

# Trip Planner 2023-2024

National Park Service  
U.S. Department of the Interior  
Cape Cod National Seashore



NPS/JOHN DEFOE

## Park Information

**Cape Cod National Seashore**  
99 Marconi Site Road  
Wellfleet, MA 02667  
Superintendent: Brian Carlstrom  
Email: [caco\\_information@nps.gov](mailto:caco_information@nps.gov)

**Park Headquarters, Wellfleet**  
508-771-2144  
Fax: 508-349-9052

**Nauset Ranger Station, Eastham**  
508-255-2112

**Race Point Ranger Station, Provincetown**  
508-487-2100

### Salt Pond Visitor Center

Open daily from 9 am to 4:30 pm (later during the summer)

This visitor center offers magnificent views of Salt Pond, Nauset Marsh, and the Atlantic; an outstanding museum; a park store; and regularly scheduled films in the theater. Exhibits showcase the Outer Cape's location in the Gulf of Maine ecosystem and stories of people. Restrooms are available in the parking area. The Nauset Marsh and Buttonbush trails and the Nauset Bicycle Trail are nearby. 50 Nauset Road, Eastham. 508-255-3421

### Getting to the Park

Cape Cod National Seashore is located about 100 miles south of Boston using Route 3, and about 105 miles east of Providence using Interstate 195. Cape Cod is accessed using either the Sagamore Bridge at the northeast end of the Cape Cod Canal, or the Bourne Bridge at the southwest end of the Cape Cod Canal. A passenger ferry runs between Boston and Provincetown seasonally. Always check traffic before leaving home for delays or construction.

## What's Inside

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### Oversand Office at Race Point Ranger Station

Open April 10 through November 15  
Route Information:  
508-487-2100, ext. 0926  
Permit Information:  
508-487-2100, ext. 0927

**Emergencies: 911**  
**Report incidents to law enforcement dispatch: 617-242-5659**

<https://www.nps.gov/caco>

### Province Lands Visitor Center

Open daily from 9 am to 5 pm, spring to fall

Just two miles from the tip of the Cape, this center features an observation deck with 360-degree dune and ocean views; a park store; and showings of park orientation films. Exhibits showcase the nature and history of the Province Lands. Whales are often viewable from here. Restrooms are available in the parking area. The Province Lands Bicycle Trail and Race Point Beach are nearby. 171 Race Point Road, Provincetown. 508-487-1256

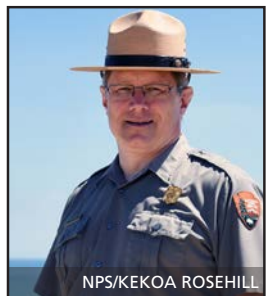
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## Superintendent's Message

Welcome to YOUR park. Home to thousands of years of native Wampanoag history, pristine sandy beaches, marshes, ponds, lighthouses, cranberry bogs, and so much more. Snapshots of these landscapes offer a glimpse into Cape Cod's past and continuing ways of life. The Wampanoag, or First People, have lived and prospered within this land for thousands of years. The rich lands of the outer Cape are valued by the Wampanoag for freshwater springs, fertile soil, and clay deposits in the bluffs overlooking the ocean. Their descendants live here, honoring the land and water, practicing traditional ways of life, enriching our understanding of their culture, and helping us with stewardship of our Cape Cod National Seashore.



The land's seafaring heritage is reflected in the many lighthouses, lifesaving, and Coast Guard stations that dot the outer Cape. Evidence of these human stories, from early settlers and whaling captains, to inventors, artists, writers, and early tourists, tell the tale of this unique landscape and what makes it so special.

As one of the longest continuous stretches of undeveloped shoreline on the East Coast, the national seashore provides a refuge for many species. Beaches, salt marshes, freshwater ponds, and forests support a diversity of plants and animals. Offshore, the ocean teems with life, from microscopic plankton that lure massive whales into Cape Cod Bay to feed, fish, seals, and the sharks that hunt them.

As you explore the seashore, look for recent improvements to historic resources, facilities, and natural landscapes. The Highland Lighthouse restoration is complete and the site is now open for tours by our partner, Eastern National. Over 40 obsolete buildings have been removed from the landscape through the Great American Outdoors Act, eliminating safety hazards and maintenance concerns and returning these areas to nature. Visitors will see boots on the ground at the Herring River restoration project with vegetation management work at Duck Harbor and the beginning of the Town of Wellfleet's Chequessett Neck Road bridge project. Finally, after being closed for many years, the Beech Forest bicycle path spur is open for riding! Please pardon our dust as projects continue throughout the seashore as we put your entrance fees and tax dollars to work to keep your national seashore ready for you.

Your safety is our highest priority. Read and observe safety messages at seashore locations, and especially at the beaches and bike trails.

This park is much more than a beach. Cape Cod National Seashore's beauty, sense of solitude, and diverse aesthetic values have created a place for people to come for inspiration, renewal, and recreation. I challenge you to get out there and find a new trail, a new story, a new landscape to explore and create memories with. Enjoy YOUR visit!

Brian Carlstrom, Park Superintendent



## General Information

Fees are charged at national seashore beaches from late spring to early fall. Seasonal and annual passes are available for purchase at beach entrance booths during operating hours. **Passes are not issued or sold at seashore visitor centers.** Interagency passes are available for purchase online at [store.usgs.gov/pass](https://store.usgs.gov/pass)

Beach Entrance Fees	
Private Vehicle	\$25
Motorcycle	\$20
Per Person	\$15
Annual Passes	
Cape Cod National Seashore	\$60
Interagency (Multiple Federal Areas)	\$80
Interagency Senior (Age 62+)	\$20
Lifetime Passes	
Interagency Senior (Age 62+)	\$80
Interagency Access Pass (Permanently Disabled)	Free
U.S. Military Pass	
Annual Pass for US Military, Veterans, and Gold Star Families	Free
Available to active US military members and dependents in the military, veterans of the armed forces, and Gold Star Families. (Must be obtained in person. Read more about eligibility requirements: <a href="https://www.nps.gov/caco/planyourvisit/fees.htm">https://www.nps.gov/caco/planyourvisit/fees.htm</a> )	

Fees are charged and passes are available late spring-early fall.

### Oversand Permits

Permits for driving on seashore oversand routes are required and available for purchase at Race Point Oversand Station in Provincetown. Oversand permits cannot be acquired for rental vehicles. Bird-nesting activity, weather, and impassable conditions due to changing beach conditions may require route closures during the spring and summer.

Call 508-487-2100, ext. 0927 for permit and general information (April 10 through November 15). Call 508-487-2100, ext. 0926 for route closure information, or visit [go.nps.gov/cacoovr](https://go.nps.gov/cacoovr) for an up-to-date map of open and closed areas.

### Hunting and Fishing

Upland wildlife and migratory waterfowl may be hunted in certain areas in season. Federal, state, and local laws apply. Ask at visitor centers for a brochure about hunting.

Visit [go.nps.gov/caco\\_hunting-fishing](https://go.nps.gov/caco_hunting-fishing) for more information and maps of open and closed areas.

