

Cape Cod Biking Trails

<http://www.capecodbikeguide.com/trails.asp>

Cape Cod Rail Trail

The 26-mile paved trail begins in South Dennis and follows an old railroad bed to Wellfleet.

Cape Cod Canal Bike Hike

The flat paved service roads on each side of the Cape Cod Canal are each 7 miles long, with views of the canal and the canal bridges. Ten minutes away from Onset. Bike rental close by in Buzzards Bay.

Nickerson State Park

This popular Brewster state park has an extensive network of bicycle trails, with many steep hills and winding paths.

Cape Cod National Seashore

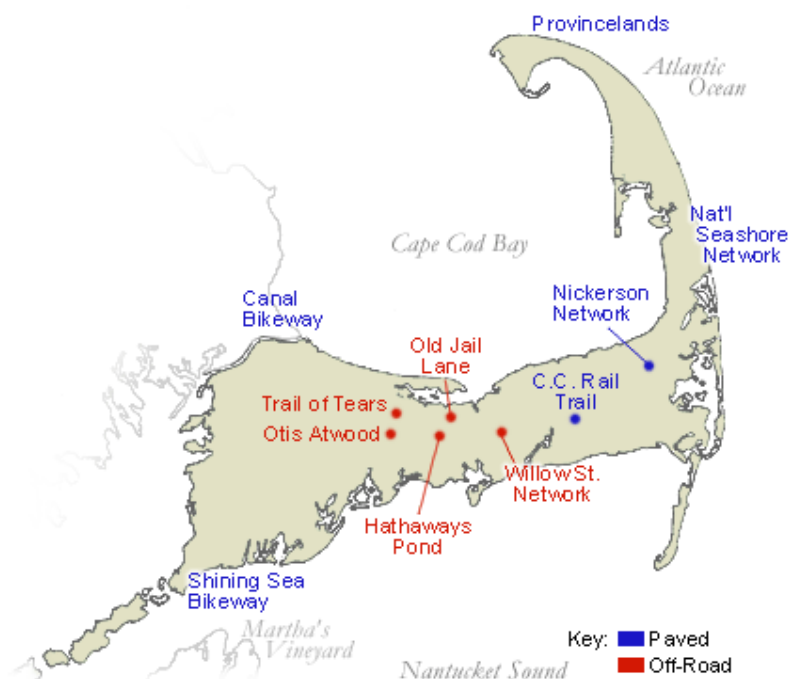
The federally designated Seashore, a vast swath of land on the Outer Cape, has three main paved bike trails, including one at the Head of the Meadow Beach in Truro and the 5.45-mile Province Lands Trail in Provincetown.

Town of Barnstable Trails

Barnstable, the Cape's largest town and located in the Mid-Cape area, has a good number of different conservation trails available. We profile them below for you.

Shining Sea Bike Path

This path in Falmouth is an easy flat ride that goes from tidal marsh, then right along the beach for quite a bit, down to Woods Hole. Bike rental nearby in Falmouth at start of trail. Quick thirty minute drive from Onset



Cape Cod Rail Trail



Biking on the Cape Cod Rail Trail

Dennis/Wellfleet 508 896-3491

The Cape Cod Rail Trail follows a former railroad right-of-way for 22 miles through the towns of Dennis, Harwich, Brewster, Orleans, Eastham and Wellfleet. Its paved surface, few hills, and well-marked automobile crossings make it ideal for cyclists. The trail has a wide unpaved shoulder on one side to accommodate horseback riding, walkers, and runners.

There are many opportunities to get off the trail and visit a beach. Food and water are also readily available and public restrooms can be found at Nickerson State Park, Salt Pond Visitors Center at Cape Cod National Seashore and the National Seashore Headquarters. If you do not have a bike, bike rentals are available at many points along the way. For people with disabilities, a limited number of hand-cycles are available for rent at specific bike concessions. For more information call Nickerson State Park at 508-896-3491.

History

Before the first railroad tracks were laid, the Cape was a relatively isolated area, accessible only by packet boat or stagecoach. By 1848, the Old Colony Railroad Company

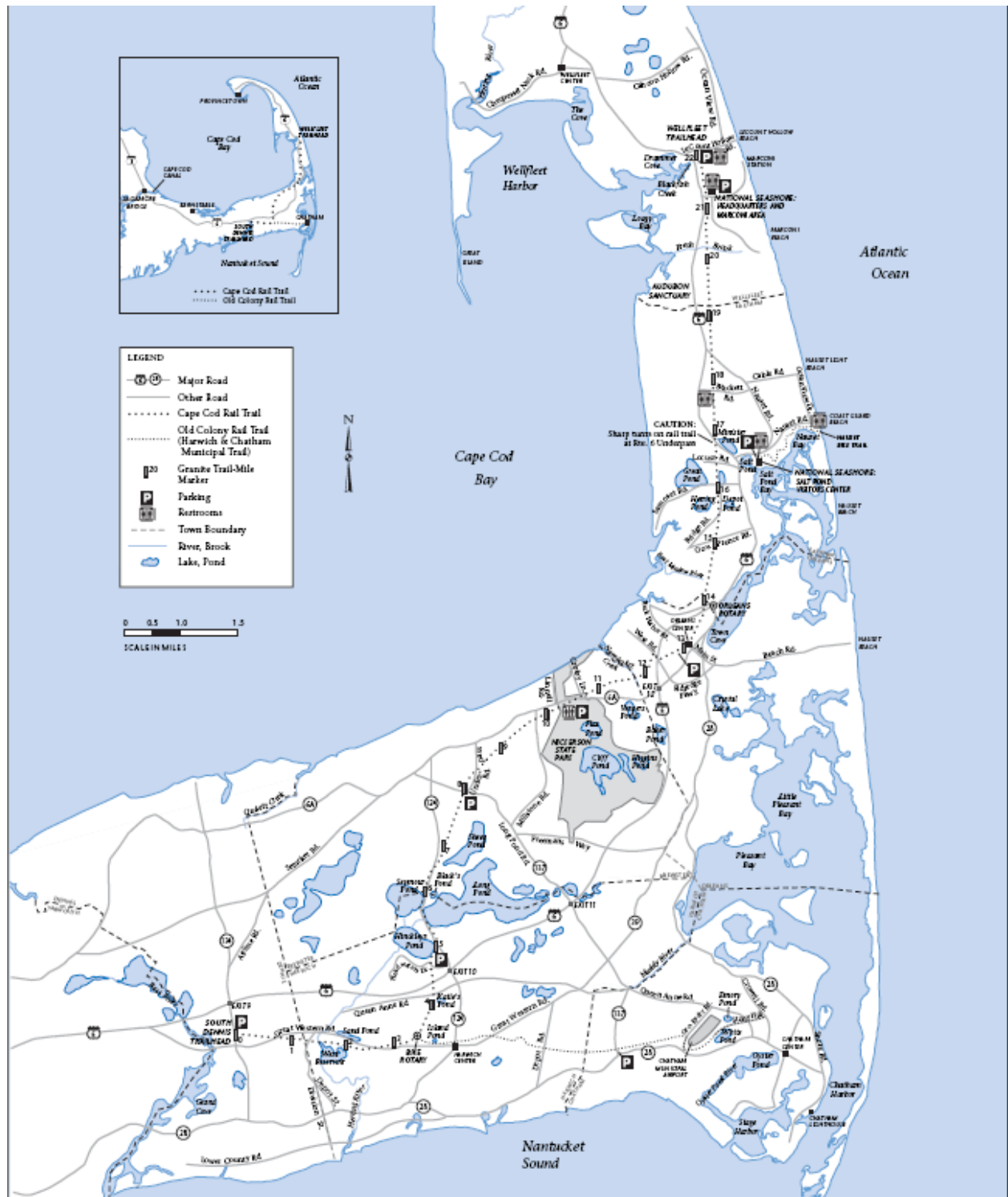
laid tracks that connected Boston and Sandwich. Railroad track extensions continued and by 1873, Old Colony had linked Boston with Cape Cod's outermost point of Provincetown, offering a miraculously short, five-hour journey. As the Cape's popularity as a summer resort increased, the railroad was heavily used to transport visitors from New York and Connecticut, as well as other parts of Massachusetts. With the growing number of visitors came train-loads of food and other provisions needed to meet their needs. But the railroad's importance was soon surpassed by the automobile. Bridges to carry cars over Cape Cod Canal were opened in 1935, and in 1937 passenger service to the towns east of Dennis ended. Trains continued to haul freight until the mid-1960's, but then the tracks were torn up and the station-houses were razed or vandalized. If you look carefully as you ride along the trail, you can still see occasional relics of the Cape's rail days.

Park Directions

The Cape Cod Rail Trail is located in the mid-Cape area, in southeastern Massachusetts.

Free parking for trail users is available at:

- The trailhead at Route 134 in South Dennis
- Headwaters Drive in Harwich
- Route 137 in Brewster
- Nickerson State Park in Brewster
- Orleans Center
- Cape Cod National Seashore at the Salt Pond Visitors Center in Eastham, one-half mile from the Locust Road intersection with the trail
- National Seashore at Marconi Area
- The trailhead at LeCount Hollow Road in South Wellfleet



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Cape Cod Canal Bike Hike

The U.S. Army Corps of Engineers welcomes you to the Cape Cod Canal. You're invited to exercise your body and mind as you journey along the waterway. Discover the Canal's unique history and features while you bike, skate, or walk along the service roads on either side.

