

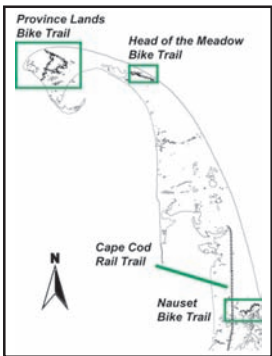
# Cape Cod

National Park Service  
U.S. Department of the Interior



Cape Cod National Seashore

## Bike trails, safety tips, and guidelines



- ❖ **BIKE SAFETY STARTS WITH HELMETS.** All riders, regardless of age, are urged to wear protective headgear. Massachusetts state law requires children 16 and younger to wear protective helmets when operating or riding as a passenger on a bicycle.
- ❖ Check your brakes, gears, and steering before entering a trail, especially if you have an unfamiliar bike.
- ❖ Ride single file and stay to the right. All trails have two-way traffic and heavy traffic times.
- ❖ **DON'T SPEED.** ❖ Use front and rear brakes together.
- ❖ Be alert for the unexpected, especially pedestrians, rollerbladers, hikers, dogs, and windblown sand.
- ❖ Steep hills, sharp turns, and low tunnels exist. ❖ Low areas may flood.
- ❖ Loose sand and other debris may cover trails creating periodic hazardous conditions.
- ❖ Riders are requested to walk bikes through tunnels.
- ❖ Private property exists within the seashore. Please respect owners' rights.

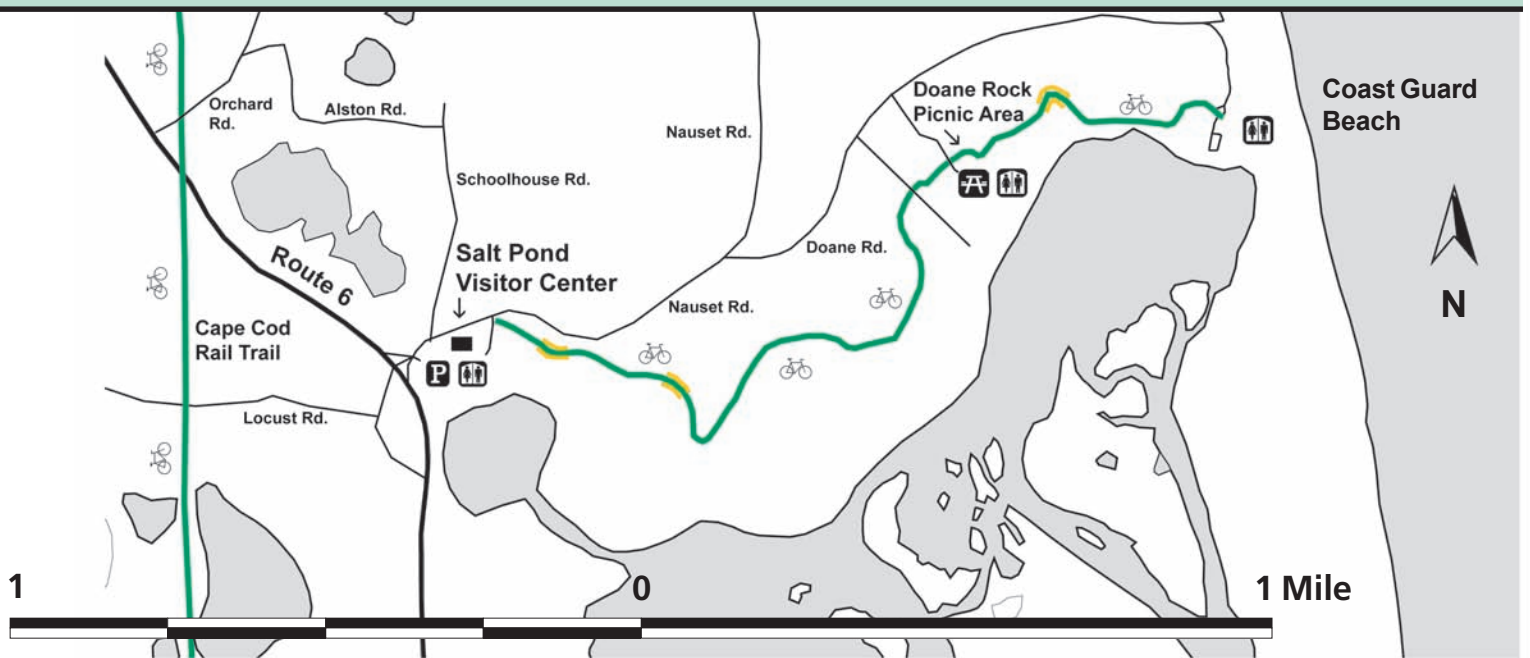
*Bike and Ride. Put your bike on the bus, and ride the seashore bike trails, and the Cape Cod Rail trail. Unless otherwise indicated, public bus service, with bike racks, is available year round at the parking areas designated with a **P**.*

