Mention Cape Cod National Seashore and different thoughts come to mind. Certainly, for many, the national seashore is “the beach”—a place to recreate, rejuvenate, and forge lasting memories with family and friends. Other people are attracted to nature’s wildness. Change is an ever-present force on the Outer Cape, with wind, waves, and storms constantly shaping and reshaping the land. As the longest continuous stretch of shoreline on the East Coast, the national seashore doesn’t just host sun-loving humans; it provides a refuge for many species, including threatened shorebirds. Salt marshes and forests support a diverse array of plants and animals. And off-shore, the ocean teems with life, including the microscopic plankton that lure massive whales into Cape Cod Bay to feed - plus fish, seals, and the sharks that hunt them.

Cape Cod National Seashore is also a place to explore rich human stories. The First People, the Wampanoag, were here long before the Mayflower set anchor in Provincetown Harbor in 1620 and her passengers set foot in the new world. Whaling captains and lighthouse keepers; inventors, artists, and writers; early tourists and today’s park neighbors and visitors, including you and me, are all part of a continuum of human activity here.

This trip planner is an excellent first step for getting oriented. I invite you to seek out our staff and volunteers in visitor centers and elsewhere in the park. We're here to help! Rangers and park partners offer many programs and activities to enhance your enjoyment and understanding of the national seashore. Your safety is a high priority. Take note of safety messages in this trip planner and at seashore locations, especially beaches and bike trails. We also are committed to protecting resources. Over four million people come to the national seashore each year. We ask you to consider your actions. Join us in protecting this special place for all who will come after us.

Whatever your reason for visiting, we welcome you, and we hope you explore the many dimensions of the seashore. Savor a wild cranberry, climb a lighthouse, spy migrating birds, and enjoy a morning stroll on the beach. And when you can’t be here in person, we invite you to stay in touch through our website, www.nps.gov/capecod, and social media.

Brian Carlstrom, Park Superintendent
General Information

Beach Entrance Fees
- Private Vehicle: $20
- Motorcycle: $10
- Per Person: $3
- Groups: Inquire

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 U.S. Military: Available to active U.S. military members and dependents in the Army, Navy, Air Force, Marines, and Coast Guard, and Reserve and National Guard members. (Must be obtained in person by showing a Common Access Card or Military ID (Form 1173).)

- * Photo ID required for pass use

Fees are charged and passes are available spring-fall.

Beach Campfire Permits
A limited number of campfire permits per day, per seashore beach, may be reserved up to three days in advance in person or by phone. Locations are: Salt Pond Visitor Center for Coast Guard, Nauset Light, and Marconi beaches; or Province Lands Visitor Center for Head of the Meadow, Race Point, and Herring Cove beaches. Fire permits for the Oversand Route are issued through the Oversand Station at Race Point. Permits are free and must be picked up at the reserving visitor center prior to 3:30 pm the day of the fire. Demand often exceeds the number of permits available. People waiting in line when the visitor centers open are given reservation priority over those who call in by phone.

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

How to Reserve a Fire Permit:

Safety and Park Regulations

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

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.
- Do not feed wildlife.
- Keep trails, roadsides, and other areas clean. Use trash receptacles and recycle bins, or take trash with you.
- Placing your beach gear: Do not settle in front of 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 be difficult to swim against. Do not panic if you get caught in one. Do not 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.

Accessibility

Park trails near Doane Rock in Eastham and the Marconi Station Site in Wellfleet have been surfaced to accommodate wheelchairs. The Buttonbush Trail is available for people with impaired vision. Some park publications also have large-print versions. 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.
Beaches

Coast Guard Beach, Eastham
Located at the end of Doane Road. Summer access via shuttle from Little Creek Parking Area.
Coast Guard Beach is popular with families. Access is relatively limited, 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 Bike Trail terminates at Coast Guard Beach.

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 path leads from the parking lot down to the beach. Nauset Light and the Three Sisters Lighthouses are located nearby.

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

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 shell populations of seals nearby. The Head of the Meadow Bike Trail runs between this beach and High Head.

Race Point Beach, Provincetown
Located at the end of Race Point Road. This beach is situated in a tall dune. Mobi-Mat is provided. This is a popular destination for whale watching, from shore or from boats. Old Harbor Life-Saving Station and Province Lands Visitor Center are located nearby. The Province Lands Bike Trail has a spur to Race Point Beach.

