

This is a starter guide I created from memory. I did not verify all the hikes. There might be mistakes. The trails might have changed or there might be impediments that were not there when I last hiked them. Please use caution. Hike with a friend for safety. Enjoy. Cape Cod has awesome trails. The slides I previously showed included many extensions to hikes. They are not discussed below.

Provincetown 'The Dunes'

Rt 6 ~ ¼ mile past 'Entering Truro' park on shoulder of Rt 6 opposite Snail Road. This is allowed. Hike on path between the cement post. Shortly you will climb a short but VERY steep hill. The view will be breath-taking. You are on your own. Footprints should lead you 1 mile to the distant ocean. Turn around often and look where you came from. The view coming back is totally different. The dunes can be dangerous. You can easily get disoriented and lost.

Truro 'Great Hollow' ~ the short walk

Rt 6 to a left on Great Hollow Rd just before Savory/Sweet Escapes. Follow to end for the shortest walk.

Truro 'Walk beneath the Dunes'

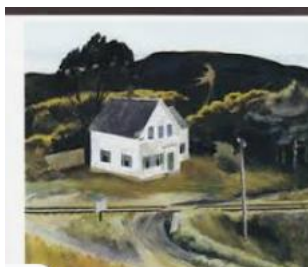
Start at Ballston Beach on South Pamet Road. Walk south or north as far as you like and then back. You can do more difficult 1 way walks using 2 cars or 1 car and 2 bikes. Walk between Ballston Beach to Newcomb Hollow 2.8 miles or Ballston to Longnook 1.7 miles. Note: Walking on soft sand doubles the effort compared to walking on firm surfaces.

Eastham 'Fort Hill'

See the National Seashore website maps for trails or signs at the trail head. Park at the lower Ft Hill lot. Hike to the upper lot then down towards the ocean. Turn left and follow the shore path. When you come to the woods you can stay on the shore path to an informative pavilion, then continue to the Hemenway Landing. Return via the Red Maple Swamp Trail. There is a long one way extension to this hike from Hemenway Landing.

Truro 'Poor's Hill'

There is a small sign on the right side of Fisher Road 'Poors Hill' There are 3 parking spots on the road. If you don't snag one continue ¼ mile to Fisher Beach and walk back. Follow the path. It bears left. Climb the path to the top of the hill. It is just before the small bridge. Enjoy the view. Descent the hill and go right over the bridge. Go right at the marsh and follow until you step up to the old railroad tracks. Go right. The non-descript house on your immediate right is a house that Edward Hopper painted at least 3 times. They have names: Captain Kelly's House, Dauphine House, something with railroad in it.



Follow the railroad bed until you come to Fisher Road. Go right to the beach and your car. You can walk left on the beach for ½ mile and you will come to the monstrous Kline house and to its right the Hopper summer home for many years.

Chatham 'Sunrise at Lighthouse Beach'

Park in front of the Coast Guard station on Main Street and descend the stairs to the beach. Go right and walk as far as you wish then return. Sunrise is a great time for the walk.

Orleans 'The Flats'

The flats are great. Grand kids love them. This is a one way hike. Park a car at First Encounter beach in Eastham. With the other car drive to Rock Harbor beach. This must be done close to low tide. Go to the beach and a little way out go right between the ocean trees to cross the boat channel. It will be less than knee high at low tide. The straight line walk to First Encounter Beach is 1.6 miles. However, venture out into the bay to get a feeling of remoteness.

Wellfleet Griffin Island (the easy way)

My all-time favorite picnic spot.

From Mayo Beach follow the shore road until it winds its way past a golf course, over a bridge and up a hill. At the triangle in the road go right on Griffin Island Rd. Follow to the end at the Duck Harbor parking lot. Head to the beach. In about 50 yards take the path to the left. It becomes narrow. It will end in 100 yards with another path that goes left up a gentle slope and through the woods. In 250 yards you will break out of the woods onto a spectacular cliff path. Follow it for ¼ mile until you come to the sandy picnic spot at the top of a cliff. The cliff is dangerous. Don't fall off the cliff. Enjoy.

Truro 'Ballston Beach'

From Rt 6 in Truro follow North Pamet Road to near the end at a large white youth hostel. There are parking spots marked on the road. There is additional parking at a small lot in the woods to the right of the hostel. The trail to the top of Bearberry Hill starts with several steps leading up from the road. Follow the path through the woods until you get to the treeless top of Bearberry Hill overlooking the Pamet valley. It is not an easy climb. Take your time. You can retrace your steps to return, OR take a moderate 1.3 mile extension. As you descend Bearberry there is a sign. Take the path to the right. Shortly there will be another sign to the bog house overlook. I don't think it is worth it. Go right instead. The narrow path will go down hill then up a little and through more woods. In about .4 mile you will be in an opening. On the right you will see a wide path at the top of a nob. Go over this. It will lead you the beach. Go right. In a ½ mile there will be a path over/through the dune ridge to take you back to your car.

Town Conservation Trusts ~ Harwich, Brewster, Chatham and Orleans

Each trust has a web site with trail maps. There are about 40 hikes listed. Many are very pleasant. I was surprised to learn about places in my own town that I never knew existed. The trails are uncrowded. It is a great Covid time activity. I will leave it to the reader to discover the gems in their own neighborhood.