Take this guide with you to explore the various points of interest along your way. Whether you're on the North (mainland) side or the South (Cape) side, traveling East towards Cape Cod Bay or West towards Buzzards Bay, biking all or part of the service road, this guide will serve as an informative companion.

Where do I stop?

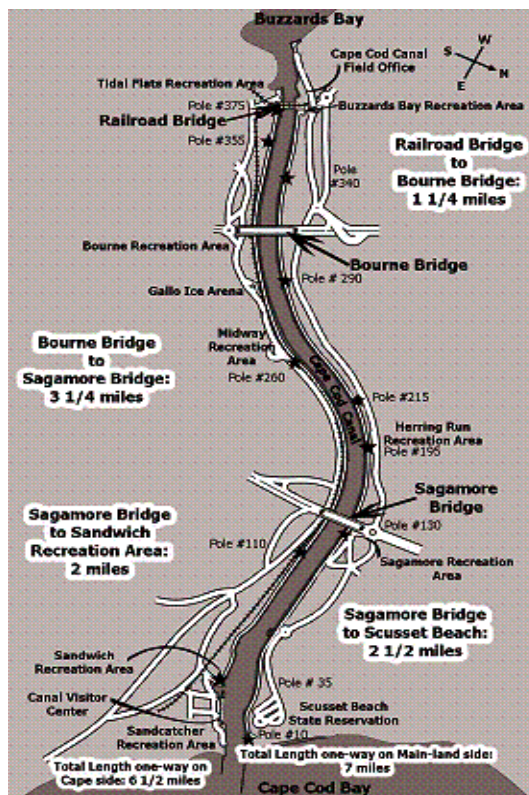
Look for pole numbers. These are numbers that are posted on the navigational lighting poles that run the entire length of the service roads. The numbers start on the east end near Cape Cod Bay and increase as you head west towards Buzzards Bay. This guide may be used no matter where you start, just match up the points of interest with the pole numbers.

- Numbered poles are about 500 feet apart

Safety First!

In order to ensure the safety of yourself and other visitors when bicycling or in-line skating along the Canal's service roads there a few things to keep in mind:

- Always wear the recommended safety equipment, and be sure it fits properly
- Go slow
- Stay to the right side of the road
- When passing slower moving traffic, make sure to announce that you are about to pass on the left side
- Winds on the Canal can be strong at times. Be careful not to tire yourself out
- Drink plenty of water, and rest often
- When stopping, move to side of the road
- Be safe, respect others, and have fun!



Points of Interest



Pole #10: Scusset Beach Breakwater

In May of 1909, The Boston, Cape Cod & New York Canal Company, owned by August Belmont,

with Chief Engineer William Parsons, began work on the Cape Cod Canal. Large boulders were placed at the east end of the Canal to help control sediment build up across the Canal's eastern entrance.

This marked the first phase of the Canal's creation. The first one-ton chunk of granite

brought in from Maine, was placed in forty feet of water on June 19, 1909.

The final length of the breakwater is 3,000 feet, and it weighs about 325,000 tons.

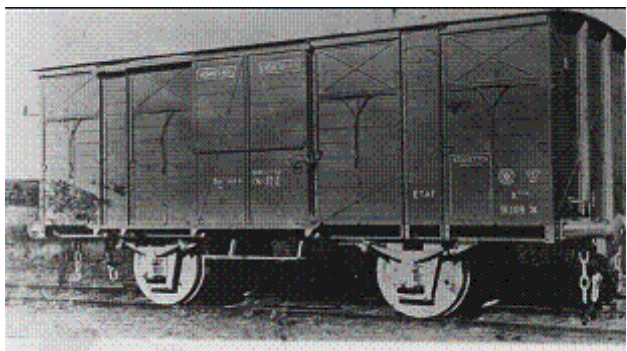


Pole #35 East Mooring and East Boat Basin :

In stormy or foggy weather, ships that need to wait for improving weather conditions will use the wooden pilings called dolphins at the mooring basin. The East Boat Basin or what is now known as Sandwich Marina, provides a variety of services for both commercial and recreational boaters.

The facilities at Sandwich Marina include a boat ramp, a fuel dock, and boat slips for commercial and recreational vessels. It is also the home for one of the most lucrative commercial fishing fleets on the east coast.

To the west of the marina is the Canal Electric Plant. The privately owned and operated power plant generates most of its electricity by burning crude oil. It is also capable of burning natural gas from pipes that run under the Canal. It is not uncommon to see a large tanker docked at the plant unloading oil. Power generated by the plant is used by many homes and businesses around Massachusetts.



Pole #110: Old Sagamore Bridge Abutment and Keith Car Works Co.

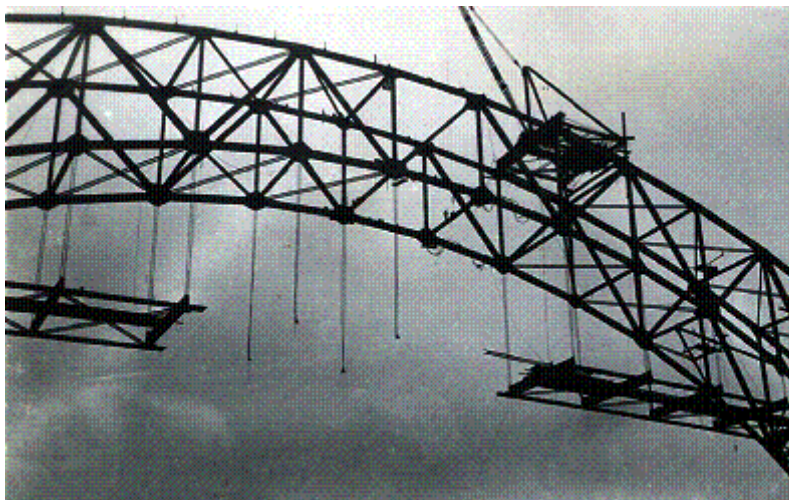
The Keith Car Works Manufacturing Corporation was once the largest employer on Cape Cod. At their peak the company employed up to 1400 people and their factory buildings stretched for about 1 mile.

Keith Car Company began making sleds which were towed by horses, and later patented and produced the 40-8 boxcar design used by trains.

Keith Car Company manufactured products at their Sagamore location from the mid 1800's until 1928.

The last Keith Car Co. building was removed in the 1930s when the Canal was widened.

The concrete wall with an A-framed house on it is the last remaining piece of the original Sagamore Bridge, in use from 1913 to 1935. The other abutment cannot be seen because it was removed when improvements were made to the Canal after the Government purchased it in 1928.



Pole #130: Sagamore Bridge

The Sagamore Bridge and Bourne Bridges are similar in many ways. They were built between the years 1933-1935. Their elevated design was chosen to replace Belmont's drawbridges as a way to improve the movement of vehicle and vessel traffic. They have a vertical clearance of 135 feet and a horizontal clearance of 480 feet for vessels traveling under them. The only difference between the two highway bridges today is that the

Sagamore Bridge is shorter, with a total length of 1,408 feet.



Pole #195: The Herring Run

River Herring make their spring migration up the Herring River into Great Herring Pond in Plymouth to lay their eggs each year. Unlike other species of fish, adult herring return to the ocean after spawning. Juveniles enter the ocean at the end of the summer. Herring are an important part of the ocean food web and they also play an important role in the economy. They are used for all kinds of products from fertilizer to food.

The Corps of Engineers built the run in 1936 in order to restore herring populations that were cut off from their spawning grounds by Belmont's Canal.



Pole #215: Digging in the Dry

Progress building the Canal was slowed when huge 100-ton boulders were found throughout this area. In order to make up for lost time, the Chief Engineer Parsons recommended utilizing steam shovels and railed dump cars to dig in this dry section, in addition to the dredges that were already digging from either end. Just to the east of pole 235 is the location where Belmont ceremoniously mixed the waters of Cape Cod and Buzzards Bays on April 29, 1914. This was where the last earthen dike separating the two bays was located. Belmont stated "May the meeting of these waters bring

happiness and prosperity to our country and save some of the misery which the waters of the Cape have caused in the past."

Then Belmont and Parsons shook hands, removed a shovelful of earth and allowed the waters from each bay to meet for the first time.

Pole #260: Radar Tower

The primary mission at the Cape Cod Canal is to ensure safe movement of vessels through the waterway. The Corps of Engineers utilizes a Centralized Marine Traffic Control (MTC) System to help accomplish this task. The radar tower here is part of the fully integrated system that includes radar and camera surveillance, VHF radio communications and wind, air and water temperature and tidal current sensors.

The conical shaped disks that you see are microwave dishes used to transmit the information.

An alert team of marine traffic controllers monitor the MTC on a 24-hour basis.



Pole #290: Stephen. R. Jones

On June 28th 1942, while on route from Virginia to Boston, the *Stephen. R. Jones* struck ground on the northern bank of the Canal. The 354-foot ship carrying coal, sank to the Canal's bottom at this location.

During World War II, the Canal was an important navigation route for U.S. Navy ships. The sinking of the *Jones* made the Canal impassable. An immediate resolution to this problem was needed. It was determined that dynamite was the best means to remove the submerged ship.

On July 4th 1942, people gathered along the Canal to watch a special kind of fireworks display. They watched as the first charges of dynamite were placed upon the sunken ship.

