



## 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, July 7**

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

**9:30AM Park History Walk** Join PVAS Master Naturalist and volunteer Dale for a short history walk of the park.

**11:00AM Walking Stick Craft** Stick bugs are unique insects. Let's learn about this insect while doing a craft. **YPP**

**1:00PM Monarch Migration Game** Learn all about the dangers monarchs face on their long journey to Mexico during this fun game. **YPP**

**2:00PM West Virginia Trees** Learn how to identify some common trees, followed by a leaf pounding craft. **YPP**

**3:00PM Eastern Box Turtle Game** Discover ways to help this turtle thrive while playing this fun game. **YPP**

### **Tuesday, July 8**

**10:00AM History Film** Discover how the Civilian Conservation Corps and Camp Morgan helped make Cacapon State Park and other WV parks & forests. **YPP**

**1:00PM Visit Our Small Herb Garden** Let's make some herbal teas. Take a small bag of herbs home. **YPP**

**2:30PM Microworlds Around Us** We will take microscopes of various sizes and magnification on a walk to look at living and non living objects. 3-D observations and slide observations will occur. **YPP**

**3:30PM Bobcat Bonanza** Let's learn fun facts about Lynx rufus. We'll also make a footprint craft, feel a pelt and complete a bobcat brain teaser. **YPP**

### **Wednesday, July 9**

Nature Center Open 11AM-3PM

**9:30AM Ridge Trail Ramble** Join park volunteer and Potomac Valley Master Naturalist on a hike to learn about the park's history and geology.

### **Thursday, July 10**

**9:15AM Boating with a Naturalist** Join us at the boat dock for a paddle boat tour of the lower lake. We will look at animals and plants that may be present. We'll talk about geology and the CCC. \$6 Paddleboat rental **YPP**

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**10:30AM Hiking on the Central Trail** In honor of blueberry day, we will start at the Batt Picnic area and do a short loop on the central trail looking for blueberries, huckleberries, wineberries and deer berries. Pick as many wineberries that you wish. **YPP**

**1:00PM Water Wonders** Follow the water cycle through this interactive game. **YPP**

**2:30PM Butterfly Bingo** Come and play, while learning about butterflies! **YPP**

### Friday, July 11

**10:00AM Fishing 101** Catch your first fish at Cacapon! Fishing poles & bait provided. **YPP**

**11:30AM Fish Prints** While learning about fish outer anatomy, we'll make fish prints. **YPP**

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

**2:00PM The American Black Bear** Learn some facts. Feel a pelt and claw and see taxidermy. Learn some bear safety rules. Play a black bear game. **YPP**

**3:30PM WV Owls** Learn about our WV Owls. Owl Strengths, owl facts, owl calls and dissecting owl pellets will occur. **YPP**

**4:00PM-6:00PM Meet & Greet at the Lodge**  
Meet the park summer naturalist and find out about all the exciting weekend activities!

**7:00PM Evening History Stroll** Enjoy a short walk from the lodge to learn about the park's history with park volunteer and Potomac Valley Master Naturalist.

### Saturday, July 12

*Irish for a Day!*

**10:00AM West Virginia Irish Road Bowling Tournament** Sign up same day for this fun challeng...no prior experience required. Enter a team of four or compete individually for a trophy. 11:00AM competition starts.

**10:00AM Sassafras & Birch: Nature's Flavor Trail** Step into the woods to find and identify these two trees. A flavorful adventure connecting nature, history, and taste buds! **YPP**

**11:00AM Nature Journaling** Make your own journal & draw or paint something that inspires you! **YPP**

**2:00PM Irish for a Day Tie-Dye** Make an Irish themed Cacapon T-shirt. Green, White, and Orange for Ireland's flag or colors of the rainbow for luck of the Irish!

**3:30PM WV Snakes** Let's explore venomous vs. non venomous snakes of WV. See and feel

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some snake skin, snake bones, and replicas. We will also ID some identifying characteristics of some common snakes. Milk snakes get confused with copperheads. Can you tell the difference? **YPP**

**7:00PM "Mick the Fiddler" An Evening of American Irish Songs & Stories** Join actor and musician Mick Souter for a free musical performance on the North Lodge Terrace. This family friendly event will include sing alongs and performances on banjo, fiddle, auto harp, guitar, dulcimer, and mandolin.