### Special-Use Permits

Special-use permits are required for events, weddings, and commercial filming. Information and applications are on the park's website at: [go.nps.gov/caco\\_permits](https://go.nps.gov/caco_permits)

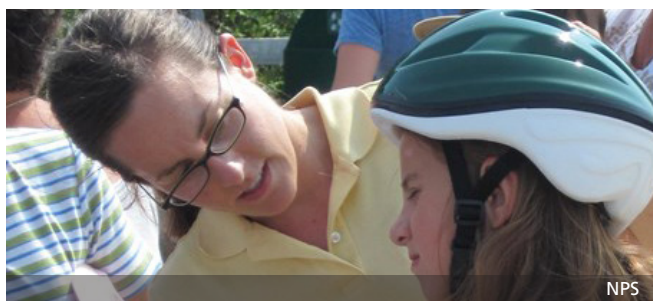
### Beach Fire Permits

A limited number of beach fire permits per day, per national seashore-managed beach, may be reserved up to **three days** in advance in person or by phone. For fires at Coast Guard, Nauset Light, and Marconi beaches, reserve a permit at Salt Pond Visitor Center in Eastham. For fires at Head of the Meadow, Race Point, and Herring Cove beaches, reserve at Province Lands Visitor Center in Provincetown. Fire permits for ORV permit-holders are issued by the Oversand Station. Permits are free and available beginning at 9 am each day. Those reserving in person are given preference over people reserving by phone. Demand usually exceeds the number of permits available, and lines form early.

Permits will be issued at the time of reservation. When reserving, a vehicle license plate number, local address and contact number, and number of people attending are required. Permits may be nullified in the event of high wind, extreme high tide, or other factors. Portable fire pits are prohibited.

How to Reserve a Fire Permit:	For a fire on:	Wed	Thurs	Fri	Sat	Sun	Mon	Tues
	Reserve on:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat

## Safety and Park Regulations



National Park Service rangers provide assistance and enforce regulations that protect you and seashore resources.

Observe the following:

- Do not disturb natural or cultural features including wildlife; all are protected by federal law.
- Do not feed wildlife.
- Keep trails, roadsides, and other areas clean.
- Use trash receptacles and recycle bins, or take trash with you.
- Glass containers, flotation devices (rafts, rubber

tubes), snorkels, and swim masks are prohibited on lifeguard-protected beaches.

- Public nudity is prohibited.
- Surfing and stand-up paddleboarding are permitted within the national seashore in waters outside lifeguarded areas.
- Possession or use of metal detectors is prohibited.
- Permits are required for all beach fires. They may be obtained on a first-come, first-served basis at Salt Pond Visitor Center in Eastham, the Province Lands Visitor Center in Provincetown, and the Oversand Station at Race Point. Do not bury coals. (See beach fire information above.) Fire pits are not allowed.
- Sand collapses easily. Climbing steep slopes and digging deep holes above knee level are hazardous and are prohibited.
- Swim only where there are lifeguards, and obey their directions. Lifeguard-protected beaches are marked with signs.
- Be alert for rip currents and underwater

obstacles. Keep children within reach.

- Use sunscreen to avoid sunburn. Use a waterproof sunscreen if you intend to go swimming.
- Smoking, including electronic cigarettes, is prohibited on protected swimming beaches when lifeguards are on duty.
- Drones are prohibited in the national seashore.
- Biking is prohibited on seashore beaches.
- Kite surfing is permitted at Duck Harbor on the bay side in Wellfleet, and in a posted 1¼-mile section of ocean beach between the north end of the lifeguarded section of Coast Guard Beach, and a point north of the lifeguarded section of Nauset Light Beach.
- Alcohol is prohibited in areas north and south of Cahoon Hollow Beach in Wellfleet, May 20-September 10

For more information about park regulations, check the Superintendent's Compendium, available at: [go.nps.gov/caco\\_compendium](https://go.nps.gov/caco_compendium)

### Beach Safety

**Beach warning flags:**

During the summer a colored flag is flown at the head lifeguard chair. A sign at each beach describes the meaning of each color.

GREEN: Low Hazard. Calm Conditions.

YELLOW: Medium Hazard. Moderate Surf and/or Currents.

RED: High Hazard. High Surf and/or Strong Currents.

RED WITH NO-SWIM SYMBOL: Water Closed to Swimming.

PURPLE: Dangerous Marine Life.

PURPLE WITH SHARK: Caution! White Sharks Feed in These Waters.

**Placing your beach gear:**

Do not settle near an on-duty lifeguard chair or one that is soon to be opened. This area must be kept clear for equipment. Stay out of this area to avoid an accident or delay a rescue.

**When you hear a whistle:**

Lifeguards will signal swimmers when they are in or approaching a hazardous area or because they are swimming too far out for adequate supervision.

**Rip currents are dangerous:**

A rip current can carry a swimmer out from shore and is difficult to swim against. Do not panic if you get caught in one, or tire yourself out trying to swim against it. Normally, they are not wide. Swim parallel to the shore a short distance, then swim to the shore out of the current. Look for the "Break the Grip of the Rip" sign located at each beach.



NPS/KEKOA ROSEHILL

## Accessibility

Park trails near Doane Rock in Eastham and the Marconi Station Site in Wellfleet have been surfaced to accommodate wheelchairs. The Buttonbush trail has features for people with low or no vision. Some park publications also have large-print versions. The park brochure is available in a free audio described format for Apple devices on the App Store, and for Android Devices on Google Play. Park films have captions and audio descriptions. Coast Guard and Herring Cove beaches provide accessible parking, restrooms, changing facilities, and beach wheelchairs. Herring Cove Beach features showers that accommodate wheelchairs. Coast Guard Beach in Eastham and Race Point and Herring Cove beaches in Provincetown have Mobi-Mat® access for wheelchairs.



## Beaches

### Coast Guard Beach, Eastham

Located at the end of Doane Road. Summer access via tram from Little Creek parking area. Drop-off and pickup of passengers and belongings at the beach are PROHIBITED.

Coast Guard Beach is popular with families. Access is relatively gentle, and beach wheelchairs and Mobi-Mat® are available in summer. Nauset Marsh and the historic Coast Guard station (not open to the public) are located nearby. The Nauset Bicycle Trail terminates at Coast Guard Beach. Limited accessible parking (state-issued plate or placard required) is available at the Coast Guard station parking area. 368 parking spaces at Little Creek.

### Nauset Light Beach, Eastham

Located 1 mile north of Coast Guard Beach on Ocean View Drive at the intersection of Cable Road. This broad, sandy beach is situated in front of a steep glacial scarp. A hard-packed sloped path leads from the parking lot down to the beach. Drop-off and

pickup of passengers and belongings at the beach are PROHIBITED. Nauset Light is a popular beach and the lot typically fills by 10 am during the summer months. 87 parking spaces, 4 accessible spaces.

### Marconi Beach, Wellfleet

Located at the end of Marconi Beach Road. This beach is situated in front of a steep glacial scarp and has stair access only. It is popular with surfers. The historic Marconi Station Site and the Atlantic White Cedar Swamp Trail are nearby. 530 parking spaces.

