



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, October 26

Nature Center Opens 12:30PM-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 #17: The south side Central South side 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 easy to intermediate. There is one 2.5 mile loop. (2.5 hours.) rock formations, overlook.

1:00PM 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.

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?

Tuesday, October 27

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

9:30AM Spectacular Fall Walk Series #18: A mountain overlook trail will be today's walk. Yes, there is leaf color change occurring. Wildflowers, trees, and grasses are showing signs of fall. Meet at Overlook Parking area. Rated intermediate. 2.5 mile loop. (2 hours to 2.5 hours) Overlooks, rock formations.

1:00PM 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.

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. Tell any bear stories you may have.

Wednesday, October 28

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

9:30AM Spectacular Fall Walk Series #19: The tower 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 easier but has a long up. 0.5 mile +

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0.5 down. (1 hour to 1.5 hours) lake view, overlook.

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 Famous West Virginians Trivia Join us for a fun trivia game on famous West Virginians. How many do you know? Some of the ones on our pumpkin display will be a part of the trivia.

Thursday, October 29

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 Leaf Art & Mobile Collect leaves, nuts, pinecones and sticks to make a mobile. All ages welcome.

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 30

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

1:00PM 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 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 Fall Leaf Card Making Using foam stickers and card stock, make a few cards. Gathering leaves for pressing or laminating can occur as well.

Saturday, October 31

10:00AM-12:00PM Pumpkin Carving Contest, Crafts, and Tie-dye Pumpkins provided, first come-first serve. Awards for scariest, traditional, & most unique.

12:00PM-3:30PM Hayrides Rides to the North Fork Cabin area, leave every twenty minutes for some beautiful fall colors. Get in line at the nature center!

7:00PM-9:00PM Haunted Hayrides Trick or Treat? Grab a glowstick bracelet or necklace and ride around the nature center circle. Halloween candy and decorations provided by the Seely Foundation. Warm up by the campfire with some marshmallows! Halloween costumes encouraged.

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Sunday, November 1

Nature Center open 11:00am-2:00PM

Daylight Saving Time Ends...Set your clock back!

Monday, November 2

Nature Center Open 11:00am-2:00PM

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 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.

Tuesday, November 3

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 All About Bird Anatomy Feel bones, claws, and feathers. Learn about the basic anatomy of birds through a Cornell Lab of Ornithology Interactive Program. Learn some unique bird only body parts.

2:00PM Nature Journaling What do you enjoy about nature? Sketch, paint, or write in your

nature journal. We'll use the pollinator garden as our inspiration.

3:00PM All About Feathers See & feel feathers. Learn about bird feathers which only birds have through a Cornell Lab of Ornithology Interactive Program.

Wednesday, November 4

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.

3:30PM Using Natural Materials to Paint After gathering some natural materials, we will use those materials to paint. All ages welcome. For example: pine needles for a paint brush.

Thursday, November 5

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

10:30AM Spectacular Fall Walk Series #20: The Lower Lake Perimeter Walk will be today's walk. Meet at the Nature Center. Rated easy. 1.5 miles. 1 hour. Ridge trail along beach fence, lake road, lower dam, green trail will make a loop around the lake. Rock formations, lake views, dam, CCC structures.

1:00PM Hovermale Homestead Hike Discover WV flora and fauna along this 1.2 easy mile loop trail.

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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.

Friday, November 6

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

9:00AM Spectacular Fall Walk Series #21: The Laurel Loop will be today's walk. Meet at the Nature Center. Rated easier to intermediate. 2 miles. (1 hour, 45 minutes to 2 hours) Rock formations, overlook, and lake views.

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 West Virginia Trivia WV mammals, birds, trees, wildflowers, or general WV trivia will be the focus. Multiple rounds will occur. One round will be done using the jumbling tower game.

Saturday, November 7

10:00AM WV Geology Discussion Let's go back in time to discuss the formation of WV and the general rock types in the state. Followed by: **Park Geology Walk** We will explore some visible features of Cacapon's geology through a walk through the park. (easy stroll)

1:00PM Kahoot Trivia What's the trivia about you may ask? Well, about games of course. You'll need a phone or ipad to play Kahoot.

2:00PM Vultures: Nature's Clean Up Crew

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

3:00PM Woodpecker Wow! West Virginia has a wide variety of woodpeckers with many right here in Cacapon. Join us for a talk on woodpecker calls and a short walk to ID them.

Sunday, November 8

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

10:00AM-3PM Pollinator Garden & Invasive Species Management Volunteer Day Meet at the Nature Center anytime between 10AM to 3PM.

Join Seasonal Naturalist Allen for an afternoon of mulching in one of our pollinator gardens and invasive species removal around the nature center. Bring gloves, and any tools you may have (loppers, shovels, buckets, wheelbarrow, hoes, etc.). Some tools will be provided. Earn volunteer hours for your school or organization.

10:00AM-3PM Invasive Species Management Volunteer Day Meet at the Nature Center anytime between 10AM to 3PM. Join Seasonal Naturalist Allen for an afternoon of invasive species removal, with a focus of young barberry shoots. Bring gloves (leather would be best, working with lots of thorns), and any tools you

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may have (loppers, shovels, hoes, etc.). Some tools will be provided. Earn volunteer hours for your school or organization.

Upcoming Events:

Birds of Prey Watch at Overlook:

November 14: 10AM-12PM

November 28: 1PM-3PM

November 28: Dinner Show by Lee Dean

Sings-Elvis & Sinatra Christmas Special

December 12: Cacapon Christmas with Santa, crafts at the lodge

December 31: New Year's Eve Live Band

January 1: First Day Hike!

January 16: Dinner Show by Lee Dean
"Stars of the 60's"

Junior Naturalist Program

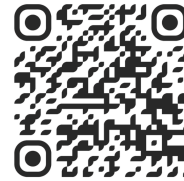
This is an environmental education program for children ages 6-16. Participants attend three activities to receive a certificate & patch.



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/](https://wvstateparks.com/west-furginia-range-r/)



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