



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, July 20

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 Leaf and Flower Pounding With the use of hammers or rocks, we'll pound leaves onto a muslin cloth to make designs. Learning about various leaves and flowers will also occur.

1:00PM Pollinator Pursuit Join us to fill out a pollinator journal and learn more about pollinators and pollination. After, we will conduct a citizen science survey to determine what lives in the garden and what flowers they are attracted to.

3:00PM BINGO Play various nature bingo(s) and win a prize.

Tuesday, July 21

10:30AM Wildflower Stroll Discover wildflowers & birds during our walk into the 2 acre wildflower meadow. Meet at the lodge front desk.

1:00PM 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.

2:30PM 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 Whitetail through History Let's learn fun facts about the whitetail deer. We'll also make a footprint craft, feel a pelt and discuss the history of whitetail deer in the state of WV.

Wednesday, July 22

9:30AM-11:30AM Summer Leisure Day Croquet & Badminton will be set up for your enjoyment next to the nature center. Puzzles and coloring sheets will be set up indoors.

1:00PM Butterfly Bonanza July and August are when most species of butterflies are present. Let's identify and take in the beauty of common WV butterflies in our Monarch Waystation at the nature center.

2:00PM Visit Our Small Herb Garden Let's make some herbal teas. Take a small bag of herbs home.

3:00PM Tree ID Walk with Leaf Pounding We'll do a leisure walk looking at different ways to ID

almost heaven.



CACAPON RESORT STATE PARK

trees. For those that would like to, you can collect leaves and use those in a leaf pounding craft.

Thursday, July 23

10:00AM Beading Whether it's a friendship bracelet or a beading necklace (nature theme), we have the materials and instructions to help guide you. You can also try your hand at Yucca bush craft cordage.

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

2:00PM Black Bear Game Learn about black bears while playing this fun game.

2:30PM Camouflage Chameleon Just like a chameleon, we will play 2 games that are about camouflage. In one game you are the chameleon.

Friday, July 24

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 per person Paddleboat rental.

1:00PM Blueberry & Wine Berry Picking Let's meet at the nature center and then we'll drive to 2 spots to pick berries. Bring your own bags/pails or use one of ours. Dress in long pants and long sleeves.

3:00PM WV Mammals Fun facts for all ages. Pelts, taxidermy scat models, track models, some skulls and bones, and animal calls will help us to use our senses for this program. Followed by a make & take your own track mold craft.

4:00PM-6:00PM Meet & Greet at the Lodge Welcome to Cacapon! The park naturalist is on site to share nature center programming and weekend events.

8:30PM The Great Glow Stick Walk Meet the naturalist outside on the North Terrace patio for this night hike on the golf course. Free glowstick bracelets, necklaces and more! Observe night sounds and evening wildlife too. Fun for all ages.

Saturday, July 25

9:30AM Fishing 101 Meet at the nature center. Grab a fishing pole and let's head to the lake! Fishing poles & bait provided.

11:00AM 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!

2:00PM Tie Dye Tie Dye T-shirts with various logos are for sale. \$12.99 + tax. Dog bandanas are also for sale. Please try to be on time for this activity.

almost heaven.



CACAPON RESORT STATE PARK

3:30PM All About Bats Meet at the nature center. Bats are important to ecosystems. We'll discuss common WV bats, their habitats, their importance and their challenges.

7:00PM Special Snake and Reptile Program
Join snake enthusiasts and volunteer educators Rick and Nancy Debb for a presentation that will feature several live West Virginia snakes and reptiles. Program location at lodge conference room.

8:30PM-10:00PM Music Around the Campfire
Meet at the Nature Center Campfire Circle with a rain location in the nature center. Bring your musical instrument or singing voice to share with others around the campfire. Just listeners are welcome too. Campfire song sing-a-longs will occur too. Marshmallows and sticks will be provided.

Sunday, July 26

Nature Center open: 12:00PM-4:30PM

9:00AM-11:30AM Berkeley Springs State Park:

1. Critter Find: Use nets to catch critters found in the warm springs stream.
2. Snake Sightings: Share any recent snake sightings and we'll do the same. See our snake models and Reptile pamphlets.
3. Beading: Whether it's a friendship bracelet or a beading necklace, we have the materials and instructions to help guide you.

1:00PM Cordage You can try your hand at cordage bush craft. We'll use various plants for rope, string, and bracelets.

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

Monday, July 27

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 Pursuit Join us to fill out a pollinator journal and learn more about pollinators and pollination. After, we will conduct a citizen science survey to determine what lives in the garden and what flowers they are attracted to.

1:00PM Stream Study Learn about stream macroinvertebrates and how they let us know a stream's health. We'll go to a nearby stream and find macroinvertebrates, tiny fish and crayfish. Wear shoes you are willing to get dirty/wet.

2:00PM 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 Monarch Life Cycle Game Join us for an exciting game to discover the monarch's life cycle.

almost heaven.



CACAPON RESORT STATE PARK

Tuesday, July 28

10:00AM Woodpecker Wow! Meet at the nature center. West Virginia has a wide variety of woodpeckers with many right here in Cacapon. Join us for a talk on woodpecker facts & calls and a short walk to ID them.

1:00PM WV Snakes Let's explore venomous vs. non venomous snakes of WV. See and feel snakeskin, 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?

3:00PM Butterfly Bonanza July and August are when most species of butterflies are present. Let's identify and take in the beauty of common WV butterflies in our Monarch Waystation at the nature center and the pollinator field.