### Head of the Meadow Beach, Truro

Located at the end of Head of the Meadow Road. Access to this broad, sandy beach is over a tall dune. Waves are typically gentler here than at Marconi and Nauset Light beaches. This beach often has seaweed and large populations of seals nearby. The Head of the Meadow Bicycle Trail runs between this beach and High Head and extends to Coast Guard Road. 285 parking spaces.

### Race Point Beach, Provincetown

Located at the end of Race Point Road. Access to this beach is over a tall dune. Mobi-Mat® is provided. This is a popular destination for whale watching from shore and for sunset viewing. Old Harbor Life-Saving Station and Province Lands Visitor Center are located nearby. The Province Lands Bicycle Trail has a spur to Race Point Beach. 360 parking spaces.

### Herring Cove Beach, Provincetown

Located on Province Lands Road by the end of Route 6. This beach has easy access and fully accessible facilities. Beach wheelchairs and Mobi-Mat® are available in summer. Gentle surf makes this beach popular with families. It's known for its views of Race Point Light, sunsets, and spring whale watching. There is a seasonal snack bar. The Province Lands Bike Trail has a spur to Herring Cove Beach. 578 parking spaces.

NPS/ROBBY MCQUEENEY

## Coyotes



The Eastern coyote (*Canis latrans* var) thrives across Cape Cod, occupying a variety of habitats, including neighborhoods, forests, fields, and dunes. Wild animals that are fed by people become habituated to feeding and associate people with food. They may become aggressive towards people and pets in attempts to obtain food. Aggressive animals may need to be euthanized. Do not feed wild animals. **Feeding animals is punishable by fine (36CFR 2.2(a)(2))**

For your safety and to protect wildlife:

- Keep your distance; if approached, scare off coyotes by yelling at them
- Do not feed or allow coyotes to obtain human food; there is plenty of natural food available
- Take away all food scraps
- Keep children close and supervise them
- Leash pets and observe seasonal pet closures
- Report bold animals to town or national seashore officials.

## Sharks



NPS/BILL FISHER

Cape Cod's waters are part of a natural and wild marine ecosystem with a rich diversity of sea life, including sharks. Seals are the major prey species for the great white shark, and as the seal population increases, great white sharks have become more numerous. Sharks have been observed feeding on seals close to shore near swimming beaches.

**People have been seriously injured and killed by white sharks along this coastline.**

**Be shark smart. To stay safe and to protect wildlife:**

- Be aware sharks hunt for seals in shallow water.
- Stay close to shore where rescuers can reach you.
- Swim, paddle, kayak, and surf in groups. Don't isolate yourself.
- Avoid areas where seals are present.
- Avoid areas where schools of fish are visible.
- Avoid murky or low-visibility water.
- Limit splashing.
- Follow all signage and flag warnings at beaches and instructions of the lifeguards.

**Shark sightings:**

- Notify a lifeguard if a shark is spotted.
- Water will be temporarily closed to recreational activities.
- Beachgoers will be notified when they can reenter the water.

**To learn more:**

Massachusetts Shark Research Program  
Division of Marine Fisheries  
[www.mass.gov/marinefisheries](http://www.mass.gov/marinefisheries)

Atlantic White Shark Conservancy  
[www.atlanticwhiteshark.org](http://www.atlanticwhiteshark.org)  
Download the Sharktivity App

For additional information, visit the Cape Cod National Seashore website at:  
[go.nps.gov/sharksmart](http://go.nps.gov/sharksmart)

## Seals



COURTESY PROVINCETOWN CENTER FOR COASTAL STUDIES, TAKEN UNDER NOAA PERMIT #774-1875

Once hunted to near extinction, seals are now protected under the Marine Mammal Protection Act and National Park Service regulations. They are often spotted swimming along the Outer Beach, and at some locations, hundreds of seals may haul out at low tide to rest on sandbars.

The heads of gray seals have a horse-like appearance. Males are dark brown, gray, or black with small, lighter spots. Females are tan or light gray with darker spots. Males may be 8 feet long and weigh over 700 pounds. Females reach 6.5 feet and weigh up to 450 pounds. Harbor seals have small heads, very large eyes, and a face that resembles a cocker spaniel. They are about 5 feet long and weigh 250 pounds. They have leopard-like spots on dark gray or tan coats.

Seals are semi-aquatic and often spend part of each day on land. Young seals may haul out on land to rest for up to a week. Many seals have scratch marks and scars from hauling out; this is no cause for alarm. Seals consume a variety of fish, shellfish, and crustaceans. They do not eat on land.

**It is against the law to disturb or harass seals. To protect the seals and avoid a fine or jail time:**

- Remain at least 150 feet from seals and observe with binoculars. Move farther back if seals begin vocalizing or entering the water.
- Keep pets on a leash. This is a national seashore regulation. Dogs are likely to startle a resting seal, causing an aggressive, defensive response that might injure your pet, you or a seal.
- Do not approach swimming or resting seals by boat or on a board. Kayaks, canoes, and stand-up paddleboards can elicit an alarm response and cause seals to rapidly enter the water.
- Do not swim among seals. Seals may scratch and bite. Also, they are an important prey species for great white sharks that inhabit these waters.
- Seals that are on land are likely resting and warming themselves. Splashing or pouring water on them is a form of harassment.

*If you see an entangled, sick, or injured seal, call 866-755-6622 or 508-743-9548.*

## Shorebirds

Piping plovers (*Charadrius melodus*) are small shorebirds that winter along the southeast coast of the United States. Each spring, they return to Cape Cod to establish territories and form pairs. Starting in April and extending into summer, plovers build



NPS/KEEGAN BURKE

their nests and lay eggs above the high-tide line, usually in front of the dunes. Their nests, called "scrapes," are little more than shallow depressions made directly in the sand.

The female typically lays four eggs that the male and female take turns incubating. The eggs hatch in about 25 days, and within hours of hatching, the tiny, downy chicks begin learning how to search for food. Plovers feed by running and darting to catch insects, amphipods, and other invertebrates found on the surface of the sand and mudflats or living amid the washed-up seaweed and marsh grass at the high-tide line.

Piping plovers blend into their surroundings to avoid detection by predators. When real or perceived predators approach too closely, an adult bird will run down the beach dragging its wing, as if injured, or call loudly as a distraction. Although this behavior may prevent eggs and chicks from being eaten, it leaves them vulnerable to cold or over-heating. For chicks, the stress of running for cover burns calories needed for growth and maturation.

