

# Cape Cod Field Schools

*Discover the real nature of Cape Cod!*



Mass Audubon

2024

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## CAPE COD FIELD SCHOOLS

Explore the beautiful coastal setting of Cape Cod and learn about its rich and fascinating natural history while gaining new skills. The beaches, dunes, woods, and wetlands of Cape Cod serve as our classroom. Field Schools offer active, outdoor, "in-the-field" experiences taught by professional scientists, naturalists, educators, and practitioners.

Mass Audubon has been offering Cape Cod Field Schools to adults since 1986. *Won't you join us?*

### SAMPLE DAILY SCHEDULES\*

#### 3-DAY COURSES

Day 1

3:30 PM Arrival and Introduction to Course

7-9 PM Evening Activity

Days 2, 3

8 AM-4 PM Field Trips/Workshops

#### 2-DAY COURSES

Day 1

10 AM Arrival and Introduction to Course

11 AM-4 PM Field Trips/Workshops

7-9 PM Evening Activity

Day 2

8 AM-4 PM Field Trips/Workshops

\*Please note: Individual course schedules may differ based on tides, staff, optimal wildlife sightings, course content, and other variables.

## Birding the Spring Migration

### May 3-5

3-days: Friday-Sunday

For the new or aspiring birder, spring on Cape Cod offers an incredible opportunity to practice and hone new skills. Lingered winter species mingle with northbound warblers, hawks, and shorebirds, as well as returning breeding birds. Throughout the weekend, we will focus on practicing skills in the field, identifying birds through observation and song, as well as beginning to understand the unique adaptations, biology, and life histories of these coastal birds. A multitude of field trips and experiences will explore the best birding hotspots the Outer Cape has to offer. While beginner-focused, this course is also great for intermediate birders looking for a refresher or a closer look at coastal birds.

Fee: \$400 Member; \$460 Nonmember

## Cape Cod: Past, Present, Future

### May 18-19

2-days: Saturday-Sunday

In its short geologic history, Cape Cod has seen many changes. Rich natural and cultural history are laced within the shifting sands of this dynamic peninsula. In this course, we aim to provide an in-depth understanding of the coastal processes that shape Cape Cod and their influences on people and wildlife, both throughout history, present-day, and into the future. We will learn how the Cape was formed, how it has changed, and how humans have influenced, as well as been influenced by, those changes over the years. During our time together, we will traverse varied coastal landscapes from dramatic dunes and bluffs overlooking the Atlantic Ocean, to the vast and vibrant vistas of our salt marsh systems, and to the beautiful expanses of tidal flats and barrier beaches within Cape Cod Bay.

Fee: \$350 Member; \$400 Nonmember

## Life in the Intertidal: Horseshoe

### Crabs

### May 24-26

3-days: Friday-Sunday

Twice a day, the tide ebbs and flows, bringing with it many changes to the shoreline and surrounding coastal habitats. In this course, we will carefully inspect the seashore, which is covered by water at high tide, and uncovered at low tide. Here, a diverse array of flora and fauna must survive the extreme daily changes in temperature, sun exposure, predation, and more. Learn about the amazing adaptations and life histories of these organisms and what makes them fit to survive in such a dynamic environment. This program will place special emphasis on the Atlantic horseshoe crab through hands-on surveys and tagging opportunities to learn more about the importance of this ancient creature, the threats, and pressures it faces today, and what we can do to help.

Fee: \$425 Member; \$490 Nonmember

## Recording the Nature of Cape Cod

### June 8-9

2-days: Saturday-Sunday

"Outermost cliff and solitary dune, the plain of ocean and the far, bright brims of the world, meadow land and marsh and ancient moor;...This is the outer Cape."

Henry Beston, *The Outermost House*

From Henry David Thoreau to Mary Oliver, Cape Cod's beautiful scenery has acted as a muse. Together, we will trace the steps of the artists and writers who have found inspiration in this constantly changing landscape. We will travel across the Outer Cape, visiting the special sites that led to the formation of important works of art and literature. Along the way, we will record our own experiences using a nature journal.

Fee: \$350 Member; \$400 Nonmember



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Register online by visiting [massaudubon.org/capecodfieldschools](https://massaudubon.org/capecodfieldschools)

## Birding Fall Migration

September 6-8

3-days: Friday-Sunday

Birding on the Cape during fall migration offers incredible diversity. Resident species mingle with southbound migrants and early arriving winter birds. We will explore the Outer Cape's barrier beaches, salt marshes, tidal flats, and woodlands in search of shorebirds, raptors, seabirds, songbirds, and ducks. Pelagic species may also be seen from shore during a hike out to Race Point in Provincetown. During the course, we will touch upon topics such as identification, breeding biology, foraging ecology, and migration—including a fantastic opportunity to experience birds up-close during a bird banding demonstration led by Wellfleet Bay's Master Bander James Junda.  
Fee: \$425 Member; \$490 Nonmember

