

Beach Activities and Fees

CAPE COD NATIONAL SEASHORE MANAGES A TOTAL OF SIX OCEAN BEACHES IN the following towns: Eastham (Coast Guard and Nauset Light beaches), Wellfleet (Marconi Beach), Truro (Head of the Meadow Beach) and Provincetown (Race Point and Herring Cove beaches).

All seashore beaches include the following facilities and services: showers, paved parking, rest rooms, changing rooms, drinking water, water quality testing, and lifeguards (late June through Labor Day). Two beaches, Coast Guard in Eastham and Herring Cove in Provincetown, are handicapped accessible and have wheelchairs capable of traveling over sand.



Entrance fees are charged:

Daily Vehicle	\$15.00
Cape Cod National Seashore Season Pass	\$45.00
<i>America The Beautiful - The Interagency Pass</i>	
accepted at DOI & USFS areas:	
Annual Pass	\$80.00
Senior Pass (allows entry for those age 62 or older)	\$10.00
Access Pass (allows entry for those legally blind or permanently disabled)	FREE

Fees are collected daily from late June through Labor Day at all six seashore beaches, and on weekends and holidays from Memorial Day to late June, and after Labor Day through Columbus Day at Herring Cove, Race Point, Nauset Light and Coast Guard beaches.

BEACH PARKING LOT INFORMATION AND TRENDS:

Coast Guard Beach/Little Creek Shuttle, Eastham: Parking area occasionally fills between 11 AM and 1 PM with moderate turnover. Beach access via Little Creek Shuttle and parking area, a half mile away. *Drop off and pick up of passengers and belongings at the beach is PROHIBITED.* Limited handicapped parking (state issued plate or placard required) at the Coast Guard Station parking area.

Nauset Light Beach, Eastham: Parking area fills by 10 AM. daily during the summer with minimal turnover. *Drop off and pick up of passengers and belongings along Cable Road and Ocean View Drive is PROHIBITED.*

Marconi Beach, Wellfleet: Parking area occasionally fills with moderate turnover.

Head of the Meadow, Truro: Parking area rarely fills.

Race Point, Provincetown: Parking area rarely fills during June and July. When the parking area does fill, it is usually one to two hours after Herring Cove fills.

Herring Cove, Provincetown: Parking area occasionally fills between 10 AM, and noon most days throughout the summer. Moderate turnover after 1 PM. Access to Herring Cove Beach is also available on the Provincetown-Truro shuttle. Seasonal snack bar.

OVERSAND PERMITS

PERMITS FOR DRIVING ON SEASHORE OVERSAND ROUTES ARE REQUIRED AND AVAILABLE FOR PURCHASE AT RACE POINT IN Provincetown. Bird nesting activity may force some route closures during the spring and summer. Call 508-487-2100, ext. 0927 for general information. Call 508-487-2100, ext 0926 for route closure information. Check the park's website at www.nps.gov/caco for the latest ORV route map showing closures.

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GENERAL REGULATIONS:

- Do not disturb natural or cultural features; all are protected by federal law.
- Glass containers, flotation devices (rafts, rubber-tubes), snorkels, and masks are prohibited on any lifeguarded beaches.
- Pets must be leashed and under control at all times. Leashes may not exceed six feet. Pets are not permitted in public buildings, picnic areas, on lifeguarded beaches, self-guiding trails, or on locations posted as shorebird nesting areas.
- Public nudity is prohibited.
- A license is required for saltwater and freshwater fishing.
- Town licenses for shellfishing are required. Regulations and fees vary by town.
- Surfing and windsurfing are permitted in waters outside lifeguarded beaches.
- Permits are required for all beach fires. They may be obtained on a first come, first serve basis at Salt Pond and Province Lands Visitor Centers. Do not bury coals.
- Sand collapses easily. Climbing slopes or digging deep holes above knee level is hazardous and prohibited.

BE SAFE! OBSERVE THE FOLLOWING SUGGESTIONS:

- ◆ Rip currents and undertow are common, dangerous conditions along ocean beaches. Stay safe by swimming in lifeguarded areas.
- ◆ Use sunscreen to avoid sunburn. Use a waterproof sunscreen if you intend to go swimming.
- ◆ Take precautions to avoid contact with insects. Deer ticks may carry lyme disease. Mosquitoes may carry encephalitis or the West Nile virus. Stay on trails, out of tall grasses, and inspect clothes and skin. Use repellent and wear proper clothing.
- ◆ Poison ivy is prolific in many locations. The rash it produces can cause severe discomfort. "Leaves of three, let it be."
- ◆ In summer be alert for heavy traffic, bicycles, and pedestrians on narrow roads.
- ◆ EMERGENCIES: Contact a ranger, a lifeguard, or CALL 911.