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, November 9**
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** #23: The Laurel Loop Trail will be today's walk. Meet at the nature center. Rated easy. There is one short upward climb. 2 mile loop. (1 hour 45 min. to 2 hours.) lake view, 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 Tree ID Walk** We'll do a leisure walk looking at different ways to ID trees.

**Tuesday, November 10**
Nature Center Opens: 12:00AM-4:30PM

**9:30AM Spectacular Fall Walk Series** #24: The Rock & Roll Trail will be today's walk. Meet at the nature center. Rated easy. 2.2 mile loop. (1 hour 30 min. to 1 hour 45min.) rock formations, stream view, vernal pools.

**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.

**2:00PM Gray & Fox & Red Squirrels** Explore a squirrel's life from birth through adulthood. Learn some facts. Feel a pelt. Learn the enormous benefits of squirrels and the bain of our birdfeeder raiders.

**2:30PM Turkey Talk** Wild turkeys of North America were almost wiped out. Let's learn about their history, fun facts, do turkey calls and see feathers and taxidermy. Tell us your turkey encounters.

**Wednesday, November 11**
Nature Center Opens: 11:30PM-4:30PM

**9:30AM Spectacular Fall Walk Series** #25: 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 + 0.5 down. (1 hour to 1.5 hours) lake view, overlook.



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**1:00PM <u>The CC' Boys, A West Virginia Legacy</u>**
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 <u>Origami</u>** Let's celebrate Origami Day by making nature themed origami. If this is a skill of yours, share your ideas with everyone.

**<u>Thursday, November 12</u>**

**10:00AM <u>Who Done It?</u>** Discover the Mysteries of Cacapon. Become a forensic scientist and discover the mystery animal by following the clues left behind.

**1:00PM <u>Journey North</u>** The super generation of monarch butterflies are arriving in Mexico! Learn more about their migration and watch their movement data submitted by community science volunteers on journeynorth.org

**3:00PM <u>Turkey Felt Craft</u>** Make a craft with felt. It doesn't have to be a turkey. All ages are welcome.

**<u>Friday, November 13</u>**
Nature Center Open 12:00PM-4:30PM

**9:30AM <u>Name that Tree</u>** Naming trees without leaves is harder but not impossible. Learn some leafless ID tricks. Stem features, fruits, seedpods, and bark can help ID a tree. We'll take a short walk to reinforce our newly learned skills.

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

**<u>Saturday, November 14</u>**

**10:00AM <u>All About Bats</u>** Meet at the nature center. Bats are important to ecosystems. We'll discuss common WV bats, their habitats, their importance and their challenges.

**1-3PM <u>Birds of Prey Migration Watch</u>** Join us at 1pm at the <u>locked gate</u> just beyond the Batt Parking Area. We will watch migrating birds & year-round birds. You'll need to be early or on-time to get in. These birds: black vulture, turkey vulture, bald eagle, northern harrier, northern goshawk, rough-legged hawk, and red-tailed hawk, would be experiencing peak migration at this time. Other wildlife could be spotted: ravens, crows, and deer. 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 <u>Turkey Talk</u>** Wild turkeys of North America were almost wiped out. Let's learn about their history, fun facts, do turkey calls and see feathers and taxidermy. Tell us your turkey encounters.

**<u>Sunday, November 15</u>**



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

**9:30AM** **Beginner Birding** Meet at the lodge. Binoculars provided or bring your own. It's a 45 minute-1 hour walk. See which fall birds are still in the park. Learning one new bird is the goal but learning even more would be fantastic.

**1:00PM** **Recycling Creations** Using food scraps (orange peels) and glass, plastic, tin cans & bottles, create a second use for them.

**Monday, November 16**

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.

**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** **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** **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.

**Tuesday, November 17**

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

**10:00AM** **Spectacular Fall Walk Series** #26: The Ridge Trail will be today's walk. Meet at the Nature Center. Rated easier but has a climb to the top. 1.5 mile loop. (45 minutes to 1 hour) overlooks, rock formations, lake view, mountain ridges view.

**1:00PM** **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

**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 18**

**10:00AM** **Logcocks, Peckerwoods, Woodhacks & Woodnackers** Whatever you call them, our local woodpeckers are beneficial for a healthy ecosystem. Learn their calls and some fun facts of each WV species. A short walk to search for woodpeckers will follow the brief talk.

**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



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state parks and forests. A short guided history walk to follow the video weather permitting.

**3:00PM** **Spectacular Fall Walk Series** #27: 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.

**Thursday, November 19**

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

**10:30AM** **Birdopoly** Think monopoly but with birds. Prizes to all.

**1:00PM** **Turkey Talk** Wild turkeys of North America were almost wiped out. Let's learn about their history, fun facts, do turkey calls and see feathers and taxidermy. Tell us your turkey encounters.

**3:00PM** **Sand Art Using Salt** We'll make a take home jar of your creation.

**Friday, November 20**

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

**9:00AM** **Spectacular Fall Walk Series** #28: The Hovermale Homestead Loop will be today's walk. Meet at the Nature Center. Rated easier. 1.2 miles. (1 hour 15 minutes to 1 hour 30 minutes) rock formations, streams, fossils

**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** **Board Game Mania** In celebration of International Games Day, let's play a variety of board games, use our games or bring your own to share. Prizes available. If the weather is good, we'll do some outdoor games instead.

**Saturday, November 21**

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

**3:00PM** **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 owls diet. We'' dissect owl pellets.

**Sunday, November 22**

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



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**9:30AM** **Beginner Birding** Meet at the lodge. Binoculars provided or bring your own. It's a 45 minute-1 hour walk. See what fall birds are still in the park. Learning one new bird is the goal but learning even more would be fantastic.

**1:00PM** **Turkey Felt Craft** Make a craft with felt. It doesn't have to be a turkey. All ages are welcome.

**3:00PM** **Beading Craft** Making beaded necklaces and bracelets and making nature themed ornaments. Can anyone make a turkey? All ages are welcome.

**Upcoming Events:**

**Birds of Prey Watch at Overlook**: Saturday, 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**

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