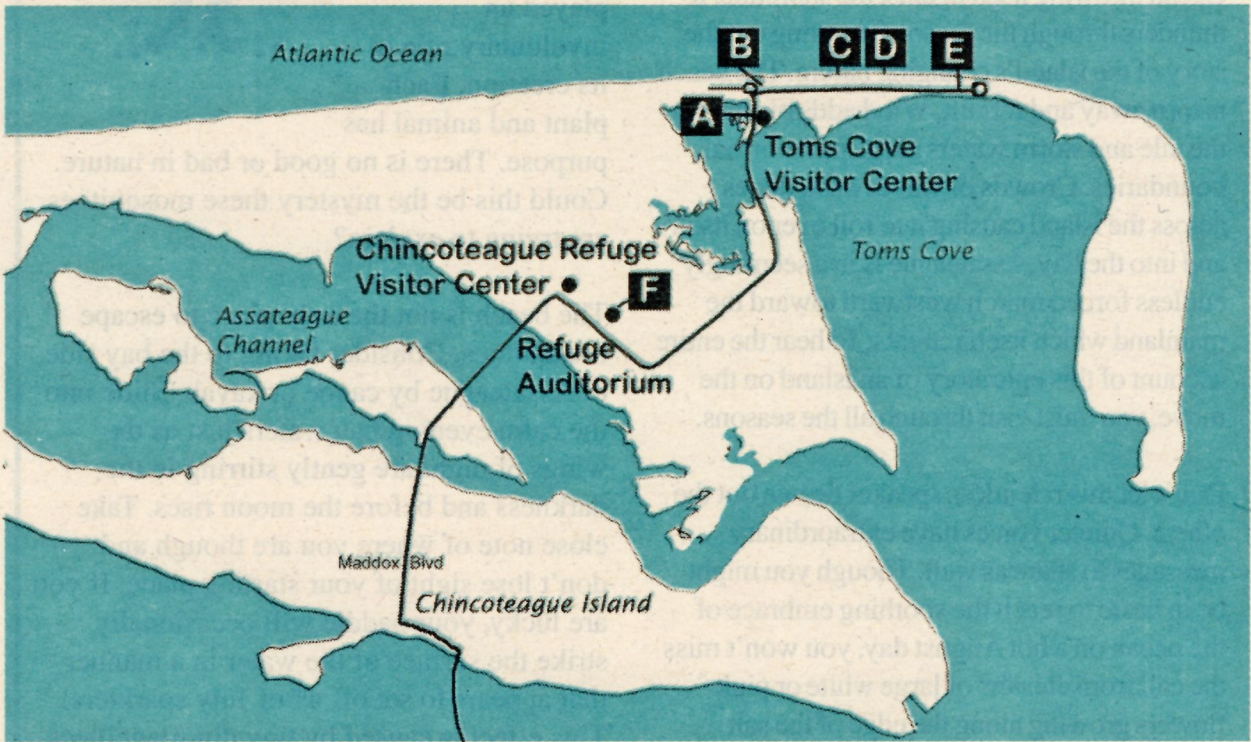
Toms Cove Visitor Center

The Toms Cove Visitor Center is open daily from 9:00 a.m. to 6:00 p.m. and provides exhibits, educational brochures, permits, a marine aquarium and touch tank, lost & found and emergency services. Visitor Center staff are available to answer your questions and assist you in planning your stay. For more information, call (757) 336-6577.



Map Guide

- A - Toms Cove Visitor Center
- B - Naturalist Shack
- C - Lifeguard Protected Beach
- D - Lot #5 - North
- E - Lot #5 - South
- F - Refuge Auditorium



Virginia District Activities

Location	Map Code	Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Toms Cove Visitor Center	A	For the Birds* (2 hours)	7:30 am					7:30 am	
Lot #5-South	E	Marine Explorers (2 hours)			9:30 am				9:30 am
Naturalist Shack	B	The Changing Beach (1 hour)		10:00 am					10:00 am
Naturalist Shack	B	Nature's Nursery - The Salt Marsh (1 hour)					10:00 am		
Protected Beach	C	Surf Rescue Demonstration (1/2 hour)		10:00 am		10:00 am		10:00 am	
Toms Cove Visitor Center	A	Aquarium Talk (1/2 hour)	1:30 pm	1:30 pm	1:30 pm		1:30 pm	1:30 pm	1:30 pm
Toms Cove Visitor Center	A	Junior Ranger Awards (15 minutes)	3:00 pm	3:00 pm	3:00 pm	3:00 pm	3:00 pm	3:00 pm	3:00 pm
Toms Cove Visitor Center	A	Creature Feature (15 minutes)				3:30 pm		3:30 pm	
Naturalist Shack	B	Surf Fishing Demonstration (2 hours)					6:00 pm		
Refuge Auditorium	F	Evening Program (45 minutes)		7:30 pm					
Toms Cove Visitor Center	A	Glimpses of the Past (1/2 hour)			7:45 pm				7:45 pm
Lot #5-North	D	Beach Campfire (45 minutes)	8:30 pm					8:30 pm	

