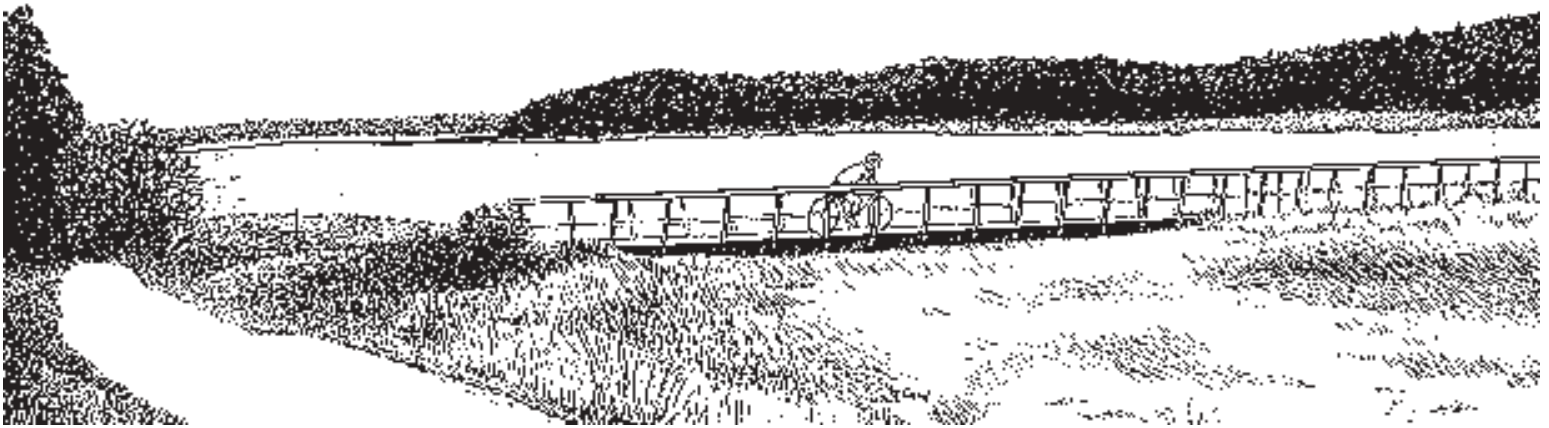




## Bike trails, safety tips and guidelines



MASSACHUSETTS STATE LAW REQUIRES CHILDREN 16 AND YOUNGER TO WEAR PROTECTIVE HELMETS WHEN operating or riding as a passenger on a bicycle. It is advisable that all riders, regardless of age, wear protective headgear.

IF YOU HAVE AN UNFAMILIAR BIKE, CHECK YOUR BRAKES, GEARS AND STEERING BEFORE ENTERING A TRAIL. RIDE SINGLE FILE AND STAY TO THE RIGHT. ALL TRAILS HAVE TWO- WAY TRAFFIC AND HEAVY TRAFFIC TIMES. USE FRONT AND REAR BRAKES TOGETHER.

DON'T SPEED.

BE ALERT FOR THE UNEXPECTED, ESPECIALLY PEDESTRIANS. (ROLLERBLADERS, HIKERS, DOGS, WINDBLOWN SAND). STEEP HILLS, SHARP TURNS, AND LOW TUNNELS EXIST. LOW AREAS MAY FLOOD; LOOSE SAND MAY COVER TRAILS. PRIVATE PROPERTY EXISTS WITHIN THE SEASHORE. PLEASE RESPECT OWNERS' RIGHTS.