## Coastal Ecology by Kayak

September 20-22

3-days: Friday-Sunday

From deep blue water to gently swaying marsh grass, Cape Cod is dynamic, diverse, and iconic. Learn about the habitats and natural systems that occur where land meets sea and their importance to wildlife and combating climate change. Kayaks provide a great way to explore remote and private areas that are inaccessible by foot or larger boats. While we will spend most of the time paddling on the water, each day includes stops to get out of the kayak and explore beaches and uplands on foot. Strong paddling skills and good swimming ability are required (this course does not provide paddling instruction to beginners); bring your own boat or use one of ours for no additional fee.  
Fee: \$425 Member; \$490 Nonmember



## Salt Marshes: Building Coastal Resiliency

October 5-6

2-days: Saturday-Sunday

Salt marshes are often overlooked as mushy, squishy, and often smelly places. However, they are critical components of our coastal ecosystem and the frontlines for climate change-driven sea level rise. Prepare to get dirty as we discover the unique plants and animals that call the marsh home! Armed with quadrats and refractometers, we will also uncover the physical changes happening within this habitat. And a field trip with Mass Audubon coastal ecologists will provide unique opportunity to learn about the ongoing salt marsh restoration projects happening at Barnstable Great Marsh and the Herring River in Wellfleet.  
Fee: \$375 Member; \$430 Nonmember

## Living with Wildlife

November 16-17

2-days: Saturday-Sunday

Turkeys, foxes, coyotes, and...rats?! Wildlife populations have changed dramatically over the past century here on Cape Cod. In this course, we will investigate the positive and negative interactions between humans and wildlife through field trips and conversation. A visit to the Cape Wildlife Center in Barnstable will provide a special experience to learn about their work supporting local wild animals on Cape Cod. We will also look carefully at how the use of certain rodenticides have impacted raptors here on the Cape, and we will discuss the best practices for making your home a haven for wildlife.  
Fee: \$375 Member; \$430 Nonmember

## Hiking Backwoods & Beaches

October 19-20

2-days: Saturday-Sunday

Take the road less traveled, cover new ground, and experience Cape Cod at a beautiful time of year. Our extended hikes will explore backwoods, remote beaches, dramatic dunes, quiet kettle ponds, and sheltering woodlands and take us to "hidden" parts of the Cape Cod National Seashore and local conservation areas that are rarely explored. Through this active experience, we will discover how protecting these important environments can benefit not only the resiliency of coastal habitats, but also our own mental and physical wellbeing in the face of environmental change. Hikes cover 4-5 miles a day over varied and uneven terrain.  
Fee: \$350 Member; \$400 Nonmember





# REGISTRATION & INFORMATION

## LOCATION

Cape Cod Field Schools are offered by Mass Audubon Cape Cod and are primarily based out of the Wellfleet Bay Wildlife Sanctuary. Located on the "forearm" of Cape Cod in South Wellfleet, Wellfleet Bay offers outstanding opportunities for exploration of the natural world. Our 1100-acre sanctuary features five miles of trails through eight different natural communities representing the diversity of Cape Cod.

Field Schools take advantage of the sanctuary's grounds, as well as many other natural areas on the Outer Cape, including beaches, marsh, woods, and ponds of Cape Cod National Seashore; the islands off Chatham; and the surrounding ocean and coastal waters.

Field trips may also occur at our beautiful mid-Cape sanctuaries, including Long Pasture Wildlife Sanctuary and Barnstable Great Marsh.

## COURSE LEADERS

Your Field School guides are skilled and professional Mass Audubon educators and naturalists certified in community CPR and watercraft safety. Visit our website for a listing of staff on individual courses.

## WHAT ELSE YOU NEED TO KNOW

Courses are for adults ages 18 and over. Ages 15 to 17 are welcome to attend, but only with prior approval by our Regional Education Manager, and they must be accompanied by an adult guardian registered for the same course.

Individuals are responsible for their own meals, except when noted in the detailed course descriptions online.

Courses are taught primarily outdoors and most require moderate physical activity. We do make accommodations for severe weather.

Participants may need to provide their own transportation to field trip locations.

Housing is not available. We can provide a list of local motels.

A Certificate of Attendance is offered for those seeking professional development credit for courses.

*Thank you to the photographers:  
Melissa Lowe, cover and page 3  
Joel Wagner, page 2  
Kiara Kortis, page 4*

## FEES & CANCELLATION POLICY

Please refer to individual course listings on our website for details. Payment is due in full upon registration.

Cancellations must be received in writing (via email or regular mail) 30 days before starting date for you to receive a full refund (less a \$50 nonrefundable administration fee per registrant). Cancellations received less than 30 days before starting date may result in forfeiture of entire course fee. If we can fill your spot with another registrant, then your balance is returned, less the \$50 nonrefundable administration fee per registrant.

We reserve the right to cancel any course with a full refund to registrants.

## HOW TO REGISTER

Registration is accepted via telephone or online via our website. Please do not fax or email credit card information. Call 508-349-2615, or register online at [massaudubon.org/capecodfieldschools](http://massaudubon.org/capecodfieldschools)

You will receive an email with detailed information related to the class 2 to 3 weeks in advance of the start of course.



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[massaudubon.org/  
capecodfieldschools](http://massaudubon.org/capecodfieldschools)