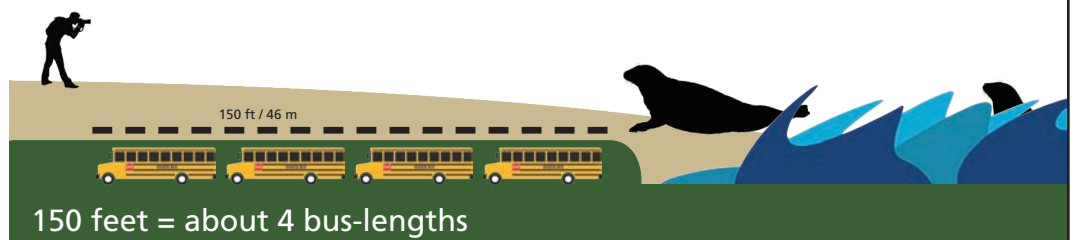
**Sharing the beach with shorebirds is easy if you know how:**

- Follow staff directions and posted signs.
- Comply with dog restrictions. Seashore regulations require that dogs be on a leash no more than 6 feet long at all times.
- Don't feed wildlife or leave food scraps or trash on the beach; this attracts predators.
- Follow established pedestrian detours. In most cases you'll be able to continue your beach walk without disturbing birds.
- Set up your beach blanket several meters away from posts and strings (symbolic fencing) placed along nesting habitat. The prolonged presence of people near these areas causes disturbance. If possible, set up in an area that does not have symbolic fencing.
- Follow park regulations about car handling and kite flying. If you're uncertain, check at a park visitor center or the Race Point Oversand Station.
- Bring your binoculars and field guide to observe and enjoy these birds from a distance.

**Sometimes the best relationship is a long-distance relationship**

## Give Them Room, Use Your Zoom

To keep wildlife wild, and for your safety, keep back at least 150 feet. Disturbing seals is against federal law.





# Walking and Biking Trails Detailed brochures available at the visitor centers.

Trail Name	Trailhead Location	Description	Difficulty	Pets
Fort Hill Trail 1-mile loop	70 Fort Hill Road in Eastham.	This loop trail crosses open fields and connects with the Red Maple Swamp Trail. Expansive views.	Easy; solid surface; some log steps on slopes.	No pets.
Red Maple Swamp Trail 0.8-mile round trip	Accessed from the Fort Hill Trail and Hemenway Landing in Eastham.	Boardwalk sections of this trail meander through the heart of the Red Maple Swamp.	Moderate; boardwalk.	No pets.
Nauset Marsh Trail 1.3-mile loop 1.5-mile spur	Adjacent to the Salt Pond Visitor Center amphitheater, 50 Nauset Road, off Route 6 in Eastham.	This trail winds along the edge of Salt Pond and Nauset Marsh, crosses fields, and returns to the Salt Pond Visitor Center through a recovering forest. There is a 1.5-mile spur connecting to Coast Guard Beach.	Easy; some log steps; moderate grade.	No pets.
Buttonbush Trail 0.3-mile loop	50 Nauset Road, off Route 6 in Eastham.	This loop trail winds through forest and wetlands, and includes Braille and interactive features for people with low/no vision and activities for children.	Easy; some log steps on the second half of the trail; moderate grade.	No pets.
Doane Trail 0.6-mile loop	One mile east of Salt Pond Visitor Center on Nauset Road in Eastham.	This paved, wheelchair-accessible loop trail winds through an emerging pine and oak forest. Two-hour parking limit.	Easy; wheelchair-accessible grade (also good for strollers).	Leashed pets allowed.
Atlantic White Cedar Swamp Trail 1.2-mile loop	195 Marconi Station Road in Wellfleet.	This trail leads to a boardwalk that winds through the picturesque Atlantic White Cedar Swamp.	Moderate; some steep stairs; return route is 0.5 miles in soft sand; a portion of this trail is boardwalk.	No pets.
Great Island Trail 3.9 to 8.8-mile round trip	Corner of Griffin Island and Chequessett Neck roads in Wellfleet.	This trail follows sandy stretches between the elevated heights of Great Island and Great Beach Hill.	Difficult; mostly soft sand; portions are submerged at high tide.	Short section for leashed pets.
Pamet Area Trails 0.6 miles each way, plus extensions	111 North Pamet Road in Truro.	Bearberry Hill overlooks offer spectacular views of the Pamet landscape, with views of the Atlantic and the glacial terrain of the Pamet River valley. Follow the trail to a historic cranberry bog house.	Moderate; log steps; steep grade to overlook. No restrooms.	No pets.
Small's Swamp Trail 0.6-mile loop	Off Route 6 in Truro at the Pilgrim Heights area sign. Walks begin at the covered shelter.	Former farmland. Gradually, the soil gave out, farms were abandoned, and the landscape began its slow recovery.	Easy; some log steps; moderate grade; short boardwalk surface.	No pets.
Pilgrim Spring Trail, 0.7-mile loop		This short loop trail winds through the recovering pine and oak forest.	Easy; some log steps; moderate grade.	Leashed pets allowed.
Beech Forest Trail 1-mile loop	36 Race Point Road in Provincetown.	Journey into the heart of a picturesque Beech Forest, and enjoy great birding opportunities. Do not feed the birds.	Easy; extension loop has steep log steps; some soft sand.	No pets.
Nauset Bicycle Trail 1.6 miles	50 Nauset Road, off Route 6, Doane picnic area (2-hour parking), or Coast Guard Beach in Eastham (seasonal fees).	This bike path connects the Salt Pond Visitor Center, Doane picnic area, and Coast Guard Beach.	Intermediate; some hills; paved surface.	Leashed pets allowed November 1 -April 30.
Head of the Meadow Bicycle Trail 2 miles, plus .8 mile connector	End of High Head Road in Truro (2-hour limit), or Head of the Meadow Beach (seasonal fees).	This 2-mile bike trail connects the dirt parking lot at High Head Road to Head of the Meadow Beach. A .8 mile connector trail leads to Coast Guard Road, Truro.	Easy; biting insects often present.	Leashed pets allowed year-round.
Province Lands Bicycle Trail 5.45-mile loop 1.1-mile spur 0.5-mile spur 0.25-mile spur	Province Lands Visitor Center, Herring Cove Beach (seasonal fees), Race Point Beach (seasonal fees), or the Beech Forest parking lot in Provincetown.	This trail loops around the Province Lands, passing through pine forests, sandy dunes, and low-lying cranberry bogs. There are connections to both Herring Cove (1.1-mile spur) and Race Point (0.5-mile spur) beaches, as well as Bennett Pond (0.25-mile spur).	Advanced-intermediate; steep hills, sharp turns, tunnels.	Leashed pets allowed November 1 -April 30.

NPS/ROBBY MCQUEENEY

## Trail Safety and Regulations

### Walking:

- There are trail guides available at most trailheads and visitor centers.
- Weather can change quickly. Check the weather forecast before you go.
- Wear proper footwear that is comfortable and durable.
- Tell somebody your hiking plans. If hiking in a group, designate a meeting location in case you get separated.
- Bring water and food.
- Stay on the trail.
- Mosquitoes and ticks are prevalent and capable of transmitting serious diseases. Use repellent and wear long pants and sleeves to reduce exposure. Remain on trails to avoid ticks. When mosquitoes are present, curtail evening activities to reduce exposure.
- Pets are allowed on some walking trails. Check signage and/or at a visitor center for pet information.