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 and free concerts are held during the summer. The Province Lands Bike Trail has a spur to Herring Cove Beach.

Beach Parking Lot Trends

Coast Guard Beach/Little Creek Tram, Eastham: (360 spaces) Tram parking area fills on most holiday weekends; moderate turnover. Beach access via Little Creek Tram and parking area, a half-mile away. Drop-off and pickup of passengers and belongings at the beach are PROHIBITED. Limited handicapped parking (state-issued plate or placard required) is available at the Coast Guard Station parking area.

Nauset Light Beach, Eastham: (94 spaces) Public parking area fills by 10 am daily during the summer; minimal turnover. Drop-off and pickup of passengers and belongings at the beach are PROHIBITED.

Marconi Beach, Wellfleet: (528 spaces) Parking area fills during weekends and some weekdays during July and August; moderate turnover.

Head of the Meadow Beach, Truro: (285 spaces) Parking area rarely fills.

Race Point Beach, Provincetown: (360 spaces) Parking area rarely fills during June and July. When the parking area does fill, it usually is 1 to 2 hours after Herring Cove fills. Access is also available on the Provincetown/North Truro Shuttle with $3 park entrance fee. Additional information about the Provincetown/North Truro Shuttle is available on page 8.

Herring Cove Beach, Provincetown: (400 spaces) Parking area rarely fills in June. Parking area fills occasionally in July and August; moderate turnover after 1 pm. Access is also available on the Provincetown/North Truro Shuttle with $3 park entrance fee. Seasonal snack bar. Additional information about the Provincetown/North Truro Shuttle is available on page 8. Parking space is reduced at Herring Cove Beach due to storm damage.

Sharks

Cape Cod’s waters are part of a natural and wild marine ecosystem with a rich diversity of sea life, including sharks. Sharks have existed for more than 400 million years. As top predators, sharks are critical for maintaining a healthy and balanced ecosystem. Great white shark numbers have increased on the Cape because of a robust population of seals and new whale-watching activities. While it is rare for a great white shark to bite a human, it did occur in Truro in 2012.

In recent years there have been confirmed reports of great white sharks feeding on seals close to shore. Great white shark sightings from spotter planes flying along the Outer Cape near swimming beaches. With the increase in sightings, public awareness of shark safety has increased.

In recent years there have been confirmed reports of great white sharks feeding on seals close to shore. Great white sharks are dark gray or tan coats.

Seals

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.

Gray seals and harbor seals are commonly seen. The heads of gray seals have a tab or notch at the lower jaw line. Seals are dark brown, gray, or black with smaller, 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 cocky spaniel. They are about 5 feet long and weigh 250 pounds. They have leopard-like spots on their backs and white tails.

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 hunting out; this is normal for alarm. Seals consume a variety of fish, shellfish, and crustaceans. They do not eat on land.

Seals are often found in groups. Pups are born from April through September and are usually followed by their mothers. Mothers typically lay eggs near the high-tide line, usually in front of the dunes. Their nests, called “scraps,” are little more than shallow depressions scraped directly into 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. Puppies feed by running and darting to catch insects, amphipods, and other invertebrates. When they are larger, they spend a lot of time on land and mudflats or live amid the washed-up seaweed and marsh grass at the high-tide line.

Piping plovers feed by foraging in the sand. They often return to Cape Cod to establish territories and form pairs. Breeding season is typically from April until April.

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. Breeding season starts in April and extending into summer, pipers build their nests and lay eggs above the high-tide line, usually in front of the dunes. Their nests, called “scraps,” are little more than shallow depressions scraped directly into 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. Puppies feed by running and darting to catch insects, amphipods, and other invertebrates. When they are larger, they spend a lot of time on land and mudflats or live amid the washed-up seaweed and marsh grass at the high-tide line.

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### Hiking and Biking Trails

Detailed brochures available at the visitor centers.