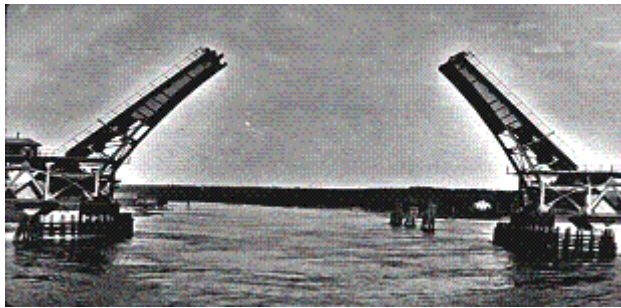
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Work to remove the wreck began with a bang!
After 28 days of explosions the Canal was once again fully operational.



Pole #340: Old Bourne Bridge Abutment

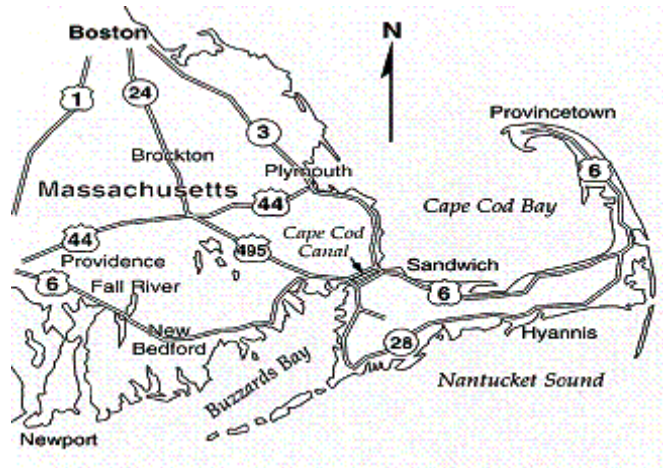
The large concrete wall is the the old Bourne Bridge abutment, built by Belmont in 1911. The Canal's original bridges were drawbridges, which were raised for passing ships. The Bourne Bridge had trolley tracks, providing service from Monument Beach to New Bedford.



The bridges over the Canal were completed in 1935. They replaced the older drawbridges to accommodate the improvements, such as the widening of the Canal, made in the 1930s. The older bridges only provided an opening of 140 feet for vessels to pass. Today's bridges provide a horizontal vessel clearance of 480 feet.

It was the time of the Great Depression. The reconstruction efforts along the Canal provided much needed jobs. More than 700 people were hired to work on the bridges.

The total length of the Bourne Bridge is 2,384 feet making it almost 1,000 ft longer than the Sagamore Bridge.



Pole #355: Aptucxet Trading Post

Before the Canal's existence, the Manamet River flowed through much of this isthmus. Located at this point along the river, was the first trading post established outside of the Plymouth Colony (1627). The Post provided a place for Wampanoag Indians and Dutch settlers (from NY) to trade with the Pilgrims. Miles Standish of Plymouth Colony recognized the importance of this route to trade, and was the first known to propose a Canal through this isthmus. Today, The Bourne Historical Society operates the Aptucxet Trading Post as a museum.



Pole #375: The Vertical Lift Railroad Bridge

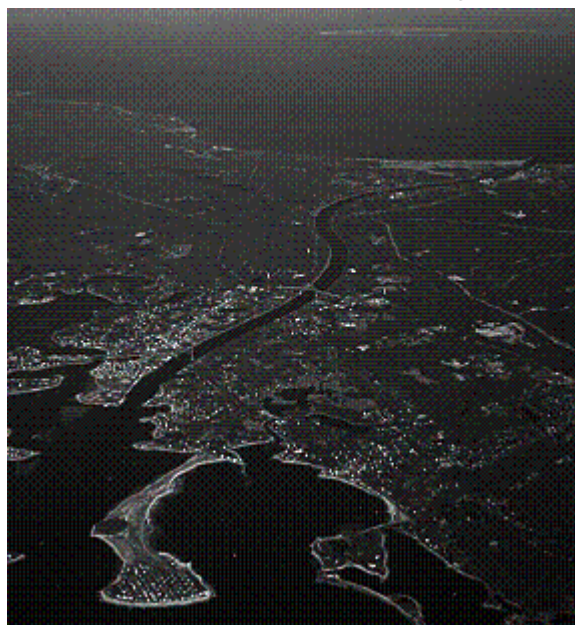
The Railroad Bridge, completed in 1935, replaced the original railroad bridge over the Canal. The original had two tracks and lifted to one-side (north side) using a single counterweight.

With a center span of 544 feet, the current railroad bridge was the largest vertical lift bridge in the world when constructed. It is still one of the longest today. The bridge is operated by Bay Colony Railroad, and is owned by the Army Corps of Engineers. Its usage has varied over the years. Today, its primary use is to haul trash off-Cape daily to a waste to energy facility in Rochester, MA.

Four, 200 hp engines are used to raise and lower the bridge. As the 2,200 ton center span is lowered, 1,100 ton counterweight blocks rise in each tower.

Purpose of the Cape Cod Canal

The primary purpose of the Cape Cod Canal is to provide a safe navigation channel for vessels seeking the shorter and safer Canal route through the isthmus of Cape Cod. On average, the Canal saves 135 miles of open sea travel out and around the Cape Cod peninsula. Since 1928 the U.S. Army Corps of Engineers has operated the waterway toll free to vessels adequately powered for canal passage.



Nickerson State Park

Rte. 6A, Brewster 508 896-3491

Travel the road to the upper campgrounds in Nickerson State Park and you may think for a moment that you have been magically transported to the Berkshire Hills or the piney woods of the Carolinas. Nowhere in sight are the sand dunes and salt marshes usually associated with Cape Cod. Instead, you are surrounded by woods that slope down to the banks of eight crystal clear fresh water ponds. Yet, if you walk or bicycle through the woods, you will find no rivers or streams feeding the ponds. These are "kettle ponds," among more than 300 formed as glaciers retreated from the Cape over 10,000 years ago. Completely dependent on groundwater and precipitation, the water level in the ponds fluctuates from season to season and year to year.

Nickerson's 1900 acres offers more than 420 campsites, including yurt camping, an amphitheater, eight miles of roads, hiking trails, an eight mile bike path that connects to the 22 mile Cape Cod Rail Trail, and ponds stocked year-round with trout. Cape Cod Bay is within walking or bicycling distance. You can swim and canoe at Flax Pond; birdwatch or catch-and-release fish at Higgins Pond, or participate in the many seasonal interpretive and recreational programs offered by park staff.



Park Directions

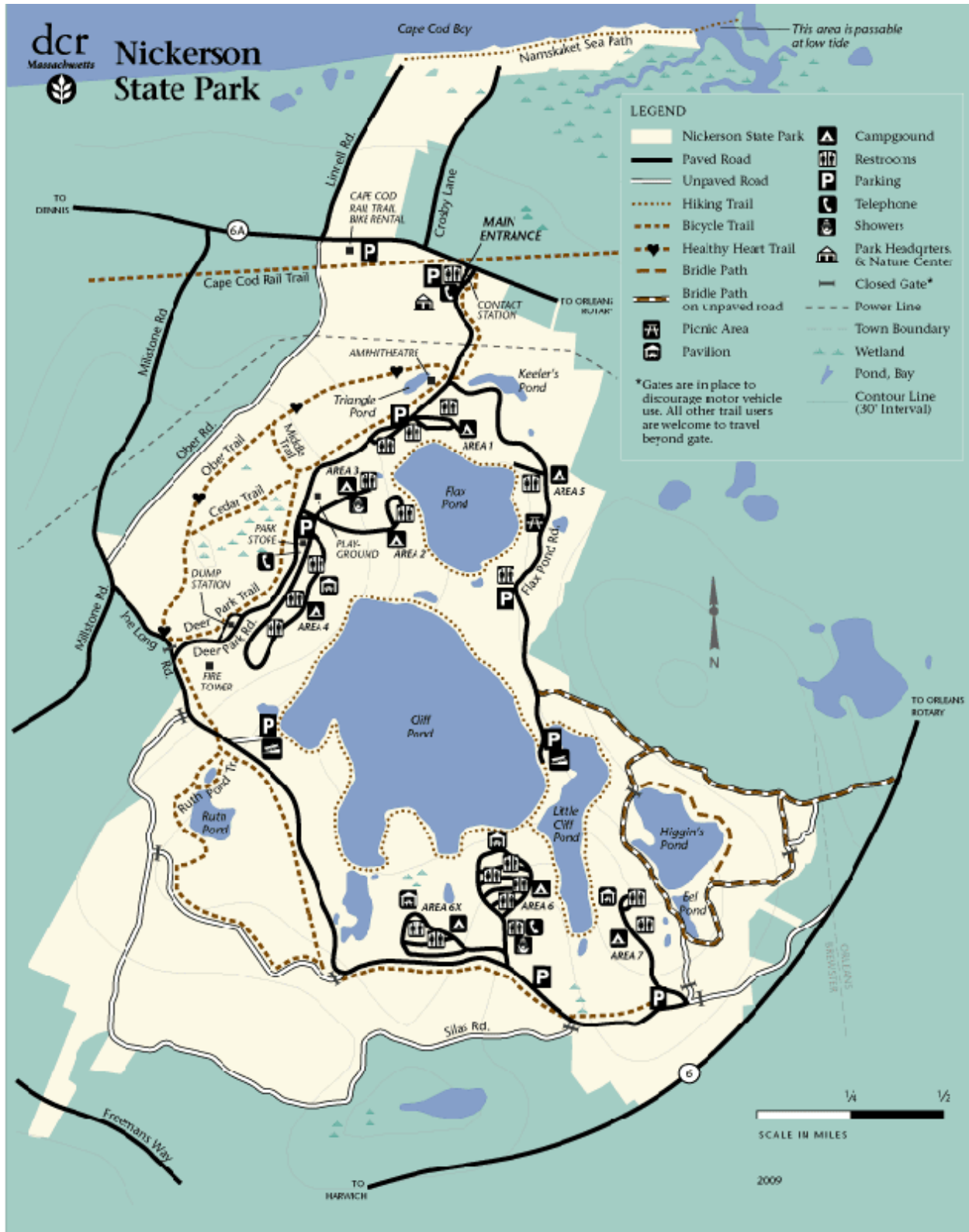
Nickerson State Park is located in southeastern Massachusetts on the mid-Cape, near Brewster.

