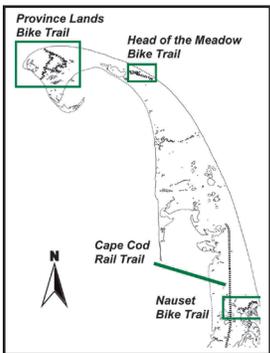




Bike trails, safety tips, and guidelines



- **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, tires, gears, and steering before entering a trail, especially if you have an unfamiliar bike. Use front and rear brakes together.
 - **DON'T SPEED.** Ride single file and stay to the right. All trails allow for two-way traffic. Traffic can be heavy at times. 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 hazardous conditions.
 - Riders are encouraged to walk bikes through tunnels.
 - Private property exists within the seashore. Please respect owners' rights.
- The use of a bicycle is prohibited except on park roads, in parking areas, and on the following routes designated for bicycle use: • Nauset Bike Trail • Park Fire Roads • Head of the Meadow Bike Trail
- Province Lands Bike Trail • Cape Cod Rail Trail
 - The use of bicycles (including e-bikes and Fat Bikes) on beaches or dune areas is prohibited. Bicyclists must obey traffic laws.

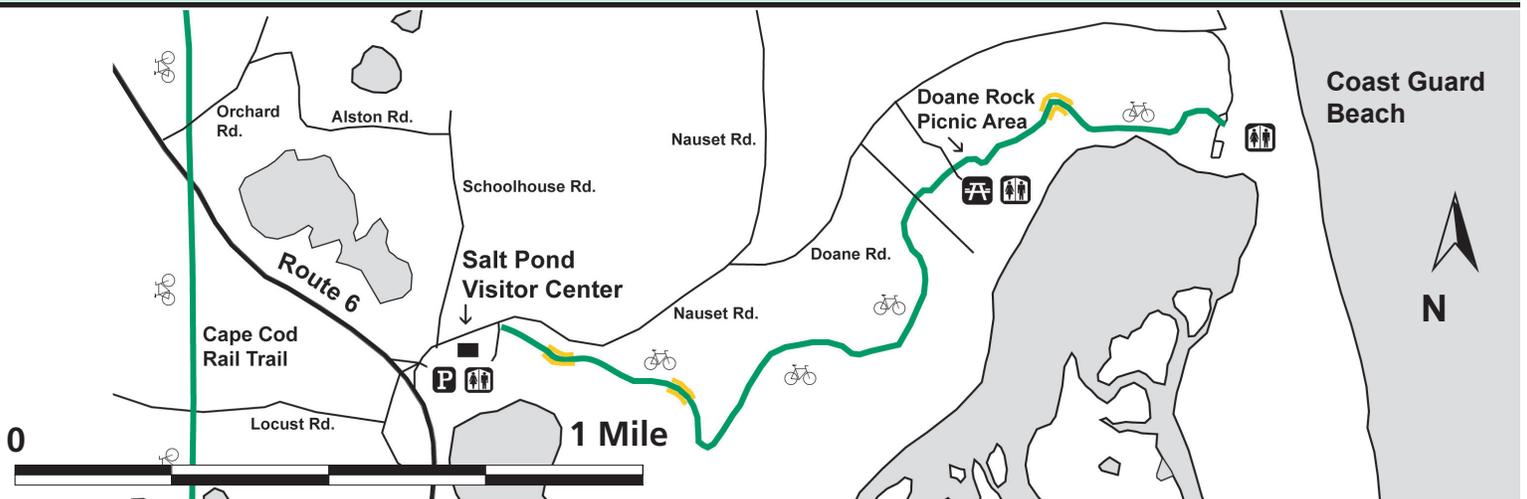
*Bike and Ride. Put your bike on the bus, and ride the seashore bike trails, and the Cape Cod Rail trail. Unless otherwise indicated, public bus service, with bike racks, is available year round at the parking areas designated with a **P**.*

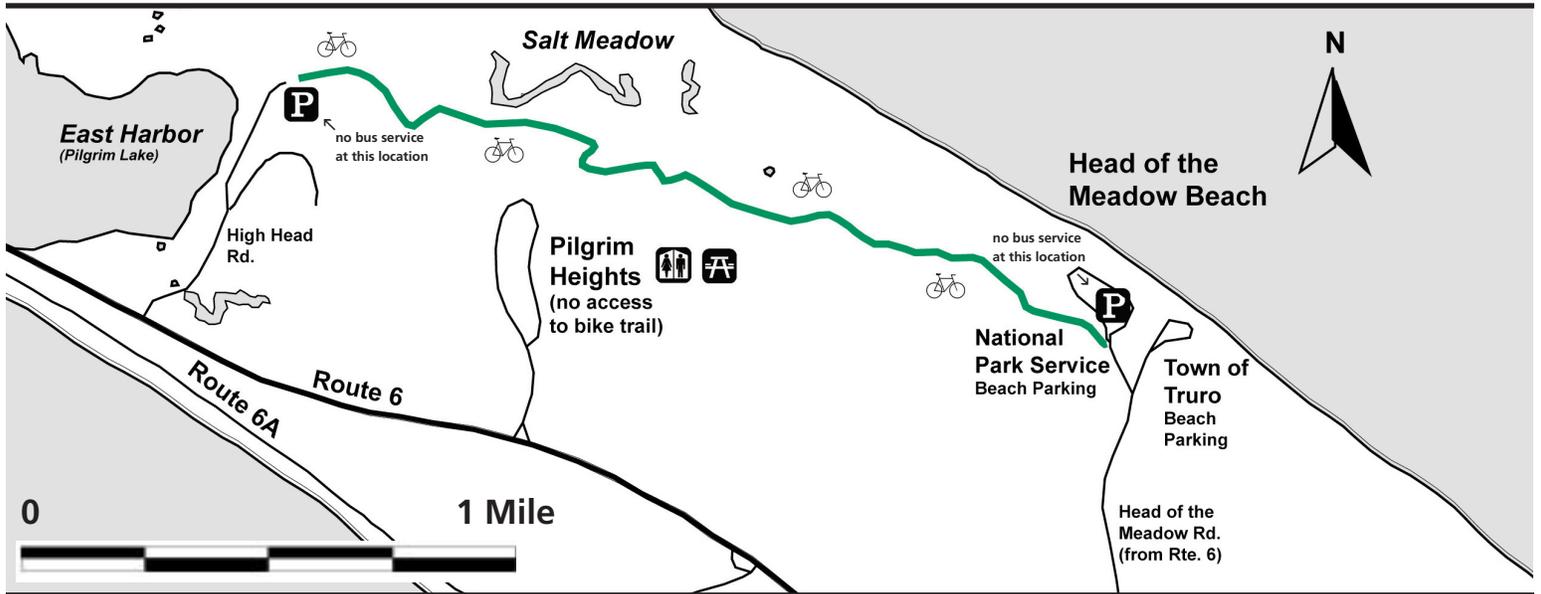
Legend: Bike Trail Areas of caution Use extreme caution! Parking **P** Restrooms (seasonal) Picnic area

