

FOR IMMEDIATE RELEASE – September 30, 2015

INFORMATION FROM THE
CAPE COD COMMISSION
BARNSTABLE COUNTY



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CAPE COD
COMMISSION

Cape Cod Pathways
Walking Weekend
October 9-12, 2015
Corrected as noted in RED

Interactive map available

For the past two decades, Columbus Day Weekend on Cape Cod means Walking Weekend. With 17 walks scheduled from Friday, Oct. 9 to Sunday, Oct. 12, there are opportunities to explore the Cape's woods, beaches and places in between on foot, all led by volunteer walk leaders.

All walks are offered free of charge and feature public and private conservation lands around the Cape. An interactive map with details about each walk is now live at capecodcommission.org/pathways.

Cape Cod Pathways was initiated in November 1993. Since then the project has garnered widespread support from the Barnstable County Assembly of Delegates, Cape Cod National Seashore, town officials, conservation organizations,

businesses, and other groups.

Barnstable County and the Cape Cod Commission have worked with citizens and organizations from across Cape Cod to create a Cape-wide network of walking trails known as Cape Cod Pathways. The vision is a network that extends from Provincetown to Falmouth and Bourne. Approximately one third of the Pathways east-west trail between Provincetown and the Upper Cape is now dedicated.

As you plan to enjoy Walking Weekend, please keep in mind the following tips:

- Walks are held rain or shine, unless indicated otherwise in the walk details. Severe weather will cancel a walk. Dress accordingly.
- For the comfort of all participants, please do not bring your dog on the walk.
- Read the walk description to understand the terrain and length of the walk; please assess your own skill level when selecting walks.
- Cape Cod is home to deer ticks and poison ivy! Take precautions to avoid exposure!
- Plan to bring sunscreen, hat, water, snack, and footwear, as appropriate.

For an up-to-date list, please log on to capecodcommission.org/pathways.

Friday, October 9

WOODS TO GREAT MARSH, BARNSTABLE

10 a.m. Moderate terrain, 4 miles, approximately 2 hours

DESCRIPTION: Old Jail Conservation area to the Great Marsh in Barnstable. Explore the varied ecosystems of the Cape as you walk on ancient roads through the woods to 6A and then to The Great Marsh Wildlife Sanctuary.

NOTE: Expect ticks and poison ivy. Heavy rain cancels. Contact Elissa Crowley at ejcrowley181@gmail.com for more information.

DIRECTIONS: Start and end at the Old Jail Lane parking area in Barnstable.

LITTLE CLIFF POND, BREWSTER

10 a.m. 1-2 hours, 2 miles

DESCRIPTION: Join us for a walk around one of the most loved Kettle Ponds on Cape Cod. The path is mostly a single track with ups and downs, over a few roots, with many peaks at the expanding colors of Fall foliage over the pond.

DIRECTIONS: Meet at the parking lot at the end of Flax Pond Road.

Enter the Park from 6A, go up Deer Park Road about 1/4 mile, take the left onto Flax Pond Road. Proceed to the end.

DISCOVER FORT HILL WALK, EASTHAM

2:30 p.m. 1 hour, up to 1 mile

DESCRIPTION: Explore Fort Hill's fascinating natural and human stories while enjoying stunning views.

DIRECTIONS: Meet at the lower parking lot at Fort Hill, 70 Fort Hill Road, Eastham.

Saturday, October 10

CORRECTED DATE

SANTUIT PRESERVE, MARSTONS MILLS

9:00 a.m. 3 miles. 1 hour

DESCRIPTION: Walk through this area of woods, bogs and ponds. A lovely 3-mile hike of mostly flat terrain with some tree roots. Approx. 1 hour.

NOTE: Land Acquisition and Preservation Committee Member Phyllis Miller is the leader. Contact her at PhyllisCotuit@aol.com for more information.

DIRECTIONS: Meet at the gate across from Lovells Pond on Santuit-Newtown Road.

SEASIDE STROLL, EASTHAM

10:30 a.m. 1 hour, up to 1 mile.

