



Visitor Guide



NPS PHOTO

Park Information



Salt Pond Visitor Center - Open Year-Round
50 Nauset Road, Eastham, MA 02642
508-255-3421
Open daily, 9 am to 4:30 pm (5 pm in the summer)



Province Lands Visitor Center - Open Seasonally
171 Race Point Road, Provincetown, MA 02657
508-487-1256
Open seasonally, 9 am to 5 pm



Oversand Office at Race Point Ranger Station
Open April 10 through November 15
ORV Hotline: 508-487-2100, ext. 0926
Ranger Desk: 508-487-2100, ext. 0927
go.nps.gov/CACOORV

Park Headquarters, Wellfleet
99 Marconi Site Road, Wellfleet, MA 02667
Email: caco_information@nps.gov

911

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

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

nps.gov/caco
Facebook: CapeCodNPS
Instagram: capecodNPS
X: CapeCodNPS

Regulations

- Metal detectors are prohibited.
- Drones are prohibited.
- Public nudity is prohibited.
- Glass containers, flotation devices (rafts, rubber tubes), snorkels and swim masks are prohibited on lifeguard-protected beaches.

For more information about park regulations, check the Superintendent's Compendium: go.nps.gov/caco_compendium

Accessibility

- **Paved Trails:** Doane Rock (Eastham) and Marconi Station Site (Wellfleet).
- **Buttonbush Trail** has features for visitors with low or no vision.
- **Accessible Publications:** Some park materials are available in **large print**. The park brochure offers a **free audio-described** version on the App Store (Apple) and Google Play (Android).
- **Park Films:** Include **captions and audio descriptions**.
- Coast Guard and Herring Cove beaches provide **accessible restrooms and changing facilities**.
- Herring Cove Beach offers **wheelchair-accessible** showers.
- **Beach wheelchairs** are available at all beaches in summer, except Marconi.
- Coast Guard Beach (Eastham), Race Point Beach, and Herring Cove Beach have **Mobi-Mats®** that provide a firmer surface to reach the beach. *Seasonal*.

Beach Fire Permits

A limited number of daily beach fire permits 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. Permits are free and available beginning at 9 am each day. Call visitor center for more information.

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

NPS App

For the most up-to-date information, ranger programs, maps, and alerts about Cape Cod National Seashore, download the free NPS mobile app!

- With the app, you'll have everything you need right at your fingertips:
- Interactive maps to help you navigate trails, beaches, and to landmarks
 - Real-time updates on pet restrictions and closures
 - Offline access so you can explore even in areas with limited cell service

The NPS app is your best companion for planning ahead and staying informed while exploring the park. Search "NPS" in your app store today and make your visit even smoother!

The Official NPS App is **HERE**
Get *more* out of your visit!

Download Now

Download on the App Store | GET IT ON Google Play

Pets

Bringing your pet to Cape Cod National Seashore requires extra planning, especially during the summer.

- Where allowed, pets must always be on a leash **no longer than 6 feet**.
- Clean up and pack out all pet waste.
- Don't allow pets to chase or threaten wildlife, scare birds and other animals. Keep pets away from nesting, feeding, and resting sites.
- Learn about our B.A.R.K. Ranger program!

Pets are allowed:

- **Hiking Trails:** Pets are permitted on Doane Trail (Eastham), Pilgrim Spring Trail (Truro), and the first 0.5 mile of the Great Island Trail (Wellfleet). Pets are prohibited on all other park walking trails.
- **Bike Trails:** Pets are permitted year-round on Head of the Meadow Bicycle Trail. They are permitted November 1 - April 30 on Province Lands and Nauset bike trails.
- **Freshwater Ponds:** Pets may visit October 16 - May 14.
- **Park Fire Roads:** Pets are permitted year-round.
- **Beaches vary:** Pets are not allowed on lifeguard-protected beaches during the summer. Leashed pets may *pass through* lifeguard-protected areas to reach open beach sections where they're allowed. During shorebird nesting season (March-October), pets are prohibited in posted locations at all times. These closures may change daily—always check signs at beach entrances for current restrictions. Read more online: go.nps.gov/caco-pets

Partners

Friends of the Cape Cod National Seashore: Since 1978, Friends of the Cape Cod National Seashore, a not-for-profit charitable organization (501 c 3), has supported the park by raising funds for specific projects. Learn more or get involved at fccns.org.

