

Four major areas of the National Seashore have facilities developed for your enjoyment.

Province Lands Area (1)

- Visitor center (on Race Point Road) with exhibits and illustrated orientation program on human and natural history of the area; information desk, publications, and activity schedules; evening programs at amphitheater.
- Race Point and Herring Cove beaches; lifeguards.
- Picnic area at Beech Forest parking area.
- Bicycle trails.
- Beech Forest Nature Trail.

Pilgrim Heights Area (2)

- Interpretive shelter with exhibits about Pilgrims and Indians, includes a relief map of the area.
- Pilgrim Spring and Small's Swamp Self-guided Trails.
- Picnic area with tables.
- Head of the Meadow Beach (nearby); lifeguards.

Marconi Station Area (3)

- Cape Cod National Seashore headquarters.
- Interpretive shelter with exhibits describing the Marconi Wireless Station, the first wireless station in the United States. Ocean overlook.
- Atlantic White Cedar Swamp Nature Trail.
- Marconi Beach; lifeguards.
- Wellfleet Bay Wildlife Sanctuary—nearby in South Wellfleet. Operated by Massachusetts Audubon Society; beachbuggy wildlife tours may be arranged at sanctuary headquarters.

Nauset Area (4)

- Visitor center (in Eastham on Route 6) with exhibits and illustrated orientation program on human and natural history of the area; information desk, publications, and activity schedules; evening programs at amphitheater.
- Interpretive shelter with exhibits describing life of Nauset Marsh and Indians of the area.
- Coast Guard Beach and Nauset Light Beach; lifeguards.
- Picnic area with tables.
- Nauset Marsh, Buttonbush Trail for the Blind, and Fort Hill Self-guiding Trails.

Private property rights must be respected.

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Cape Cod

NATIONAL SEASHORE • MASSACHUSETTS

WE'RE JOINING THE METRIC WORLD

The National Park Service is introducing metric measurements in its publications to help Americans become acquainted with the metric system and to improve interpretation for park visitors from other nations. To foreign visitors, and to future generations of Americans, the statement that Cape Cod (Highland) Light is visible from boats 20 miles at sea will be less meaningful than the acknowledgment that it may be seen from 32 kilometers at sea.

ADMINISTRATION

Cape Cod National Seashore is administered by the National Park Service, U.S. Department of the Interior. The superintendent's address is South Wellfleet MA 02663, telephone (617) 349-3785.

As the Nation's principal conservation agency, the Department of the Interior has basic responsibilities to protect and conserve our land and water, energy and minerals, fish and wildlife, park and recreation areas, and for the wise use of all those resources. The Department also has a major responsibility for American Indian reservation communities and for people who live in Island Territories under U.S. administration.

**National Park Service
U.S. DEPARTMENT OF THE INTERIOR**

Cape Cod National Seashore not only offers many recreational opportunities, but also reveals a chapter of New England history dating from the Pilgrims to the space age. Water activities in ocean, bay, and sound, and hikes along sand dunes and forest trails: these are your reward.

FIRST A LANDFORM

Cape Cod has been endowed with a scene of ever-changing charm—in time of storm it is wild, spectacular, and dramatic, always it is beautiful to behold and fascinating to study.

On the outer section of the cape, banks and cliffs of continental glacier sand, gravel, and clay, up to 53 meters (175 feet) high, rise from the beach. In contrast to the nearby busy ocean which pounds the eastern headland are many calm glacial ponds. Plantlife is more abundant in sheltered areas, with luxuriant forests in some places. Besides coniferous and hardwood upland forests, biotic zones include ocean beach, tidal flats, salt and fresh-water marshes, ponds, swamps, and migrating dunes. Hundreds of thousands of birds use the Atlantic flyway in the Cape Cod area, and shore birds feed and nest on the flats. In summer, terns nest on the beaches, and, in winter, major concentrations of waterfowl are found just offshore and in the marshes.

THEN A LANDMARK

In 1616, John Smith described Cape Cod as “made of the main sea on one side, and a great bay on the other in the form of a sickle.” During the Age of Exploration, Cape Cod was known and visited by many European mariners and some historians believe this is the “Keel Cape” of Thorvald the Viking (1004).