DESCRIPTION: Explore the ever-changing barrier beach during this walk along Coast Guard Beach in Eastham. Learn how these slender strips of sandy shoreline are a key to the Cape's past and a stunning vantage point from which to ponder its future.

DIRECTIONS: Meet at the Coast Guard Beach parking area at the end of Doane Road, Eastham.

EVER-CHANGING PAMET VALLEY, TRURO

9 a.m. 2 hours, 2 miles

DESCRIPTION: In a location named after a branch of the Wampanoag as well as a geological feature, a cranberry business, Life-Saving Station, and vacation resort have sprung up over time. Even roads have come and gone. Learn about the history of the Pamet area and how the ocean continues to shape it.

DIRECTIONS: 11 North Pamet Road. Take Truro Center/ Pamet Roads exit off Route 6 in Truro. Proceed 1½ miles on North Pamet Road to the end. Meet at the trailhead parking area below the youth hostel.

Sunday, October 11

DUNES TO THE OCEAN, PROVINCETOWN

9 a.m. 2 hours, 2 miles in loose sand

DESCRIPTION: Traverse a hilly path through the Province Lands dunes, on each ridge gaining spectacular views and edging closer to the ocean. Once at the beach we will look for seals and whales.

NOTE: Bring sturdy footwear such as hiking boots or sneakers, water, and binoculars.

DIRECTIONS: Meet at Province Lands Visitor Center, 171 Race Point Road, Provincetown.

BELL FARM –DEEP ECOLOGY, COTUIT

9 a.m. 1 mile

DESCRIPTION: A short, easy, leisurely 1-mile walk around the many micro-habitats of the Barnstable Land Trust's Bell Farm and Little River Sanctuary in Cotuit. Learn about the meadow restoration, the first cranberry bog in Cotuit, vernal pools for shy salamanders, the stream connecting Lovells Pond to the sea, the vanished turkey and horse farms, the 16-lot subdivision that was prevented, and the Monster Linden.

NOTE: Cotuit's own certified Cape Cod Guide Mark Robinson will lead.

DIRECTIONS: Park in the old section of Mosswood Cemetery (east side of Putnam Avenue)

NAUSET MARSH AND CEDAR BANK LINKS GOLF COURSE, EASTHAM

10:00 a.m. 2.75 miles, 2 hours

DESCRIPTION: Join Mark & Patti McGrath for a wonderful fall walk along Nauset Marsh from Fort Hill to the Seashore Visitors Center. The marsh should be in splendid fall colors. We will spend some time walking through and talking about the former Cedar Bank Links golf course. In the 1920s and '30s this was a world-class 18-hole golf course that was played by Bobby Jones and Francis Ouimet. It has a fascinating history.

DIRECTIONS: This is a one-way walk. We will meet at the Seashore Visitor Center parking lot on Route 6 in Eastham. We will carpool to the start at Fort Hill.

SANDY NECK, BARNSTABLE

2 p.m. 4 miles. Difficult walking through soft sand

DESCRIPTION: Hike east on the Marsh Trail to Trail 2, and hike back west along the front beach. Experience a variety of habitat including the salt marsh, primary and secondary dunes, swales and freshwater wetlands, and the intertidal along the front beach. At this time of year, we may have a chance to see rare migratory birds and diamondback terrapin hatchlings making their way towards the marsh. A fairly strenuous hike through soft sand.

NOTE: Good hiking boots and plenty of water are recommended. Leader is Sean Kortis (sean.kortis@gmail.com).

DIRECTIONS: Meet at the Sandy Neck Gatehouse.

DUNE VIEWS OVER EAST HARBOR, TRURO

3 p.m. 1½ hours, 1½ miles in loose sand. Moderate difficulty

DESCRIPTION: Climb atop a parabolic dune to gain 360° views of ocean, cranberry bogs, harbor, and Provincetown. Discover the story of how the harbor was turned into a "lake," then back into a harbor.

NOTE: Terrain includes steep hills and loose sand. Wear or bring sunscreen, bug spray, and water.

DIRECTIONS: Meet in the bike trail parking lot at the end of High Head Road, off Route 6, in Truro (stay left and continue on the dirt road).