Eastern National: Founded in 1947, Eastern National is a 501(c)3 not-for-profit cooperating association, that promotes the public's understanding and support of America's national parks and other public trust partners by providing quality educational experiences, products, and services. They operate the America's National Park Stores at Salt Pond Visitor Center and Province Lands Visitor Center, as well as the store and tours at Highland Light. Learn more at easternnational.org.

Nauset Light Preservation Society: Established in 1993 by Eastham residents, the Nauset Light Preservation Society works to preserve, maintain, and share the history of Nauset Light Station. Originally built in 1877, the lighthouse was relocated in 1923 and again in 1996. Lighthouse tours are provided seasonally. The lighthouse keepers house is available for weekly rental. Find out more at nausetlight.org.

Quick Links

Fees 	Hiking 	Ranger Programs 	Park Website
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Wellfleet

- Marconi Beach (seasonal entrance fee)
- Marconi Station Site (no beach access)
- Atlantic White Cedar Swamp Trail, 1.2-miles
- Cape Cod Rail Trail
- Great Island Trail, 3.9-8.8 miles
- Atwood-Higgins historic house

Eastham

- Fort Hill Trail, 1-mile
- Red Maple Swamp Trail, 0.8-miles
- Captain Penniman historic house
- Salt Pond Visitor Center
- Nauset Marsh Trail, 1.25-miles
- Buttonbush Trail, 0.3-miles
- Nauset Bike Trail, 1.6-miles
- Coast Guard Beach Trail, 1.6-miles
- Doane Rock/Doane Trail, 0.6-miles
- Coast Guard Beach (seasonal entrance fee)
- Nauset Light Beach (seasonal entrance fee)
- Nauset Lighthouse
- Three Sisters Lighthouses



DANGER: Land south of here is submerged except at lowest tides.

