



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, January 19

Nature Center Open 10AM-3PM

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

Tuesday, January 20

10:00AM Hike Paw Paw & Start Me Up Meet at the Batt Parking area for a 1 hour, 2 mile loop hike on the Paw Paw Trail & Start Me Up Trail.

Wednesday, January 21

Nature Center Open 12:30PM to 4:30PM

1:00PM 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. Followed by a history walk.

3:30PM The American Bison: A Late Arrival to West Virginia We'll learn about bison characteristics. What happened to the

American bison in WV and should bison be reintroduced?

Thursday, January 22

Nature Center Open 10:30-4:30

10:30AM South Central Trail Hike This 2 mile, 1.5 hour easy trail with interpretation of our park's local geology along with possible wildlife citing is a must winter hike. Meet at the Batt Parking Lot.

1:00PM Cacapon Birds We will first learn some common bird calls & see visuals of each. Then we will walk looking for Cacapon fall birds. All Ages welcome.

2:30PM Feeder Watch Let's count the number and types of birds, record that and enjoy those birds that come to our feeder. We will enter the data with FeederWatch.

3:00PM Bird Bingo Join us for this fun activity! We can also continue to observe our bird feeder.

Friday, January 23

10:00AM North Central Trail Hike Meet at the Upper Lake Parking for this 3 mile, 2 hour moderate hike.

1:00PM All About Bats Bats are important to ecosystems. We'll discuss common WV bats, their habitats, their importance and their challenges.

2:30PM Pinecone & Other Food for Birds We'll create some bird food options that you can take

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home or leave for our birds. Options may include: pinecone/peanut butter/seed feeder, corn cob feeder, and pumpkin seed feeder.

3:00PM Feeder Watch & Bird ID Which birds are at our feeders? We will enter the data with FeederWatch. After identifying them, we'll match the birds with sounds.

Saturday, January 24

10:00AM Mammals of West Virginia Fun facts for all ages. This WVDNR powerpoint helps us to discuss well known and lesser known mammals of WV. Pelts, taxidermy scat models, track models, some skulls and bones, and animal calls will help us to use our senses for this program.

1:00PM Vultures: Nature's Clean Up Crew Learn some unique features and behaviors of vultures. Can we see any using binoculars?

3:00PM Bird-Opoly Just like Monopoly but with birds!

Sunday, January 25

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

9:15 AM Spill the Tea Meet a naturalist at the lodge lobby fireplace. We'll recap any programs you may have missed. We'll offer some spearmint tea and coffee. Share your feedback and outdoor experiences from your stay!

1:00PM Tracking Let's learn about various animal tracks. We will compare animal prints by the use of track molds and a key guide. If there is snow on the ground, we'll go out and look for tracks and follow a few. If there isn't snow, we'll play a game of track BINGO.

2:30PM Crafting & Art for Adults Modeling Clay, Natural Item Art, Watercoloring. Meet at the nature center for a choice of one of the above projects.

Monday, January 26

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 Rock & Roll Trail Hike This 2.2 mile loop is an easy trail with views and sounds of our local flora & fauna. The length can be cut in half depending on our needs.

1:00PM Name that Tree Naming trees without leaves is harder but not impossible. Learn some leafless ID tricks. Stem features, fruits, seedpods, and bark can help ID a tree. We'll take a short walk to reinforce our newly learned skills.

3:00PM Feeder Watch & Bird ID Which birds are at our feeders? We will enter the data with FeederWatch. After identifying them, we'll match the birds with sounds.

Tuesday, January 27

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1:00PM 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. A short guided history walk to follow the video weather permitting.

Wednesday, January 28

10:00AM Monarch Butterflies in Mexico

Did you know that monarchs fly over 2,000-3,000 miles to the same overwintering sites every year? Come find out more!

Thursday, January 29

10:00AM Middle Fork Trail Hike Meet at the Batt Parking area for this 1.2 moderate hike. The Ziler/Centraill Trail & Overlook Road to the Batt Parking will be incorporated into this walk with a total distance of 3 miles. We'll be on the look out for local flora & fauna & rock formations.

1:00PM Beginner Birding Walk Meet at the lodge front desk for an easy walk. No experience necessary. Guides and binoculars provided.

3:30PM Bird Song Hero: Bird ID though Sound
Listen to some bird vocalizations using a Cornell Lab of Ornithology Interactive Program and through our Identifyer Lyric BirdSong Scanning Wand. The Merlin Bird ID app will also be used.

Friday, January 30

10:00AM Monarchs in Mexico Monarch butterflies will return to the US in the spring. Are your gardens ready? Milkweed is their host plant. Free seeds will be available.

Saturday, January 31

10:00AM 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.

1:00PM All About Bats Bats are important to ecosystems. We'll discuss common WV bats, their habitats, their importance and their challenges.

3:00PM Bird-Opoly Just like Monopoly but with birds!

Sunday, February 1

Nature Center Open 11AM-4:30PM

9:15AM Discovery Walk Meet at the lodge. As we walk we may discover flora & fauna, along with local and park history as well as regional geology. (45min.-1hr. easy-moderate)

11:00AM WV Weather: Where Does it Come From For all ages. Clouds, types of weather, origins of our weather, and historical WV weather events will be discussed.

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1:00PM Full Moon Magic Snow Moon walk with us on the ridge trail. Too much snow? We'll walk the road. 5:09PM is the moonrise, thus only cell phone magic will help us locate the moon.

6:00PM-7:30PM Stauffer's Marsh Full Snow Moon Walk Join a naturalist for a walk at the marsh. Wildlife and lakeside views are a must see. Meet at Stauffer's Marsh parking area.

Upcoming Events:

Month of February: West Virginia State Parks Almost Heaven Heart & Soul Hikes

For the Month of February, get your heart pumping and your soul renewed by hiking some of our trails. Also, participate in 2 guided hikes. The first 50 participants that hike both hikes can receive a Hiking Stick Medallion.

Saturday, February 14 at 10:00AM.

Sunday, February 15 at 10:00AM.

Saturday, February 7: 1PM: National Play Outside Day: Sledding on hill outside of the lodge

Saturday, February 14 Valentine's Day

Weekend: Dance with Your Sweetheart- Line dancing/ Buffet and overnight packaging available. More details soon!

Saturday, March 7: 1PM: National Play Outside Day: Kite flying on hill outside the lodge

Saturday, March 21: Dinner Show William Shakespeare's A MIDSUMMER NIGHT'S DREAM by The Vintage Theatre Company, Rustic Mechanicals from Clarksburg, WV.

Young People for Parks

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



Find the nature center schedule online

<https://wvstateparks.com/programs/naturalist>
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Dog Friendly Programming
Westfurgina State Park Ranger Program

Now at 8 parks!
<https://wvstateparks.com/west-furginia-range>
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