

## **Day 1:** Saturday, June 5 **Falmouth to Mashpee:** 13-14 miles

**Leaders:** Leslie Lichtenstein and Todd Kelley

**Start:** 8:30 a.m., West Falmouth Harbor, Falmouth

**End:** John's Pond, Mashpee

**Lunch:** Grass airport at Crane Wildlife Refuge – pack a lunch.

**Parking:** Meet at 8:00 a.m. at John's Pond north parking lot and carpool to West Falmouth Harbor.

**Directions** to JOHN'S POND: Route 6 to Exit 5, go south on Route 149 to Route 28; right on Route 28 proceeding to Mashpee rotary; right on Route 151 at rotary. Take a right onto Ashumet Road by Barnstable County Fairgrounds, take right on Hooppole Road, take right on Back Road; follow to Johns Pond beach parking area.

**Highlights:** Walk along the Shining Sea bike path; views of cranberry bogs, historic Bourne Farm, and other conservation properties. Hike through typical scrub pine/oak forest in Crane Wildlife Management Area.

## **Day 2:** Sunday, June 6 **Mashpee to Barnstable:** 13-14 Miles

**Leaders:** Tom Fudala and Larry Pannell

**Start:** 8:30 a.m., John's Pond, Mashpee

**End:** Meetinghouse Farm, Barnstable

**Lunch:** Camp Lyndon, Sandwich

**Parking:** Meet at 8:00 a.m. at Meetinghouse Farm

**Directions** to MEETINGHOUSE FARM: Route 6 to Exit 5 at Route 149. Go north on Route 149 and past the church. Meetinghouse Farm is on your left (look for greenhouse).

**Highlights:** This route passes working and abandoned cranberry bogs, and numerous kettle hole ponds. We'll climb some of the highest accessible elevations on the upper Cape. Along the way, we'll pass through the Maple Swamp and the West Barnstable Conservation Areas, representing the largest conservation holdings in Sandwich and Barnstable.

## **Day 3:** Monday, June 7 **Barnstable to Yarmouth:** 15 miles

**Leaders:** Alisha Parker-Stanley, Elissa Crowley and Farley Lewis

**Start:** 8:30 a.m. at Meetinghouse Farm, Barnstable

**End:** Dennis Pond, Yarmouth

**Lunch:** Barnstable Village; there will be an opportunity to purchase food in the village.

**Parking:** Meet at 8:00 a.m. at the Dennis Pond Parking Area and carpool to Meetinghouse Farm.

**Directions** to DENNIS POND: Route 6 to Exit 7, go north to Route 6A in Yarmouth Port. Go east on Route 6A to flashing "curve" sign, and take right on Summer Street (next to the Old Yarmouth Inn and across from the Parnassus Book Store), and follow to parking at Dennis Pond.

**Highlights:** We will travel through various conservation areas following a well-developed trail system. We will pass several ponds, and intersect with numerous ancient ways. The hilly terrain left by the glaciers provides a few views of Cape Cod Bay and Nantucket Sound, but expect a mostly wooded walk. Be prepared for Poison Ivy and Ticks!

## **Day 4:** Tuesday, June 8 **Yarmouth to Brewster:** 7-8 miles

**Leaders:** Cliff Irving and Eastern Mountain Sports

**Start:** 8:00 a.m., Dennis Pond, Dennis

**End:** Mother's Bog, Brewster

**Lunch:** Crab Creek on North Dennis Road

**Parking:** Meet at 8:00 a.m. at Mother's Bog and carpool to Dennis Pond.

**Directions** to MOTHER'S BOG: Route 6 to Exit 9B; take Route 134 North and take a right onto Setucket Road. Take a right onto Slough Road and follow for 3/4 of a mile. Take the first right after Pine View Drive and onto a dirt road.

**Highlights:** Flax Pond, Crab Creek, Weir woodlands

**Extra Fun:** Those who are interested can regroup at Camp Greenough, Yarmouth and partake in a potluck dinner, including opportunity for outdoor grilling. There is a pond for swimming, a fire ring, and the option of tent camping or sleeping in a lean-to.

## **Day 5:** Wednesday, June 9 **Brewster:** 10 miles

**Leaders:** Eric Levy and Doug Erickson

**Start:** 10:00 a.m., Mother's Bog, Brewster

**End:** Nickerson State Park main parking lot, Brewster

**Lunch:** Seymour Pond by the Cape Cod Rail Trail

**Parking:** Meet at 9:30 a.m. at Nickerson State Park and carpool to Mother's Bog.

**Directions** to NICKERSON STATE PARK: Route 6 to Exit 12; follow Route 6A west south for about 2 miles; the park is on your left, parking immediately on your right.