* Advance Registration Required. Sign up at the Toms Cove Visitor Center.

Special Note: The National Park Service assists the U.S. Fish and Wildlife Service in interpretation and recreation management, but only on Toms Cove Hook. The Chincoteague National Wildlife Refuge provides many other activities throughout the refuge. Contact the Chincoteague Refuge Visitor Center for program details.

What does Assateague Mean to You?

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I Hear Voices

When you visit Assateague Island, do you ever hear voices? I do. The island speaks. The most obvious voice may be that of the Atlantic Ocean throwing itself against the shoreline. It thunders through the seasons shouting out the story of the island's changing nature. The beach is torn away and rebuilt. Wind adds bluster to the tale and storm waters surge past normal boundaries. Crowds of waves push dunes across the island causing it to roll over on itself and into the bay. Assateague is in a seemingly endless forced march westward toward the mainland which itself retreats. To hear the entire account of this epic story of an island on the move, you must visit through all the seasons.

Don't let this relentless speaker drown out the others. Quieter voices have extraordinary messages to share as well. Though you might be in haste to reach the soothing embrace of the ocean on a hot August day, you won't miss the call from clusters of large white or pink flowers growing along the edge of the salt marsh. You may be enticed to wrap both hands around the goblet-like blossoms and, upon seeing what appear to be a few drops of burgundy liquid, quench your thirst with its contents. The Crimson Eyed Mallow will not satisfy any physical thirst; rather it is cool refreshment for the eye.

If there have been recent rains and the wind is low, you will surely find yourself in a cloud of mosquitoes. Without repellent there will be a mad dash for safety in the car or to the beach where sea breezes keep these ravaging beasts at bay. They too will be trying to reveal island mysteries with their whining wing beats. The female mosquito must take a blood meal in order to produce young. This is inconvenient for us but we are just a part of that age-old struggle for survival. It's nothing personal. Many of the young, hatched in the flooded saltmarsh, will be an important food source for minnows, which will then be eaten by other

creatures including flounder and trout. Enjoy your next fish dinner knowing you may have played an involuntary role in its creation. Each plant and animal has purpose. There is no good or bad in nature. Could this be the mystery these mosquitoes are trying to explain?



The beach is not the only place to escape mosquitoes. Consider taking to the bay side of Assateague by canoe or kayak. Slide into the calm evening bay waters just as the wings of night are gently stirring in the darkness and before the moon rises. Take close note of where you are though and don't lose sight of your starting place. If you are lucky, your paddle will occasionally strike the surface of the water in a manner that appears to set off 4th of July sparklers! This effect is caused by tiny dinoflagellates, microscopic creatures that glow in the dark when excited. Continue to watch the dark surfaced water around the sweep of the paddle. Look for a comet's glow. For so it appears when your paddle strikes a comb jelly. This bioluminescence may help the jellies lure a mate or find food but for us it is a whispering ghost light in the water. The island voice you hear next may be your own, ringing through the night with laughter. This is your place, too.

The fluttered voices of Monarchs speak of their generational migration. The endangered Piping Plover makes a lonely call for assistance. Beach sands mingle and sing a traveling song. Is it acceptable for some of the voices to lose their clarity, drop away, or disappear? Is this your responsibility? Who will speak for Assateague if not you? Are you listening? Do you hear voices?

- Rachelle Daigneault

Do You Hear Voices?

Does Assateague speak to you? Why is it your special place? Write an essay, poem or draw a picture about what Assateague means to you. Submit it in person, at either the Barrier Island Visitor Center in Maryland or the Toms Cove Visitor Center in Virginia. National Park Service staff will select a few for display in our visitor centers and publication in future park publications. Participants will receive a button. Please include your name and address on your submission. All submissions will become property of the National Park Service.