**8:30PM-10:00PM Creatures of the Night Hike**  
Meet at the lodge front desk to hike to the upper lake and find what comes out at night. Fireflies, owls, bats, whippoorwills, frogs, and cryptids Oh My! **YPP**

### Sunday, July 13

**10:00AM Ridge Trail Ramble** Join park volunteer and Potomac Valley Master Naturalist for this 1.2 mile hike.

**1:00 PM Woodpecker Wow!** Facts, calls and woodpecker walk will be a part of this program. **YPP**

**3:00PM Black Bear Game** Discover all about WV's state mammal while playing this fun game. **YPP**

### Monday, July 14

**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 Migratory Games** Join us for 2 fun interactive games on migratory birds. **YPP**

**1:00PM All About Bats** Learn a few local species of bats. Learn ways to help our night time bats. Listen to bat recordings. Also, we'll play an interactive bat game. **YPP**

**3:00PM Water Wonders** Follow the water cycle through this interactive game. **YPP**

### Tuesday, July 15

**10:00AM WV Trees & Leaf/Flower Print Craft**  
Discover some common WV trees, followed by a fun leaf & flower pounding craft. **YPP**

**1:00PM Stream Search** What will we find? Grab a net and bug viewer and let's look for insects, frogs, salamanders, crayfish, and fish that live in our stream. Bring shoes to get wet. **YPP**

**3:00PM Bobcat Bonanza** Let's learn fun facts about Lynx rufus. We'll also make a footprint craft, feel a pelt and complete a bobcat brain teaser. **YPP**

### Wednesday, July 16

**10:00AM Turkey Talk** Wild turkeys of North America were almost wiped out. Let's learn about their history, fun facts, do turkey calls and

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see feathers and taxidermy. Tell us your turkey encounters. **YPP**

**1:30PM West Virginia Mammals** Join WV DNR Wildlife Education Technician, Kacey Shiflett for a program at the nature center on West Virginia Mammals. Learn some fun facts about a variety of wildlife by exploring skulls and pelts. **YPP**

**3:30PM Spidererse** Let's learn some WV spiders. We'll play a web of life spider game & go on a short spider walk. **YPP**

### **Thursday, July 17**

**10AM West Virginia Turtles** Join WV DNR Wildlife Education Technician, Kacey Shiflett for a program on West Virginia Turtles. Learn what types of turtles are in West Virginia and meet a box turtle and a red-eared slider. **YPP**

**1:00PM Stream Search** What will we find? Grab a net and bug viewer and let's look for insects, frogs, salamanders, crayfish, and fish that live in our stream. Bring shoes to get wet. **YPP**

**3:00PM Woodland Box Turtle** Learn some fun facts and how you can help this turtle thrive while playing a fun interactive game! **YPP**

### **Friday, July 18**

**10:00AM Fishing 101** What fish are in the lake? Come and find out while throwing out a line. Fishing poles & bait provided. **YPP**

**11:30AM Fish Prints** While learning about fish outer anatomy, we'll make fish prints. **YPP**

**3:00PM Critter Catch** Bees, frogs, fish, crayfish, butterflies, macro invertebrates, insects of all kinds and spiders may be some of the critters we find. **YPP**

**4:00PM-6:00PM Meet & Greet at the Lodge** Meet the park summer naturalist and find out about all the exciting weekend activities!

**8:00PM Storytelling with Natalya Smith** Join storyteller Natalya Smith around the Cacapon Campfire, located next to the nature center. Lighter stories of animal and folktales followed by a little spookier coal miner ghost story. Marshmallows provided!

### **Saturday, July 19**

**9:30AM Beginner Birding** Discover some common birds and learn how to identify them by sight and sound. Binoculars provided. **YPP**

**2:00PM Herps Alive!** Meet at the Cacapon Bath House, above the main beach entrance. Join award winning Herpetologist Keith Gisser for this free presentation. Featured will be nearly 20 different reptiles which attendees get to touch and hold.

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**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.

**8:00PM-9:30PM Cryptid Night Around the Campfire** Campfire, marshmallows and spooky stories about a few WV cryptids. If you have any cryptid stories of your own, share those as well.

### Sunday, July 20

**10:00AM Friendship Bracelets** Create your own unique bracelet for you and a friend!

**1:00PM Nature Journaling** What do you enjoy about nature? Sketch, paint, or write in your nature journal. **YPP**

**2:30PM Butterfly Bingo** Learn all about butterflies while playing this fun game! **YPP**

### **Upcoming Events:**

**Saturday, July 26:** 7PM 3-Rivers Avian Birds of Prey

**Friday, Aug. 1:** 7:30PM Moth Mania by Tucker Cooley

**Saturday, Aug. 2:** 10AM Pollinators by Tucker Cooley

**Saturday, Aug 9:** Birding by PJ Miller & Kris Phillips. Meet at Boat Dock 6:30PM

**Saturday, Aug. 9:** Full Moon Paddle Boating.  
Meet at Boat Dock 8:30PM

**Saturday, Aug. 16:** Farm to Table Dinner

**Saturday, Aug 16:** Mountain State Cruisers.  
Meet at Lodge parking.

**Saturday, August 30:** Storyteller Bil Lepp at 7PM

**Saturday, Sept. 6:** Pet-a Palooza

**Saturday, Sept. 20:** Monarch Festival

**Saturday, September 27:** National Public Lands  
Day Hike

### 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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