CAPE
COD
BAY

Great Island Trail

Marconi Station Site

Atlantic White Cedar Swamp Trail

Marconi Beach

Nauset Light Beach

Coast Guard Beach

Doane Rock

Nauset Marsh Trail

Red Maple Swamp Trail

Fort Hill Trail

Penniman House

Coast Guard Beach Trail

Nauset Guard Beach Trail

Orleans (Nauset) Beach

Salt Pond Visitor Center

Buttonbush Trail

First Encounter Beach

Skaket Beach

Thumpertown Beach

Kingsbury Beach

Sunken Meadow Beach

Cooks Brook Beach

Massachusetts Audubon Society Wellfleet Bay Wildlife Sanctuary

Mayo Beach

Wellfleet

White Crest Beach

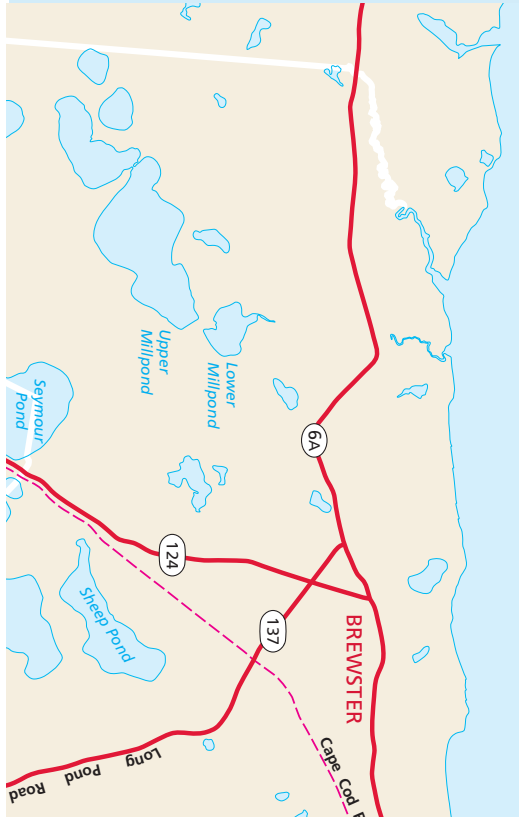
Le Count Hollow Beach

Cahoon Hollow Beach

Orleans

Eastham

Brewster



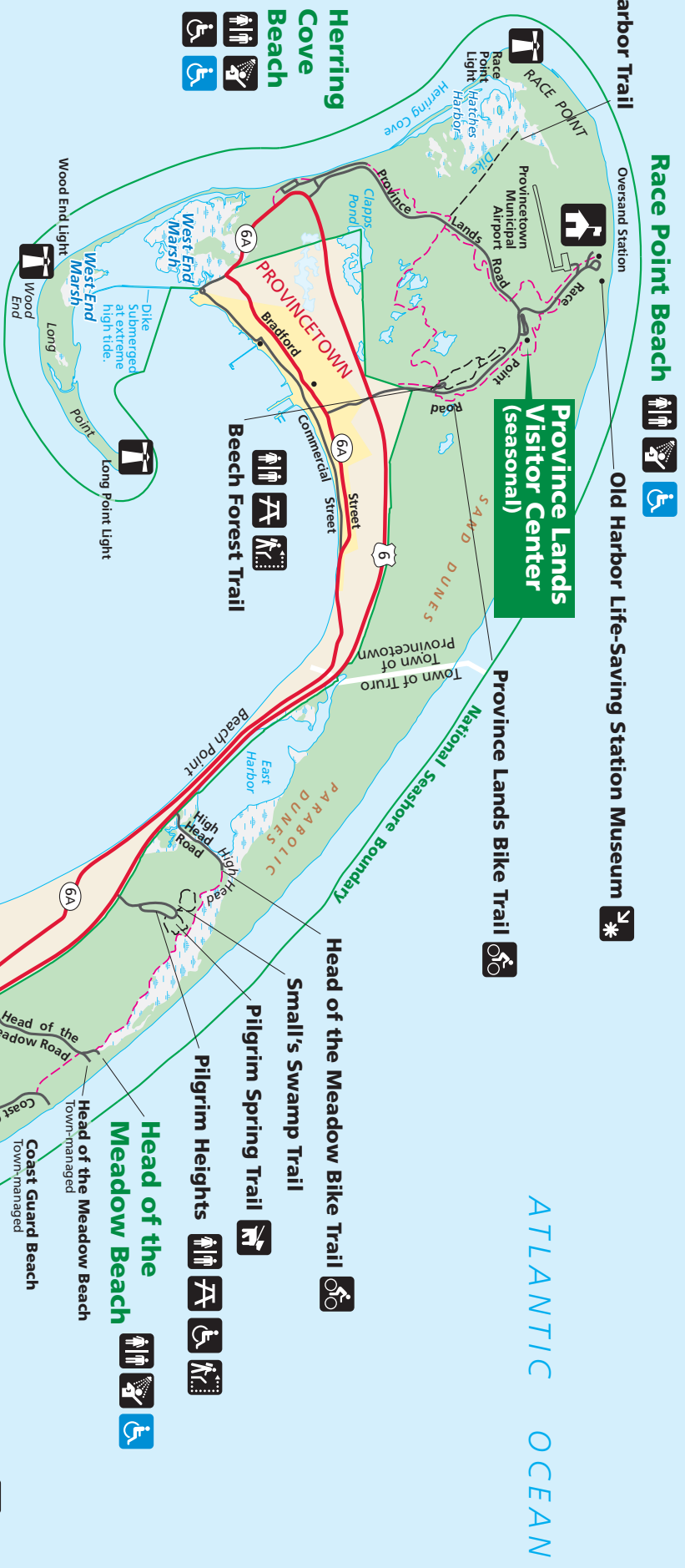
Hatches Harbor Trail Race Point Beach Old Harbor Life-Saving Station Museum

Provincetown

- Beech Forest Trail, 1-mile loop
- Province Lands Bike Trail, 5.45-mile loop with spurs
- Province Lands Visitor Center (open seasonally)
- Hatches Harbor Trail, 3.3-miles out and back
- Race Point Beach (seasonal entrance fee)
- ORV Permit Office
- Old Harbor Life Saving Station
- Herring Cove Beach (seasonal entrance fee)