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

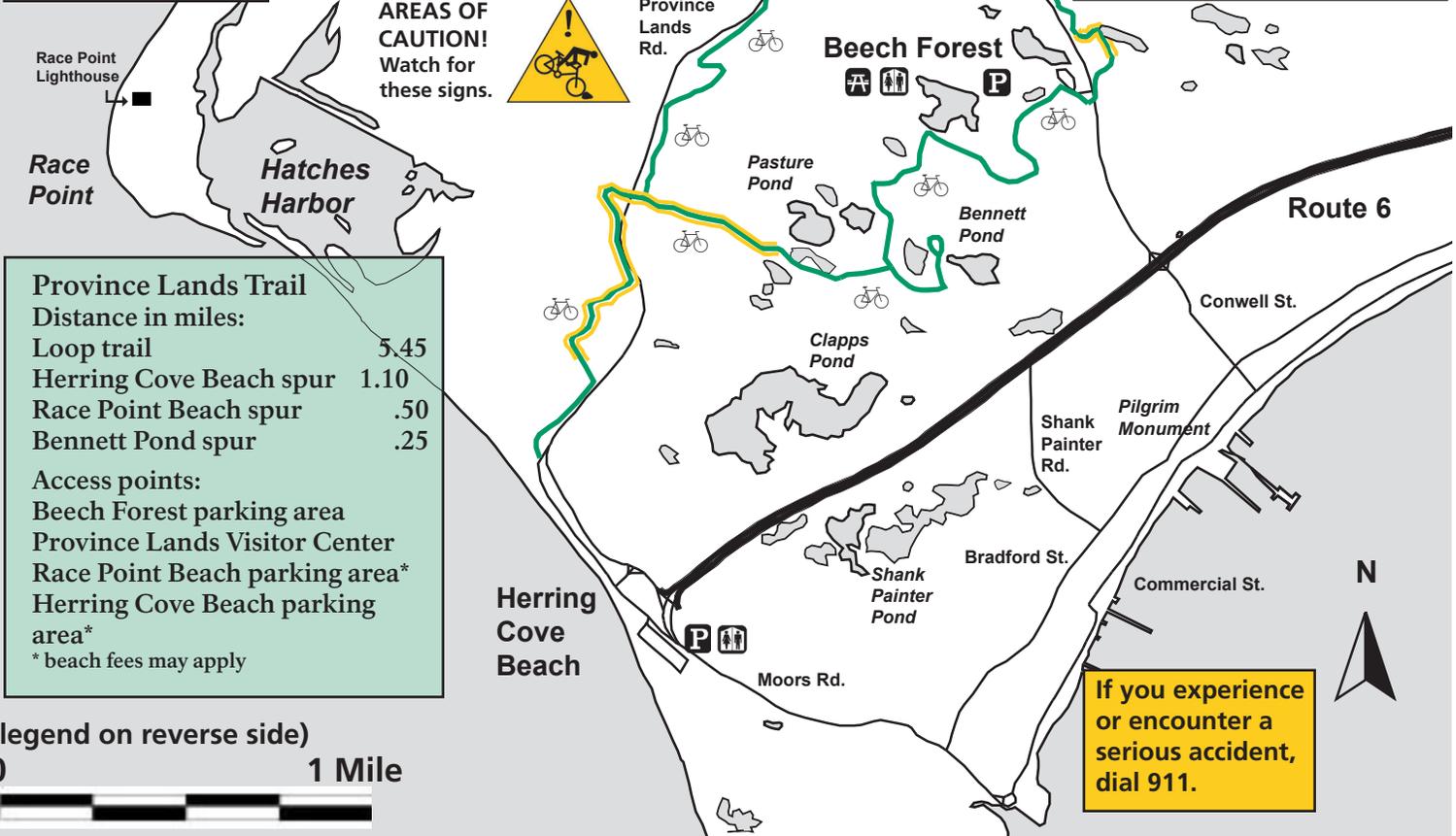
Head of the Meadow Beach parking area, Truro (beach fees may apply)

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.



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

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