<table>
<thead>
<tr>
<th>Trail Name</th>
<th>Trailhead Location</th>
<th>Description</th>
<th>Difficulty</th>
<th>Pets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fort Hill Trail</td>
<td>70 Fort Hill Road in Eastham.</td>
<td>This loop trail crosses open fields and connects with the Red Maple Swamp Trail.</td>
<td>Easy; solid surface; some log steps on slopes.</td>
<td>No pets.</td>
</tr>
<tr>
<td>1-mile loop</td>
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<tr>
<td>Red Maple Swamp Trail</td>
<td>Accessed from the Fort Hill Trail and Hemingway Landing in Eastham.</td>
<td>Boardwalk sections of this trail meander through the heart of the Red Maple Swamp.</td>
<td>Moderate; boardwalk.</td>
<td>No pets.</td>
</tr>
<tr>
<td>0.8-mile round trip</td>
<td></td>
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<tr>
<td>Nauset Marsh Trail</td>
<td>Adjacent to the Salt Pond Visitor Center, 50 Nauset Road, off Route 6 in Eastham.</td>
<td>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.</td>
<td>Easy; some log steps; moderate grade.</td>
<td>No pets.</td>
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<tr>
<td>1.3-mile loop</td>
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<td></td>
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<tr>
<td>1.5-mile spur</td>
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<tr>
<td>Buttonbush Trail</td>
<td>50 Nauset Road, off Route 6 in Eastham.</td>
<td>This loop trail includes interactive features great for kids and involves all the senses as it winds through forest.</td>
<td>Easy; some log steps on the second half of the trail; moderate grade.</td>
<td>No pets.</td>
</tr>
<tr>
<td>0.3-mile loop</td>
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<tr>
<td>Doane Trail</td>
<td>One mile east of Salt Pond Visitor Center, Nauset Road Beach, 70 Fort Hill Road.</td>
<td>This paved, wheelchair-accessible loop trail winds through an emerging pine and oak forest. Two-hour parking limit.</td>
<td>Easy; wheelchair-accessible grade (also good for strollers).</td>
<td>No pets.</td>
</tr>
<tr>
<td>0.6-mile loop</td>
<td></td>
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<tr>
<td>Atlantic White Cedar</td>
<td>195 Marconia Station Road in Wellfleet.</td>
<td>This trail leads to a boardwalk that winds through the picturesque Atlantic White Cedar Swamp.</td>
<td>Moderate; some steep stairs; return route is 0.5 miles in soft sand; a portion of this trail is boardwalk.</td>
<td>No pets.</td>
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<tr>
<td>Swamp Trail</td>
<td></td>
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<tr>
<td>1.2-mile loop</td>
<td></td>
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<tr>
<td>Great Island Trail</td>
<td>Corner of Griffin Island and Chequessett Neck roads in Wellfleet.</td>
<td>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.</td>
<td>Moderate; log steps; steep grade to overlook. No restrooms.</td>
<td>Limited leashed pet areas.</td>
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<tr>
<td>3.9 to 8.8-mile round trip</td>
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<tr>
<td>Pamet Area Trails</td>
<td>111 North Pamet Road in Truro.</td>
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<td>Moderate; log steps; steep grade to overlook. No restrooms.</td>
<td>No pets.</td>
</tr>
<tr>
<td>0.6 miles each way, plus extensions</td>
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<tr>
<td>Woods Walk Trail</td>
<td>43 Old Dewline Road in Truro.</td>
<td>This trail winds through the back woods of the emerging Highlands Center for arts, science, and education.</td>
<td>Moderate; paved and unpaved roads.</td>
<td>Leashed pets allowed.</td>
</tr>
<tr>
<td>1-mile loop</td>
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<tr>
<td>Small’s Swamp Trail</td>
<td>Turn right off Route 6 at the Pilgrim Heights area sign. Walk begins at the covered shelter in Truro.</td>
<td>Former farmland. Gradually, the soil gave out, farms were abandoned, and the landscape began its slow recovery.</td>
<td>Easy; some log steps; moderate grade; short boardwalk surface.</td>
<td>No pets.</td>
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<tr>
<td>0.6-mile loop</td>
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<tr>
<td>Pilgrim Spring Trail</td>
<td>36 Race Point Road in Provincetown.</td>
<td>Journey into the heart of a picturesque beechn forest, and enjoy great birding opportunities.</td>
<td>Easy; extension loop has steep log steps; some soft sand.</td>
<td>No pets.</td>
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<tr>
<td>0.7-mile loop</td>
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<tr>
<td>Beech Forest Trail</td>
<td>30 Nauset Road, off Route 6, Doane picnic area (2-hour parking), or Coast Guard Beach in Eastham (seasonal fees).</td>
<td>This bike path connects the Salt Pond Visitor Center, Doane picnic area, and Coast Guard Beach.</td>
<td>Intermediate; some hills; paved surface.</td>
<td>Leashed pets allowed November 1 -April 30.</td>
</tr>
<tr>
<td>1-mile loop</td>
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<tr>
<td>Nauset Bike Trail</td>
<td>50 Nauset Road, off Route 6, Doane picnic area (2-hour parking), or Coast Guard Beach in Eastham (seasonal fees).</td>
<td>This 2-mile bike trail connects the dirt parking lot at High Head Road to Head of the Meadow Beach.</td>
<td>Easy; some surfaces may be bumpy; use caution. May encounter biting insects.</td>
<td>Leashed pets allowed year-round.</td>
</tr>
<tr>
<td>1.6 miles</td>
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<tr>
<td>Head of the Meadow Bike</td>
<td>End of High Head Road in Truro (2-hour limit), or Head of the Meadow Beach (seasonal fees).</td>
<td>This 2-mile bike trail connects the dirt parking lot at High Head Road to Head of the Meadow Beach.</td>
<td>Easy; some surfaces may be bumpy; use caution. May encounter biting insects.</td>
<td>Leashed pets allowed year-round.</td>
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<tr>
<td>Trail</td>
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<tr>
<td>2 miles</td>
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<tr>
<td>Province Lands Bike Trail</td>
<td>Province Lands Visitor Center, Herring Cove Beach (seasonal fees), Race Point Beach (seasonal fees), or the Beech Forest parking lot in Provincetown.</td>
<td>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).</td>
<td>Advanced-intermediate; steep hills, sharp turns, tunnels.</td>
<td>Leashed pets allowed November 1 -April 30.</td>
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<tr>
<td>5.45-mile loop</td>
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<tr>
<td>1.1-mile spur</td>
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<tr>
<td>0.5-mile spur</td>
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<tr>
<td>0.25-mile spur</td>
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</tbody>
</table>

