WEST VIRGINIA state parks | 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, August 3

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

11:00AM Whether it's a friendship bracelet or nature themed beading , we have the materials and instructions to help guide you. You can also try your hand at Yucca bush craft cordage.

1:00PM Wildlife Tracks & Molds Discover some WV wildlife by their pelts, tracks, and scat! Make & take your favorite wildlife track mold.

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.

Tuesday, August 4

10:00AM 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?

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

3:00PM Nature Bingo Play this fun game while learning about nature! Prizes earned.

Wednesday, August 5

10:00AM 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.

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.

2:00PM I Spy Monarch Butterflies Can you find monarch eggs, caterpillars, chrysalis or adults in our pollinator garden? Followed by a fun craft.

3:30PM Butterfly Bingo Learn about all kinds of butterflies while playing this fun game!

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Thursday, August 6

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

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

1:00PM Pond Life We will stroll around our lower lake and observe birds, turtles, snakes, frogs, salamanders and fish. We'll use nets to catch benthic Macroinvertebrates, minnows, crawfish and beetles.

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.

Friday, August 7

Nature Center Open 10AM-4:30PM

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

9:00AM-4:00PM NABA: National American Butterfly Association Butterfly Count This volunteer event is open for visitors to join. 9AM local entomologist will demonstrate a butterfly count in our 2 acre meadow, before counting other local sites outside the park. Meet at the nature center. Long sleeves, pants, boots recommended. Adults Only.

1:00PM Monarch Life Cycle Game Join us for an exciting game to discover the monarch's life cycle.

2:00PM Track Bingo Learn about all the different wildlife tracks while playing this fun game!

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, August 8

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

1:00PM Beading Whether it's a friendship bracelet or nature themed beading , we have the materials and instructions to help guide you. You can also try your hand at Yucca bush craft cordage.

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2:00PM Tie Dye Tie Dye T-shirts with various logos are for sale. $12.99 + tax. Dog bandanas are also for sale.

3:30PM Butterfly Bingo August is full of butterflies. Learn some species of butterflies while playing this game. Also, win a prize.

6:00PM Irish Road Bowling In honor of National Bowling Day, we'll do West Virginia Irish Road Bowling. We use a small cannonball, divide everyone into teams and bowl around our Nature Center Circle Loop to play. The lowest score wins.

7:00PM Herps Alive! Meet at the bathhouse. Join award winning Herpetologist Keith Gisser for this free presentation. Featured will be nearly 20 different reptiles which attendees get to touch and hold.

8:30PM-10:00PM Glowstick Games & Moth Magic Meet at the Tennis Court and play some fun glow in the dark games. Badminton, frisbee, volleyball, cornhole, putt-putt (not a whole course) with necklace and bracelet glowsticks will be provided. You can bring your own glow items. Also, there will be a moth sheet & blacklight set up to see moths, beetles, and macro invertebrate adults.

Sunday, August 9

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

10:00AM-11:30AM At 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

9:30AM Birding Hour At Cacapon Resort State Park. Meet at the lodge. Let's walk & learn & look and listen for birds. Binoculars provided or bring your own. Dress for the walk, weather and bugs.

1:00PM Beading/Cordage At Cacapon Resort State Park. You can try your hand at cordage bush craft. We'll use various plants. Beading will also occur.

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 Turtle Talk Discover all about the woodland box turtle while playing this fun game.

Monday, August 10

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.

1:00PM **Camouflage Chameleons** 2 games. Game one: Birds & Worms: Use your bird skills to find worms in the yard. Game two: Can you camouflage like a chameleon and not be seen by the hawk?

2:00PM **Yucca Bush Craft** Cordage can be made from many natural items. Different plant materials will be discussed. We'll use fibers from Yucca and a few other plants to make cordage.

3:30PM **Monarch Life Cycle Game** Join us for an exciting game to discover the monarch's life cycle.

Tuesday, August 11

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 **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.

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, August 12

10:00AM **I Spy Monarch Butterflies** Can you find monarch eggs, caterpillars, chrysalis or adults in our pollinator garden? Children can win a sticker. Fun for all ages.

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 **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.

Thursday, August 13

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 **Microwolds Around Us** We will take microscopes of various sizes and magnification to look at living and non living objects. 3-D

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observations and slide observations will occur. Focus on pollinators.

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

3:00PM **A Bear's Life** Explores the American Black Bear's life from birth through adulthood. Learn some facts. Feel a skull, claw and a pelt. Become black bear aware. If time permits, play a black bear game to see if you could survive as a black bear.

Friday, August 14

10:00AM **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!

1:00PM **I Spy Monarch Butterflies** Can you find monarch eggs, caterpillars, chrysalis or adults in our pollinator garden? Children can win a sticker. Fun for all ages.

4:30PM-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.

Saturday, August 15

10:00AM **Monarch Hour** Learn all about our WV State butterfly: life cycle and the great migration. Videos, games, & crafts.

1:00PM **I Spy Monarch Butterflies** Can you find monarch eggs, caterpillars, chrysalis or adults in our pollinator garden? Children can win a sticker. Fun for all ages.

4:00PM **Mountain State Cruisers** Check out antique cars at the lodge parking area.

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, August 16

Nature Center Open 10AM-3:00PM

Upcoming Events:

Friday, August 28, 8PM: Full Moon Paddle Boat
Saturday, August 29: Professional Storytelling by Adam Booth
September Monarch Tagging: most weekends
Friday, September 4-Monday, September 6: End of Summer/Labor Day Weekend Activities
Saturday, September 12: Pet-a-palooza 5K Run & Dog Swim

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Saturday, September 19: Monarch Migration Day Celebration: Monarch tagging, crafts, games!
Saturday, September 26: 7:30PM-9:00PM
National Trails Day Full Harvest Moon Hike

Dog Friendly Programming
Westfurgina State Park Ranger Program

Now at 8 parks!
https://wvstateparks.com/west-furginia-ranger/

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!

Scan this QR code for our 2 week program schedule

almost heaven

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