



## 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, March 2**

Nature Center Open 11AM-3PM

**9:15AM Nature & History Walk** Meet at the lodge front desk and we'll take a 45 minute to 1 hour walk looking at sites in the park related to our CCC history and beyond. We'll discuss any wildlife we may see too.

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

### **Tuesday, March 3**

**10:00AM Chipmunks: mischievous, intellectual & self-reliant** The Eastern Chipmunk has all these qualities and more. Think you are hearing a bird call, it could possibly be a chipmunk.

**1:00PM Tree Stem and Bark ID** Let's first indoors learn the parts of a twig. Then learn some tricks to ID trees by their stem parts. Finally, we'll go outside to ID some trees by their stems and bark.

**2:30PM Every Tree for Itself** Join us for an interactive game that explores the needs of trees. Even light exercise could occur. Open to all ages and can be done indoors.

**3:00PM The Closer You Look** Draw a tree from memory and then draw a real tree and compare. ID characteristics of a tree's form and structure. A project learning tree activity. (for all ages)

### **Wednesday, March 4**

**10:00AM Middle Fork Trail Hike** Meet at the Batt Parking area for this 1.2 moderate hike. The Ziler/Centrail 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. Too much snow, we'll walk the Overlook Road.

### **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.

**3:00PM All about Bird Anatomy** Learn about bird anatomy and put it to the test! Take the quiz by Cornell Lab Bird University.

**3:30PM All About Feathers** Learn about bird feathers. Bird uniqueness, how feathers are

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built, what feathers do for birds, feathers through time, and taking a feather quiz will be some of the topics covered. Bird feathers and bird taxidermy will be available to see. A Cornell Lab activity.

### Thursday, March 5

**10:00AM Discovery Hike** End of winter; beginning of spring trees, tracks, birds, mammals may be some of the discoveries we find on an easy to moderate hike. Afterwards, if you want we can journal about our adventure.

**1:00PM Cacapon Birds** We will first learn some common bird calls & see visuals of each. Then we will walk looking for Cacapon winter 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, March 6

**9:30PM 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.

**10:30AM All About Bats** Bats are important to ecosystems. We'll discuss common WV bats,

their habitats, their importance and their challenges.

### Saturday, March 7

**10:00AM Meadows and Monarchs** Join this two hour special program on gardening for monarchs and all pollinators. Learn more about native plants; monarch lifecycle, monarch tagging and how to grow a monarch waystation!

**1:00PM-3:00PM Kite Making Craft & Kite Flying Fun** Crafting your own kite with simple materials. Tiny to large options are possible. Then you can use these kites for kite flying.

**Location lodge lobby.** For National Play Outside Day, meet at the lodge backyard to fly your own kite or borrow one of ours.

**3:30PM Wildlife Survival Game** Learn the importance of camouflage while playing two interactive games.

### Sunday, March 8

**9:30AM Discovery Hike** Meet at the lodge. End of winter; beginning of spring trees, tracks, birds, mammals may be some of the discoveries we find on an easy to moderate hike. Afterwards, if you want we can journal about our adventure.

**1:00PM Turkey Talk** Learn about Wild Turkey and the National Turkey Federation's efforts to save and increase the number of wild turkeys.

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Turkey calls, feathers, feet, and taxidermy will be provided.

**2:30PM Fallen Log Study** Go for 45 min. to 1 hour hike to explore the ecosystem of fallen logs. We will look on, beneath the bark, in the wood and under the log for life and signs of life. For all ages.

**3:30PM Web of Life** Join us in this interactive game to explore food chains and how life interacts. All ages are welcome for this 30 minute activity. Can be done indoors.

### **Monday, March 9**

Nature Center Closed

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

### **Tuesday, March 10**

**10:00AM Frogs and Toads** Learn how to identify common frogs and toads by sound. Watch a short video and craft to follow.

**1:00PM Triple Life: Red-spotted Newt** Newt vs Salamander. How does the red-spotted newt have 3 lives? How can community science help monitor the red-spotted newt?

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

### **Wednesday, March 11**

**1:00PM Beginner Birding Walk** Let's learn some common birds by sight and sound, then go for a short walk.

**3:00PM Bird BINGO** Play a few games of bingo, learn some facts, win a prize.

### **Thursday, March 12**

**10:30AM 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 Nature Center: Interactive Relief Map & Interactive Sandbox** Join us for a demonstration of our interactive maps. We will point out some park features that you might not be aware of. Also, we'll discuss local geology with our 3D augmented sandbox.

**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 Identifier Lyric BirdSong Scanning Wand. The Merlin Bird ID app will also be used.

### **Friday, March 13**

**10:00AM Bluebird Box Survey** Learn about bluebird characteristics, nesting habits and bluebird box monitoring. Let's survey the bluebird boxes near the lodge and pollinator field. Meet at the lodge front desk area.

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### **1:00PM 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.

### **2:00PM Vultures: Nature's Clean Up Crew**

Learn some unique features and behaviors of vultures. Can we see any using binoculars?

### **3:00PM Triple Life: Red-spotted Newt**

Newt vs Salamander. How does the red-spotted newt have 3 lives? How can community science help monitor the red-spotted newt?

### **Saturday, March 14**

**Make and take St. Patrick's Day Crafts all day at the nature center.**

**10:00AM St. Patrick's Day Scavenger Hunt** Let's go on a short guided scavenger hunt. Leprechauns, 4 leaf clovers, a pot of gold, rainbows, gnomes, and fairies may be found. Craft activity to follow.

**1:00PM St. Patrick's Day Tie Dye** Design your own Cacapon Resort State Park T-shirt! \$10 shirts can be purchased at the nature center.

**3:00PM 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, March 15**

Nature Center Open 11AM-3:00PM

**9:30AM Discovery Walk** Join master naturalist Dale for an easy stroll talking about the Parks History & Geology. Meet at the Lodge.

### **Upcoming Events:**

**Saturday, March 21:** National Quilting Day Activities at the Nature Center

**Saturday, March 21:** Green Day Hike/First Day of Spring Hike beginning at the Nature Center

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

**Saturday, April 4:** Easter Egg Hunt & Activities

**Saturday, April 25:** Earth Day Activities

**Saturday, May 16:** Kids to Parks Day: Youth Fishing Derby

### **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  
West Virginia State Park Ranger Program**

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# CACAPON RESORT STATE PARK

Now at 8 parks!

<https://wvstateparks.com/west-furgingia-range>

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