### Bicycling:

- Always wear a helmet when riding a bike. Massachusetts law requires all persons 16 years of age and under to wear a helmet.
- Always ride single file to the right.
- Announce yourself when passing other trail users from behind; pass on the left.
- Don't speed.
- Stay on bike trails.
- Be alert for hills, sharp turns, and other users.
- Beware of trail hazards, which could include: sand, standing water, bumps in the pavement,

and low-hanging branches.

- Walk bicycles through tunnels and underpasses.
- Bicycles are prohibited on walking trails.
- Bicycles are prohibited on beaches.
- Ask at visitor centers about e-bikes.

### Pets:

Bringing your dog to park beaches during the summer requires extra planning. Pets must be on a leash no longer than 6 feet at all times and are permitted only in the following locations:

- Doane and Pilgrim Springs trails
- Fire roads
- Head of the Meadow Bicycle Trail year round and Province Lands and Nauset bike trails, November 1-April 30;
- Freshwater ponds (beaches and water), October 16-May 14;
- Cape Cod National Seashore ocean beaches except as follows:
  1. During the summer, pets are not permitted on lifeguard-protected beaches. However, leashed pets are permitted to pass through lifeguard protected areas to reach areas where they may otherwise be allowed. If there are shorebird closures on or beyond lifeguard-protected beaches, pets are not allowed to walk through.
  2. During shorebird nesting, staging, and migrating periods, pets are not permitted in posted locations. Passing through these areas is prohibited.

## B.A.R.K. Ranger Program

Do you enjoy exploring Cape Cod National Seashore with your canine friend? Review and follow the B.A.R.K. rules while visiting, say the pledge, and earn the Virtual B.A.R.K. Ranger Badge or ID card!

- B- Bag Your Poop
- A- Always Wear a Leash
- R- Respect Wildlife
- K- Know Where To Go

Visit our website to become a virtual B.A.R.K. Ranger or stop by a visitor center to earn your B.A.R.K. Ranger ID card! [go.nps.gov/caco-pets](http://go.nps.gov/caco-pets)





## Historic Buildings



NPS/BRENT ELLIS

### Penniman House Eastham

70 Fort Hill Road. The Penniman House, completed in 1868, was styled after the French Second-Empire period. It included every known comfort of the day and many innovative ideas. The Captain Edward Penniman family enjoyed this fine home for nearly 100 years. Seasonal tours. Limited parking.



NPS

### Pamet Cranberry Bog House Truro

86 North Pamet Road. Originally constructed around 1830, the Bog House is located among former cranberry bogs in the Pamet Valley. It supported cranberry harvesting that occurred there until the 1960s. Access the bog house from the Pamet Area trails. The building is closed but there is information outside. Park at the Pamet trailhead.



NPS

### Atwood-Higgins House Wellfleet

269 Bound Brook Island Road. The Atwood-Higgins House is a fine example of a properly framed Cape Cod cottage, which grew from a half-house in the early 1700s to a full-Cape with eight rooms by the 19th century. The oldest house owned by the national seashore, it is flanked by an eclectic collection of later-vintage buildings. Seasonal tours. Limited parking.



NPS

### Old Harbor Life-Saving Station Provincetown

191 Race Point Road. At Old Harbor, the National Park Service interprets the dramatic story of shipwrecks and the role of the U.S. Life-Saving Service in preventing shipwrecks and performing rescues. Seasonal open houses. *Beach fee may apply.*



NPS

### Highland House Truro

27 Highland Light Road. The Highland House Museum occupies the Highland House, originally a hotel built in 1907. A visit provides insight into the people of Truro dating back to early European settlers and the Wampanoag who preceded them. 508-487-3397. *Open seasonally and operated by the Truro Historical Society.* [www.trurohistorical.org](http://www.trurohistorical.org)

## Area Lighthouses Map of lighthouse locations located on page 8.



NPS/KATIE TRUDEAU

### Race Point Light, Provincetown

The first Race Point Light was erected in 1816. The current lighthouse and keeper's house date from 1876. *Grounds are accessible by hiking from Race Point Beach or Hatches Harbor, about 3.5 miles round trip, in sand.*

[www.racepointlighthouse.org](http://www.racepointlighthouse.org)



NPS/KEKOA ROSEHILL

### Long Point Light, Provincetown

This light at the entrance to Provincetown Harbor was first lit in 1827. The lighthouse and keeper's cottage were rebuilt in 1875. *Not open for tours. Caution: Breakwater has uneven surfaces and can be wet and slippery. Avoid high tide. Summer boat service from town pier.*



NPS

### Nauset Light, Eastham

Nauset Light was built as one of the Chatham Twin Lights in 1877 and was relocated to Eastham in 1923. The tower and keeper's house were moved back from the eroding shoreline to this site in 1996. *Open seasonally and operated by the Nauset Light Preservation Society.*

[www.nausetlight.org](http://www.nausetlight.org)



COURTESY DAVE QUINCY

### Chatham Light, Chatham

Chatham Light was built in 1808 as two brick towers with a keeper's house. Two lights were used to distinguish it from the single light at Truro's Highland Light. It is maintained by the United States Coast Guard.



NPS/KEKOA ROSEHILL

### Wood End Light, Provincetown

A twin to Long Point Light guarding the entrance to Provincetown Harbor, Wood End Light is located toward the end of the breakwater. *Not open for tours. Caution: Breakwater has uneven surfaces and can be wet and slippery. Avoid high tide. Summer boat service from town pier.*



NPS/BILL BURKE

### Highland Light, North Truro

Also known as Cape Cod Light, Highland Light was the first light seen on a voyage from Europe to Boston. In 1798, Highland was the first Cape Cod lighthouse. The current tower was built in 1857. *The Keeper's House store and exhibits are open seasonally and operated by Eastern National, Inc.*

[www.highlandlighthouse.org](http://www.highlandlighthouse.org)



NPS/CHARLOTTE HECHT

### Three Sisters, Eastham

The original brick Three Sisters were built in 1838 to differentiate the location from Chatham and Highland. The brick towers were threatened by erosion, and these wooden ones replaced them in 1892, and were eventually relocated here in the 1980s. Located on Cable Road, a short walk from Nauset Light Beach. Limited parking at Three Sisters. *Seasonal tours.*



USFWS

### Monomoy Point Light, Chatham

The first Monomoy Light was erected in 1823 and rebuilt in 1849 with cast-iron plates lined with brick. Monomoy is now part of the Monomoy National Wildlife Refuge of the US Fish & Wildlife Service. The island is accessible only by boat at the end of 5-mile-long South Monomoy Island.

## Reduce, Reuse, Recycle!



NPS/SUE MOYNIHAN

### Water Bottle Filling Stations

Help us make a difference—please refill your water bottle at one of our many filtered bottle filling stations located throughout the national seashore.

Thank you to CARE for the Cape and Islands and Friends of the Cape Cod National Seashore for funding the purchase of many of the park's filling stations.

Note: The filling station inside Salt Pond Visitor Center is available all year. Other stations are available from late spring to early fall.

### Do Your Part to Keep Our Beaches Clean

Cape Cod National Seashore is cutting back on waste with our beach recycling bins. Recycling reduces our pollution and greenhouse gas emissions. Do your part and recycle. Recycling bins are located at all beaches.



