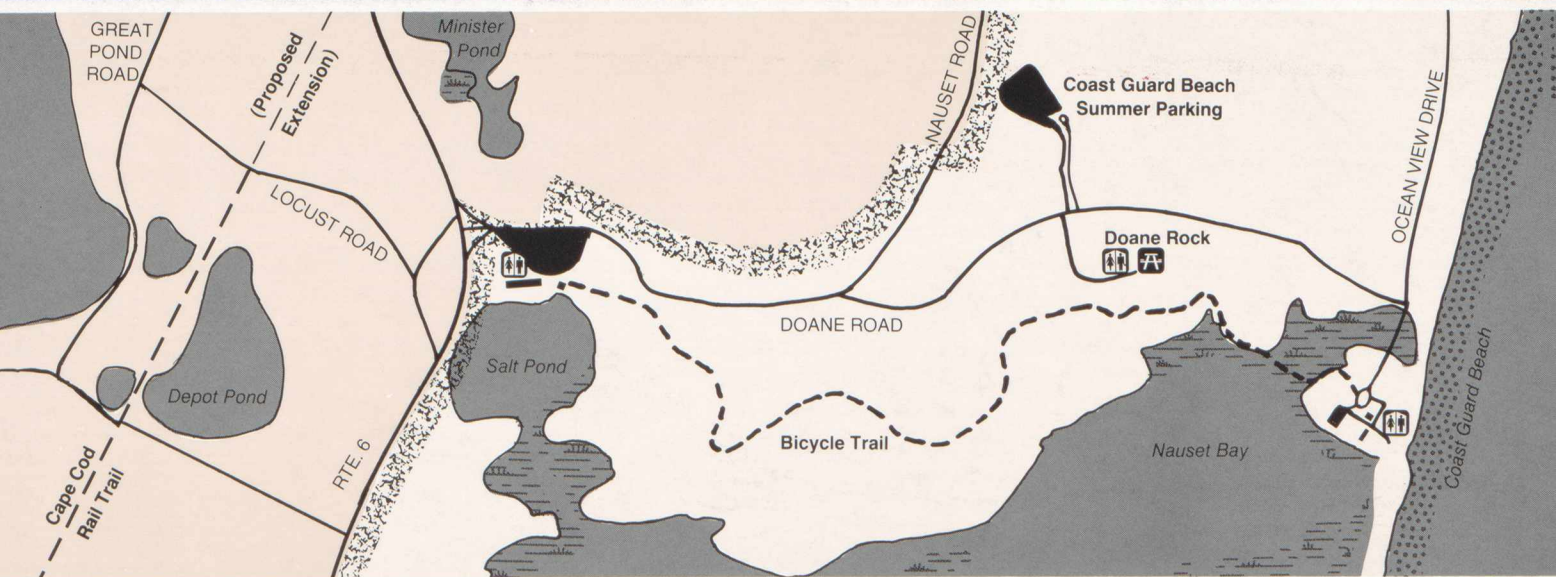


Cape Cod

National Seashore
Massachusetts

National Park Service
U.S. Department of the Interior

Bicycle Trails



Nauset Trail

Distance: 1.6 miles

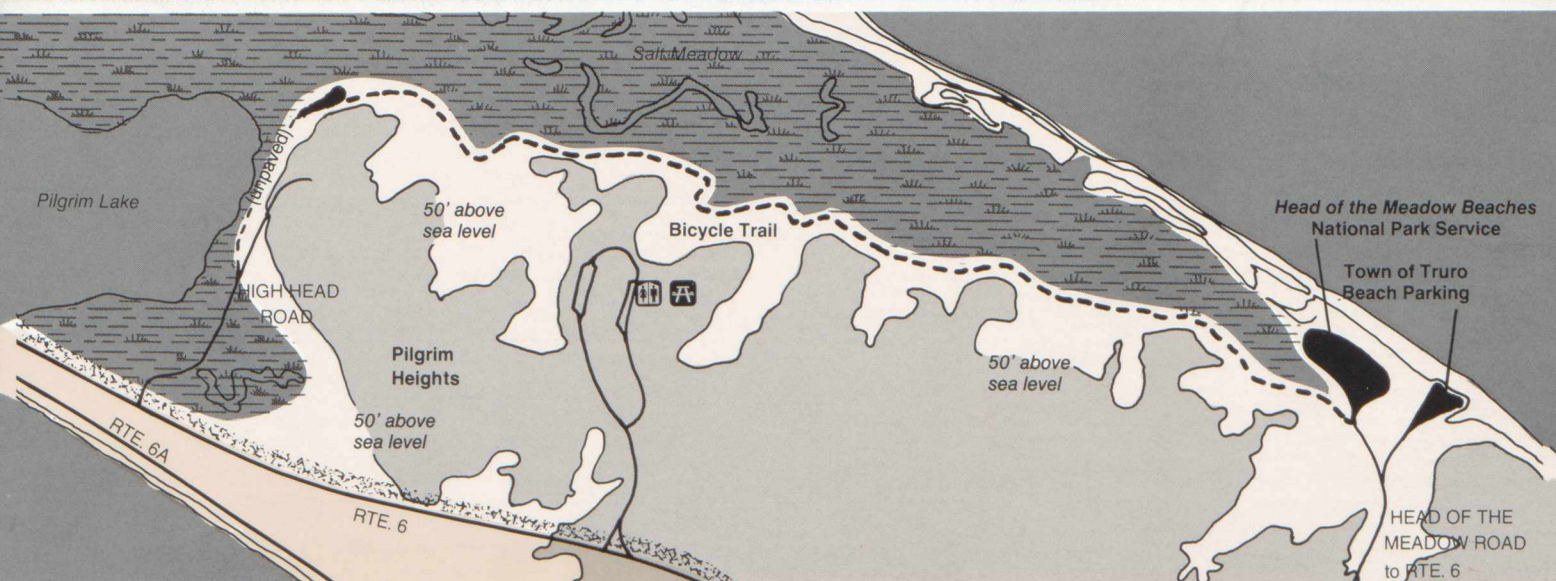
Access points:

- Salt Pond Visitor Center parking areas, Eastham
- Doane Rock picnic area

SCALE

1 1/2 1 mile

Please turn to reverse side for legend.