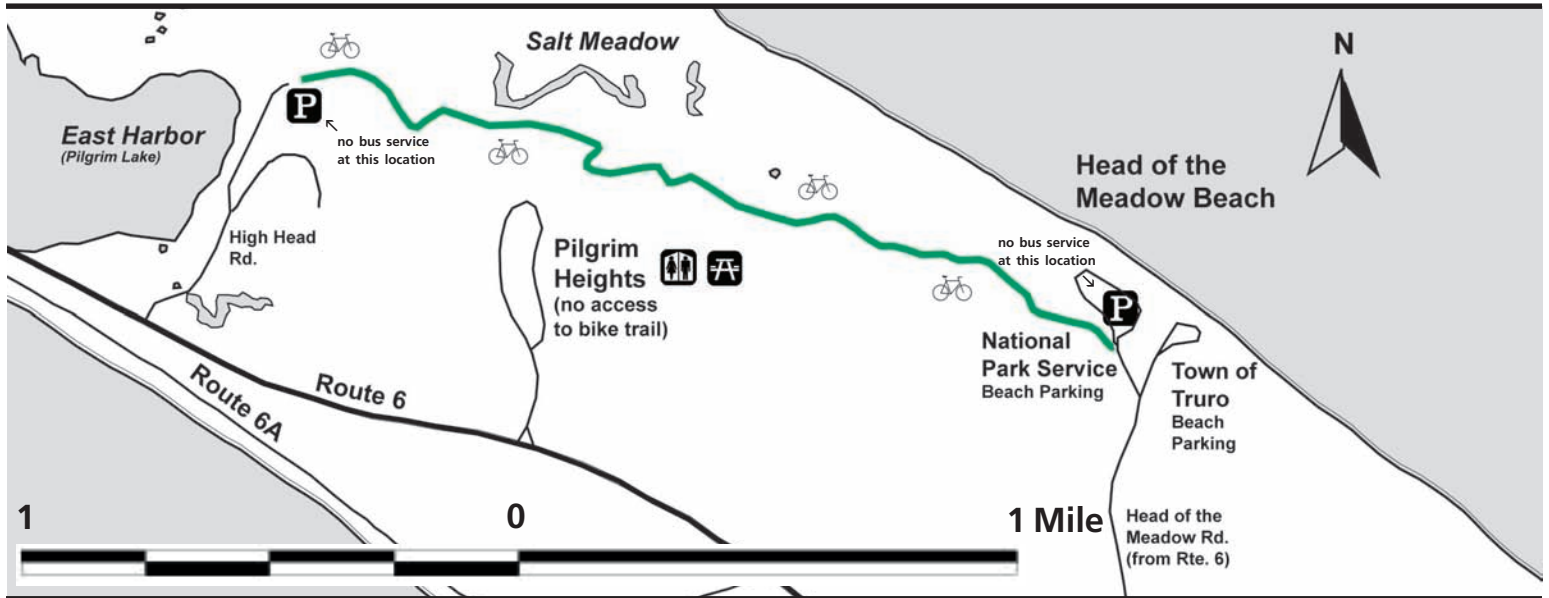
**Legend:** Bike Trail Areas of caution Use extreme caution! Parking **P** Restrooms (seasonal) Picnic area

### Nauset Trail

Distance: 1.6 miles

Access points: Salt Pond Visitor Center parking area, Eastham  
Doane Rock picnic area, Eastham





### Head of the Meadow Trail

Distance: 2 miles  
(legend on reverse side)

Access points: High Head Road, Truro  
Head of the Meadow Beach parking area, Truro (beach fees may apply)

**CAUTION:**

- ! Speed limit is 10 mph.
- ! Yield to pedestrians and horses.
- ! Ride single file.
- ! Stay to the RIGHT, except when passing.
- ! Helmets required for ages 16 and under, STRONGLY urged for all.
- ! Walk bikes through tunnels.

**WARNING:**

This bicycle trail contains steep hills, sharp curves, low tunnels, and may have windblown sand, among other hazards. Some areas may be seasonally submerged. Numerous accidents and serious injuries have occurred due to excessive speed, failure to pay attention, and lack of adult supervision.