From Boston: take Rte. 3 south to the Sagamore Bridge, then Rte. 6 to exit 12 in Orleans, turn left off the ramp onto Rte. 6A West towards Brewster. Continue for about 2 miles. Park Entrance is on left.

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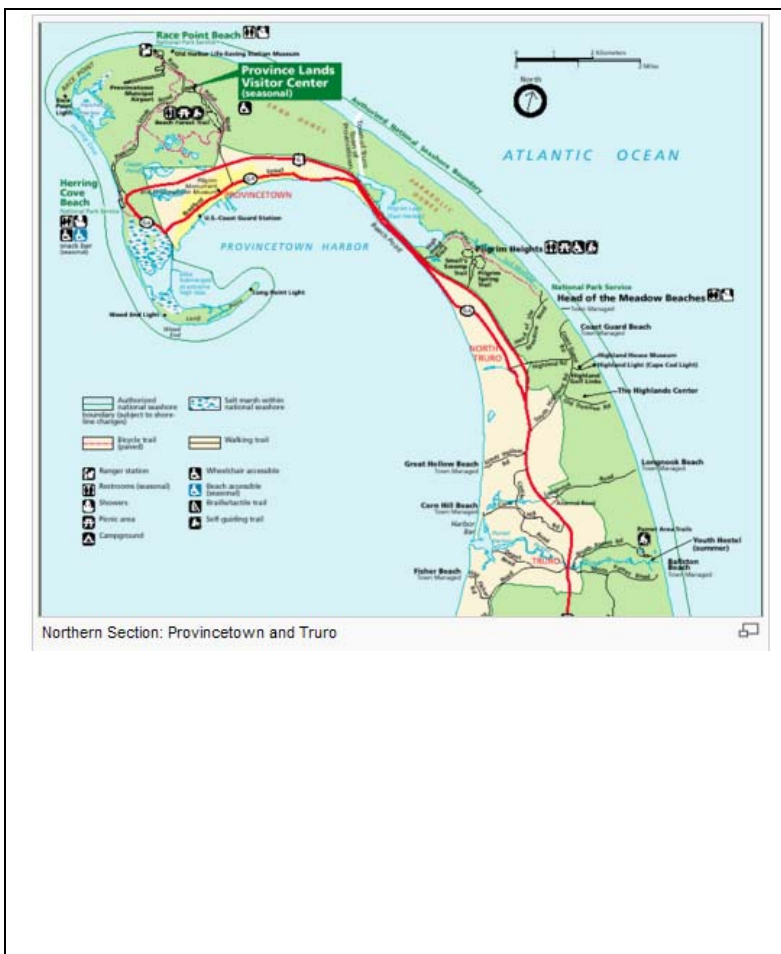
Cape Cod National Seashore

http://wikitravel.org/en/Cape_Cod_National_Seashore

Nauset Trail, Salt Pond Visitor Center, Eastham. 1.6 miles.

Head of the Meadow Trail, Head of the Meadow Beach to High Head Rd, Truro. 2 miles.

Province Lands Trail, Access points (all in Provincetown): Beech Forest parking area; Province Lands Visitor Center; Race Point Beach parking area; Herring Cove Beach parking area (beach fees may apply at the latter two). 5.5 mile loop with about 2 miles in spurs. CAUTION: Old trail, not designed for speeds over 10MPH.



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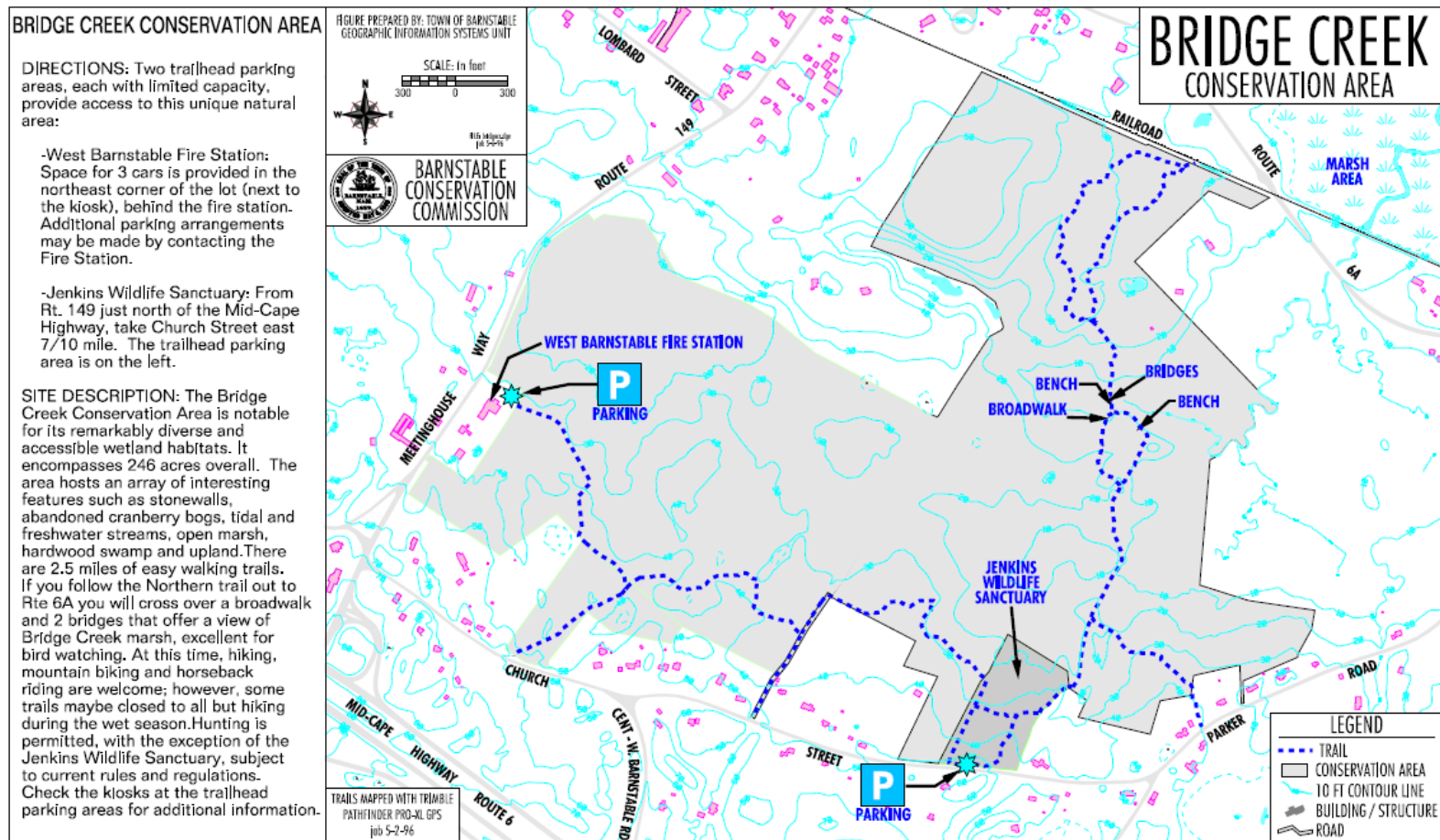
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Town of Barnstable

Ph. 508-862-4093 <http://www.town.barnstable.ma.us/Conservation/TrailGuides/default.asp>