COURTESY JESSE MECHLING



## Local Area Information

### Chambers of Commerce

**Cape Cod Chamber of Commerce:**

5 Patti Page Way, Centerville  
Website: [www.capecodchamber.org](http://www.capecodchamber.org) Email: [info@capecodchamber.org](mailto:info@capecodchamber.org)  
Phone: 508-362-3225

**Chatham:**

2377 Main Street, Chatham  
[www.chathaminfo.com](http://www.chathaminfo.com)  
Email: [chamber@chathaminfo.com](mailto:chamber@chathaminfo.com)  
Phone: 800-715-5567  
Info Booth: 508-945-5199

**Eastham:**

4730 Route 6, Eastham  
[www.easthamchamber.com](http://www.easthamchamber.com)  
Email: [info@easthamchamber.com](mailto:info@easthamchamber.com)  
Phone: 508-240-7211  
Info Booth: 508-255-3444

**Truro:**

Route 6 at Head of the Meadow Road,  
North Truro  
[www.trurochamberofcommerce.com](http://www.trurochamberofcommerce.com)  
Email: [info@trurochamberofcommerce.com](mailto:info@trurochamberofcommerce.com)  
Phone: 508-487-1288

**Orleans:**

Eldredge Park Way at Route 6A,  
and 44 Main Street, Orleans  
[www.orleanscapecod.org](http://www.orleanscapecod.org)  
Email: [info@orleanscapecod.org](mailto:info@orleanscapecod.org)  
Phone: 508-255-7203  
Info Booth: 508-255-1386

**Wellfleet:**

1410 Route 6, Wellfleet  
[www.wellfleetchamber.com](http://www.wellfleetchamber.com)  
Email: [info@wellfleetchamber.com](mailto:info@wellfleetchamber.com)  
Phone: 508-349-2510

**Provincetown:**

307 Commercial Street, Provincetown  
[www.ptownchamber.com](http://www.ptownchamber.com)  
Email: [info@ptownchamber.com](mailto:info@ptownchamber.com)  
Phone: 508-487-3424

### Tours and Services

*This listing was accurate at press time. It is provided as a service and not an endorsement. Some of these businesses have Commercial Use Authorizations to provide services in the national seashore. Visit: [go.nps.gov/caco-current-authorizations](http://go.nps.gov/caco-current-authorizations)*

**Bicycle Rentals:**

## Idle Times:

188 Bracket Road, Eastham, 508-255-8281

2616 State Highway, Wellfleet, 508-349-9161

29 Main Street, Orleans, 508-240-1122

## Little Capistrano:

30 Salt Pond Road, Eastham, 508-255-6515

1446 State Highway, Wellfleet, 508-349-2363

Arnold's, 329 Commercial Street, Provincetown,  
508-487-0844

Gale Force, 144 Bradford Street Ext., Provincetown,  
508-487-4849

The Bike Shack, 63 Shank Painter Road,  
Provincetown, 508-487-0232

Ptown Bikes, 42 Bradford Street, Provincetown,  
508-487-8735

Provincetown Bike Rentals, 136 Bradford Street,  
Provincetown, 774-447-4539

**Shellfishing in Eastham:**

Eastham Natural Resources Office (permits),  
555 Old Orchard Road, Eastham, 508-240-5972

**Whale Watching in Provincetown:**

Dolphin Fleet, 307 Commercial Street,  
Provincetown, 800-826-9300

Captain John Boats, Provincetown, 508-556-1426

**Dune Tours in Provincetown:**

Art's Dune Tours, 4 Standish Street, Provincetown,  
508-487-1950

**Kayak and Boat Rentals:**

Goose Hummock, 15 Route 6A, Orleans,  
508-255-0455

Jack's Boat Rental, 2616 State Highway, Wellfleet,  
508-349-9808

Wellfleet Marine, 25 Holbrook Avenue, Wellfleet,  
508-349-6417

Flyer's Boat Rental, 131 Commercial Street,  
Provincetown, 508-487-0898

Coyote Kayaks, 333R Commercial Street,  
Provincetown, 508-413-9563

**Surfing/Stand-Up Paddleboarding Lessons:**

Fun Seekers, 2480 Old Kings Highway, Wellfleet,  
774-722-0764, [www.funseekers.org](http://www.funseekers.org)

Sickday, Inc., 3 West Main Street, Wellfleet,  
508-214-4158, [www.sickday.cc](http://www.sickday.cc)

Sugar Surf Cape Cod, 508-240-4166, [www.sugarsurfcapecod.com](http://www.sugarsurfcapecod.com)

**Eco Tours:**

Great Marsh Kayak Tours,  
508-470-4971

Blue Claw Boat Tours, Orleans, 508-240-5783

Wellfleet Bay Wildlife Sanctuary, Wellfleet,  
508-349-2615

Center for Coastal Studies, 5 Holway Avenue,  
Provincetown, 508-487-3622

**Campgrounds:**

Nickerson State Park, Brewster, 508-896-3491

Atlantic Oaks, 3700 State Highway, Eastham,  
508-255-1437

Maurice's, 80 State Highway, Unit 1, Wellfleet,  
508-349-2029

Wellfleet Hollow State Campground, 180 Old Kings  
Highway, Wellfleet, MA DCR, 508-349-3007

Adventure Bound Camping Resorts: 508-487-1847

- North Truro Campground, 46 Highland Road
- Horton's Campground, 71 Highland Road,  
North Truro

North of Highland, 52 Head of the Meadow Road,  
North Truro, 508-487-1191

Coastal Acres, 76R Bayberry Avenue, Provincetown,  
508-487-1700

Dune's Edge, 386 State Highway, Provincetown,  
508-487-9815

This listing is updated periodically.



NPS

## Concessions and Overnight Accommodations



**Herring Cove Snack Bar,**  
Herring Cove Beach, Province  
Lands Road, Provincetown  
*Operated by Far Land on the  
Beach*

This food and beverage  
service is open from late  
spring through early fall.  
Herring Cove Beach is  
relatively gentle and ideal for  
families. View Race Point  
Light while you look for  
whales, which are common  
in spring. [www.facebook.com/Far-Land-on-the-Beach-1592264207694243/](http://www.facebook.com/Far-Land-on-the-Beach-1592264207694243/)



**Highland Links Golf  
Course,**  
10 Highland Light Road,  
North Truro,  
508-487-9201  
*Operated by Johnson Golf  
Management*

One of Cape Cod's oldest  
golf courses, Highland  
Links is perched high along  
windswept bluffs overlooking  
the Atlantic Ocean. Founded  
about 1892-1898, Highland  
Links has seen more than 100  
years of golf.  
[www.  
highlandlinkscapcod.com](http://www.highlandlinkscapcod.com)



