



Cape Walk 2008

May 31 – June 8, 2008

WALK WITH NATURE

National Trails Day – June 7, 2008

Cape Walk is an event held for those interested in trekking through Cape Cod's "off the beaten path" areas, as well as taking in all of the natural beauties on this sandy peninsula.

Thanks to our team of volunteer Walk Leaders, the Cape Walk event has been a success since the event first occurred in 1995. With our leaders' devoted planning and trail scouting, participants will hike trails through historic districts, open spaces, hills, sand and woodlands. Walkers should prepare for traveling at a moderate pace through all types of weather and terrain!

This free walk is open to people of all ages with the understanding that one is liable and responsible for one's self.

Walkers should be mindful of their surroundings at all times by taking care of waste. Pathways follows a "leave no trace" (<http://www.lnt.org/programs/principles.php>) philosophy that encourages the practice of picking up after one's self. Some points to follow include:

- Plan ahead and prepare
- Leave what you find
- Respect wildlife
- Be considerate of other visitors
- Dispose of waste properly



Weather –

Please prepare for rainy days as well as sunny ones! We walk through everything.



Transportation and Maps – Carpool!

Hikers will meet at the ending point in the morning and carpool to the starting point, doing the reverse at the end of the day. Since we do not provide Cape Walk maps, hikers should be prepared to walk all day. Directions for the starting and ending points are included in the schedule.



Traveling Without a Car –

Check out Peter Pan and Plymouth & Brockton bus lines for schedules and fare (www.peterpanbus.com). The P&B bus runs 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 (<http://boston-ptown.com> or 617.748.1428).



Sag Wagon –

AmeriCorps will be driving around a van that will stop at convenient areas for those in need of water and basic first aid equipment. The Wagon will also be available in case of an emergency.



Accommodations –

Information can be obtained from www.capecodtravel.com on campsites, bed and breakfasts, hotels, motels and week rentals.



Questions –

Please contact the Cape Cod Commission at 508.362.3828 for further information and details or visit the Cape Cod Commission web site at www.capecodcommission.org/pathways or send an email to pathways@capecodcommission.org.

Ten 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 is 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! Cape Walk 2008 will go forward rain or shine. There are few indoor spots for lunch or rest breaks. Thoreau is reported to have carried an 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 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 a 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 a towel.

CAPE WALK 2008 Schedule (As of 5/30/08)

Day 1 Saturday, May 31 Provincetown to Truro

Length: 12 – 14 miles

Highlights: Beach Forest, Old Cape Cod railroad bed, historic Dune Shacks, ruins of the old life saving station, Pilgrim Lake, Old King's Highway Stagecoach route and the Highland Light

Leaders: Don and Pat Heyer

AmeriCorps: Caitlin Welsh, Austin Krcmarik, Amber Stonik

Start: 8:30 a.m., Herring Cove Beach, Provincetown

End: Highland Light, Truro

Lunch: Midway through the Provincelands Dunes at a closed dune shack; John Portnoy from the National Park Service will talk about the restoration progress at Pilgrim Lake.

Parking: Meet at 7:45 a.m. at Highland Light and carpool to Herring Cove.

Directions to HIGHLAND LIGHT – Rte 6 N to Highland Road in Truro; head East on Highland Road for $\frac{1}{2}$ mile and turn Right onto South Highland Road; turn Left onto Lighthouse Rd.; park on Right; Herring Cove Beach carpool will be organized; parking lot is to the Left of the gatehouse.

Day 2 Sunday, June 1 Truro to Wellfleet

"Earth laughs in flowers." -R. Emerson

Highlights: Old King's Highway

Length: 11 – 12 miles

Leaders: Mark Coulson and Martha Twombly

AmeriCorps: Danielle Craft, Dave Quinn

Start: 8:30 a.m., Highland Light, Truro

End: Long Pond, Wellfleet

Lunch: Ballston Beach

Parking: Meet at 8:00 a.m. at Long Pond and carpool to Highland Light.

Directions to LONG POND – Take Rte 6 into Wellfleet to the second set of lights at Wellfleet Fire Station; take right onto Lawrence Road (right fork) and make a left onto Long Pond Road. Look for signs to Long Pond.

Day 3 Monday, June 2 Wellfleet to Eastham

Length: 12 – 13 miles

Highlights: Kettle ponds, coastal heath lands, white cedar swamp, Fresh Brook Village/Camp Wellfleet, Nauset Light, the Three Sisters and Nauset Marsh.

Leaders: Todd Kelley, Pat and Bob Sarantis

AmeriCorps: Erin Der-McLeod, Mike Towle, Ashley Look

Start: 8:30 a.m., Long Pond, Wellfleet

End: Salt Pond, Eastham

Lunch: Nauset Plain between Marconi and Nauset Light or Nauset Light

Parking: Meet at 8:00 a.m. at Salt Pond Visitor Center and carpool to Long Pond.

Directions to SALT POND VISITOR CENTER – Rte 6 to intersection of Nauset Road in Eastham; turn Right at intersection; Salt Pond Visitor Center is the first Right.

Day 4 Tuesday, June 3 Eastham to Brewster

Length: 9 – 10 miles

Highlights: Cape Cod National Seashore/Salt Pond Visitors Center, Salt Pond, Fort Hill Nature Trail, Penniman House, Rock Harbor, Flats on Cape Cod Bay, and Nickerson State Park

Leaders: John Whelan, Mike Lach

AmeriCorps: Heidi Fuchs, Christina Imrich, Amanda Howe

Start: 1:00 p.m. at Salt Pond, Eastham

End: Nickerson State Park, Brewster

Lunch: We are stopping at Fort Hill at about 2:00 p.m. for Lunch or Snack as the participants choose

Parking: Meet at 12:30 p.m. at Nickerson State Park entrance and carpool to Salt Pond.

