

FOR IMMEDIATE RELEASE - **May 8, 2012**

INFORMATION FROM THE
CAPE COD COMMISSION
BARNSTABLE COUNTY



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Cape Cod Pathways
CAPE WALK 2012 BEGINS JUNE 2

Starts in Provincetown, Ends Nine Days Later in Bourne

BARNSTABLE COUNTY, MA -- Anyone interested in trekking "off the beaten path" through the diverse natural landscapes found across Cape Cod is encouraged to participate in Cape Walk 2012, an event of Barnstable County's Cape Cod Pathways project.

Organized by the Cape Cod Commission with support from Barnstable County's AmeriCorps Cape Cod and Department of Human Services "Mass in Motion" initiative sponsored by the Massachusetts Department of Public Health, Cape Walk 2012 will begin on Saturday, June 2, in Provincetown and will end Sunday, June 10, in Bourne. The organizers and a team of volunteer walk leaders have carefully planned trail routes through conservation lands, historic districts, parks, woodlands, dunes, and wetlands. Participants may choose to walk all of the nine days, only a few days, or even just one day's segment.

Cape Walk 2012 continues to build on the success of the first Cape Cod Pathways cross-Cape walk in 1995. A brochure with the 2012 schedule and walk descriptions is available for download and each day of Cape Walk is listed in the **Calendar** on the Cape Cod Commission's web site www.capecodcommission.org.

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The planned segments are:

Saturday, June 2
Provincetown to Truro

This segment covers 11 miles that encompass dunes and parabolic dunes, dune shacks, wooded trails, and spectacular views of Provincetown. The walk will continue along the Atlantic beach. (Note: This is Cape Walk's most strenuous hike.)

Sunday, June 3
Truro to Wellfleet

This segment covers 13 miles that encompass the glacial end of Cape Cod at High Head and Head of the Meadow, Pilgrim Spring, Highland Light, the North Truro Air Force Station, the great ridge backs (hollows) of Truro, and the Great Beach.

Monday, June 4
Wellfleet to Eastham

This segment covers 13 miles that feature kettle hole ponds, the glacial origins and natural beauty of the undeveloped woodlands of Wellfleet, the Marconi Wireless Station, Atlantic White Cedar Swamp, Camp Wellfleet, Fresh Brook Village, Doane Rock, and the Nauset Marsh at the heart of the Nauset People.

Tuesday, June 5
Eastham to Brewster

This segment covers 11 miles that includes, among other scenery, a walk around Salt Pond along the shore to the beautiful lookout at Fort Hill in Eastham. (Note: You may get wet in the tidal areas. Also, if you are thinking of trying one day of Cape Walk, consider this segment, which is the easiest of Cape Walk segments.)

Wednesday, June 6
Brewster to Dennis

This segment covers 12.5 miles that feature walking on the Cape Cod Rail Trail that was once the Old Colony Railroad -- now a multi-use pathway -- through the Punkhorn Parklands and incredible woods, and past pond and abandoned bog vistas.

Thursday, June 7
Dennis to Yarmouth

This segment covers 7 miles that feature Flax Pond, Crab Creek, and Weir Woodlands.

Friday, June 8
Yarmouth to Barnstable

This segment covers 10 miles that pass over the ancient ways and wood lots of the Cape's early settlers. A view of Nantucket Sound is likely if the weather is good.

Saturday, June 9

Barnstable to Sandwich

This segment covers 11 miles that skirt working cranberry bogs and hike through the Bridge Creek Conservation Area, the Barnstable Conservation Area, and the Maple Swamp preserve.

Sunday, June 10

Sandwich to Bourne

This segment covers 12 miles that include the Thornton Burgess area and the Cape Cod Canal. The walk culminates Cape Walk 2012 at Sagamore Hill.

Each day's segment takes place rain or shine. Walkers meet at the ending point of each segment in the morning and carpool to the starting point, doing the reverse at the end of the day. AmeriCorps members drive a van (the "SagWagon") that meets walkers periodically with water and basic first aid and is available for emergencies. Pathways events follow a "leave no trace" hiking philosophy.

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ABOUT THE CAPE COD COMMISSION:

Cape Cod Commission is the regional land use planning, economic development, and regulatory agency created in 1990 to serve the citizens and 15 towns that comprise Barnstable County, Massachusetts, better known as Cape Cod. The Commission works toward maintaining a healthy balance between economic progress and environmental vitality. "Keeping a special place special" describes the agency's mission to protect the region's unique qualities. The 19-member volunteer Cape Cod Commission board represents a wide spectrum of the community and provides oversight for a staff of 40 professionals. The Commission is responsible for regional planning, policy, and regulations to help manage growth, and the agency supports the Cape's 15 towns with cost-effective planning and technical services. For more information, visit: www.capecodcommission.org