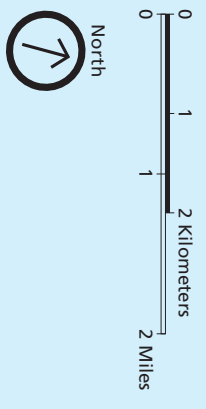
Truro

- Pamet Trails, 0.6-miles, plus spurs
- Highland Links golf course
- Highland House Museum
- Highland Light (Cape Cod Light)
- Head of the Meadow Beach (seasonal entrance fee)
- Head of the Meadow Bike Trail, 2-miles
- Spur to Coast Guard Beach (Truro), 0.8 miles
- Pilgrim Heights
- Pilgrim Spring Trail, 0.6-miles
- Small's Swamp Trail, 0.7-miles



- National seashore boundary
- Salt marsh within national seashore
- Bicycle trail (paved)
- Bicycle trail
- Walking trail
- Walking trail

- Ranger station
- Restrooms (seasonal)
- Showers
- Picnic area
- Campground
- Point of Interest
- Leased pets permitted
- Wheelchair-accessible
- Beach wheelchair available (seasonal)
- Braille/tactile trail
- Walking trail
- Lighthouse
- Golf course



ATLANTIC OCEAN

Walking and Biking Trails Refer to map for trail location. Trails listed south to north.

Trail Name	Description	Notes
Fort Hill Trail 1-mile loop	Loop trail crosses open fields and connects with the Red Maple Swamp Trail. Expansive views of marsh, ocean. Vehicle restriction 20 ft.	
Red Maple Swamp Trail 0.8-mile round trip	Boardwalk sections of trail meander through the heart of the Red Maple Swamp.	
Nauset Marsh Trail 1.3-mile loop	Trail winds along the shore of Salt Pond and Nauset Marsh and returns to the Salt Pond Visitor Center.	
Buttonbush Trail 0.3-mile loop	Loop through forest and wetlands, and includes Braille and interactive features for people with low/no vision.	
Coast Guard Beach Trail 1.6-miles each way	Travel from the Salt Pond Visitor Center to Coast Guard Beach.	
Doane Trail (paved) 0.6-mile loop	Paved, wheelchair-accessible loop trail winds through an emerging pine and oak forest. Spur to Coast Guard beach.	
Atlantic White Cedar Swamp Trail 1.2-mile loop	Trail leads to a boardwalk that winds through the picturesque Atlantic White Cedar Swamp.	
Great Island Trail 3.9 to 8.8-mile round trip	Follows sandy stretches between the elevated heights of Great Island and Great Beach Hill. Pets permitted first 0.5 mile.	
Pamet Area Trails 0.6 miles each way, plus extensions	Bearberry Hill overlooks offer spectacular views of the Pamet landscape, with views of the Atlantic and the glacial terrain of the Pamet River valley.	
Small's Swamp Trail 0.6-mile loop	Journey through a second generation forest of pine and oak. Views of the Province Lands dunescape.	
Pilgrim Spring Trail, 0.7-mile loop	Loop winds through the recovering pine and oak forest.	
Beech Forest Trail 1-mile loop	Journey into the heart of a picturesque Beech Forest, and enjoy great birding opportunities. Do not feed the birds.	
Nauset Bicycle Trail 1.6 miles	Bike path connects the Salt Pond Visitor Center, Doane picnic area, and Coast Guard Beach. Paved, some hills and curves.	Leashed pets allowed Nov 1 -April 30.
Head of the Meadow Bicycle Trail 2 miles, plus .8 mile connector	Paved 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.	
Province Lands Bicycle Trail 5.45-mile loop 1.1-mile spur 0.5-mile spur 0.25-mile spur	Loop through the Province Lands, passing through pine forests, sandy dunes, and low-lying cranberry bogs on a paved bike trail. There are connections to both Herring Cove (1.1-mile spur) and Race Point (0.5-mile spur) beaches. Steep hills. Provincetown nearby.	Leashed pets allowed Nov 1 -April 30.

Give Wildlife Space



The National Seashore is home to a variety of animals, from coyotes to sharks, shorebirds to seals. Stay aware and follow these guidelines to protect yourself and Cape Cod's wildlife.

- Always stay at least 150 feet away from wild animals. Use your zoom!
- Never feed wildlife. It is illegal.
- Do not disturb or remove natural or cultural features; all are federally protected.

Stay SHARK SMART!

- Sharks hunt seals in shallow waters—even in depths as little as three feet.
- Stay close to shore where rescuers can reach you.
- Swim, paddle, kayak, and surf in groups—avoid isolation.
- Avoid areas with seals, schools of fish, or murky water.
- Limit splashing to reduce attracting sharks.
- Follow posted signs, beach flag warnings, and lifeguard instructions.