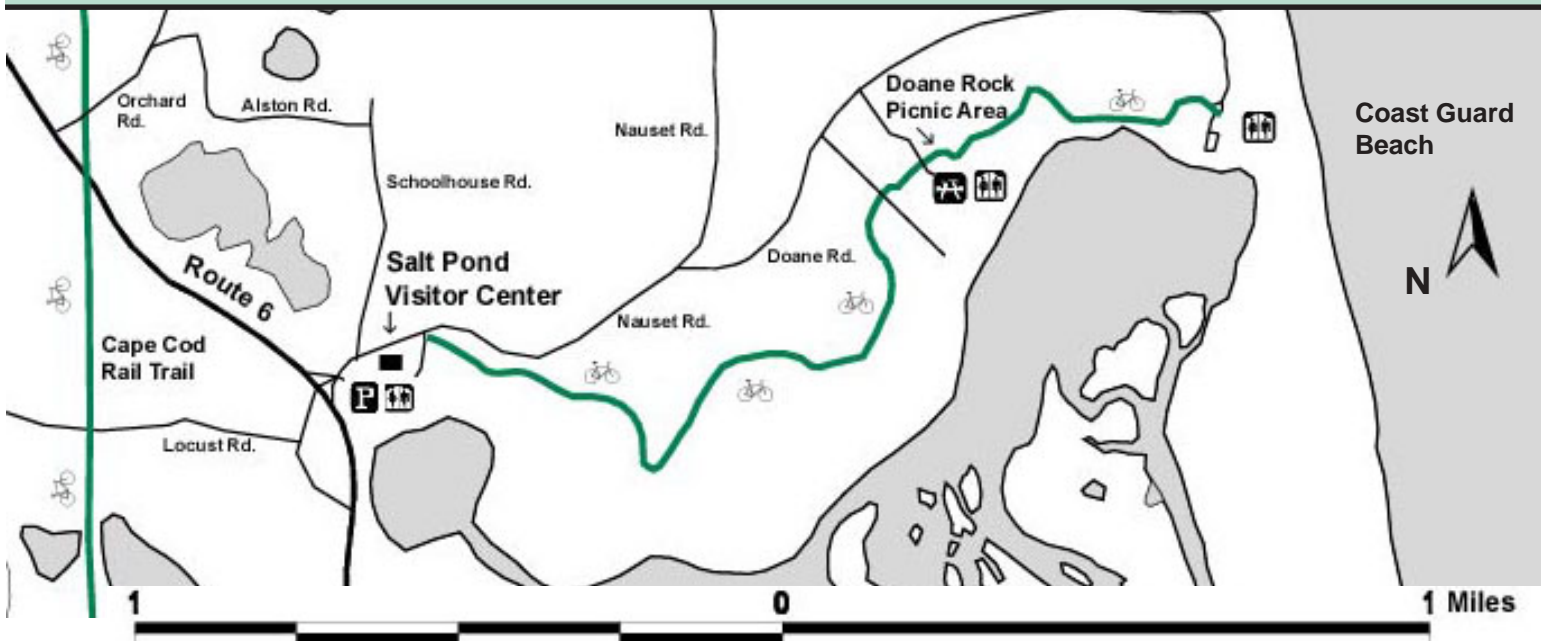
**Legend:** Bike Trail Parking Restrooms Picnic area (seasonal)