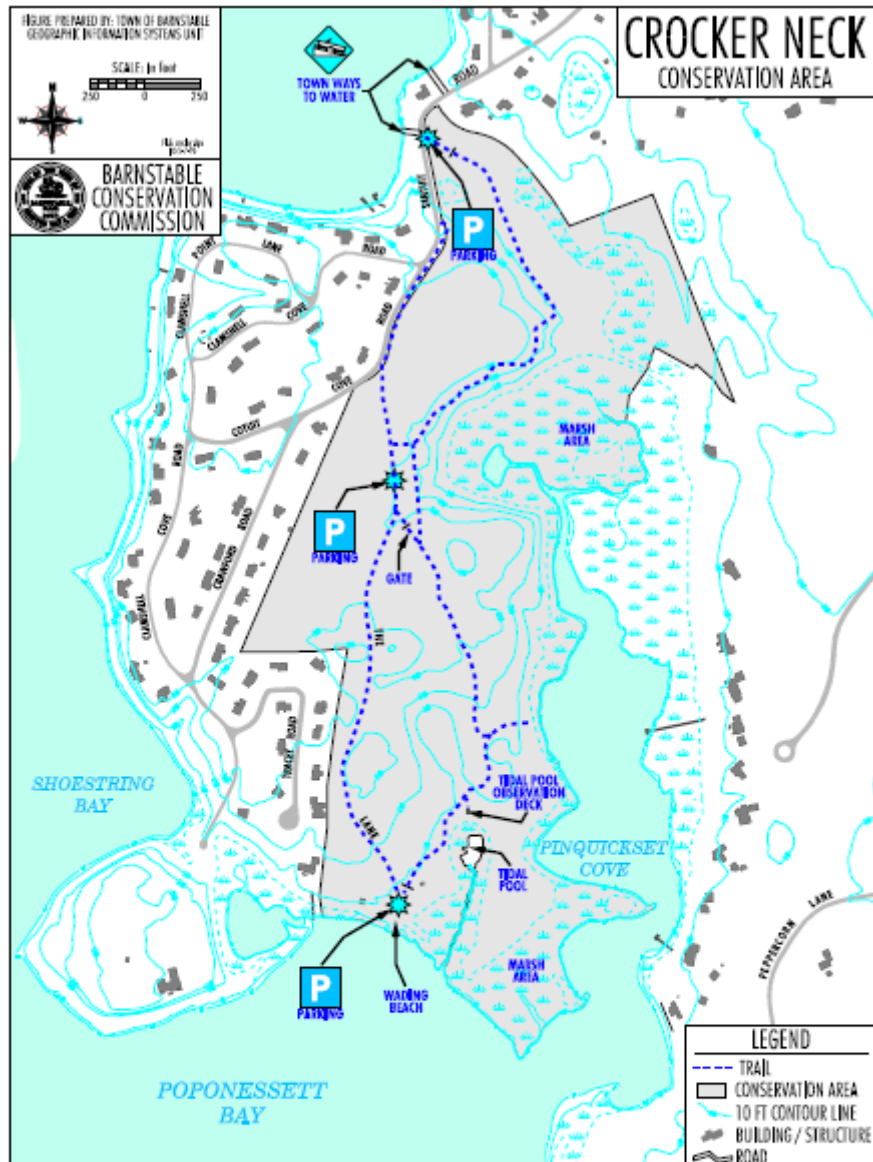
Hello. Yes all the trails are open to bicycle. We might have mentioned it for the ones that offer the most to mountain biking, in our original descriptions. The best ones for riding are West Barnstable Conservation Area and Otis Atwood. They offer the most trails. In West Barnstable we have new trail signs posted to help locate where you are. Darcy Karle Conservation Agent.



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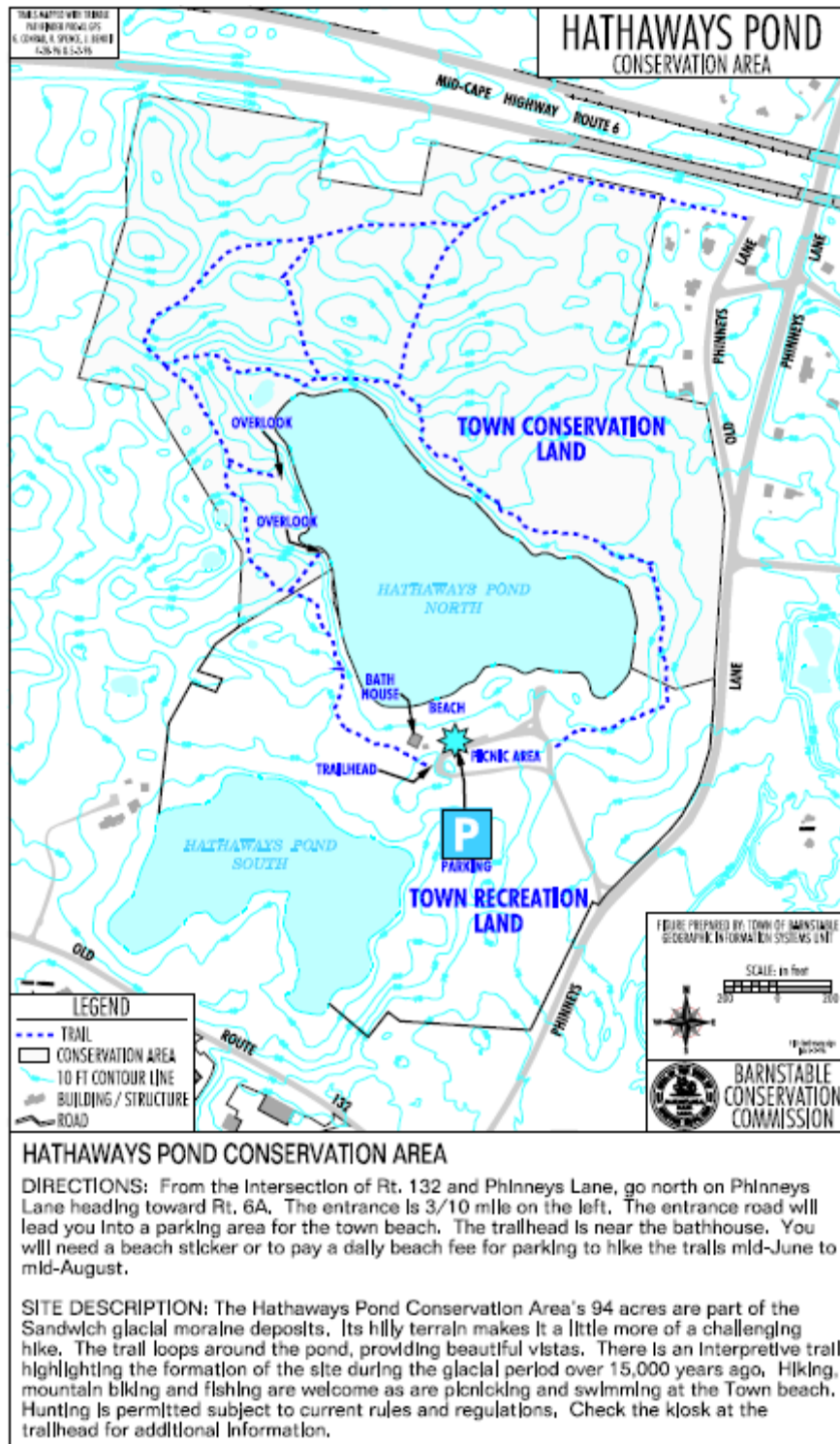


CROCKER NECK CONSERVATION AREA

DIRECTIONS: From Cotuit Center, go west on School Street, 4/10 mile and turn left onto Crocker Neck Road. Crocker Neck Road ends at Santuit Road without a stop sign. Follow Santuit road south. The north gate trailhead parking area is 1 mile from the beginning of Crocker Neck Road and is on the left side of the road. There is limited parking here. Additional parking is just down the road. Look for the Crocker Neck Conservation Area sign. Drive down the dirt road (The Lane) and you will see a small parking area on the right. Beach access is at the end of The Lane.

SITE DESCRIPTION: Crocker Neck, encompassing 97 acres, is a very peaceful area with an observation deck overlooking Pinquisset Cove. You will find a beautiful interpretive trail meandering along an old dike, crossing a coastal bank, passing through a quiet pine grove, paralleling an isolated wetland and terminating at the shore. Waterfowl hunting is the only hunting permitted here, subject to the current rules and regulations. Check the kiosks at the trailhead parking areas for additional information.

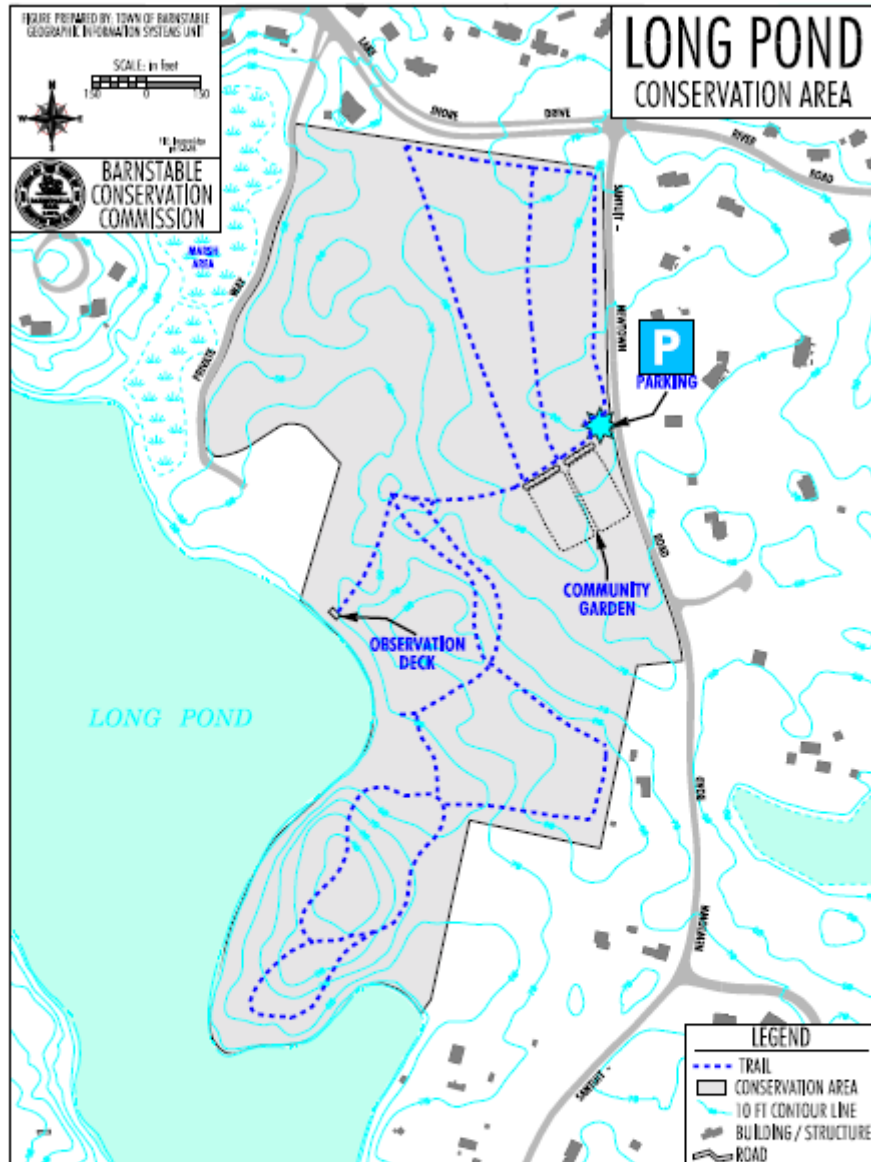
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LONG POND CONSERVATION AREA

