

Cape Cod

National Seashore
Massachusetts

National Park Service
U.S. Department of the Interior

Official Map and Guide





Mention Cape Cod and people think of different things: swimming and sunbathing, fishing and whaling, clams and cranberries, writers and artists, cottages and shops, Pilgrims and Indians. All are part of the ambience and charm that attract thousands of visitors to the Cape each year. To help protect the qualities of this environment, the national seashore was established in 1961 within the 40-mile-long section between Chatham and Provincetown. Each of the National Park Service sites within this area tells a part of the Cape Cod story.

The Cape is a glacial deposit that is constantly undergoing natural changes as winds and water move sand along the shorelines, tearing away one place and building up another. You can get a good sense of how quickly the land is diminishing at the Marconi Wireless Station site at Wellfleet, where the peninsula is only a mile wide. Much of the high cliff has eroded since Guglieimo Marconi first built his towers there in 1901. Changing, too, though not so perceptibly,

is the Cape Cod Bay shoreline. Great Island, where whalers used to congregate, is now connected to the peninsula; you can explore it via a trail.

The Cape's human history is as rich as its natural history. In the Provincetown area you can see where the Pilgrims landed in 1620 before sailing across the bay to Plymouth, and in the national seashore are several historic buildings that reflect the residents' longtime association with the sea. The Old Harbor Lifesaving Station (below, from left) was moved in two pieces from Chatham to Race Point near Provincetown in 1977; Captain Edward Penniman's 1868 house in Eastham is atypically ornate but denotes the once profitable whaling business; Nauset Light is one of five lighthouses within the seashore; and the Atwood-Higgins House, built about 1730, represents the typical Cape Cod dwelling. Most of these structures are open for tours in the summer; ask at the visitor centers.

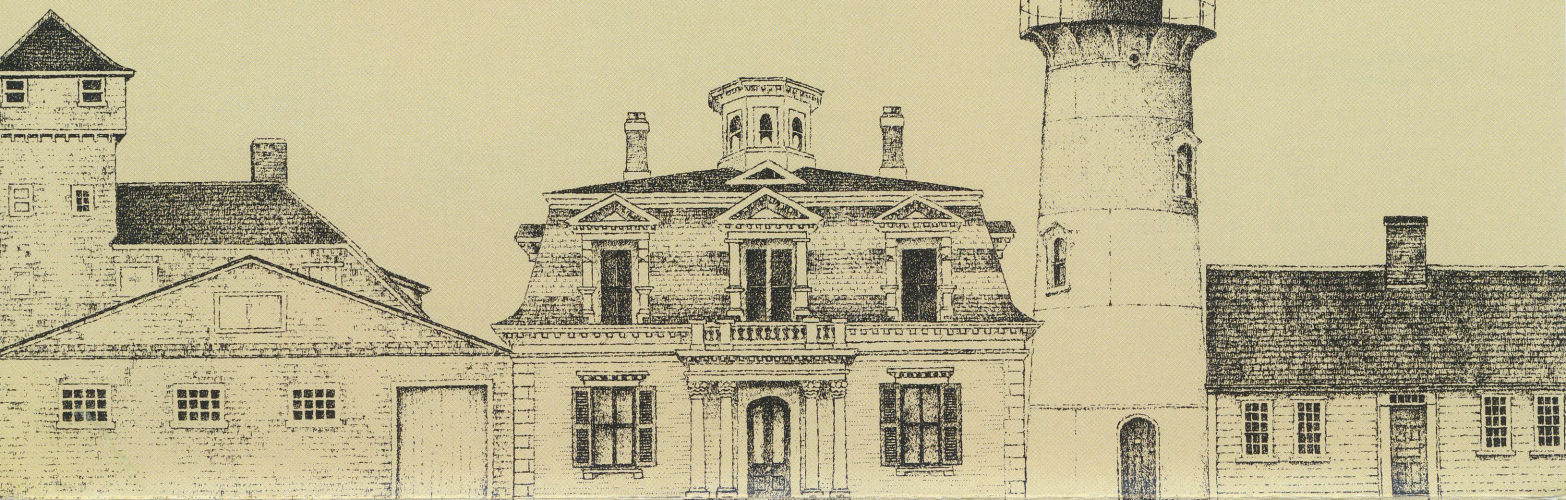
Old Harbor Lifesaving Station

Penniman House

Nauset Lighthouse

Illustration by Richard Fish
Not drawn to scale

Atwood-Higgins House



Recreation and Relaxation

Cape Cod National Seashore offers a variety of land and water recreational activities that can be as relaxing and soul-restoring as you make them out to be. Take time to try something different, whether it is bicycling, hiking, or just sitting by the ocean watching the waves come in. See the map and text on the other side of this folder for information about the major national seashore sites where the activities listed here take place. For more information, ask for an activity schedule at a visitor center.

