



## 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.*

*Be sure to check out our selection of specially curated gifts and souvenirs at the Tom Ambrose Nature Center!*

### **Monday, April 27**

**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.

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

**1:00PM Afternoon Wildflower & Tree Flower Discovery Stroll** Let's learn about the spring ephemerals and the blooming spring trees. We'll use guides and apps to ID.

### **Tuesday, April 28**

Nature Center Open: 11:30-4:30

**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 Spiderverse** In honor of superhero day, we'll learn about the superhero of the animal world: spiders. They help humans in more ways than we can count.

### **Wednesday, April 29**

**10:00AM Morning Wildflower & Tree Flower Discovery Stroll** Meet at the Batt Parking area. Let's learn about the spring ephemerals and the blooming spring trees. We'll use guides and apps to ID.

**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.

**2:30PM Vultures: Nature's Clean Up Crew** Learn some unique features and behaviors of vultures. Can we see any using binoculars?

**3:30PM Wildflower BINGO** Play a few games of bingo, learn some facts, and win a prize.

### **Thursday, April 30**

Nature Center Open: 11:30-4:30

**1:00PM Wildflower & Tree Flower Discovery Stroll** Let's learn about the spring ephemerals and the blooming spring trees. We'll use guides and apps to ID.

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**3:00PM Bird-Opoly** Just like Monopoly but with birds! Win a prize.

### **Friday, May 1**

**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. In celebration of dark skies week, we'll pay extra attention to the night time croakers.

**1:00PM WV Mammals** 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.

**3:30PM Kahoot:** Wildflowers will be the theme of this kahoot. You'll need a device (phone or ipad).

**8:30PM-10:00PM Full Moon Walk** Have a night sky friendly light to bring with you and dress for the weather. The walk will have two options. One is a short hike to the upper lake (30 min.) and the other continues on to the North Fork Cabins (1.5 hours). Things that may be seen or heard: stars, moon, salamanders, bats, owls, whip-poor-will, fireflies, deer, etc. Local geology & park history could be discussed. Friendly, leashed pets are welcome. The full Moon Hike will begin at the Lodge Entrance. Moonrise: 7:29PM

### **Saturday, May 2**

**10:00AM Vernal Pool Discovery Walk** Let's watch a short video about what vernal pools are and what may be found in them. Next walk the Rock & Roll Trail, looking at 3 known vernal pools and perhaps discovering more of them. Wildlife may be present.

**1:00PM-3:00PM Birds of Prey Watch** Join us anytime between 1-3pm at Cacapon Resort State Park overlook to watch migrating birds & monarchs. These birds: black vulture, turkey vulture, osprey, bald eagle, northern harrier, sharp-shinned hawk, cooper's hawk, , northern goshawk, red-shouldered hawk, broad-winged hawk, red-tailed hawk, American kestrel, merlin, peregrine falcon, would be experiencing peak migration at this time. Other wildlife could be spotted: ravens, crows, deer. 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.

**3:15PM West Virginia Cryptids** In honor of National Paranormal Day, we'll learn about West Virginia cryptids. WV has many. We'll also discuss our very own park ghost.

### **Sunday, May 3**

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

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**9:30AM Beginner Birding** Meet at the Lodge. Binoculars provided. We'll do a 45 min. to 1 hour walk looking for birds in the park.

**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?

**3:30PM Bird Bingo** Play a few games of bingo, learn some facts, and win a prize.

### **Monday, May 4**

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

**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 Discovery Walk** Join the naturalist for an easy stroll talking about the Parks History & the park's plants and animals. Meet at the nature center.

**1:00PM All About Bats** In celebration of dark skies week: Does light pollution affect bats? Bats are important to ecosystems. We'll discuss common WV bats, their habitats, their importance and their challenges.

### **Tuesday, May 5**

**10:00AM Morning Wildflower & Tree Flower Discovery Stroll** Meet at the Batt Parking area. Let's learn about the spring ephemerals and the

blooming spring trees. We'll use guides and apps to ID.

**1:00PM Monarch Butterflies Journey North** Help save the monarch butterflies! Learn what plants they need in different life stages. Citizen scientist data shares monarch sightings, you can too!