**Highlights:** Punkhorn Parklands woods...Elbow, Walker, Upper and Lower Mill Ponds...Hinkley's, Seymour, and Long Ponds...two of the biggest Herring Runs on the Cape...Sassafras, Oaks, Pitch Pines, Tupelos, and Huckleberry, Blueberry, Sweet Pepper, surrounding abandoned and working bogs, ending in the rich thicketed bottomlands of Brewster along the Cape Cod Rail Trail. Heavenly!

## **Day 6:** Thursday, June 10 **Brewster to Eastham:** 11 Miles

**Leaders:** John Whelan and Judy Engster

**Start:** 1:30 p.m., Nickerson State Park, Brewster

**End:** Coast Guard Beach, Eastham

**Lunch:** No stop for lunch due to the start time, but bring snacks for other stops.

**Parking:** Meet at 1:00 p.m. at Doane Rock.

**Directions** to DOANE ROCK parking lot: Take Route 6 in Eastham to the National Seashore Salt Pond Visitors Center; turn right onto Nauset Road (becomes Doane Road) and follow to Doane Rock parking lot.

**Highlights:** Beautiful walk across flats to Rock Harbor, scenic Fort Hill area and walk along shore of Salt Pond, ending at dramatic lookout at Coast Guard Beach.

**Important:** We will be crossing the flats from Brewster to Orleans and most likely you will get your feet wet. The water will not be deep, but pack a small towel.

## **Day 7:** Friday, June 11 **Eastham to Wellfleet:** 13-14 miles

**Leaders:** Todd Kelley and Pat Sarantis

**Start:** 8:30 a.m., Coast Guard Beach, Eastham

**End:** Newcomb Hollow Beach, Wellfleet

**Lunch:** In the south Wellfleet woods (not accessible by car)

**Parking:** Meet at 8:00 a.m. at Newcomb Hollow Beach and carpool to Coast Guard Beach.

**Directions** to NEWCOMB HOLLOW BEACH: Take Route 6 to Wellfleet, turn right at Gross Hill Road (fire/police station) stay left, and follow until the end. Turn left at stop sign.

**Highlights:** White Cedar Swamp, Fresh Brook Village, Nauset Light, Camp Wellfleet, Ocean Views

## **Day 8:** Saturday, June 12 **Wellfleet to Truro:** 13-14 Miles

**Leaders:** Todd Kelley and Bob Sarantis

**Start:** 8:30 a.m., Newcomb Hollow, Wellfleet

**End:** Pilgrim Heights, Truro

**Lunch:** Small's Hill (not accessible by car)

**Parking:** Meet at 8:00 a.m. at Pilgrim Heights and carpool to Newcomb Hollow.

**Directions** to PILGRIM HEIGHTS: Take Route 6 to North Truro and turn at the Pilgrim Heights sign; follow to the end and park at Small Swamp.

**Highlights:** Ocean views, Highland Light, Glacial Cliffs, Hollows of Wellfleet and Truro

## **Day 9:** Sunday, June 13 **Truro to Provincetown:** 10-11 miles (difficult hiking—much of it over soft sand)

**Leaders:** Mark McGrath and Don Heyer

**Start:** 8:30 a.m., Pilgrim Heights, Truro

**End:** Herring Cove Beach, Provincetown

**Lunch:** On the trail (not accessible by car)

**Parking:** Meet at 8:00 a.m. at Herring Cove Beach and carpool to Pilgrim Heights









**Directions** to HERRING COVE BEACH: Follow Route 6 to Provincetown. Four miles after you pass the Provincetown town line the 2 lane west bound highway will split. Bear right towards Herring Cove Beach and Race Point, Go 1/10 mile and take a left into the Herring Cove parking lot. Take a left at the T and proceed to the main parking lot. We will meet on the left just after you enter the lot.

**Highlights:** Walk the deserted ocean beach, see the spectacular parabolic dunes, pass a number of historic dune shacks, hike the beech forest trail. Along the way hear brief stories about shipwrecks, famous dune shack artists, geology, and the thoughts of Thoreau.

**Cape Walk 2010** is an event held for those interested in trekking “off the beaten path” through the diverse natural landscapes found across Cape Cod. Over nine days, we will hike from West Falmouth Harbor, Falmouth, to Herring Cove, Provincetown.