**Vacation Rentals Offered  
by Cape Cod National  
Seashore**  
508-957-0736

Looking for a place to stay  
on your next trip to Cape  
Cod? We've got you covered,  
from remote locations off the  
beaten path to cottages with  
commanding ocean views  
and within walking distance  
of beaches with great surf.  
Funds collected from these  
rentals directly support Cape  
Cod National Seashore.  
[https://www.recreation.gov/  
camping/gateways/2607](https://www.recreation.gov/camping/gateways/2607)



**Nauset Beach Inn,**  
237 Beach Road, Orleans,  
508-255-2364  
*Operated by CJNL Inc.*

Every room commands a  
superb view of the great over  
beach and the ever- changing  
sea. Relish the taste of the  
ocean air, the sound of the  
breaking surf, and one of the  
best views on Cape Cod.  
[www.nausetbeachinn.com](http://www.nausetbeachinn.com)



**HI Truro Hostel**  
111 N. Pamet Road, Truro,  
508-349-3889  
*Operated by Hostelling  
International*

Hostelling International  
operates a hostel in Truro  
under lease to the National  
Park Service. The hostel has  
private and dormitory rooms  
and shared kitchen and baths.  
It is open in summer.  
[www.hiusa.org/truro](http://www.hiusa.org/truro)



## Get Involved

### Friends of the Cape Cod National Seashore



## Love the Seashore? Join the Friends of the Cape Cod National Seashore

Whether you are here for a day or consider yourself a year-rounder, the richness of the Cape Cod National Seashore will touch your heart. The sparkle of sunrise on Great Beach waters, the peace of kayaking, or considering the migration of the smallest and largest creatures will stay with you.

Friends of the Cape Cod National Seashore (FCCNS) shares your sense of joy and wonder. For more than 35 years, FCCNS has committed money, brainpower, and energy to this special place. If you have enjoyed the ponds within the park, Eastham's Penniman House, the Red Maple Swamp Trail, Provincetown's Old Harbor Life-Saving Station, or the Atlantic White Cedar Swamp trail boardwalk, you have benefited from our members' donations and our fundraising within the community of people who care about the national seashore.

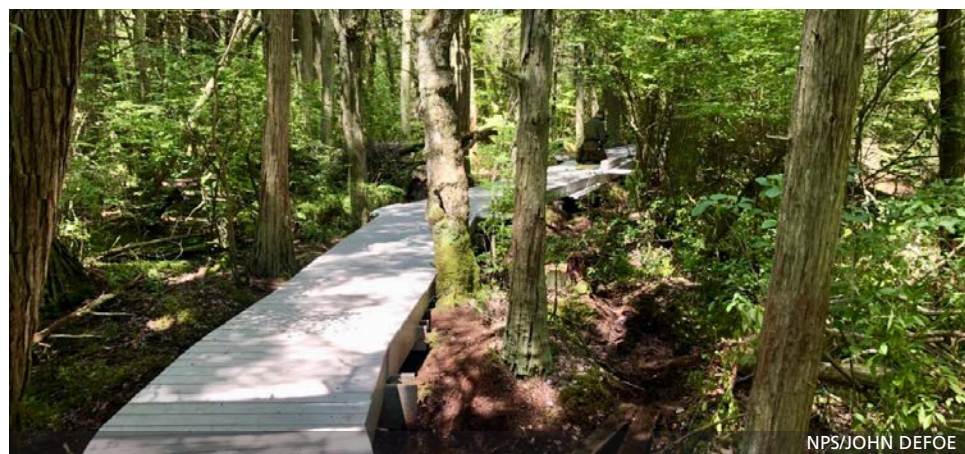
The challenges ahead include the effects of climate change and maintenance needs that outstrip federal budget allocations. FCCNS approaches these challenges strategically, viewing them as opportunities to make a difference in a place we love. FCCNS welcomes and appreciates your financial commitment. In addition, you may want to work in the park. Volunteer opportunities abound. Some members clear trails or join in the hard work of controlled burns, eliminating invasive brush and trees. Their labors take them all over the park!

Others develop interests in particular aspects of the seashore. For example, volunteers have developed expertise in natural history and seal behavior in response to the presence of seals hauling out at low tide. The sharing of that knowledge with the public leads to seal viewing experiences that are safe for both the seals and the visitors they attract.

We also recruit volunteers with skills that strengthen FCCNS, including community outreach, writing, and fundraising.

Whatever the task, it embodies the FCCNS mission: *To support the educational, environmental, cultural, recreational, and scientific purposes of the Cape Cod National Seashore.* Join us!

FCCNS is the not-for-profit 501 (c) (3) fundraising partner of the Cape Cod National Seashore. Visit [fccns.org](http://fccns.org)



NPS/JOHN DEFOE

### Additional Park Partners



A private, nonprofit organization that provides quality educational products and services to park visitors. Proceeds are donated directly to Cape Cod National Seashore to support interpretive and educational programs.



The mission of the CCS is to understand and protect our coastal environment and marine ecosystems. Located in Provincetown, CCS collaborates with the national seashore on research projects that help park managers better understand and protect park resources. [www.coastalstudies.org](http://www.coastalstudies.org)



Payomet is one of Cape Cod's leading presenters of performing arts, including professionally staged theater productions. Located at the Highlands Center in Truro, Payomet's mission is to produce exciting professional live music, circus, theatre, and humanities events rooted in strong social values. [www.payomet.org](http://www.payomet.org)



This national service movement engages Americans of different ages and backgrounds in service to our nation's communities. Corps members at the national seashore support park planning and resource protection. [www.americorpscaped.org](http://www.americorpscaped.org)

Many other partners support Cape Cod National Seashore. These include organizations that preserve historic buildings and provide public access, such as Truro Historical Society, Nauset Light Preservation Society, Cape Cod Modern House Trust, Provincetown Community Compact, Peaked Hill Trust, and the Outer Cape Artist in Residency Consortium.

### Become a Seashore Volunteer!

VIPs—Volunteers in Parks—bring passion and expertise to nearly all national seashore operations, from trail maintenance and resource protection activities, to engaging the public at historic buildings and visitor center information desks. Meet new people, gain insights into the national seashore, and participate in meaningful activities that benefit the public and park resources.



<https://www.nps.gov/caco/getinvolved/volunteer.htm> or [volunteer.gov](http://volunteer.gov)

### SEASTAR Youth Volunteer Program

Youth are the future of our National Parks, and their choices will shape the fate of our environment. Cape Cod National Seashore is offering a variety of volunteer events and positions available for students and youth ages 14 and up to encourage positive changes led by our next generation. These opportunities are comprised of engaging, educational, and teamwork-oriented tasks that support various divisions at the seashore.



<https://www.nps.gov/caco/getinvolved/youth-volunteer-opportunities.htm>

### Calling All Kids - Become a Junior Ranger!

Youngsters between the ages of 5 and 12 (and older!) are invited to join a growing group of young people interested in learning about the national seashore and ways they can help protect it in the future. To get started, stop by Salt Pond or Province Lands visitor centers to obtain free program materials. Requirements to earn a patch or badge include attending a ranger-guided activity (or substitute activity from fall through spring) and completing activities designed to build understanding of the national seashore's natural and cultural resources. It may take a day or more to complete the program requirements.