**3:00PM Feet** Specialized feet are not unique to birds but different species of birds have specialized feet to serve various purposes. This two part one hour program will explore ways to identify birds and focus on bird feet functions. A small craft will follow to test your new knowledge.

### **Wednesday, May 6**

**10:00AM Morning Wildflower & Tree Flower Discovery Stroll** Let's learn about the spring ephemerals and the blooming spring trees. We'll use guides and apps to ID. Meet at the Batt Parking area.

**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.

**3:00PM Beaks** Beaks are not unique to birds but different species of birds have specialized beaks to serve various purposes especially to

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obtain and eat food. This two part one hour program will explore ways to identify birds and focus on bird beak functions. An interactive game will follow to test your new knowledge.

### Thursday, May 7

**10:30AM Morning Wildflower & Tree Flower Discovery Stroll** Meet at the Batt Parking area. Let's learn about the spring ephemerals and the blooming spring trees. We'll use guides and apps to ID.

**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 Nest** Nests are not unique to birds but different species of birds have specialized nests for a place to lay eggs and raise their young. This two part one hour program will explore ways to identify birds and focus on bird nest functions. An interactive game or craft will follow to test your new knowledge.

### Friday, May 8

**10:00AM Bluebird Box Survey** Let's survey the bluebird boxes near the lodge and pollinator. Bluebird nests, eggs, or young may be possible. Meet at the lodge front desk area.

**1:00PM WV Turtles & Eastern Box Turtle Game** Discover ways to help this turtle thrive while playing this fun game.

**3:30AM Wildflower Bingo** Play a few games of bingo, learn some facts, and win a prize.

### Saturday, May 9

**1:00PM How to Build a Potato Tower** Join special guest John for ideas of different ways to build a potato tower in your vegetable garden.

**3:00PM WV Owls & Owl Pellet Dissection** Are owls out at night? Do all owls make a hoot sound? A few facts will be presented about each WV owl, along with owl strengths, owl sounds and an owl's diet. In celebration of dark skies week: Does artificial lighting affect owls?

**7:00PM Irish Road Bowling** Join our volunteer and West Virginia Master Naturalist Dale for WV sport of Irish Road Bowling. Meet at the nature center. He'll divide you into groups and everyone will use a small cannonball to roll around the nature center loop. Lowest amount of throws wins.

### Sunday, May 10

Nature Center Open 11AM-4:30PM

**9:30AM Beginner Birding** Meet at the Lodge. Binoculars provided. We'll do a 45 min. to 1 hour walk looking for birds in the park.

**1:00PM Beaks, Feet & Nests** Beaks, feet and nests are not unique to birds but different species of birds have specialized beaks, feet and

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nests to help them to survive. This four part two hour program will explore ways to identify birds and focus on bird's beaks, feet, and nests. Interactive games and crafts will follow each part to test your new knowledge.

**Upcoming Events:**

**Friday, May 15 & Saturday, May 16:** Bird of Prey Watches Series: 1pm-3pm

**Saturday, May 16:** Kids to Parks Day: Youth Fishing Day: 9AM registration, 10AM-12PM derby. Meet at Upper Lake

**Saturday, June 6, 10AM:** National Trails Day Hike

**Saturday, June 20:** West Virginia Day Activities

**Saturday, June 27, 7PM:** Wings of Wonder, Live Birds of Prey

**Saturday, July 11:** Irish Road Bowling Tournament & All aboard the Iron Horse Musical Performance

**July 15** Geology Slideshow

**July 16** Geology Rocks Hike with geologist

**July 18** Bil Lepp professional storyteller

**August 1** History Alive! Gabriel Arthur  
Special presenter: Medicinal, Edible & useful plants of American Indians slide show & walk  
Special Hike: Ecology & geology of a fen

**August 8** Herps Alive!

**August 29** Professional storyteller Adam Booth

**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/>

**Dog Friendly Programming  
Westfurgina State Park Ranger Program**

**Now at 8 parks!**

<https://wvstateparks.com/west-furginia-range/r/>



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