### Trail Safety and Regulations

**Hiking:**
- Stop by a visitor center to get a trail guide. There are also trail guides available at most trailheads.
- Check the weather forecast before you go out. Weather can change quickly.
- Wear proper footwear that is comfortable and durable.
- Tell somebody your hiking plans. If hiking in a group, designate a meeting location.
- Bring water and food.
- Stay on the trail.
- On bike trails, keep to the right; be aware of bicyclists who are using the trail as well.
- Wear insect repellent and sunscreen.
- Consider wearing long pants and a long-sleeved shirt; this helps protect you from both the sun and insects.
- Pets are never allowed on any of the self-guided hiking trails except where indicated under the trail description.

**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.
- Always check brakes, gears, and steering.
- Beware of trail hazards, which could include: sand, standing water, bumps in the pavement, and low-hanging branches.
- Walk bicycles through tunnels and underpasses.
- Biking off-trail is prohibited except on designated fire roads.
- Bicycles are never allowed on any of the self-guided hiking trails.
- Bicycles of any type are not allowed on beaches.

**Pets:**
- Pets must be on a leash no longer than 6-feet at all times and are permitted only in the following locations:
  - All fire roads within Cape Cod National Seashore;
  - 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. Passing through these areas of the beach is permitted.
    2. During shorebird nesting, staging, and migrating periods, pets are not permitted in posted locations. Passing through these areas is prohibited.

### Healthy Parks, Healthy People

The national seashore and Cape Cod Healthcare are focused on the benefits of the national seashore in helping people improve physical fitness and well-being. In the summer months healthcare professionals are at the Salt Pond Visitor Center on weekday mornings, helping the public set and measure their personal well-being goals, including blood pressure screenings, and providing a Passport to Health booklet for tracking fitness progress. For more information, visit: www.capecodhealth.org/healthyparks

In addition, look for the in the national seashore’s seasonal activity listings for ranger programs that support physical fitness and well-being.
Lighthouses Map of lighthouse locations located on page 18.

Race Point Light, Provincetown
The first Race Point Light was erected in 1816. The current lighthouse and keeper’s house date from 1876. Occasional tours for special events. Beach fees apply during summer months and on weekends in late spring and early fall.

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: Hazardous conditions possible along breakwater. Summer boat service from MacMillan Wharf.

Nauset Light, Eastham
Nauset Light was built as three brick towers in 1838 to differentiate the location from Highland and Chatham lights. When erosion claimed the originals in 1892, they were replaced by three wooden towers called the Three Sisters. Open seasonally and operated by the Nauset Light Preservation Society. www.nauselight.org

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.