**AREAS OF CAUTION!**  
Watch for these signs.



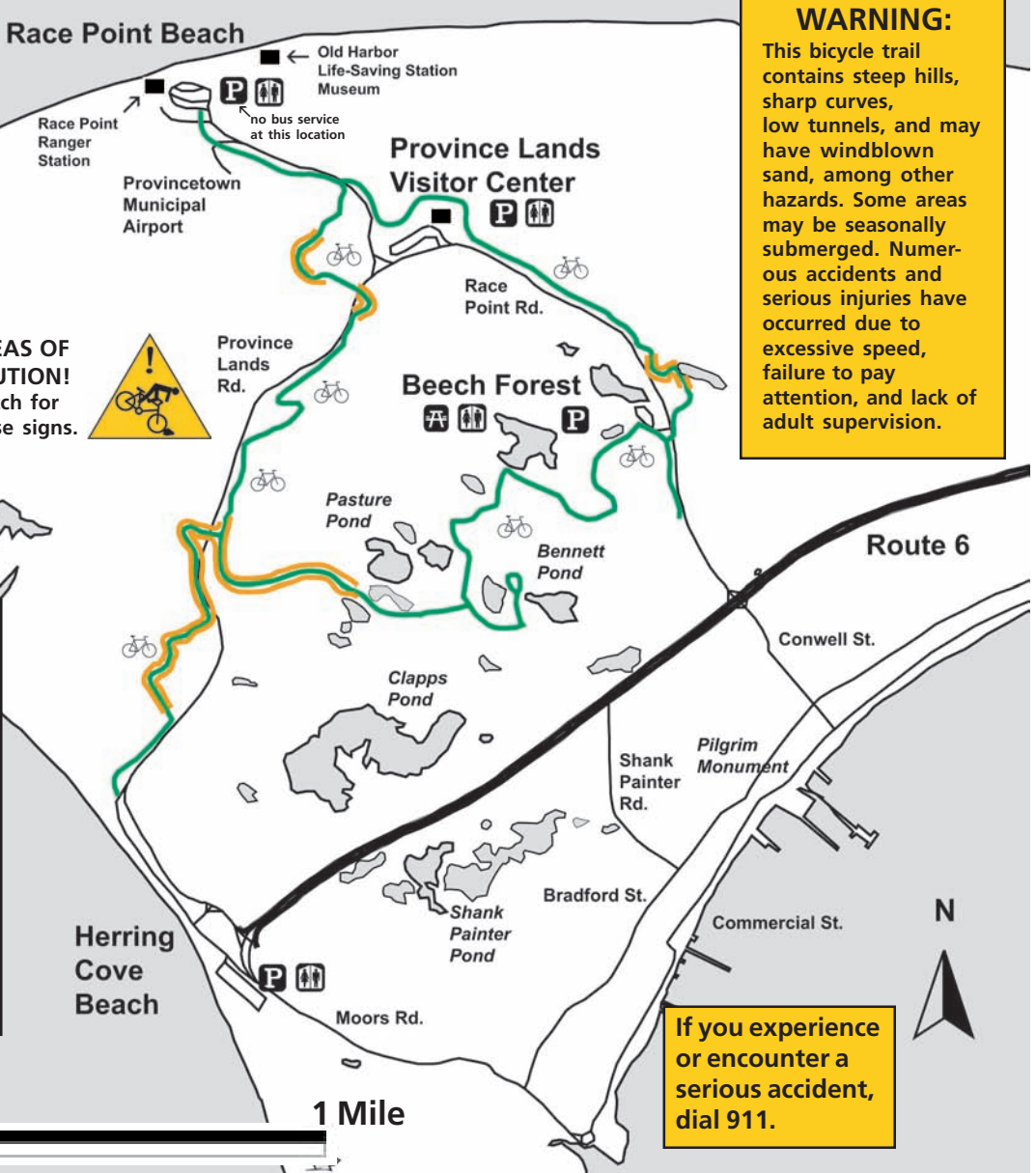
**Province Lands Trail**

Distance in miles:

Loop trail	5.45
Herring Cove Beach spur	1.10
Race Point Beach spur	.50
Bennett Pond spur	.25

Access points:  
 Beech Forest parking area  
 Province Lands Visitor Center  
 Race Point Beach parking area\*  
 Herring Cove Beach parking area\*  
 \* beach fees may apply

(legend on reverse side)



**If you experience or encounter a serious accident, dial 911.**