DIRECTIONS: From Rt. 28 in Cotuit, take Santuit-Newtown Road north, heading toward Lovells Pond. Follow Santuit-Newtown Road for 2.2 miles. The entrance is on the left. There is plenty of parking.

SITE DESCRIPTION: This 37 acre site abuts beautiful Long Pond and is the site of our community gardens. Approximately 2 miles of trails traverse the site, leading visitors through fields, woodlands and to two observation decks overlooking the Pond. There is an Interpretive trail with 30 stops highlighting the vegetation, ecology and geology of this unique area. Hiking, fishing and picnicking are welcome. All hunting is prohibited. Check the kiosk at the trailhead parking area for additional information.

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Old Jail Lane Conservation Area

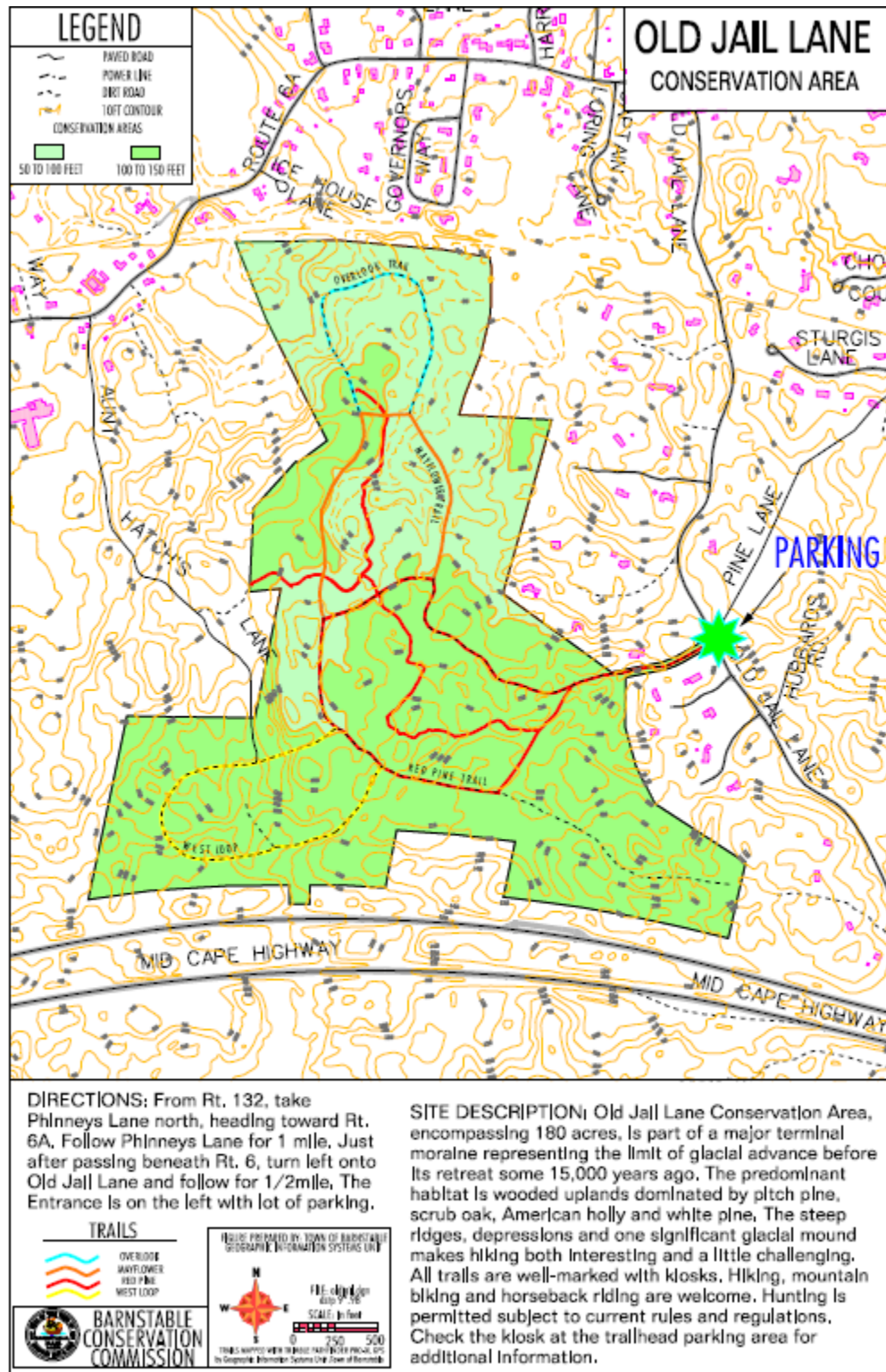
Overview: The Old Jail Lane area is a collection of wide walking trails with small but frequent semi-hardpack rises on the network's perimeter. Its inner cross trails can be both wide or narrow singletrack, with pervasive thorn vines throughout.



Parking & Directions: Parking is located directly off Old Jail Lane. Take Pinneys Lane from the 132 intersection and travel approximately 1 mile. Just beyond the Route 6 overpass, Old Jail Lane angles off sharply to your left. The lot is a 1/2 mile down on the left. Be sure to watch closely for the sign, as you can easily drive past it inadvertently.



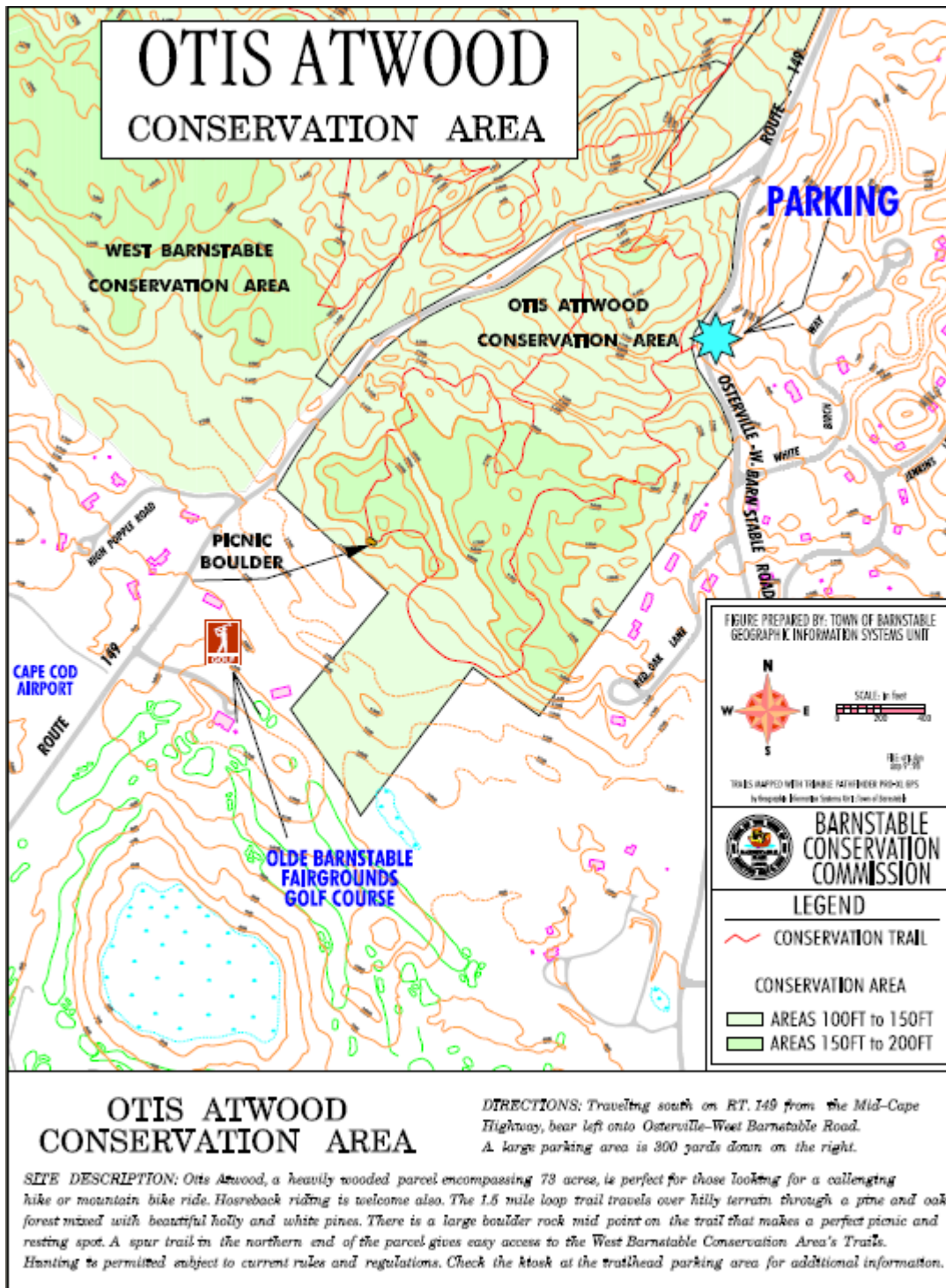
Area Details: This parcel has a heavy mixture of pitch pine, scrub oak and white pine vegetation, along with thick briars and American holly bushes. Most routes are wide, with subtle rises and depressions occurring regularly. There are copious waterbar steps built into these small climbs/descents, making Old Jail Lane a good spot to practice bunny hopping and tabletops (if you're so inclined). There is one relatively hilly trail through the middle with two steeper ascents to conquer, as well as several smaller ones. All routes are well-marked with numerous map kiosks. Be sure to watch carefully for dog walkers and casual hikers in this area, as it is surrounded by residential homes.



