



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!*

Stop by to observe our monarch enclosures. We are raising monarch butterflies from eggs in order to tag them next month for their fall migration.

Monday, August 31

Nature Center Opens: 11AM to 3:00PM

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 Nature & History Meet at the nature center. Join park volunteer Dale 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.

Tuesday, September 1

10:00AM End of Summer Signs of Fall Walk Yes, there is leaf color change occurring. Wildflowers, trees, and grasses are showing signs of fall. We will walk the park looking for signs. (easy stroll)

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 I Spy Monarch Butterflies Can you find monarch eggs, caterpillars, chrysalis or adults in our pollinator garden?

Wednesday, September 2

10:00AM Whacky Witch Hazel & Other Interesting Shrubs & Trees Witch Hazel is brewing up some interesting features currently. We'll take a short stroll to see their spooktacular leaves. Scented trees will be a focus as well.

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 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.

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

Thursday, September 3

almost heaven.



CACAPON RESORT STATE PARK

10:00AM Be-Jeweled! Experience our native Ruby-Throated Hummingbird in our pollinator garden. Observe them darting around flowers and hummingbird feeders. We will talk about the importance of these incredible birds and their connection to native plants. Learn how you can track and view the hummingbird migration
<https://www.hummingbirdcentral.com/>

1:00PM-3PM Birds of Prey Migration Watch
Join us anytime between 1-3pm at Cacapon Mountain overlook (5 Miles past the nature center) to watch migrating birds & monarchs. These birds: osprey, bald eagle, northern harrier, broad-winged hawk, American kestrel would be experiencing peak migration at this time. Other wildlife could be spotted: vultures, ravens, crow, deer, monarch butterflies. 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.

3:30PM Bush Craft We'll make cordage from several natural plants. Yucca, day lilies, irises, and gladiolus will be a few. All materials provided. Yours to take home.

Friday, September 4

10:00AM Insect Safari Learn about insect body structure and capture various pollinator garden

insects, colony insects and stream benthos macroinvertebrates

1:00PM 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?

3:00PM 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. Eggs, caterpillars, and adults have been found.

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.

8:00PM 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.

Saturday, September 5

10:00AM Monarch Hour Learn all about our WV State butterfly: life cycle and the great migration. Videos, games, & crafts. Can you find monarch eggs, caterpillars, chrysalis or adults in our pollinator garden? Children can win a sticker. Fun for all ages.

almost heaven.



CACAPON RESORT STATE PARK

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. A water balloon challenge will occur following tie dye. Can you play the challenge without getting wet?

7:00PM Irish Road Bowling 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.

8:00PM-10:00PM Night Boating & Badminton
An evening of fun in the boat dock area. Badminton and other games will be set up. Night boating will occur with a \$6 per person charge and 30 minute time limit if people are waiting to use the boats. There is an option to bring your own non motorized boat. Glow sticks will be provided or bring your own.

Sunday, September 6

9:30AM Nature & History Meet at the nature center. Join park volunteer Dale 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.

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

11:00PM Black Bear Game Learn about black bears while playing this fun game.

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

1:00PM 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.

2:30PM Be-Jeweled! Experience our native Ruby-Throated Hummingbird in our pollinator garden. Observe them darting around flowers and hummingbird feeders. We will talk about the importance of these incredible birds and their connection to native plants. Learn how you can track and view the hummingbird migration
<https://www.hummingbirdcentral.com/>

3:30PM Monarch Game Discovers the perils that monarchs face throughout their life cycle while playing this game.

7:30PM-9:30PM Campfire & Creatures of the Night Hike Campfire and spooky stories.
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.

Monday, September 7

Happy Labor Day

almost heaven.



CACAPON RESORT STATE PARK

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-3:00PM Beading Stop in the nature center and build a bracelet or necklace. Coloring sheets are also provided.

10:00AM-3:00PM Yard Games Throughout the day, use our badminton or croquet set.

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. Eggs, caterpillars, and adults have been found.

Tuesday, September 8

10:00AM Project Monarch Collaboration Video
Watch a presentation (one hour in length) by Mark Garland on the new ground breaking research to track monarch butterflies using cutting edge transmitter technology.

1:00PM Monarch Hour Learn all about our WV State butterfly: life cycle and the great migration. Videos, games, & crafts. Can you find monarch eggs, caterpillars, chrysalis or adults in our pollinator garden? Children can win a sticker. Fun for all ages.

Wednesday, September 9

Nature Center Open 9:30AM-12:00PM

10:00AM Monarchs in Mexico Join the park naturalist for a presentation on traveling to Mexico with Natural Habitat Adventures. The journey awaits!

<https://www.nathab.com/central-america/monarch-butterfly-tour>

Thursday, September 10

Nature Center opens: 1:00PM-4:30PM

1:30PM 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.

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, September 11

10:00AM 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.

2:00PM-3:00PM Monarch Tagging Demonstration September is peak Monarch butterfly migration month, when monarchs migrate south to Mexico over a 2,500 mile journey. Be part of a community science project

almost heaven.



CACAPON RESORT STATE PARK

through <https://monarchwatch.org/> that helps tag monarchs along their migration route in West Virginia. A slideshow will be shown to understand the monarchs life cycle; host plant; and more details of their great migration. At the end of the hour, together the class will tag a live monarch butterfly together. Free and fun for all ages.

3:30PM-4:30PM Monarch Games & Crafting A variety of games and crafts will be available for all.

Saturday, September 12

9:30AM B.A.R.K. in the Park Hike Hike with your furry friend to learn about the park rules of leave no trace. Learn all about our new WestFURginia Park Ranger program! A certificate and free dog tag can be earned.

10:00AM 5K sponsored by the Morgan County Humane Society

11:00AM-1:30PM 6th Annual Pet-a-Palooza Pet Swim Every year, the weekend after Labor Day, the dogs get beach access! Dogs can play and swim, but must be on a leash. Free Event.

2:00PM-3:00PM Monarch Tagging Demonstration September is peak Monarch butterfly migration month, when monarchs migrate south to Mexico over a 2,500 mile journey. Be part of a community science project through <https://monarchwatch.org/> that helps tag monarchs along their migration route in West Virginia. A slideshow will be shown to understand the monarchs life cycle; host plant; and more details of their great migration. At the

end of the hour, together the class will tag a live monarch butterfly together. Free and fun for all ages.

3:30PM-4:30PM Monarch Games & Crafting A variety of games and crafts will be available for all.

6:30 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, September 13

Nature Center Open 12:30PM-3:30PM

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

1. Critter Find: Use nets to catch critters found in the warm springs stream.
1. Mammal Mania: Stop by and see our mammal pelt of WV.

1:00PM Sand Art Using Salt We'll make a take home jar of your creation.

4:00PM 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.

Upcoming Events:

almost heaven.



CACAPON RESORT STATE PARK

September Monarch Tagging: most weekends
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

Junior Naturalist Program

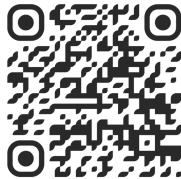
This is an environmental education program
for children ages 6-16. Participants attend
three activities to receive a certificate & patch.



Budding Naturalist

Program for youth 5 & under!

Scan this QR code for our 2 week program
schedule



Dog Friendly Programming
Westfurgina State Park Ranger Program

Now at 8 parks!

<https://wvstateparks.com/west-furginia-range>
[r/](#)



almost heaven.