

FOR IMMEDIATE RELEASE – **October 1, 2013**

INFORMATION FROM THE
CAPE COD COMMISSION
BARNSTABLE COUNTY



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Cape Cod Pathways **WALKING WEEKEND 2013**

*Annual Fall Event Features Variety of Walks with Experienced Leaders
Begins Friday October 11, Runs through Monday October 14*

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 11 – 14, 2013.

The event is organized by the Cape Cod Commission. Volunteer walk leaders guide participants through conservation lands, historic areas, salt marshes, woodlands, pond settings, beaches, and cranberry bog areas. Both short interpretive walks and longer hikes are featured, with opportunities to taste cranberries in Provincetown and oysters in Dennis.

A schedule is available on the Cape Cod Commission's web site 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 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.

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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 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