Head of the Meadow Trail

Distance: 2 miles

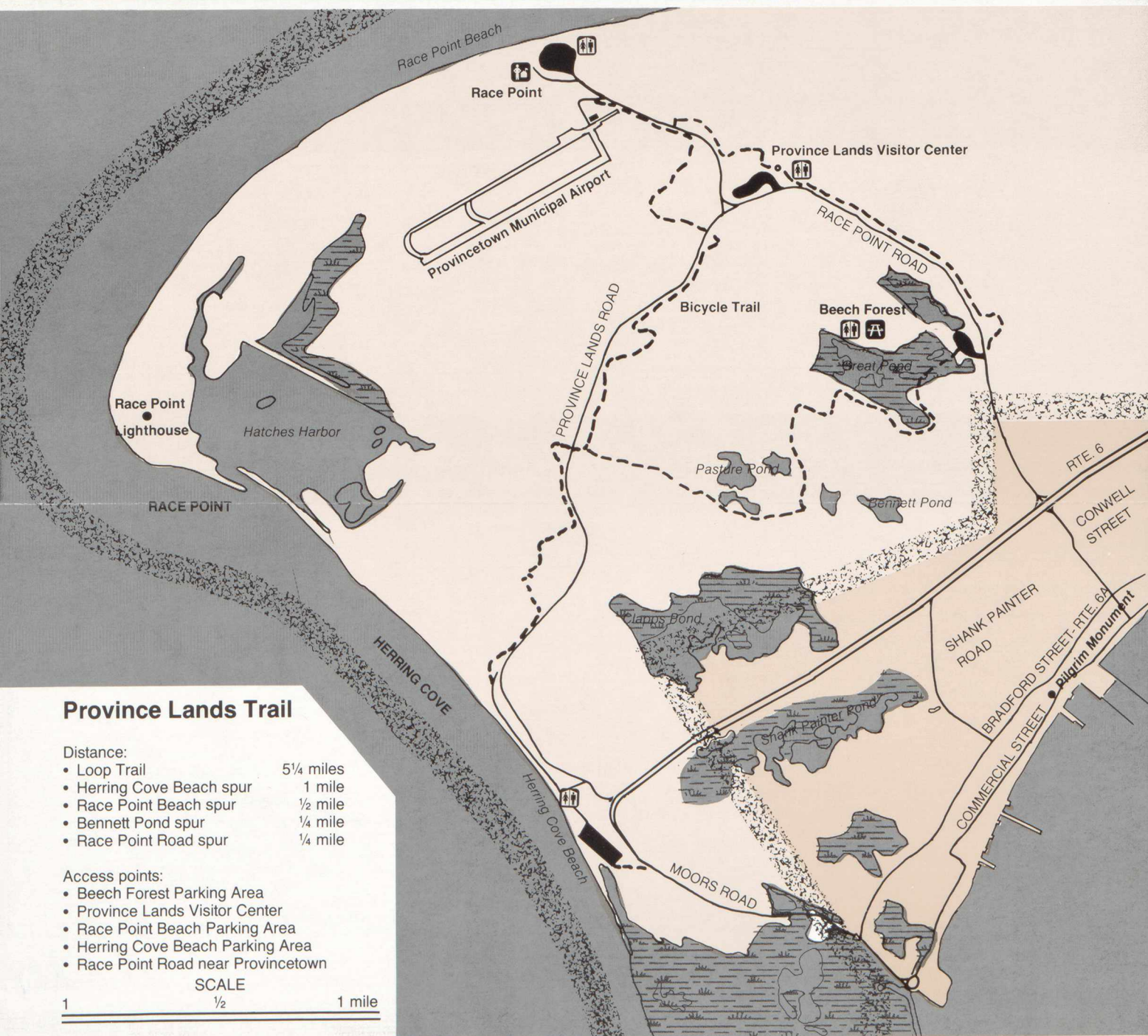
Access points:

- High Head Road, Truro
- Head of the Meadow Beach Parking Area

SCALE

1 1/2 1 mile

Please turn to reverse side for legend.



SAFETY TIPS

Before Beginning:

If you have an unfamiliar bike, check your brakes, gears and steering before entering a trail. There are steep grades, sharp turns and possibly obstacles.

While Riding:

- Remember: all trails have two-way traffic and heavy traffic times.
- Be alert for the unexpected (hikers, dogs, sand.)
- Use front and rear hand brakes together - or you may be thrown over the handlebars.
- Don't speed!

To conserve - please return this folder if you no longer need it.

Due to variable wind conditions, sands may frequently cover the trails.



LEGEND

- Bicycle Trail
- Water/Wetlands
- Authorized National Seashore boundary
- Land within National Seashore boundary
- Parking area
- 50 feet above sea level
- Restrooms
- Picnic area
- Ranger station



Private property exists within the authorized boundary. Please respect owners' rights.

National Park Service beaches are supervised by lifeguards in summer only.

Access to Town Beaches regulated by town residence requirements or local entrance fee.