Assateague Island Junior Ranger Program

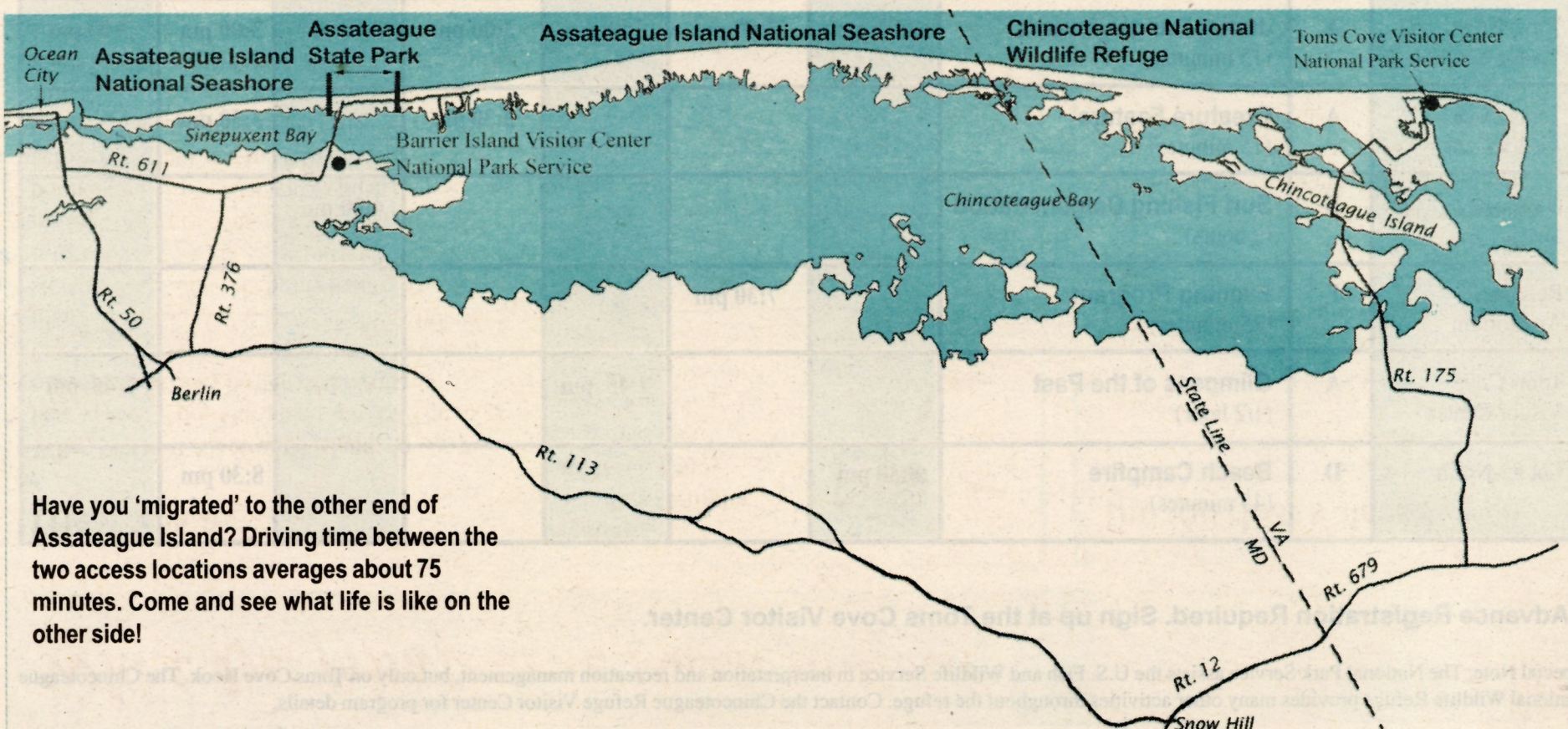
For Kids Ages 6-14

Make your visit an Assateague exploration and learn more about the seashore. Purchase a Junior Ranger booklet at the Toms Cove or Barrier Island Visitor Center. When you have completed the activities in the booklet and attended two ranger-guided programs, you'll earn a Junior Ranger certificate and patch.



Thank You!!

The National Seashore staff thanks the many visitors who drop a dollar or some loose change into the Barrier Island or Toms Cove Visitor Centers' donation boxes. These funds have made substantial contributions to the aquariums, other exhibits, special programs, and many free publications.



Have you 'migrated' to the other end of Assateague Island? Driving time between the two access locations averages about 75 minutes. Come and see what life is like on the other side!