



CACAPON RESORT STATE PARK

Come and visit the Tom Ambrose Nature Center! Park naturalists are staffed year round to provide a variety of interpretive, educational and recreational programs on the park's natural and cultural history. Nature Center is Open 9:30AM-4:30PM unless noted

Monday, September 30

10:00AM Tai Chi This volunteer led class will help increase balance, flexibility, and focus on connection to mind, body, & spirit. Location lodge.

10:00AM Black Bear Game Discover some fun facts on WV's state mammal and learn how to help them thrive while playing this fun game.

1:00PM Pollinator Garden Tour Let's look for pollinators and learn about a few pollinator plants.

2:00PM Senses Walk: Sense of Feeling Let's use our sense of touch to feel different natural objects along a short walk. If it rains we'll do the sense tour in the nature center.

3:00PM Butterfly Bingo Join us at the nature center!

Tuesday October 1

10:00AM Citizen Science You can help track the migration of monarchs, hummingbirds, and other varieties of birds! JourneyNorth.org

1:00PM History Walk The Civilian Conservation Corps Camp Morgan constructed this park and all of the recreational opportunities in the late 1930's. Join for a guided history walk.

Wednesday, October 2

10:00AM Cacapon Birds Learn about Cacapon's common birds by learning how to identify them by sight and sound. A birding walk will follow, binoculars provided.

1:00PM Woodpecker Wow! Learn about WV woodpeckers and go for a birding walk and look for woodpeckers.

3:00PM Bird Bingo Join us at the nature center.

Thursday, October 3

10:00AM Fall Frenzy Tree Hike Walk among the trees to see the gradual leaf color change, learn some tree ID and conclude with a leaf pounding print activity.

1:00PM Every Tree for Itself Play this simulation game to learn about tree life and needs and end with a card game with tree facts. (for all ages)

Friday, October 4

10:00AM Friday Morning Boating with a Naturalist Meet at the boat dock for a paddle boat ride to look for wildlife, learn about the

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CCC and learn about park geology. \$6.00 per person.

1:00PM Meadow Tour Wildflowers, birds, butterflies and insects. Let's tour our pollinator garden to take a closer look with nets and bug viewers.

2:30PM - 4:00 PM Birds of Prey Migration Watch Meet at the ridge overlook platform to view bird migration. Binoculars provided.

Saturday, October 5

10:AM-1:00PM Special Presentation "Tree ID Fundamentals" Join tree expert and master of forestry, Shawn Walker, to discuss tree identification and care. This class is hosted by WVU Extension office.

10:00AM Fall Tree Leaf & Fall Flower Collage Find colorful leaves and flowers from our garden and use a pounding technique to make a collage on cloth.

3:00PM West Virginia Trivia WV mammals, birds, trees, wildflowers, or general WV trivia will be the focus. Multiple rounds will occur. One round will be done using the jumbling tower game.

Sunday, October 6

Nature Center Open 11:30AM-4:30PM

9:15:00AM Pop Up Program in Berkeley Springs State Park Nuts, Fruits, and Seeds: Year round there are nuts, fruits, and berries but we often think of them more so in the fall.

Let's see and discuss some of each. Meet near George Washington's Bathtub.

10:00AM Autumn Tree ID Hike at Berkeley Springs State Park What is WV's state tree? Come find out and learn a variety of others. Also, let's make some leaf rubbings and leaf pounding prints. Meet near George Washington's Bathtub.

1:00PM Bunny Bonanza & Hound and Hare Game Let's learn fun facts about the eastern cottontail rabbit. We'll also make a footprint craft, feel a pelt and play a hound and hare hide and hunt game.

3:00PM Butterfly Bingo Join us at the nature center!

Monday, October 7

10:00AM Tai Chi This volunteer led class will help increase balance, flexibility, and focus on connection to mind, body, & spirit. Location lodge.

10:00AM Bird Migration Games Discover ways to help migrating birds thrive while playing these fun games.

1:00PM Senses Walk: Sense of Feeling Let's use our sense of touch to feel different natural objects along a short walk. If it rains we'll do the sense tour in the nature center.

3:00PM Bug Bingo Join us at the nature center!

Tuesday, October 8

10:00AM Monarch Butterfly Migration Come and learn about WV's state butterfly! Enjoy some fun crafts and games.

1:00PM Monarchs in the Meadow Explore a 2-acre pollinator field and conduct an adult monarch survey. Learn about the importance of monarch tagging.

Wednesday, October 9

10:00AM The CC' Boys, A West Virginia Legacy This 30 minute film shares how the Civilian Conservation Corps in the late 1930's were active with conservation projects in our WV state parks and forests.

1:00PM History Walk The Civilian Conservation Corps Camp Morgan constructed this park and all of the recreational opportunities in the late 1930's. Take a guided history walk.

Thursday, October 10

10:00AM Fall Frenzy Tree Hike Walk among the trees to view the fall colors. Learn some common trees and conclude with a leaf pounding print activity.

1:00PM Every Tree for Itself Play this simulation game to learn about tree life and needs and end with a card game with tree facts. (for all ages)

2:00PM Tree Cookie Art Learn tree facts and information while decorating a tree cookie.

Friday, October 11

10:00AM Friday Morning Boating with a Naturalist Meet at the boat dock for a paddle boat ride to look for wildlife, learn about the CCC and learn about park geology. \$6.00 per person.

1:00PM Fall Color Tree Walk Take a park naturalist guided hike to take in the fall colors while learning about a variety of WV trees.

2:30 - 4:00PM Birds of Prey Migration Watch Meet at the ridge overlook platform to view bird migration. Binoculars provided.

Saturday, October 12

Berkeley Springs WV Apple Butter Festival
<https://www.berkeleyspringschamber.com/apple-butter-festival>

9:00AM Fall Nature Walk Meet park volunteer and Potomac Valley Master Naturalist to learn about the park's history and the fall foliage. Walk begins at the park lodge.

10:00AM Fall Crafting Let's get crafty with a wide variety of fall crafting options. All ages welcome.

1:00PM Cacapon Campfire Join park naturalists at the campfire circle to sample some teas and seasonal dessert.

Sunday, October 13

Nature Center Open: 11AM-3PM

Young People for Parks

YPP is an environmental education program for children ages 6-16. Participants attend three activities to receive a certificate and patch.

Find the nature center schedule online at <https://wvstateparks.com/cacapon-resort-state-park/>

Scroll down to the Nature Center and click on current or upcoming activities!

Fall Foliage for West Virginia can be found at :

<https://governor.wv.gov/News/press-releases/2024/Pages/Gov.-Justice-celebrates-arrival-of-fall-in-West-Virginia.aspx>

Colors for Cacapon Resort State Park should peak near the 1st and 2nd week of October!

