



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 17

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.

Tuesday, August 18

Nature Center Open 11AM-4:30PM

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 Vultures: Nature's Clean Up Crew

Learn some unique features and behaviors of
vultures. Can we see any using binoculars?

Wednesday, August 19

10:00AM Butterfly Bonanza Let's identify and
take in the beauty of common WV butterflies in
our Monarch Waystation at the nature center.

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 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.

Thursday, August 20

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 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?

2:30PM Adult Monarch Survey Help the park
naturalists conduct a survey for Monarch Joint
Venture. Count monarchs in our 2 acre
wildflower field and monarch waystation.

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CACAPON RESORT STATE PARK

Friday, August 21

10:00AM Microworlds Around Us We will use 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. Focus on Pollinators.

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?

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.

8:30PM 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.

Saturday, August 22

9:30AM Nature Hike Join park volunteer and Potomac Valley Master Naturalist to learn about the park's geology. Nature Center.

1:00PM Homestead Fossil Search Hike Join us on the Hovermale Homestead loop. We will search for fossils along the trail. We'll talk about local geology and WV's state fossils.

3:00PM I Spy Monarch Butterflies Can you find monarch eggs, caterpillars, chrysalis or adults in our pollinator garden?

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 Hike Sights & Sounds plus a Moth Magic Blacklight Sheet Starting at the Lower Lake Boat Dock, we'll seek out night creatures. From there we'll walk up to the Middle Fork Cabins taking in the night skies and night sounds. You are welcome to do a portion of this walk or the entire stretch. At the end, we'll stop at the nature center and see what moths, macroinvertebrates or beetles our blacklight may have attracted.

Sunday, August 23

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

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

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

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.

3:00PM Turtle Talk Discover all about the woodland box turtle while playing this fun game.

Monday, August 24

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 Meadow Walk Discover the many pollinators and look for monarch caterpillars. Meet at the nature center.

1:00PM I Spy Monarch Butterflies Can you find monarch eggs, caterpillars, chrysalis or adults in our pollinator garden?

2:30PM Butterfly Bingo Learn all about butterflies while playing this fun game!

Tuesday, August 25

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 Monarch Life Cycle Did you know that the monarch butterfly undergoes complete metamorphosis? Let's find out more about what's happening in the chrysalis.

Wednesday, August 26

10:00AM Insect Safari Learn about insect body structure and capture various pollinator garden insects, colony insects and stream benthos macroinvertebrates.

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.

Thursday, August 27

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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 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.

1:30PM 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, August 28

10:30AM Adult Monarch Survey Help the park naturalists conduct a survey for Monarch Joint Venture. Count monarchs in our 2 acre wildflower field and monarch waystation.

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.

2:30PM 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.

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.

6:30PM-7:30PM Bird Walk Join Potomac Valley Master Naturalist, Allen for an evening bird walk. Wear sturdy comfortable shoes. Dress for the weather, Any skill level and age are welcome. Binoculars are provided if you need them. Meet at the lower lake boat dock.

8:00PM-10:00PM Paddle Boat Full Moon Row
Meet at the Lower Lake Boat Dock for a full sturgeon moon paddle boating under the stars & moon. \$6 dollars per person. Boats can fit 4 people. Some glowsticks will be provided. Bring a flashlight. Moonrise is 8:02PM.

Saturday, August 29

10:00AM Critter Catch at the Lower Lake Find & catch critters from insects, to arachnids, to macroinvertebrates (crayfish), and small fish. Fun with a little education thrown in. We will focus on the lake area. When we catch fish, we'll use a pole with bait and a metal net.

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Nature Center Open 11AM-3:00PM

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.

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

3:30PM 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.

4:00PM Potato Tower Reveal This 15 minute activity will result in tipping over our potato tower and seeing how many potatoes grew this summer. Anyone is welcome to take a few potatoes home.

7:00PM Professional Storytelling Adam Booth Free event and fun for everyone. Adam Booth is the 2022 West Virginia Folk Artist of the Year, awarded at the Governor's Arts Awards. Adam blends traditional mountain folklore, music, and an awareness of contemporary Appalachia. Located in the Washington/Fairfax conference room at the lodge.

8:30PM Night Hike Meet at the lodge front desk area. Learn all about the nocturnal wildlife.

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.

Upcoming Events:

September Monarch Tagging: 11 & 12, 18 & 19, 25 & 26. All programs begin at 2PM.

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 26: National Public Lands Day 10AM Bioblitz walk & 7:30PM 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!

Sunday, August 30

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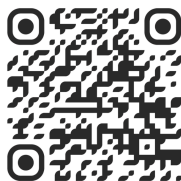


WEST VIRGINIA

state
parks

CACAPON RESORT
STATE PARK

Scan this QR code for our 2 week program
schedule



Dog Friendly Programming
Westfurgina State Park Ranger Program

Now at 8 parks!

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