Directions to NICKERSON STATE PARK – Rte 6 to exit 12 and get on 6A West into Brewster; Nickerson State Park entrance is on the Left; park and meet at lot near the entrance gate.

Recommendations: We will be crossing the flats and you might get your feet wet. A little towel in your pack is a great idea. This is a beautiful walk, not long, easy, and very pretty. We will have a great day.

Day 5 Wednesday, June 4 Brewster to Dennis

"The gift of existence is the place to begin" -E. Levy

Length: 12 miles

Highlights: Punkhorn Parklands, Seymour's Pond

Leader: Eric Levy

AmeriCorps: Becca Wolfson, Caroline Schmitttdiel, Jaime McLaren

Start: 8:30 a.m., Nickerson State Park area, Brewster

End: Nathaniel Wixon Middle School, Dennis

Lunch: Seymour Pond

Parking: Meet at 8:00 a.m. at the Nathaniel Wixon Middle School and carpool to Nickerson State Park.

Directions to the NATHANIEL WIXON MIDDLE SCHOOL – Rte 6 to exit 9B; take Rte 134 N for 2 miles; Nathaniel Wixon Middle School is on Left before Dennis Senior Center.

Day 6 Thursday, June 5 Dennis to Yarmouth

"Nature does nothing uselessly." -Aristotle

Length: 6 miles

Highlights: Flax Pond, Crab Creek, Weir Woodlands

Leaders: EMS team

AmeriCorps: Rebecca Prosser, Natalie Dinki, Samantha Alarie-Leca

Start: 8:30 a.m., Rte 134 and Old Chatham – park at Buncey's Restaurant across from the Nathaniel Wixon Middle School; EMS clinic

End: Old Townhouse Road playground parking area

Lunch: Crab Creek on North Dennis Road

Parking: Meet at 8:00 a.m. at Old Townhouse Road playground parking area and carpool to the Wixon School.

Directions to OLD TOWNHOUSE ROAD – Rte 6 to exit 8; take Station Ave South; at second set of lights, take a Right onto Old Townhouse Road; 1/2 mile ahead, park at Old Townhouse Park parking lot on the right.

Day 7 Friday, June 6 Yarmouth to Barnstable

Length: 12 miles

Highlights: Beginning in the flat coastal plain of Yarmouth, this walk traverses numerous conservation areas containing ponds and rare species habitat. Terrain rises and falls as we walk the Moraine and view ancient ways and wood lots. Views of Cape Cod Bay and Nantucket Sound.

Leaders: Farley Lewis, Lisa Crowley, Alisha Parker, EMS team

AmeriCorps: Drew Brown, Samantha Hayes

Start: 8:30 am, Old Townhouse Park, Yarmouth

End: Cape Cod Community College, Barnstable

Lunch: Cape Cod Commission – Barnstable Village

Parking: Meet at 8:00 a.m. at Cape Cod Community College and carpool to Old Townhouse Park.

Directions to CAPE COD COMMUNITY COLLEGE Parking Lot #7 – Take exit 6 from Route 6 to Route 132 N. Follow signs to college on the right. Look for Lot #7.

Recommendations: Ticks and poison ivy! Be prepared to experience both of these in large numbers. Walk begins on flat terrain then gets hilly. Walkers may choose to purchase lunch items in Barnstable Village; if not purchasing food, come with your own.

Day 8 Saturday, June 7 Barnstable to Sandwich

"The violets in the mountains have broken the rocks." -Tennessee Williams

Length: 11 miles

Highlights: Meeting House Farm

Leaders: Heidi Moss, Susanne Laundry

AmeriCorps: Angela L'Heureux, Sanjoy Paul

Start: 8:30 a.m., Cape Cod Community College, Lot #7, Barnstable

End: Sandwich High School parking lot, Sandwich

Lunch: Barnstable Conservation Area; EMS clinic

Parking: Meet at 8:00 a.m. at the Sandwich High School parking lot and carpool to Cape Cod Community College.

Directions to SANDWICH HIGH SCHOOL – Rte 6 to exit 3; turn North onto Quaker Meeting House Road towards 6A; Sandwich High School entrance is 3/10 mile on Left.

Recommendations: Bring a garbage bag or something to sit on during lunch.

Day 9 Sunday, June 8 Sandwich to Bourne

Length: 12 miles

Highlights: Thornton Burgess area; Sagamore Hill

Leaders: Larry Pannell, Dick Coveney

AmeriCorps: Samantha Alarie-Leca, Nikki Toner

Start: 8:30 a.m., Sandwich High School – Quaker Meetinghouse Road in Sandwich

End: Scusset Beach State Reservation parking area by fishing pier, Bourne

Lunch: Shawme Crowell State Forest

Parking: Meet at 8:00 a.m. at Scusset Beach State Reservation and carpool to Sandwich High School.

Directions to SCUSSET BEACH STATE RESERVATION – Rte 6 West over Sagamore Bridge; take exit 1A and get in the lane that stays straight on Scusset Beach Road, following signs to Scusset Beach for about 1.5 miles; travel through small rotary past the entrance station; park in second parking lot on right.