Monday, October 12

WALKING BACK THROUGH TIME AT SOUTH CAPE BEACH, MASHPEE

9:00 a.m. Moderate pace - 2-3 miles, 1 1/2-2 hours; terrain includes sandy beach, road, boardwalk, and woodland trails.

DESCRIPTION: After a fierce storm in 2009, ancient stumps appeared in the water off South Cape Beach. We'll take a peek at the water's edge to see if we can see the remaining stumps and spend the rest of the hike "walking forward through time" to see what the submerged area resembled hundreds of years ago. We'll include bits of information that recent research has discovered as well as enjoy the autumn landscape of beach, dune, salt marsh, and coastal woodlands. Walk led by staff at Waquoit Bay National Estuarine Research Reserve.

NOTE: Heavy rain cancels. Call 508-457-0495 or check www.waquoitbayreserve.org for detailed directions and more information. Wear walking shoes

DIRECTIONS: Meet at the South Cape State Beach parking area. GPS address: 494 Great Oak Road, Mashpee, MA 02649.

OLD COLONY RAILROAD AND THE BIRTH OF THE COMMERCIAL CRANBERRY INDUSTRY IN AMERICA, HARWICH

9:00 to 10:30 a.m. Easy, level, 3.5-mile walk

DESCRIPTION: Sponsored by Harwich Conservation Trust, join naturalist Todd Kelley for a walk along the Cape Cod Rail Trail from Pleasant Lake to Cahoon's Canal and learn about the birth of the commercial cranberry industry in America.

Along the way, learn how the Old Colony Railroad played an important role in the development of this local industry. **NOTE:** Please register in advance by emailing hctevents@gmail.com.

DIRECTIONS: Meet at the bike trail parking lot off Headwaters Drive in Harwich.

CROCKER NECK, COTUIT

9:30 a.m.

DESCRIPTION: Join Professor Gil Newton, ecologist and author, on an interpretive walk through the diverse ecosystems of the 97-acre Town owned Conservation Area. Learn about salt marsh ecosystems and the flora & fauna that thrive here.

DIRECTIONS: Santuit Road. Park at the 2nd gate.

SCAVENGER HUNT: THE AMAZING RACE, PROVINCETOWN

10 a.m. 1 to 1½ hours, 2 miles. Free program, parking fee may be required

DESCRIPTION: Discover Provincetown's history one clue at a time. As you race against time to win the grand prize, experience the town's unique treasures and best kept secrets. Wear comfortable shoes.

NOTE: This walk is by **RESERVATION ONLY**. Call Province Lands Visitor Center, **508-487-1256** to register.

DIRECTIONS: Meet at the Provincetown Town Green, Bas Relief Park on Bradford Street, across from the town hall. Use public parking in town.

BARNSTABLE VILLAGE CLASSIC, BARNSTABLE

1 pm. Approx. 3 miles total

DESCRIPTION: Come and enjoy a walk through and around Barnstable Village. Will hike sections of the Cape Cod Pathways trail system as well as stroll along the roads of this historic neighborhood.

NOTE: Sturdy shoes and long pants preferred. Water. Leader, Farley Lewis farlewis@comcast.net

DIRECTIONS: Parking Area behind Barnstable Fire Station, off Route 6A in Barnstable Village.

ENCHANTING DUNES AND WILD CRANBERRY BOGS, PROVINCETOWN

3 p.m. 1.5 hours, 1 mile in loose sand.

DESCRIPTION: Explore the magical fall light of the dune landscape and wild cranberry bogs at harvest time.

NOTE: Wear shoes appropriate for walking in soft sand and bring water, and bring a bag or container to collect cranberries.

DIRECTIONS: Check in at the desk inside the Province Lands Visitor Center, 171 Race Point Road, Provincetown.

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ABOUT THE CAPE COD COMMISSION:

Cape Cod Commission is the regional land use planning, economic development, and regulatory agency for Barnstable County, Massachusetts. It was created in 1990 to serve the citizens and 15 towns that comprise 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. For more information, visit: <http://www.capecodcommission.org>.