Wednesday, July 29

9:30AM Water Wonders Let's simulate the movement of water on the Earth in this interactive game of chance. Open to all ages and can be done indoors.

10:00AM A Lizards Life We'll learn about WV lizards. If it is sunny, there's a good chance we'll see 1 or 2 different species around the nature center.

10:30AM Every Tree for Itself Play this interactive game learning about what trees need and hazards trees encounter.

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

11:30AM Migratory Games Join us for 2 fun interactive games on migratory birds.

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.

2:30PM Pollinator Pursuit Join us to fill out a pollinator journal and learn more about pollinators and pollination. After, we will conduct a citizen science survey to determine what lives in the garden and what flowers they are attracted to.

3:30PM Butterfly Bingo Enjoy this fun game while learning about butterflies. Winners earn a prize!

8:45PM - 10:15PM Full Moon Night Hike Meet at the lodge front door area. We will walk to the upper lake for everyone and further to the North Fork cabins for those interested. See bats, the full moon and stars. Possibly hear the whippoorwill and an owl. Learn some park

almost heaven.



CACAPON RESORT STATE PARK

history. It's the buck moon. Possibly we will see a deer. Moonrise occurs at 8:45 PM.

Thursday, July 30

9:30AM Ziler Trail Walk In honor of National Climb a Mountain Day, we'll lead a guided hike up & down the Ziler Trail. Wear proper shoes. Bring water and any repellent. Meet at the nature center. Anyone can go on other trails if you want to make your hike longer. We'll check out a cave, overlooks, and rock formations. This trail is rated moderate and some may consider it difficult but you can turn around when needed. There are switch backs and a 1,000 ft. elevation change which is hard on the knees.

10:30AM Who Done It? Discover the Mysteries of Cacapon. Become a forensic scientist and discover the mystery animal by following the clues left behind.

1:00PM Stream Study Learn about stream macroinvertebrates and how they let us know a stream's health. We'll go to a nearby stream and find macroinvertebrates, tiny fish and crayfish. Wear shoes you are willing to get dirty/wet.

2:30PM All About Bats Meet at the nature center. Bats are important to ecosystems. We'll discuss common WV bats, their habitats, their importance and their challenges.

Friday, July 31

10:00AM-11:30AM Berkeley Springs State Park:

1. Critter Find: Use nets to catch critters found in the warm springs stream.
2. WV Snakes:
3. Beading: Whether it's a friendship bracelet or a beading necklace, we have the materials and instructions to help guide you.

10:30AM Tree ID Walk with Leaf Pounding

We'll do a leisure walk looking at different ways to ID trees. For those that would like to, you can collect leaves and use those in a leaf pounding craft. Flowers could also be added.

1:00PM Spider Splash We'll learn about the superhero of the animal world: spiders. They help humans in more ways than we can count. A small walk will occur to find spiders & webs. With this small craft we'll make web prints.

4:00PM-6:00PM Meet & Greet at the Lodge

Welcome to Cacapon! The park naturalist is on site to share nature center programming and weekend events.

8:30PM Glow Stick Walk Meet the naturalist outside on the North Terrace patio for this night hike on the golf course. Free glowstick bracelets, necklaces and more! Fun for all ages.

almost heaven.



CACAPON RESORT STATE PARK

Saturday, August 1

10:00AM Medicinal, Edible & Useful Plants of Native Americans Join Doug and Dianne Wood for a slide show following a short guided walk.

1:00PM Interpretive Hike with Doug Wood
Meet at the nature center, then drive to a location in the park that features the ecology and geology of a fen (a permanently wet, wetland).

2:00PM Cacapon Tie Dye Design your own Cacapon Resort State Park T-shirt! Shirts can be purchased at the nature center.

3:30PM 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. We'll dissect owl pellets.

7:00PM Special Presentation History Alive! Gabriel Arthur First person monologue where the character introduces the historical, social, and political issues that influenced their life. Location Lodge.

8:00PM-10:00PM Cryptid Night Around the Campfire Campfire and spooky stories about a few WV cryptids. If you have any cryptid stories of your own, share those as well.

Marshmallows & Pie Iron Treats & Creatures of the Night Hike At the Nature Center Campfire

Circle, let's make marshmallows & pie iron treats followed by a night hike on the Rock & Roll Trail.

Sunday, August 2

Nature Center Open 11AM-4:30PM

10:00AM Woodpecker Wow! Meet at the nature center. 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 Friendship Bracelets Make bracelets for your fathers and friends. Learn several techniques.

3:00PM Turtle Talk Game Join us for this fun game and learn about Eastern Box Turtles. Let's take a lake walk and look for aquatic turtles.

Upcoming Events:

Saturday, August 8: Herps Alive! Reptile Rescue

Saturday, August 15: 7PM: Irish Road Bowling

Friday, August 28, 8PM: Full Moon Paddle Boat

Saturday, August 29: Professional Storytelling by Adam Booth

Friday, September 4-Monday, September 6: End of Summer/Labor Day Weekend Activities

Saturday, September 12: Pet-a-palooza 5K Run & Dog Swim

Saturday, September 19: Monarch Migration Day Celebration

Saturday, September 26: 7:30PM-9:00PM National Trails Day Full Harvest Moon Hike

almost heaven



WEST VIRGINIA

state
parks

CACAPON RESORT
STATE PARK

Junior Naturalist Program

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



Budding Naturalist

Program for youth 5 & under!

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/



almost heaven.