Special Thanks

Visitor Guide printing is generously funded by the Friends of the Cape Cod National Seashore.



Beach and Fee Information

Fees apply at national seashore beaches from late spring to early fall. Daily, seasonal, and America the Beautiful (ATB) passes can be purchased at beach fee booths when open. All passes, except the Non-Resident Annual, are for U.S. citizens or permanent residents only. Credit, debit, and mobile payments only. **Visitor Centers do not sell passes.** More info: go.nps.gov/caco-fees

- Daily Private Vehicle - \$25 • ATB Senior Annual - \$20 • ATB Active Military - Free
- Daily Motorcycle - \$20 • ATB Senior Lifetime - \$80 • ATB Veteran - Free
- Vehicle Season Pass - \$60 • ATB Annual - \$80 • ATB Access - Free
- ATB Non-Resident Annual - \$250

Be alert for rip currents. Keep children within reach. Obey signage and lifeguards.


Beach Name	Parking	Notes
Coast Guard Beach, Eastham	No drop off; satellite parking and shuttle/tram service	Sunrise views
Nauset Light Beach, Eastham	No drop off; parking lot fills early. Vehicle restriction 20 ft.	11% grade access path to beach; Sunrise views
Marconi Beach, Wellfleet	Large parking lot. No RV or bus parking.	Steep stairs to access beach; Sunrise views
Head of the Meadow Beach, Truro	Parking lot rarely fills. No RV or bus parking.	Sunrise views
Race Point Beach, Provincetown	Large parking lot. Buses are prohibited from July 4 to Labor Day.	Tip of Cape Cod. Sunrise/Sunset views
Herring Cove Beach, Provincetown	Large parking lot. Buses are prohibited from July 4 to Labor Day.	Gentler waves; Sunset views; Food trucks occasional.

Places To Go




Penniman House Eastham
The Captain Edward Penniman House, completed in 1868, included every known comfort of the day and many innovative ideas. The Penniman family lived here for nearly 100 years. *Seasonal tours.*



Old Harbor Life-Saving Station Provincetown 
Discover the history of shipwrecks and how the U.S. Life-Saving Service worked to prevent disasters and carry out daring rescues. *Seasonal open houses: beach parking fee may apply.*

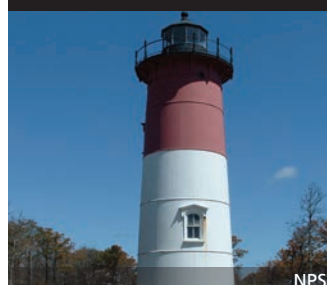



Highland House Truro 
The Highland House Museum, originally a hotel built in 1907, explores Truro's history dating back to early European settlers and the Wampanoag. *Operated by the Truro Historical Society. Open seasonally.*

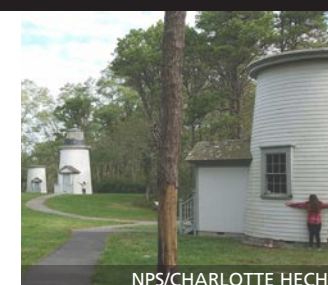


Highland Links Golf Course Truro 
Among Cape Cod's oldest golf courses, Highland Links sits atop windswept bluffs overlooking the Atlantic, with a rich history spanning over 100 years. *Operated by Johnson Golf Management. highlandlinkscapcod.com*

Lighthouses



Nauset Light Eastham 
Built in 1877 as one of the Chatham Twin Lights, Nauset Light was relocated to Eastham in 1923. *Open seasonally, operated by the Nauset Light Preservation Society. Donations accepted.*



Three Sisters Eastham
The original Three Sisters Lighthouses were built in 1838. Due to erosion and weather, they were replaced in 1892. *Limited parking. Seasonal tours.*



Highland Light North Truro 
The first lighthouse on Cape Cod and commissioned by George Washington in 1798. *Operated by Eastern National. 48" height requirement for tours.*

Race Point, Wood End, and Long Point Lights are remote and only accessed by walking several miles through sand. The American Lighthouse Foundation operates Race Point Light and occasionally hosts open houses. Wood End and Long Point lights are not open to the public.