Thanks to our team of volunteer Walk Leaders, CapeWalk continues to build on the success of the first cross-Cape walk in 1995. Cape Cod Pathways’ Walk Leaders have carefully planned trail routes through conservation lands, historic districts, parks, woodlands, dunes and wetlands. Participants may choose to walk each of the nine days, or only a few.

**Please note :**

-  **New this year:** We ask participants to register by emailing us at [pathways@capecodcommission.org](mailto:pathways@capecodcommission.org)
-  Walkers should prepare for traveling at a moderate pace through varied terrain, including soft sand and steep slopes.
-  Participants are expected to take responsibility for themselves, and will be asked to sign a waiver of liability.
-  Pathways follows a “leave no trace” philosophy that supports the practice of carry out what you carry in.
-  Please prepare for rainy days as well as sunny ones with appropriate gear and sunscreen.
-  Please DO NOT bring your dog, for everyone’s comfort.
-  Logistics: Carpool! Walkers meet at the ending point in the morning and carpool to the starting point, doing the reverse at the end of the day. Directions to the meeting location are included in the schedule.
-  AmeriCorps volunteers will be driving a van (the “SagWagon”) that will meet the walkers periodically for those in need of water and basic first aid. The Wagon will also be available in case of an emergency.

**Participants from Afar :**

**Traveling Without a Car:** Check out Peter Pan ([www.peterpanbus.com](http://www.peterpanbus.com)) and Plymouth & Bockton ([www.p-b.com](http://www.p-b.com)) bus lines for schedules and fares. Buses run from Provincetown to Boston as well as other areas outside of Cape Cod. Bay State Cruise Company also provides a ferry that runs from Boston to Provincetown (phone 617-748-1428 or [www.boston-ptown.com](http://www.boston-ptown.com)).

**Accommodations:** Information can be obtained from [www.capecodtravel.com](http://www.capecodtravel.com) on campsites, bed and breakfasts, hotels, motels, and week rentals.

**Questions ?**

**Please contact the Cape Cod Commission.**  
 call: (508) 362-3828  
 email: [pathways@capecodcommission.org](mailto:pathways@capecodcommission.org)  
 for more information and details, visit the CCC website:  
[www.capecodcommission.org/pathways](http://www.capecodcommission.org/pathways)

# 10 TIPS

## for a Successful Walk

- 1** Make sure that you are physically able and conditioned to go the distance, whether you join us for one day or several. Take a few 15-mile “preparation walks”.
- 2** Bring a daypack with lunch and snacks, water, tissues, sunglasses, sunscreen, bug and tick repellent, a hat, camera, binoculars, rain gear and a sweater.
- 3** Wear sturdy shoes or boots (we discourage sneakers). It’s helpful to have a second pair of shoes and extra socks to give your feet a break or in the event of rain. Hikers should keep in mind that ticks and poison ivy are plentiful on Cape Cod.
- 4** Be prepared for any weather! CapeWalk 2010 will go forward rain or shine. There are few indoor spots for lunch or rest breaks. Thoreau is reported to have carried and umbrella. You can too!
- 5** Keep a comfortable pair of shoes to change into for your drive home and a change of clothes in your car on wet days.
- 6** Wake up a few minutes early and do some gentle leg and back stretches each morning before the walk. Do the same in the evening.
- 7** Trying to move a large group of people the length of Cape Cod is logistical challenge! Please make sure you are on time as we will leave promptly! We are not able to specify an ending time each day.
- 8** Pack your daypack the night before and don’t forget your lunch in the morning!
- 9** Bring along some toilet paper and a plastic bag to carry it out. Bathroom facilities may not always be available when you need them.
- 10** If the weather cooperates, we may take a quick dip in some of the Cape’s kettle ponds. Bring your bathing suit and towel.

**We practice “Leave No Trace” hiking.**  
[www.leavenotrace.org](http://www.leavenotrace.org)



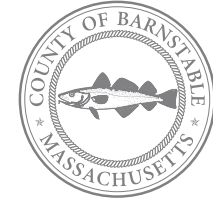
c/o Cape Cod Commission  
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# Cape Walk 2010

Cape Cod Pathways is a project of Barnstable County

- CapeWalk 2010 Co-sponsors:**
- AmeriCorps Cape Cod
  - Cape Cod National Seashore
  - The Compact for Cape Cod Conservation Trusts



# Cape Walk 2010

June 5 – June 13, 2010



*Join us for a week-long hike across Cape Cod!*

Cape Cod Pathways is an initiative to dedicate walking trails that link the 15 towns on Cape Cod. It celebrates the protection of open space, provides outdoor recreation opportunities for residents and visitors, and promotes appreciation of the Cape’s natural, historical and cultural attractions.