Swimming Seasonal lifeguard services and other related facilities are located at these beaches: Coast Guard, Nauset Light, Marconi, Head of the Meadow, Race Point, and Herring Cove. Several towns also have public beaches; all charge fees. Please observe water safety practices at all times.

Surfing—Windsurfing Within the national seashore surfing is permitted in waters outside lifeguarded beaches.

Walks The seashore has a number of short self-guiding trails. We invite you to walk them to relax and to gain an insight into the Cape's natural and human history. Perhaps their descriptive names will entice you: Fort Hill, Red Maple Swamp, Nauset Marsh, Great Island, Pamet Cranberry Bog, Atlantic White Cedar Swamp, Small Swamp, Pilgrim Spring, and Beech Forest. Brochures about each trail

may be obtained at the visitor centers. But-tonbush Trail, with special features for the blind, starts at Salt Pond Visitor Center.

Bicycling The seashore maintains three bicycle trails ranging from 1.6 to 7.3 miles long. Roller skating, skateboarding, and the use of motorized vehicles, including mopeds, on these paved trails are prohibited. Bicycles may be rented within the towns.

Fishing Try surf-fishing from the many beaches, but stay away from swimmers. No license is required for saltwater fishing, but a state license is required for freshwater fishing. Town licenses for shellfishing are required. Regulations and fees vary among the towns.

Hunting Upland game and migratory waterfowl may be hunted in certain areas in the specified season. There is no open season on non-game species. Ask for a brochure on hunting opportunities and restrictions. Federal, state, and local laws apply.

Travel Services In nearby towns are sleeping and camping accommodations, restaurants, gift shops, grocery and other stores, and gas stations. Reservations at motels, hotels, and private campgrounds are essential in the summer. For information and reservations, write: Cape Cod Chamber of Commerce, Hyannis, MA 02601. All camping, including trailers on the beach, is prohibited except in private

campgrounds. The National Park Service does not operate a campground, but Nickerson State Park in nearby Brewster offers camping on a first-come, first-served basis.

More Information The park headquarters is near the Marconi Station site. For park information, send a stamped, self-addressed business-size envelope to: Superintendent, Cape Cod National Seashore, 99 Marconi Site Rd., Wellfleet, MA 02667. Phone: 508-349-3785. Find more information at www.nps.gov/caco on the Internet.

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Regulations



National Park Service rangers are here to help you and to enforce regulations established to protect you and the seashore. Report accidents, injuries, or other emergencies to the nearest ranger. Please obey the park regulations and the ones listed in this folder.

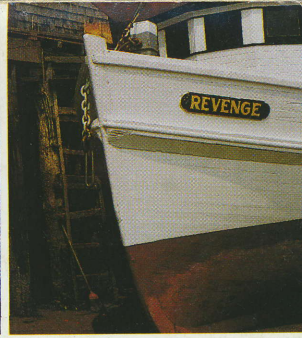
- Do not disturb natural or cultural features.
- Keep trails, roadsides, and other areas clean. Use trash receptacles.
- Drive carefully and observe posted speed limits. Report all traffic accidents at once. Wear seatbelts in the national seashore; it's the law.
- Over-sand vehicles must be used only on designated sand routes. A permit is required.

