



WEST VIRGINIA

state
parks

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, May 12

Nature Center Open 11:00AM-4:30PM

9:15AM Wildflower & Tree Flower Discovery
Stroll on the Central Trail Meet at the Batt
Parking area. Let's learn about the spring
ephemerals and the blooming spring trees.

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

Tuesday, May 13

Nature Center Open 1:30PM-4:30PM

Wednesday, May 14

Nature Center Open 1:30PM-4:30PM

Thursday, May 15

10:30AM Eastern Box Turtle Talk Discover ways
to help this turtle thrive while playing this fun
game.

11:00AM Black Bear Game Discover all about
WV's state mammal while playing this fun game.

1:00PM Migratory Games Join us for 2 fun
interactive games on migratory birds.

1:30PM Monarch Life Cycle Game Join us for an
exciting game to discover the monarch's life
cycle.

Friday, May 16

Enduro Mountain Bike Race Preparation
**Trails to avoid for hiking: Ziler Loop, Ziler,
Central**

10:00AM Water Wonders Follow the water
cycle through this interactive game.

10:30 Every Tree for Itself Play this interactive
game learning about what trees need and
hazards trees encounter.

1:00PM Wildlife Survival Game Learn the
importance of camouflage while playing two
interactive games.

1:30PM Web of Life This interactive game
explores the food webs of animal life.

Saturday, May 17

Kids to Parks Day

Enduro Mountain Bike Race Preparation
Trails to avoid for hiking: Ziler Loop, Ziler, Central

9:00AM-12PM Youth Fishing Derby Sign up at
the upper lake at 9am followed by stocking by
the Ridge Fish Hatchery. 10am-12pm will be the

almost heaven.



CACAPON RESORT STATE PARK

derby followed by awards. The high school fishing club will help. The awards are donated by Cacapon Resort State Park's Foundation. Bring fishing poles, bait, sunscreen, bug spray and water.

Age categories: 6 & under, 7-9, 10-12 & 13-14

2:00PM Discovery Hike We will walk on the ridge trail which is of moderate difficulty. We will look for common animals and plants on the ridge.

Sunday, May 18

Nature Center open 11AM-3PM

Enduro Mountain Bike Race

Hiking trails closed for mountain bikes: Ziler Loop, Ziler Trail, Central Trail

Monday, May 19

Nature Center Open 11:00AM-4:30PM

9:15AM Wildflower & Tree Flower Discovery Stroll on the Central Trail Meet at the Batt Parking area. Let's learn about the spring ephemerals and the blooming spring trees.

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

Tuesday, May 20

10:00AM Frog & Toads Can you tell the difference between frogs and toads them by sight or sound? Let's learn some croaks and identify characteristics of some common WV

frogs.

1:00PM Cicadas Brood IX Safari Learn about the life and times of the periodic cicadas.

Wednesday, May 21

10:00AM Monarch Hour Come and learn how you can help the beautiful monarch butterfly survive, as their numbers are declining. Color, sketch, or paint this butterfly. Fun for all ages.

1:00PM Woodpecker Wow! West Virginia has a wide variety of woodpeckers with many right here in Cacapon. Join us for a talk on facts, woodpecker calls and a short walk to ID them.

Thursday, May 22

Nature Center Open 1:00PM-4:30PM

1:00PM Insect Safari Learn about insect body structure and capture various pollinator garden insects, colony insects and stream benthos macroinvertebrates.

Friday, May 23

Nature Center Open 10:00AM-4:30PM

10:30AM Turtle Talk Join us for World Turtle Day with a fun game on the box turtle. **YPP**

1:00PM Critter Catch Find & catch critters from insects, to arachnids, to macroinvertebrates (crayfish), and small fish. Fun with a little education thrown in. **YPP**

almost heaven.



CACAPON RESORT STATE PARK

4:00PM-6:00PM Meet & Great at the Lodge

Welcome to Cacapon! The park naturalist is on site to share nature center programming and weekend events.

8:30PM Glow Stick Walk Meet the naturalist outside on the North Terrace patio for this night hike on the golf course. Free glowstick bracelets, necklaces and more!

Saturday, May 24

10:00AM Stream Study Learn about stream macroinvertebrates and how they let us know a stream's health. **YPP**

2:00PM Cacapon Tie Dye Design your own Cacapon Resort State Park T-shirt! \$10-\$11 shirts can be purchased at the nature center.

3:00PM Water Balloon Toss Following tie dye, join us for some organized water balloon toss games.

7:00PM Irish Road Bowling Meet at the nature center for a game of Irish Road Bowling. Use a small cannonball as the ball and our nature center blacktop circle as our course. Least amount of throws wins. Individuals will be placed into groups of 4.

8:30PM-10PM Games Court Glow Our annual Memorial Day weekend glow in the dark games. (badminton, putt putt golf, corn hole, yo-yo

glow, bracelets and necklaces) Bring your own too. Meet at the tennis courts.

Sunday, May 25

10:00AM Beginner Birding Learn Cacapon's common birds by sight and sound followed by a short walk with binoculars. **YPP**

2:00PM WV Owls A discussion on owl species facts, strengths and their calls will happen followed by dissection of owl pellets. **YPP**

3:30PM WV Snakes Can you tell the difference between WV venomous snakes and nonvenomous snakes? Let's do a discussion of WV snake facts, snake characteristics, and snake behaviors. **YPP**

7:30PM-9:30PM Campfire & Cicada Night Hike Meet at the nature center campfire circle for stories and marshmallows. Afterwards we will go on a short night hike.

Monday, May 26

Happy Memorial Day

All day bead making. Come into the nature center to make your favorite type of bracelet or necklace.

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

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10:00AM Frog & Toads Can you tell the difference between them by sight or sound? Let's learn some croaks and identify characteristics of some common WV frogs. **YPP**

1:00PM The Mountain Lion Join us for a talk about one of nature's most feared land animals; the Mountain Lion (Cougar). Learn some facts and watch short video clips. See our mountain lion pelt. **YPP**

3:00PM Kahoot Trivia Join us for a few rounds of Kahoot trivia. You will need a cell phone or ipad to play this game.

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!

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