Cape Cod’s historical significance is, of course, connected with the Pilgrims. Here they had their first glimpse of the New World and, at present-day Provincetown, made their first contacts with this strange, new land. Here they found their first seed corn, drank their “first New England water with as much delight as we ever drank in all our lives,” and encountered the American Indian. From here they sailed to find the harbor that was to become their home.

Since 1602 fishing has played a major part in the life of the Cape’s people. In that year Bartholomew Gosnold named the cape for “. . . a great stoare of codfish.” Provincetown, Truro, and Wellfleet became well-known whaling centers, while Cape Cod square-riggers carried American products around the world. To guide them, five lighthouses were built within the present boundaries of the seashore: Long Point Light, at the very top of the “hook”; Wood End and Race Point Lights defining the end of the peninsula; Cape Cod, or Highland Light, visible 32 kilometers (20 miles) at sea; and Nauset Beach Light, about 1.6 kilometers (1 mile) north of Coast Guard Beach.

TODAY A LEGACY PRESERVED

Until recently, Cape Cod’s natural and historic scene was preserved by individuals, the towns, and the Commonwealth. The establishment of Cape Cod National Seashore in 1961 now more permanently assures this protection. Beach, heath, forest, and ponds are no longer threatened in one of the last expanses of uninterrupted natural lands along the Atlantic. Historic buildings, with traditional shake or clapboard siding, can be seen in natural surroundings. The national seashore ultimately will embrace some 10,927 hectares (27,000 acres) of land, and promises to keep intact the resources, charm, and beauty of the Old Cape for future generations.



PARK RANGERS

National Park Service Rangers provide information and assistance to help make your visit more rewarding. They also enforce regulations that protect both you and the park. Report accidents, injuries, or other emergencies to the nearest park ranger.

REGULATIONS

To help preserve the natural beauty and the historic and scientific values of this national seashore, certain regulations have been established.

Natural features—flowers, trees, animals, dunes—are to be left undisturbed. Keep trails, roadsides, and other areas clean; use trash containers for all wastes. **Do not pick flowers.**

Swimming. Observe water-safety practices at all times. Lifeguard services and other facilities are provided at the following beaches: Coast Guard, Nauset Light, Marconi, Head of the Meadow, Race Point, and Herring Cove.

Surfing areas are designated off the protected beaches in the National Seashore.

Bicycle trails. Motorized vehicles including mopeds are not allowed on these paved trails. Bicycles may be rented at private concessions.

Driving. Drive carefully and observe posted speed limits. Report all accidents at once.

Horseback riding. A series of marked bridle paths are in the Province Lands area near Provincetown. Mounts may be secured at nearby rental stables.

Over-sand vehicles must use designated sand routes in Province Lands Area only. A permit is required. Indiscriminate dune-driving is prohibited.

Fires. Wind and pitch-pine woods add up to high forest-fire potential. Open fires, except when authorized by permit, are not allowed. Contact a park ranger for a permit. Permits are not required for stoves using manufactured fuels, or for charcoal grills when these are used in designated picnic areas or on sandy or rocky beaches bordering tidewater.

Pets must be kept under physical restraint when in developed areas or areas of visitor concentration. Leashes cannot exceed 3 meters (10 feet). Pets are *not* permitted in public buildings, in picnic areas, on protected beaches, or on nature trails.

Fishing is in accordance with Federal, State and local laws. No license is required for salt-water fishing; however, an appropriate Massachusetts and/or town license is required for freshwater fishing and shellfishing.

