



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 6

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 Yucca Bush Craft Cordage can be made from many natural items. Different plant materials will be discussed. We'll use fibers from Yucca and iris to make cordage.

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 7

Nature Center open: 10:30AM-3:00PM

9:30AM Wildflower Stroll Discover wildflowers & birds during our walk into the 2 acre

wildflower meadow. Meet at the lodge front desk.

12:30PM 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.

1:30PM 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.

8:30PM-10:00PM Firefly Frenzy Night Hike Meet at the nature center for a firefly walk. Learn about West Virginia's 33 species with their color patterns and blink patterns. This is the last firefly walk for the season.

Wednesday, July 8

Nature Center 12pm-4:30pm

1:00PM Butterfly Bonanza July & August are when most species of butterflies are present. Let's ID and take in the beauty of common WV butterflies in our pollinator garden at the nature center and our pollinator field near the Old Inn.

2:30PM Nature Journaling What do you enjoy about nature? Sketch, paint, or write in your nature journal.

3:30PM Migratory Games Join us for 2 fun interactive games on migratory birds.

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CACAPON RESORT STATE PARK

Thursday, July 9

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

10:30AM Making Fire Starters & Fire Starting

Meet at the nature center campfire circle. We'll learn various ways to make fire starters & do a few. Also, we'll learn various ways to start a campfire. If we get a campfire going, our reward will be marshmallows.

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

3:00PM Turtle Talk Learn about Cacapon's common turtles and play a fun game.

3:30PM The Closer Your Look A nature & painting activity for all ages including adults.

Friday, July 10

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 Picking In honor of Pick Blueberry Day, let's walk the Laurel Loop and pick berries along the way. Bring your own bags/pails or use one of ours.

3:00PM 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.

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.

7:00PM Irish Road Bowling Practice for tomorrow's IRB tournament. 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.

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.

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CACAPON RESORT STATE PARK

Saturday, July 11

Irish for a Day

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

10:00AM West Virginia Irish Road Bowling Tournament Sign up same day for this fun challenge...no prior experience required. Enter a team of four or compete individually for a trophy. 10AM Sign Up/ 11:00AM competition starts. Tshirts\$

11:00AM Black Bear Game Discover all about WV's state mammal while playing this fun game.

2:00PM Irish for a Day Tie-Dye Make an Irish themed Cacapon T-shirt. Green, White, and Orange for Ireland's flag or colors of the rainbow for luck of the Irish!

3:30PM 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?

7:00PM Special Performance "All Aboard the Iron Horse" Songs and Stories about the History of America's Railroads by Mick Souter. The show will include numerous sing-a-longs and performances on a wide

array of instruments, including banjo, fiddle, auto harp, guitar, dulcimer, and mandolin. Location: Lodge North Patio

8:30PM-10:00PM Moth Madness Moths are all about us day & night. Let's attract them to our blacklight. Wildlife we may see: moths, macroinvertebrate adults stages, beetles, true bugs, and neuropterans. Meet at the lodge.

Sunday, July 12

Nature Center open: 12:00AM-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. Mammal Pelts: See & feel WV mammal pelts.
3. Beading: Whether it's a friendship bracelet or a beading necklace, we have the materials and instructions to help guide you.

1:00PM Yucca Cordage You can try your hand at Yucca bush craft cordage.

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

Monday, July 13

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

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10:00AM Fishing 101 Meet at the nature center. Grab a fishing pole and let's head to the lake! Fishing poles & bait provided. In celebration of West Virginia Day, if you catch a golden trout, you'll win a prize.

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 Wildlife Track Molds Pelts, tracks and molds, OH MY! We'll discuss some facts about a few mammals while feeling pelts, looking at those mammal tracks and making casts of their footprints. Each person can take one cast home.

3:00PM Monarch Life Cycle Game Join us for an exciting game to discover the monarch's life cycle.

Tuesday, July 14

10:00AM Cacapon Birds We will first learn some information about common WV birds. Then we will walk looking for Cacapon spring birds. All Ages welcome.

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

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.

Wednesday, July 15

10:00AM Cloud Spotting Where do WV clouds come from, how are they made, and what are the 3 main clouds. We'll make a cloud in a jar. We'll also make frost & snow. Finally, we'll go outside and cloud spot.

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.

2:00PM 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 Geology Game & Activities Play a fun interactive geology game, learning about WV rocks, fossils, gems and geological formations. A word find of geology terms and a coloring sheet of our WV State Fossil Jeff will be provided.

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7:00PM Geology Rocks Join state geologist, Ken Ashton at the nature center to learn about the geology of West Virginia and the geology of Cacapon Resort State Park. Participants earn a sticker.

Thursday, July 16

10:00AM Hands-On Geology Guided Hike Join state geologist for a guided hike on the geology of West Virginia and Cacapon resort State Park starting at the lodge entrance. Participants earn a sticker.

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 A Lizard's 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.

3:00PM Who Done It? Discover the Mysteries of Cacapon. Become a forensic scientist and discover the mystery animal by following the clues left behind.

Friday, July 17

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

1. Critter Find: Use nets to catch critters found in the warm springs stream.

2. Mammal Pelts: See & feel WV mammal pelts.
3. Beading: Whether it's a friendship bracelet or a beading necklace, we have the materials and instructions to help guide you.

10:30AM Fishing 101 Meet at the nature center. Grab a fishing pole and let's head to the lake! Fishing poles & bait provided.

1:00PM Wildlife Track Molds Pelts, tracks and molds, OH MY! We'll discuss some facts about a few mammals while feeling pelts, looking at those mammal tracks and making casts of their footprints. Each person can take one cast home

2:30PM 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 graft 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 Story Telling with Natalya Smith Meet at the Nature Center Campfire Circle. Join storyteller Natalya Smith for Appalachian Folklore and fairytales, then ending the night with a scary story. Marshmallows provided.

Saturday, July 18

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CACAPON RESORT STATE PARK

10:00AM Fishing 101 Meet at the nature center. Grab a fishing pole and let's head to the lake! Fishing poles & bait provided. In celebration of West Virginia Day, if you catch a golden trout, you'll win a prize.

1:00PM 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.

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

3:30PM Who Done It? Discover the Mysteries of Cacapon. Become a forensic scientist and discover the mystery animal by following the clues left behind.

7:00PM Bil Lepp Story Telling Bill Lepp is an award-winning storyteller, author, and recording artist known for his hilarious and heartwarming tall tales. Bil's family-friendly stories captivate audiences of all ages. Meet at the lodge conference room.

Sunday, July 19

Nature Center Open 11AM-4:30PM

10:00AM 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 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.

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, July 29 Full Moon Hike

Saturday, August 1: History Alive! Gabriel Arthur at 7PM

10AM Medicinal, edible, & useful plants of Native Americans slideshow & walk

1PM Interpretive Hike on ecology off a bog/fen

Saturday, August 8: Herps Alive! Reptile Rescue

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

Saturday, August 9: Professional Storytelling by Adam Booth

Saturday, September 12 Humane Society 5K & Dog Swim

Saturday, September 19 Monarch Migration Celebration

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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>

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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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