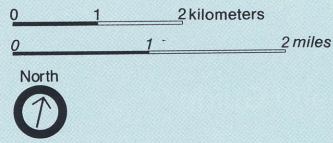
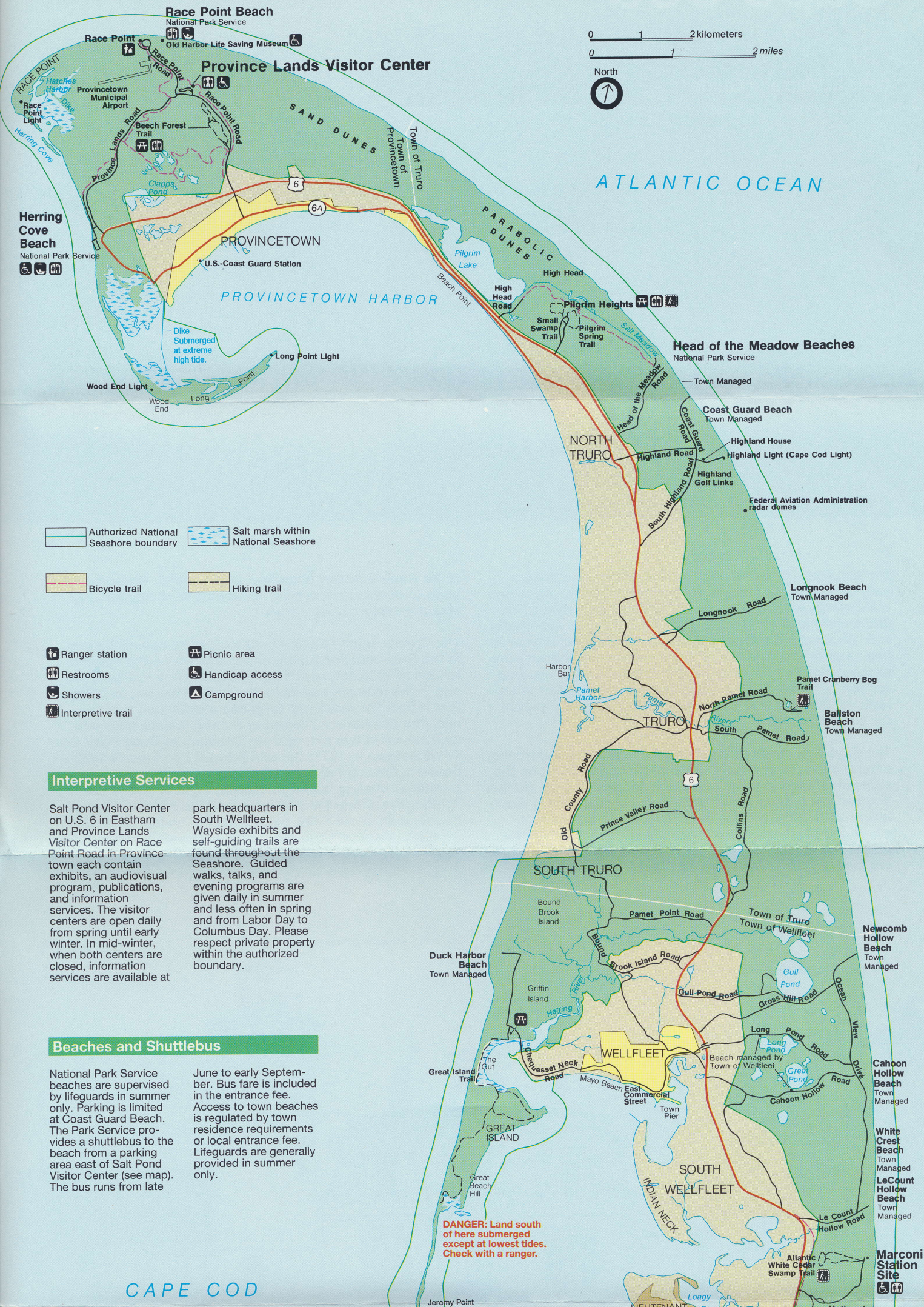
- Open fires are not allowed except when authorized by a permit; get one at visitor centers. Permits are not required for stoves using manufactured fuels, or for charcoal grills when they are used in designated picnic areas at Beech Forest, Pilgrim Heights, Doane Rock, and Great Island, or on sandy or rocky beaches bordering tidewater.
- Pets must be physically restrained. Leashes must not exceed six feet. Pets are not permitted in public buildings, in picnic areas, on protected beaches, or on nature trails.
- Public nudity is prohibited.

To see a full set of regulations, inquire at headquarters or either visitor center.

Safety Precautions

- Sand collapses easily. Climbing slopes or digging deep holes is hazardous.
- At the ocean, be alert for riptides and underwater obstacles. Keep children within reach.
- Be wary of too much sun exposure; use a sunscreen.
- Do not take glass containers, rafts, rubber tubes, snorkels, and masks to any beach.
- In summer, be alert for heavy traffic on narrow roads.





Authorized National Seashore boundary

Bicycle trail

Salt marsh within National Seashore

Hiking trail

Ranger station
Restrooms
Showers
Interpretive trail

Picnic area
Handicap access
Campground

Interpretive Services

Salt Pond Visitor Center on U.S. 6 in Eastham and Province Lands Visitor Center on Race Point Road in Provincetown each contain exhibits, an audiovisual program, publications, and information services. The visitor centers are open daily from spring until early winter. In mid-winter, when both centers are closed, information services are available at

park headquarters in South Wellfleet. Wayside exhibits and self-guiding trails are found throughout the Seashore. Guided walks, talks, and evening programs are given daily in summer and less often in spring and from Labor Day to Columbus Day. Please respect private property within the authorized boundary.

Beaches and Shuttlebus

National Park Service beaches are supervised by lifeguards in summer only. Parking is limited at Coast Guard Beach. The Park Service provides a shuttlebus to the beach from a parking area east of Salt Pond Visitor Center (see map). The bus runs from late

June to early September. Bus fare is included in the entrance fee. Access to town beaches is regulated by town residence requirements or local entrance fee. Lifeguards are generally provided in summer only.

DANGER: Land south of here submerged except at lowest tides. Check with a ranger.

BAY

Getting to the Seashore



U.S. 6 is the primary route to and through the Seashore. Buses run from Hyannis to Chatham and Provincetown. Airlines operate between Hyannis and Boston,

Providence, and New York, and also between Boston and Provincetown. Amtrak serves Hyannis on summer weekends.

