

FOR IMMEDIATE RELEASE – **September 25, 2012**

INFORMATION FROM THE  
**CAPE COD COMMISSION**  
BARNSTABLE COUNTY



CAPE COD  
COMMISSION

**MEDIA CONTACT:**

Heather McElroy  
Natural Resources Specialist and Cape Cod Pathways Coordinator  
Cape Cod Commission  
Phone: 508-362-3828  
Email: [pathways@capecodcommission.org](mailto:pathways@capecodcommission.org)  
Web: [www.capecodcommission.org](http://www.capecodcommission.org)

---

## Cape Cod Pathways **WALKING WEEKEND 2012**

*Annual Fall Event Features Variety of Walks with Experienced Leaders  
Begins Friday October 5, Runs through Monday October 8*

BARNSTABLE COUNTY, MA – Walking Weekend, the popular, annual fall event of Barnstable County's Cape Cod Pathways project, is set to take place during the Columbus Day holiday weekend, October 5-8, 2012.

The event is organized by the Cape Cod Commission with support from Barnstable County's Department of Human Services "Mass in Motion" initiative sponsored by the Massachusetts Department of Public Health. The organizers and a team of volunteer walk leaders guide participants through conservation lands, historic areas, parks, woodlands, pond settings, beaches, and cranberry bog areas.

A complete schedule is available on the Cape Cod Commission's web site [www.capecodcommission.org/quicklinks/walkingweekend](http://www.capecodcommission.org/quicklinks/walkingweekend), which is supported by an interactive Google Maps page to help participants locate and learn about each planned walk and hike.

Commission Natural Resources Specialist Heather McElroy, one of the organizers of the event, encourages walkers of all ages and abilities to participate, but includes a caution about

– MORE –

preparedness for exposure to poison ivy, ticks, and excessive sun. "We want our walkers to enjoy themselves with no serious side effects, except the longing to do it again next year!" she says.

Pathways events follow a "leave no trace" hiking philosophy.

###

-----  
**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 35 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](http://www.capecodcommission.org)