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: Hazardous conditions possible along breakwater. Summer boat service from MacMillan Wharf.

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 built. Open seasonally and operated by Eastern National, Inc. www.highlandlighthouse.org

Three Sisters, Eastham
Built at Nauset in 1892. Two of the three lights were sold to become a summer cottage in 1911. The third one was replaced in 1923 by one of the two Chatham lights. Located a short walk inland on Cable Road from the parking area to Three Sisters. Limited parking at Three Sisters. Seasonal tours.

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 U.S. Fish & Wildlife Service. The island is accessible only by boat at the end of 5-mile-long South Monomoy Island.

Reduce, Reuse, Recycle!

Water Bottle Filling Stations
Help us make a difference – please refill your water bottle at one of our many filtered bottle filling stations:

- Salt Pond Visitor Center: outside at the restrooms, and inside the lobby
- Province Lands Visitor Center
- Highland Light Beach Bathhouse
- Coast Guard Beach Bathhouse
- Highland Light Keeper’s House Shop

Thank you to CARE for the Cape and Islands and to Friends of the Cape Cod National Seashore for funding the purchase of the park’s filling stations. Note: Salt Pond stations are available all year. Other stations are available from spring through 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 now located at all beaches.

Do your part and recycle. Recycling bins are now located at all beaches.
Local Area Information

Chambers of Commerce

Cape Cod Chamber of Commerce:
5 Patti Page Way, Centerville
Website: www.capecodchamber.org
Email: info@capecodchamber.org
Phone: 508-362-3225

Chatham:
2377 Main Street, Chatham
www.chathaminfo.com
Email: chamber@chathaminfo.com
Phone: 508-913-5567
Info Booth: 508-945-5199

Orleans:
Eldridge Parkway at Route 6A, and 44 Main Street, Orleans
www.orleanscapecod.org
Email: info@orleanscapecod.org
Phone: 508-255-7203
Info Booth: 508-255-1386

Concessions and Vacation Rentals

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 Memorial Day through Columbus Day. Herring Cove Beach is relatively gentle and ideal for families. View Race Point Light while you look for whales, which are common in spring. Free concerts are held here on Sunday and Wednesday nights in summer.

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 wind swept bluffs overlooking the Atlantic Ocean. Founded about 1892-1898, Highland Links has seen more than 100 years of golf.

www.highlandlinksgolf.com

Nauset Knoll Motor Lodge, 217 Beach Road P.O. Box 642, East Orleans, 508-255-2364
Operated by Benz Corporation

Nauset Knoll Motor Lodge is located on the Atlantic Ocean in East Orleans, within Cape Cod National Seashore. Every room commands a superb view of the great beach and the ever-changing sea. Swimming, sunbathing, and fishing are at your front door. The motor lodge is open seasonally.

www.nausetknollmotorlodge.com

Vacation Rentals Offered by Cape Cod National Seashore

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. Superb locations and flexible booking options. Funds collected from these rentals directly support Cape Cod National Seashore.

www.nps.gov/caco/planyourvisit/lodging.htm
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 30 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, or Provincetown’s Old Harbor Life-Saving Station, 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

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.

- Assist visitors with trip planning at Salt Pond and Province Lands visitor centers.
- Prune along park trails and join organized trail improvement projects.
- Monitor and help protect nesting shorebirds.
- Introduce visitors to maritime, whaling, and early Cape Cod history through historic building tours and open houses.
- Document seasonal changes in the natural world to help build a phenological database.
- Photo-document seashore activities, facilities, and resources to build a digital image library.
- Tend to native gardens.

To get started, visit www.nps.gov/caco and select “Get Involved.” Browse the list of current volunteer opportunities.

Calling All Kids - Become a Junior Ranger!

Youngsters between the ages of 5 and 12 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.

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.

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, including this publication.

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

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

This national service movement engages Americans of different ages and backgrounds in service to our nation’s communities. Focus areas include education, literacy, public safety, the environment, and disaster response. Corps members at the national seashore support park planning and resource protection.

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

**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 ¾ 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 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.nantucketislandferry.com](http://www.nantucketislandferry.com)

Provincetown
Bay State Cruises [www.baystatecruisecompany.com](http://www.baystatecruisecompany.com)
Boston Harbor Cruises [www.bostonharborcruises.com/provincetown-ferry](http://www.bostonharborcruises.com/provincetown-ferry)

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