



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
**Nature Center Gift Shop Open during these hours for select souvenirs!*

Monday, September 15

Nature Center Open 10AM-2PM

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

Tuesday, September 16

Self-Guided Game: Set Up for Play Anytime
The American Black Bear Learn some fun facts and play this black bear game.

10:00AM Groundhogs & Healthy Soils Do the pros outweigh the cons when groundhogs move into an area? We'll discuss some benefits of groundhogs as well as some nuisance behaviors of our weather predicting mammal. Feel a pelt and learn a recipe.

1:00PM Turkey Talk Wild turkeys of North America were almost wiped out. Let's learn about their history, fun facts, do turkey calls and see feathers and taxidermy. Tell us your turkey encounters.

Wednesday, September 17

Nature Centre Open 9:30AM-11:00AM;
2:30PM-4:30PM

9:30AM Monarch Butterfly Life Cycle Watch a short video, followed by viewing monarch caterpillars and chrysalis's. Learn what plants are critical for their survival. Fun for all ages.

3:00PM WV Snakes Let's explore venomous vs. non venomous snakes of WV. See and feel 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?

Thursday, September 18

Nature Center Hours?

1-3PM Birds of Prey Migration Watch Join us anytime between 1-3pm at Cacapon Mountain overlook (5 Miles past the nature center) to watch migrating birds & monarchs. These birds: osprey, bald eagle, northern harrier, broad-winged hawk, American kestrel would be experiencing peak migration at this time. Other wildlife could be spotted: vultures, ravens, crow, deer, monarch butterflies. Come join us just this one time or all the birds of prey watch series listed in the upcoming events. Binoculars will be provided or bring your own. Dress for the weather but this event will be canceled due to rain, fog or snow.

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Friday, September 19

Self-Guided Game: Set Up for play anytime.

Geology Game Play this interactive game learning about WV Geology.

10:00AM Park Geology Walk We will explore some visible features of Cacapon's geology through a walk through the park. (easy stroll)

1:00PM-3PM Monarch Tagging Demonstration

September is peak Monarch butterfly migration month, when monarchs migrate south to Mexico over a 2,500 mile journey. Be part of a citizen science project through <https://monarchwatch.org/> that helps tag monarchs through their migration route in West Virginia. Start at the nature center for a general talk on monarch life cycle, monarch migration, and conservation efforts the park staff is doing to protect the species.

Catching wild monarch butterflies with nets will be attempted at several locations including: the nature center Monarch Way Station, a two-acre pollinator field, and a location near the main park entrance. If caught, the butterfly will be tagged with a small adhesive sticker in efforts to track their migration to Mexico. Most importantly, you will learn how to contribute to Monarch conservation!

Saturday, September 20

10:00AM Recycling with Glass: Sand Art Join special guest Susan Carroll with WV DEP youth programming at the nature center. Make and take a sand art craft from recycled glass.

1:00PM-3PM Monarch Tagging Demonstration

Join us for a monarch presentation on the lifecycle, monarch migration, and information on planting for monarchs the first hour. The second hour will be spent tagging a raised monarch from our monarch way station and the possibility of tagging a wild caught monarch. See Friday program description for more details.

Sunday, September 21

Nature Centre Open 9:30AM-2:00PM

9:30AM End of Summer Signs of Fall Walk Yes, there is leaf color change occurring.

Wildflowers, trees, and grasses are showing signs of fall. We will walk the park looking for signs. (easy stroll)

3:30PM Warm Spring Life at Berkeley Springs State Park Meet at Berkeley Springs State Park Mineral Springs. Use nets to catch water life and observe and learn about each creature.

Monday, September 22

Self-Guided Game: Set up for Play Anytime

Monarch Migration Game Learn all about the dangers monarchs face on their long journey to Mexico during this fun game.

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 Pollinator Field Tour Meet at the lodge for a tour of the pollinator field and bluebird trail. (easy stroll) Birds and insects and pollinator plants will be seen; along with

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invasive species. If you are considering a pollinator garden or field, we can point you in a direction. Finally, we may see monarch butterflies to tag.

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.

Tuesday, September 23

Nature Center open 10AM-12:30PM

Wednesday, September 24

1:00PM Monarchs in Mexico Join the park naturalist for a presentation on traveling to Mexico with Natural Habitat Adventures. The journey awaits!
<https://www.nathab.com/central-america/monarch-butterfly-tour>

Thursday, September 25

Nature Center Open 1PM-4:30PM

Friday, September 26

1:00PM-3PM Monarch Tagging Demonstration

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Saturday, September 27

9:30AM National Public Lands Day This 2.4 mile moderate hike will be on the Laurel Trail. This is part of a public land state wide initiative to enjoy the outdoors for physical and mental well being. Join any of these Wild & Well hikes and earn a sticker! <http://bit.ly/4ljNp7x>

4:00PM 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.

Sunday, September 28

Nature Center Open 11AM-3PM

Upcoming Events:

Birds of Prey Migration Watch: 1-3PM

September 18; October 2, 10, 17, 24, 31;
November 1, 8, 15, 22, 29; December 6; Cancels due to Rain, Fog, Snow

Find the nature center schedule online at

<https://wvstateparks.com/programs/naturalist/>

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818 Cacapon Lodge Drive | Berkeley Springs, WV 25411-3300 | ph (304) 258-1022

CacaponSP@wv.gov