NPS/KEKOA ROSEHILL

Interested in exploring even more? Ask at a visitor center to borrow an Explorer Pack. The packs are full of guides and tools for in-depth investigation into the science and history of the national seashore.

### Healthy Parks, Healthy People

The National Park Service's *Healthy Parks Healthy People* program advances the concept that parks can serve as cornerstones of people's mental, physical, and spiritual health, social well-being, and sustainability of the planet. The program, in partnership with Cape Cod Healthcare, connects people to parks through health promotion, fosters society's understanding and appreciation for the life-sustaining role of parks, and creates the next generation of park stewards.



Check seasonal activity guides and ask at visitor centers for information about this program.



## AMERICA'S NATIONAL PARKS



## VISIT THE CAPE COD NATIONAL SEASHORE PARK STORES

**SALT POND VISITOR CENTER  
PROVINCE LANDS VISITOR CENTER  
HIGHLAND LIGHTHOUSE AND  
KEEPERS SHOP**

SHOP AT [SHOPANP.ORG](http://SHOPANP.ORG)  
AND SUPPORT AMERICA'S NATIONAL PARKS



# Park and Local Area Map

## Rules of the Road

### MOTORIST WARNING

Wear your seat belt. It's the LAW.

Massachusetts state law provides pedestrians the right of way in a crosswalk.

Be aware of pedestrians, bicyclists, and other park users, and share the road.

## Public Transportation

### Cape Cod Regional Transit Authority (CCRTA)

The *Flex* bus picks up and drops off passengers at designated stops and also "flexes" off its route up to 3/4 of a mile by reservation.

The *Flex* bus travels from Brewster on Route 6A, down Route 6 through the towns of Orleans, Eastham, Wellfleet, and Truro, to Provincetown. It connects to the *H2O Line* at Stop & Shop, Orleans, and in the summer, to the Provincetown/North Truro Shuttle at Highland Road, Truro, and Stop & Shop in Provincetown, with Hyannis as its destination.

*Flex* also connects with the Plymouth & Brockton bus service to Boston.

Fares: \$2 one way per person for adults and youth; \$1 for 60 and older and for people with disabilities. Day and monthly passes are available. Website for schedules: [www.capecodtransit.org](http://www.capecodtransit.org)

*Cape Flyer* Bring your bike or pet for FREE! Weekends from Memorial Day through Labor Day, travel comfortably by train from Boston's South Station to Hyannis. See more at [www.capeflyer.com](http://www.capeflyer.com).

### Ferry Information:

*Martha's Vineyard and Nantucket Steamship Authority*  
[www.steamshipauthority.com](http://www.steamshipauthority.com)

Hyline Cruises  
[www.hylinecruises.com](http://www.hylinecruises.com)

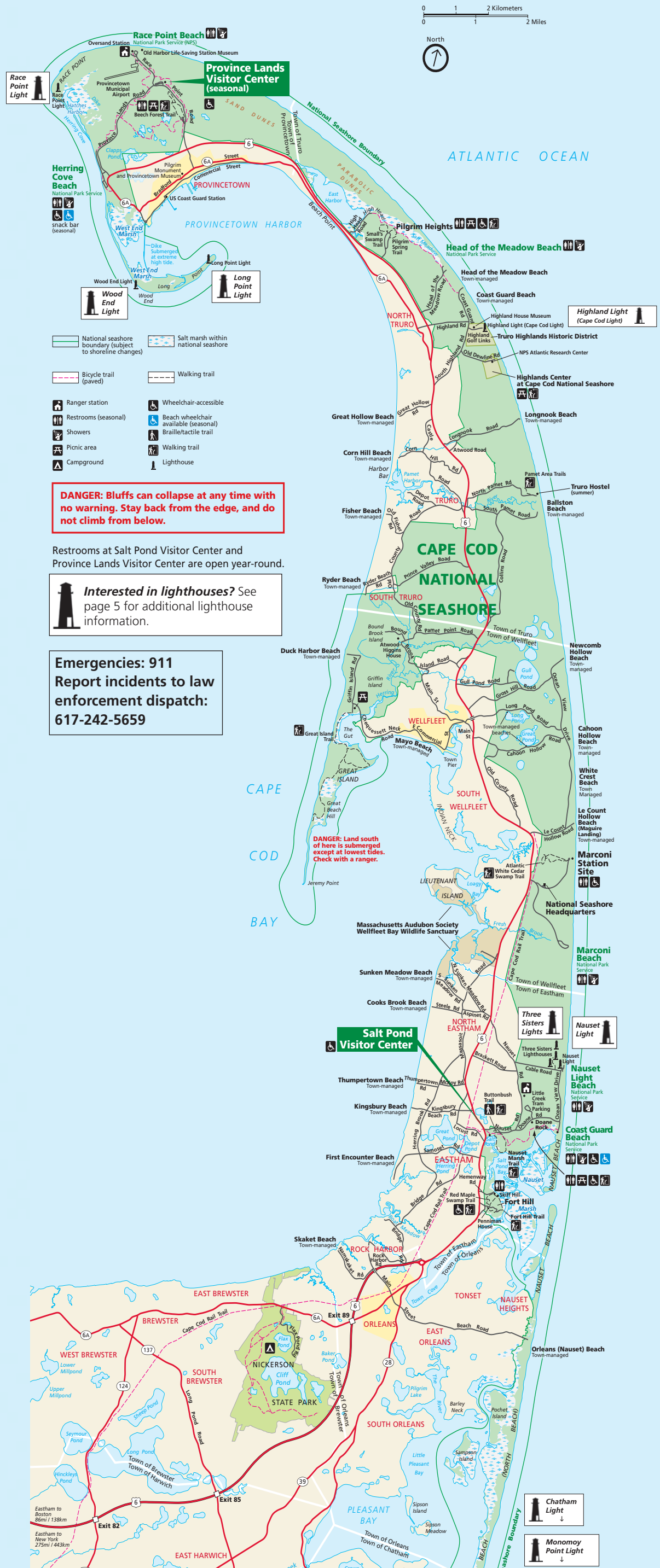
Freedom Cruise Lines  
[www.freedomferry.com](http://www.freedomferry.com)

*Provincetown Bay State Cruises*  
[www.baystatecruisecompany.com](http://www.baystatecruisecompany.com)

Boston Harbor Cruises  
[www.cityexperiences.com/boston/city-cruises/provincetown-ferry/](http://www.cityexperiences.com/boston/city-cruises/provincetown-ferry/)

## Visit Us Online

Website: [www.nps.gov/caco](http://www.nps.gov/caco)  
Facebook: @CapeCodNPS  
Instagram: @CapeCodNPS  
Twitter: @CapeCodNPS  
YouTube: @CapeCodNationalSeashore



**DANGER: Bluffs can collapse at any time with no warning. Stay back from the edge, and do not climb from below.**

Restrooms at Salt Pond Visitor Center and Provincetown Visitor Center are open year-round.

**Interested in lighthouses?** See page 5 for additional lighthouse information.

**Emergencies: 911**  
Report incidents to law enforcement dispatch:  
**617-242-5659**