



Hostelling International Cape Cod

NANTUCKET • MARTHA'S VINEYARD • TRURO • EASTHAM



Four Great Hostels on the Cape!



Education ~ Experience ~ Reflection

WETLANDS and MARSH

A WORLD OF WATER, SAND, PLANT, AND ANIMAL

Once past the cedar trees, your students follow coastal naturalist and certified kayak instructor Dick Hilmer into the great expanse of Nauset Marsh. A vast world of marshy grassland, that includes clams, snails, and fish. Kayak to the outer beach where you will see a perfect place to beach your kayak to take a walk along the barrier beach and collect seashells, observe the bird migration, and touch a horseshoe crabs in their native nursery.

What's to learn? You Pick!

Handouts - Handouts are available on each program topic so that students have a better knowledge of the hands-on experience prior to the adventure.

Objectives - Study the life of a salt marsh, the most vital, species diverse, and productive environmental element of the coastline.

- To be able to identify the major habitats in the estuary and list the primary characteristics of each habitat.
- To be able to state the role of the producers, consumers, and decomposers.
- To be able to compare aquatic habitats to terrestrial habitats.
- To be able to describe how physical factors shape or limit coastal habitats.
- To be able to list the primary limiting factors for coastal flora and fauna.

To be able to predict which habitat a particular plant or animal will occupy if given some of the limiting factors. Each program is custom designed to supplement your in-class curriculum.

“From Sea To Shore”

Our trips are targeted specifically for people in middle school, high school, or early years of college. We appeal to those interested in outdoor recreation and environmental education, and those that have the curiosity to explore and learn.

“Salt Marsh Ecology”

The salt marsh is influenced by the changing tides and is the boundary between land and sea, it is indeed a unique habitat with several different kinds of ecosystems that support plant, and animal life.

“Weather Change”

The weather is bound to influence our day. We encourage cloud observations, feeling temperature change, and wind, wind, wind.

Kayaking – A Quest for Balance

First and foremost, we teach kayaking. Comprehensive sea kayaking instruction. Taught by ACA & BCU Kayak Instructors.

Natural History and Ecological Concepts

We will teach a foundation of natural History and ecological concepts. This will include an understanding of how plants and animals adapt to the environment and the impact of humans on plant and animal life.



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Outdoor Skills

You will learn how glaciers formed Cape Cod. What a glacial outwash plains is. And paddle in one. You will learn how this effects maritime navigation. You will become a more accomplished kayaker and naturalist.

Environmental Issues and Values

Part of our educational curriculum focuses land use and waterway use. We will raise awareness of the delicate balance required to maintain our surroundings.

Outdoor Safety

Along our route at various stops, we will give instruction in waterway safety, and kayak rescue. It is our goal to make each participant as prepared as possible for any outdoor adventure.

Leadership and Teamwork

The underlying goal of our outdoor program is the rise in confidence in all the participants. Teamwork is a must on any trip. Cooperation, the buzzword. Learning to respect each other as well as the great habitat.

For more Information on Curriculum, contact Dick Hilmer of Explore Cape Cod at 508-240-1211 or email dhilmer@explorecapcod.com