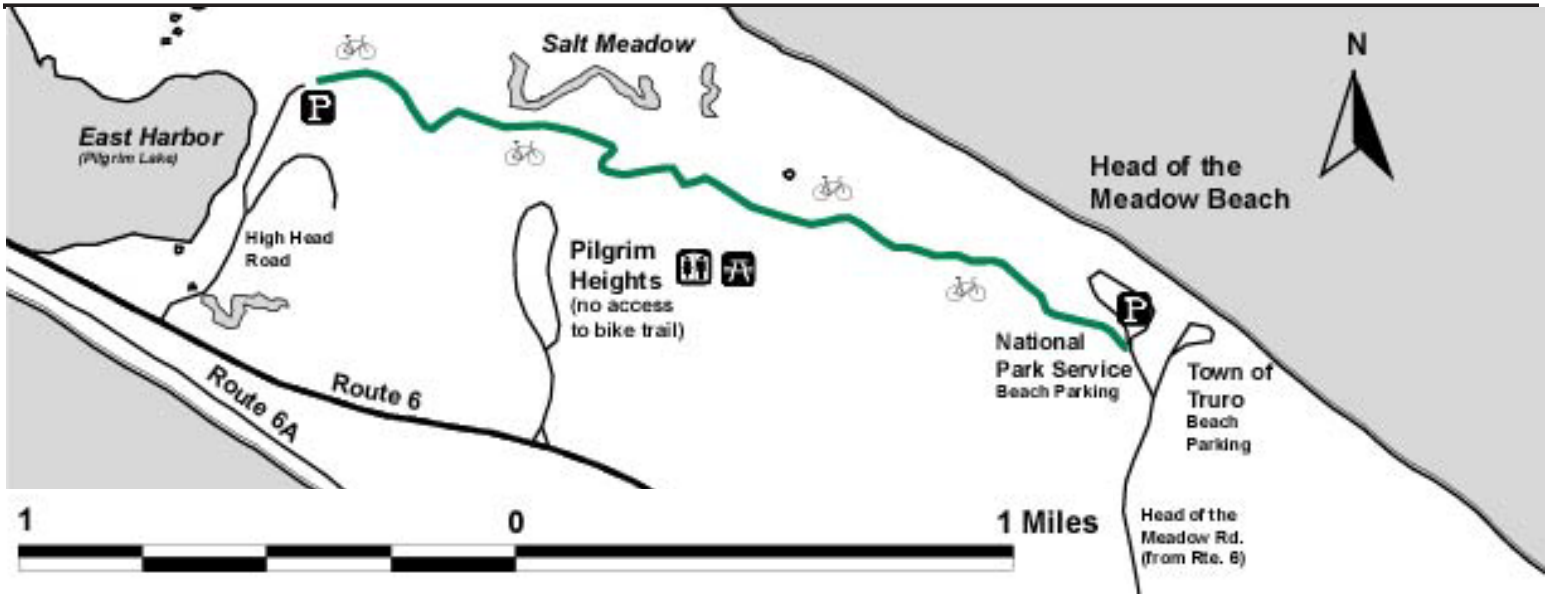
### ***Nauset Trail***

Distance: 1.6 miles

### ***Access points:***

Salt Pond Visitor Center parking area, Eastham  
Doane Rock picnic area, Eastham





**Head of the Meadow Trail**

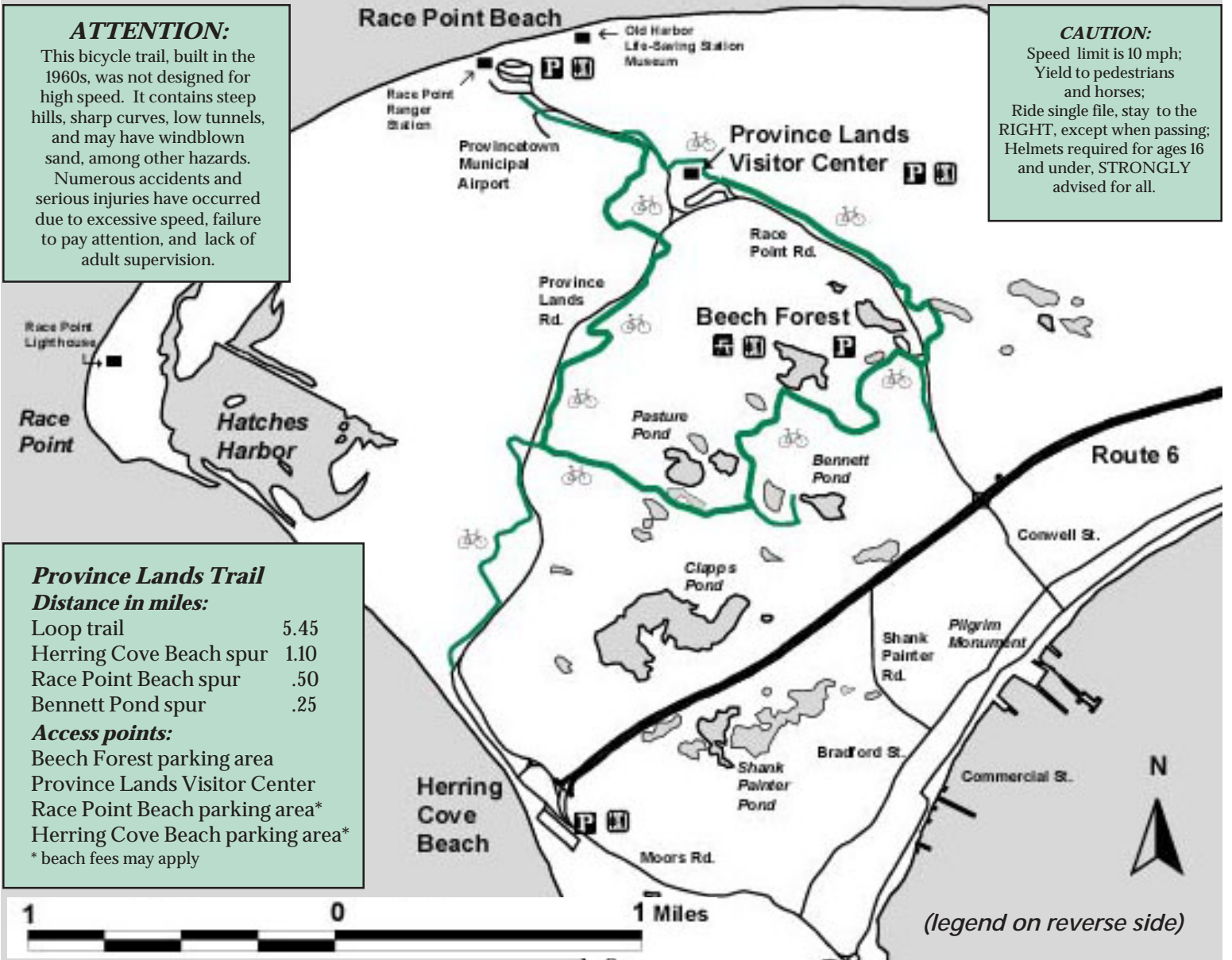
Distance: 2 miles

**Access points:**

High Head Road, Truro

Head of the Meadow Beach parking area (beach fees may apply)

(legend on reverse side)



**ATTENTION:**

This bicycle trail, built in the 1960s, was not designed for high speed. It contains steep hills, sharp curves, low tunnels, and may have windblown sand, among other hazards. Numerous accidents and serious injuries have occurred due to excessive speed, failure to pay attention, and lack of adult supervision.

**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 advised for all.

**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)