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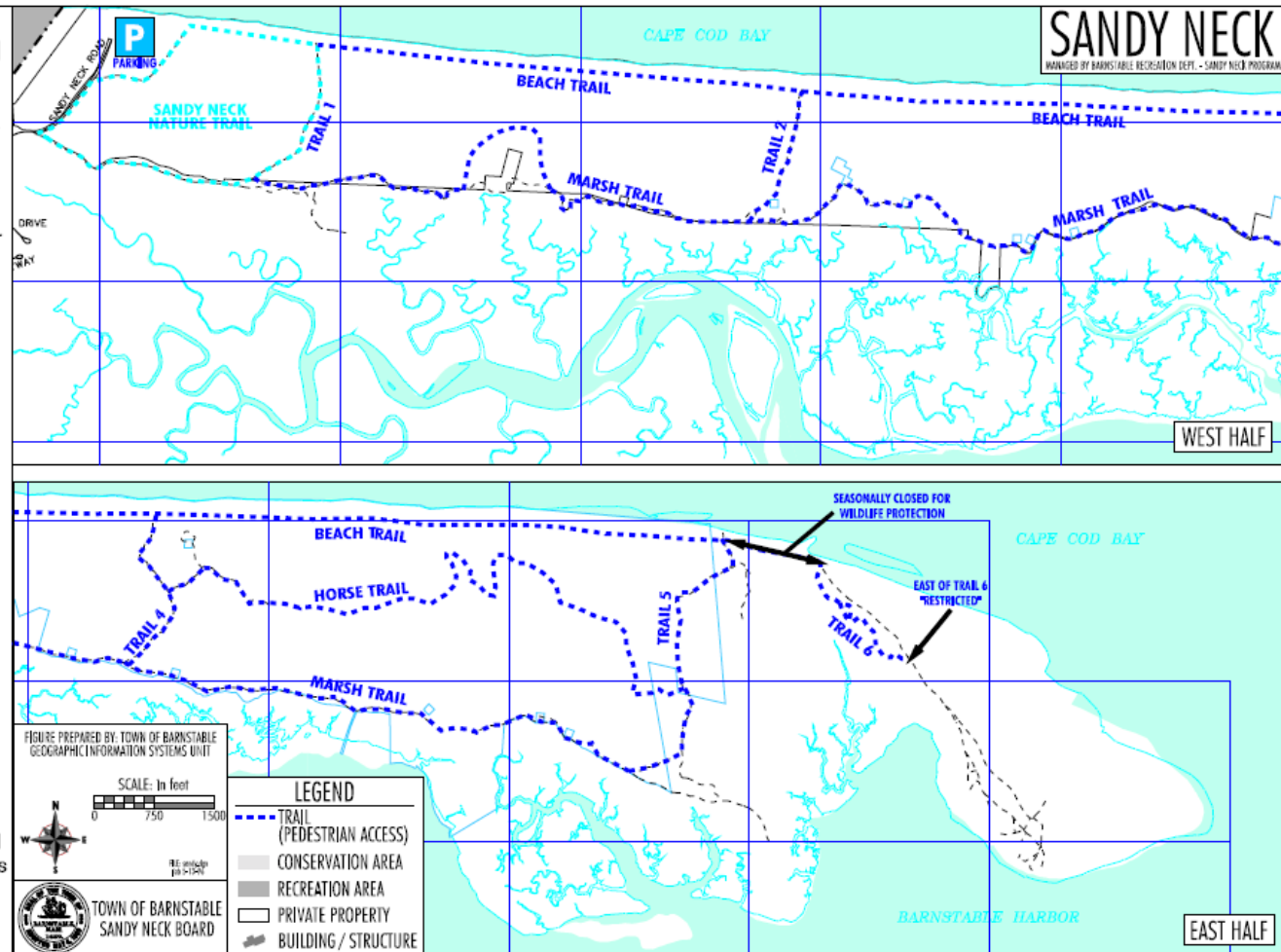
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SANDY NECK BARRIER BEACH ECOSYSTEM

DIRECTIONS: Follow Rt. 149 north toward Rt. 6A. Turn left onto Rt. 6A and continue for approximately 3 miles. Turn right onto Sandy Neck Road and continue down to the Ranger Station. Parking is on a space-available basis. Beach sticker or payment of an eight dollar fee is required during summer months.

SITE DESCRIPTION: This popular resource is intensively managed to optimize "multiple uses" by the public, with an emphasis on preserving the existing natural environment. Sandy Neck is a six mile long barrier beach system rich in cultural history. It is comprised of vast dune systems, vernal pools, maritime forests, and other rare and significant resources. The beach shelters the eight thousand-acre "Great Marsh" and Barnstable Harbor, and is nourished by sands eroded from the shores of Plymouth and points north. Observers may find many species of rare and endangered plants and animals at Sandy Neck. Special restrictions may apply to organized visits or other specific activities. Hunting is permitted during the appropriate seasons, subject to special rules and regulations. Additional information is available from staff at the Ranger Station.



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Hyannis Ponds Conservation Area - Willow Street Network

Overview:

Located directly off Willow St. near the Yarmouth/Hyannis line, these trails were originally cut by local motocrossers back in the '70s. They are not very regularly maintained, but new sections have been recently added to by some Mid Cape-area trailmasters. The most distinguishing feature about this network is its mildly trials riding flavor



Parking & Directions:

Getting here is a snap, mainly due to the trailhead's immediate proximity to Route 6. From the highway, get off at Exit 7 and head north (bearing right at the offramp from either direction) onto Willow St. Then, look for a set of overpasses to your left. Parking is located directly underneath these structures in the form of a makeshift dirt lot.

Area Details:

Hyannis Ponds is heavily (and illegally) used by motocrossers on weekends, so be ready for lots of loose soil and rutted out climbing/descents. You can access the trails from one of two directions: directly behind the parking lot (over the railroad tracks) is a clearly marked entrance (pictured right). This is the older main trail with singletrack branching off in several direction about 3/4 of the way in.



**Update:

Local authorities recently blocked off this trailhead to prevent motocrossers and ATVs from using the trail network. Mountain bikers can still legally traverse the obstacles and enter here.

Due to the extensive dirt bike abuse, we ask that you avoid riding the most eroded sections (typically rain-rutted hills) of this singletrack. The second entrance (pictured right) lies about 60-70 feet to the right of the above marked entrance on the same side of the tracks. The trail immediately forks in two directions - going left brings you up to the checkered watertower above Mary Dunn Rd.

Head right and you encounter a myriad of crisscrossing trails, most leading out towards Willow St. or Route 6. Some also border the backyards of private homes. Please be respectful of these homeowners' privacy and avoid trespassing on their property. The terrain itself consists of a combination of hard dirt, semi-hardpack and loam, with soft soil patches thrown in for good measure. There are copious roots, as well. It's a somewhat rough ride, even technical in certain spots, with many twists and turns. There are several small/medium-sized hills on the main left-hand trail, so be prepared for some strenuous burst climbing.



A distinct trials theme is found in several newer sections on both sides of this network. You'll notice trails cut in an obstacle-laden manner, which basically means that you're forced to ride over, instead of around, most anything you encounter on the singletrack. There is one section wandering off towards the Barnstable Municipal Airport that leads you on a 7 1/2-mile trek into an area called Bushwood. It begins as an extension to the left of the main trail about 3/4 of the way through. Be ready to ride for several hours in order to complete the whole route.

