



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, September 28

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

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

9:30AM Spectacular Fall Walk Series #1: The Middlefork Trail will be today's walk. Yes, there is leaf color change occurring. Wildflowers,

Tuesday, September 29

Nature Center Opens: 11:30AM-4:30PM

10:00AM Spectacular Fall Walk Series #2: The Ridge Trail will be today's walk. Yes, there is leaf color change occurring. Wildflowers, trees, and grasses are showing signs of fall. Meet at the nature center. Rated easy. 1.5 mile loop. (45 min. to 1 hour) Overlooks.

1:00PM 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/>

3:00PM Vultures: Nature's Clean Up Crew

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

Wednesday, September 30

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

10:00AM Spectacular Fall Walk Series #3: The Hovermale Homestead Loop Trail will be today's walk. Yes, there is leaf color change occurring. Wildflowers, trees, and grasses are showing signs of fall. Meet at the nature center. Rated easy. 1.2 mile loop. (1 hour to 1 hour 15min.) Stream Views.

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.

3:00PM 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?

Thursday, October 1

10:45AM Flowering Plant Survey & Monarch Catch Help or Observe our blooming plants

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survey and adult monarch in our 2 acre wild flower meadow. We'll also see if we can catch some monarchs to tag. Meet at the meadow across from the old Inn. Timeframe: 45 min.

1:30PM Fall Leaf Card Making Using foam stickers and card stock, make a few cards. Gathering leaves for pressing or laminating can occur as well.

3:00PM 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. Bring your own cordage ideas too. There are some supplies you can take home.

Friday, October 2

10:00AM Birds of Prey Migration Watch Join us anytime between 10-12pm at Cacapon Resort State Park overlook to watch migrating birds & monarchs. These birds: black vulture, turkey vulture, golden eagle, northern harrier, sharp-shinned hawk, Cooper's hawk, red-shouldered hawk, red-tailed hawk, and merlin, would be experiencing peak migration at this time. Other wildlife could be spotted: 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.

12:45PM 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.

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.

Saturday, October 3

9:30AM Ridge Trail Ramble 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.

1:00PM Spectacular Fall Walk Series #4: The Cabin Loop Trail will be today's walk. Yes, there is leaf color change occurring. Wildflowers, trees, and grasses are showing signs of fall. Meet at the nature center. Rated easy. 0.75 mile loop. (20 min. to 30 min. With an option of cutting it in half.) Good for all ages.

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3:30PM Double 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. This will be double IRB where we go around the loop one way and back around the loop the other. Join us for one or both rounds.

Sunday, October 4

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

9:30AM Spectacular Fall Walk Series #5: The Piney Ridge Trail will be today's walk. Yes, there is leaf color change occurring. Wildflowers, trees, and grasses are showing signs of fall. Meet at the Lodge. Rated easy. 1.00 mile loop. (30 min. to 45 min.) Good for all ages. Also, we'll provide binoculars and do birding. Rock Formations.

1:00PM Fall Leaf Stenciling & Leaf Journal Pick a leaf of your choice and learn some fun facts about that tree! You'll start a leaf journal to take home to complete.

3:00PM Leaf Art Gather leaves and make art. Animal depictions, abstract leaves, leaf paintings are all options. Share your ideas as we share ours. Geared toward adults.

Monday, October 5

10:00AM Tai Chi This volunteer led class will help increase balance, flexibility, and focus on

connection to mind, body, & spirit. Location lodge.

9:30AM Spectacular Fall Walk Series #6: The South Part of the Central Trail will be today's walk. Yes, there is leaf color change occurring. Wildflowers, trees, and grasses are showing signs of fall. Meet at the Batt Parking Area. Rated intermediate. 2.5 mile loop. (2 hours to 2.5 hours) Overlooks & rock formations.

1:00PM 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. A small craft of making a paw cast with plaster of paris will occur.

3:00PM 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.

Tuesday, October 6

10:00AM Name That Tune! How to ID birds through their calls. Using Merlin & recorded devices, we'll learn a few bird calls and songs. Focus will be on seasonal birds of our area. A short walk will follow to see if we can ID a few birds along the way.

1:00PM Be-Jeweled! Experience our native Ruby-Throated Hummingbird in our pollinator garden. Observe them darting around flowers and hummingbird feeders. We will talk about

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3:00PM 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. Bring your own cordage ideas too. There are some supplies you can take home.

Wednesday, October 7

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

10:00AM Spectacular Fall Walk Series #7: The Lower Rock & Roll Trail will be today's walk. Yes, there is leaf color change occurring. Wildflowers, trees, and grasses are showing signs of fall. Meet at the Nature Center. Rated easy. 1.2 mile loop. (40 min. To 50 min.) Stream.

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.

3:00PM 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!

Thursday, October 8

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

1:00PM Spectacular Fall Walk Series #8: The Northern part of the Central Trail will be today's walk. Yes, there is leaf color change occurring. Wildflowers, trees, and grasses are showing signs of fall. Meet at the Upper Lake. Rated Intermediate. 2.5 mile loop. (1.5 hour to 2 hour) Streams, lake, overlook, rock formations.

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, October 9

Nature Center Open 12:30PM-4:30PM

1:00PM Spectacular Fall Walk Series #9: The Paw Paw Trail will be today's walk. Yes, there is leaf color change occurring. Wildflowers, trees, and grasses are showing signs of fall. Meet at the Batt Parking Lot. Rated easy. 2 mile back & forth walk. (1 hour)

2:30PM Fall Leaf Pounding & Tree Cookie Craft

Colors are in full force. Let's collect some leaves, name them and use them in a leaf pounding craft. Bring your own white shirt or t-shirt if you want to try that. Also, available would be a tree cookie art craft. Learn some wood product information too.

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Saturday, October 10

10:00AM Apple Orchard Walk Meet at the lodge to walk along our Bluebird Trail, wildflower meadow and into the apple orchard. Learn more about West Virginia's connection to apples and our state apple, the Golden Delicious. Taste some local apples!

1:00-3:00PM Campfire Treats Join us by the nature center campfire circle. Sample some local apples cooked in a Dutch Oven, and some Sassafras tea.

Sunday, October 11

Nature Center Open 11:00PM-4:30PM

9:30AM Birding Meet at the lodge. We'll do a 45 minute walk observing birds. Binoculars provided.

1:00PM 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.

2:30PM Sand Art Using Salt We'll make a take home jar of your creation.

Upcoming Events:

Birds of Prey Watch at Overlook: Friday, October 2: 10am to noon, Friday, October 23: 1pm-3pm

October 9-11: Berkeley Springs Apple Butter Festival

October 31: Pumpkin Carving & Haunted Hayride, Day time hayrides

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



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