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West Barnstable Conservation Area - Trail of Tears

Overview: The Trail of Tears is one of the most popular riding spots on Cape Cod. Located within the West Barnstable Conservation area, it is a 15-mile network of twisty rolling singletrack, complete with big ring downhills and short, technical climbs. One of these trails' most amazing attributes is the variety of terrain one can encounter in any given ride. From loamy singletrack with pine needles and roots to hardpack rock gardens and deep soft sand, there's always something to surprise and challenge you around every turn...



Parking & Directions: Three trailhead parking areas provide easy access to the network. the largest being the Service Rd. entrance located off Rt. 149 just south of Route 6 (pictured left). Take the Service Road and drive about 1/10 of a mile - the trailhead is located on the left under the powerlines.



The second lot is at Farmersville Rd. off Race Lane. Take Rt. 149 to Race Ln. and head west. After about 1 1/2 miles, look for the parking area on the right.

The third area is on Popple Bottom Road, just north of the Olde Barnstable Fairgrounds Golf Course. Take Popple Bottom Rd. off Rt. 149 and look for the entrance on your right.

Area Details: Comprising 1,114 acres, the West Barnstable Conservation Area is Barnstable's largest dedicated conservation tract. As previously mentioned, these trails offer various types of terrain, both smooth, technical and in-between. The forest is a mixture of pine and oak, along with small amounts of fir and other tree species. This network follows the Barnstable powerlines down to the Sandwich border at Chase Rd. Doubletrack and fire roads also crisscross the entire parcel, providing even more riding opportunities. Be aware that hunting is allowed within the area in-season. A Town-operated shooting range is also in close proximity, and gunfire is not an uncommon ride soundtrack.

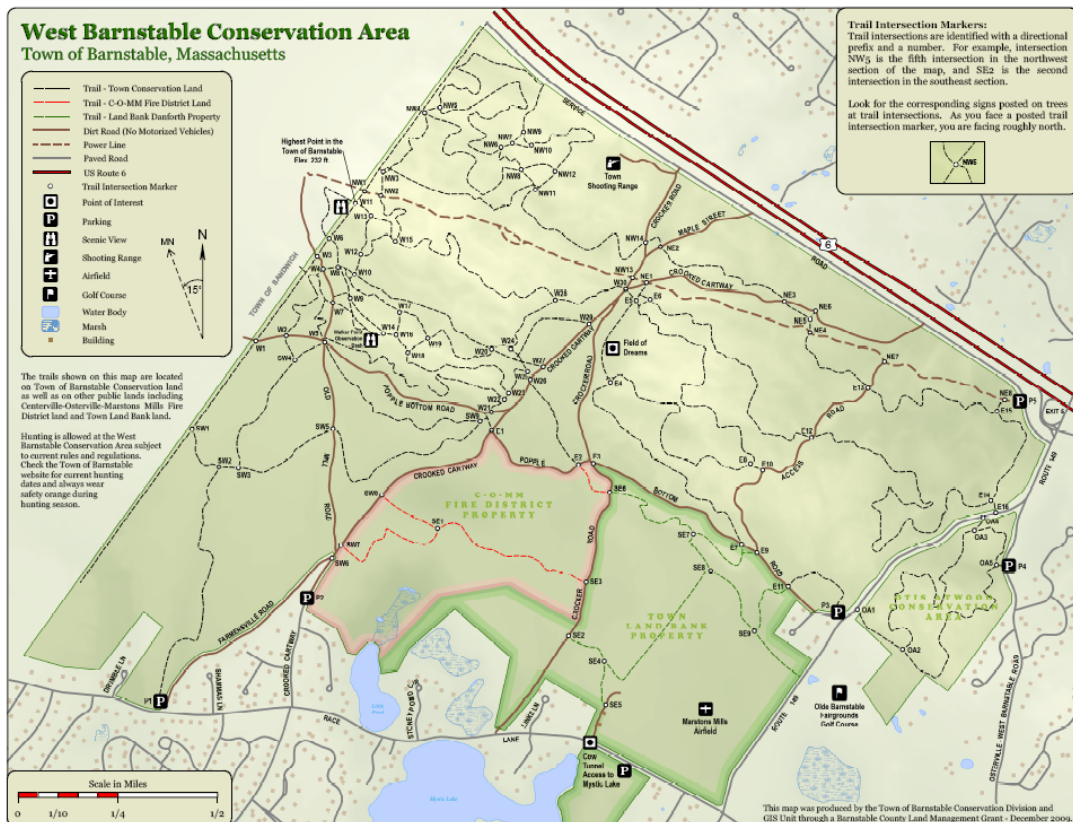
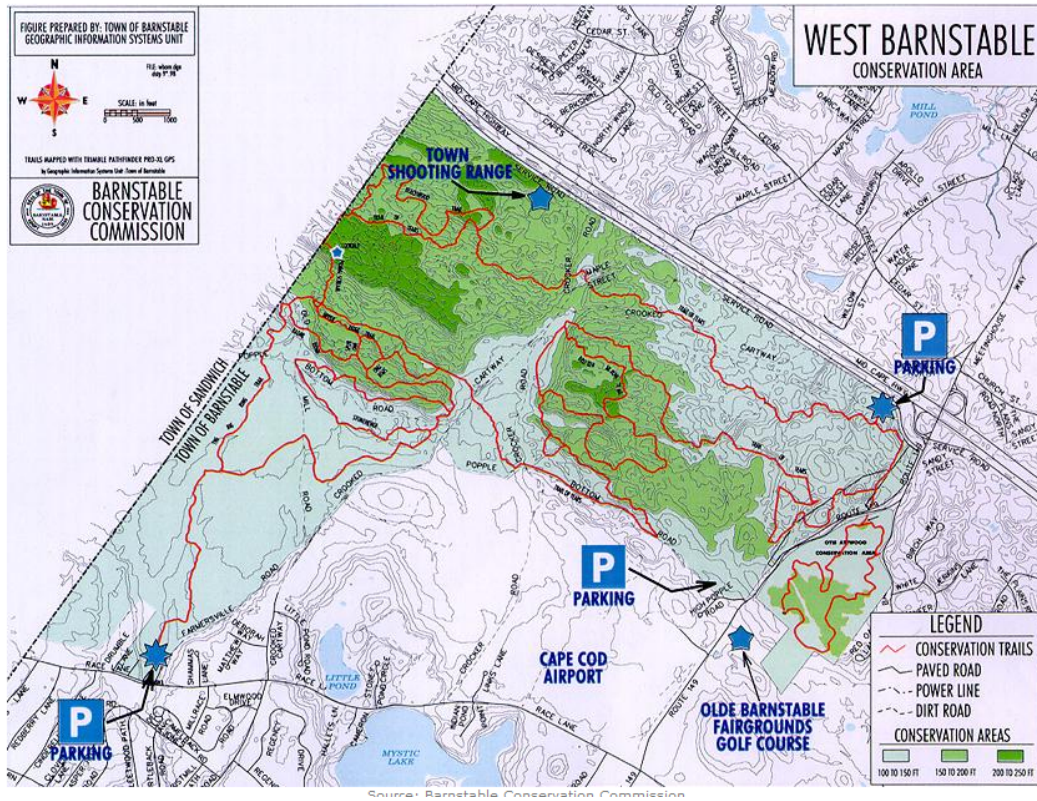


When at the Service Rd. entrance, follow the powerlines for about 30 yds. until you see a small trail angling off the left (pictured right). This will take you into the beginning of the network on the Rt. 149 side. The trail will then fork - the right trail is more smooth and rolling with loam/pine needle-type singletrack. The left will take you on a much more technical, hardpack route.

Keep in mind that both trails are very twisty, with s-curves and short, steep climbs. From either of these you can go in any number of directions on outlets and completely different trails. Have fun but remember to respect the rights of others - horseback riders and hikers also frequent this network often.

CONGREGATION BETH ISRAEL OF ONSET, CAPE COD, MASSACHUSETTS

West Barnstable Conservation Area - Trail of Tears Map



CONGREGATION BETH ISRAEL OF ONSET, CAPE COD, MASSACHUSETTS

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Shining Sea Bikeway

Overview: The Shining Sea Bikeway was named for the line in the song America The Beautiful, written by Falmouth native Katharine Lee Bates. It follows the original route of the New York, New Haven and Hartford Railroad that used to run from Buzzards Bay, through North and West Falmouth, around Woods Hole and into Falmouth Station.



In the early 1970's the Town of Falmouth purchased the right of way, tore up the tracks and officially opened the Bikeway in 1975.

Parking & Directions: To reach the Shining Sea Bikeway, take Rt. 24 south to 1-495 south to the Bourne Bridge. From points north, take Rt. 3 south to the Sagamore Bridge rotary. Follow the signs to Buzzards Bay/Falmouth, then cross over the Bourne Bridge. From Bourne Bridge: travel Rt. 28 south to Falmouth. Fork right onto Locust Road. Entry to the bikeway parking area is a mile down on the right just past Pin Oak Way.



Area Details: The Shining Sea Bikeway follows the coast from Falmouth to Woods Hole, winding along the Vineyard Sound shoreline. Ideal for casual and beginner cyclists, it was built on a former railroad right-of-way, and is level nearly the entire 3.3-mile distance.



Lined with familiar Cape Cod flower and tree species, it makes for a wonderful ride from Falmouth to scenic Woods Hole. This route avoids much of Falmouth's notorious summer traffic by winding down along the beach, through marshes and through the Salt Pond Bird Sanctuary.

This is a frequently used area in-season, so be sure to respect the rights of others, especially inline skaters and runners.

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