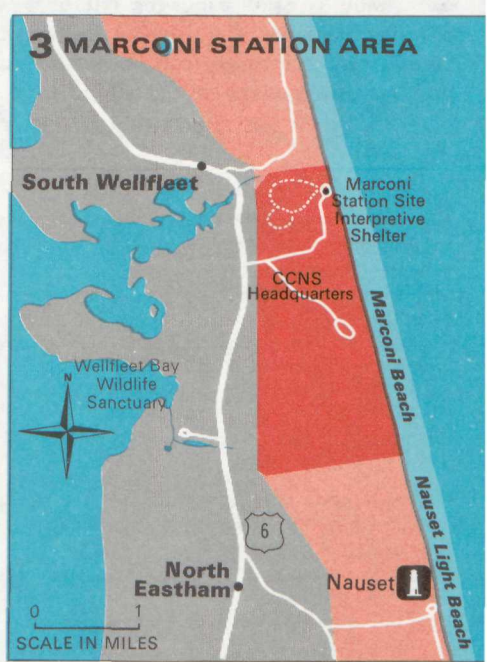
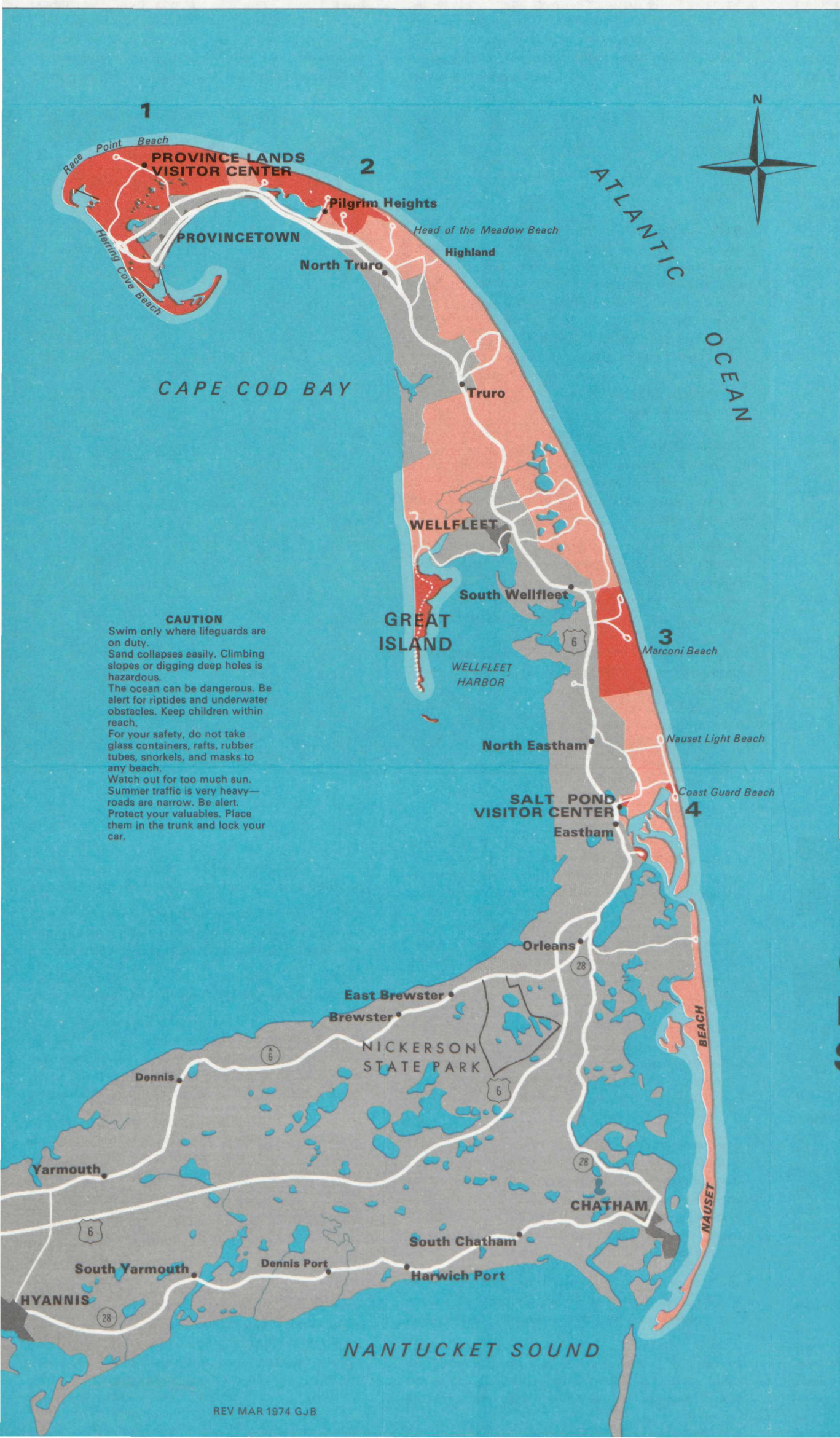
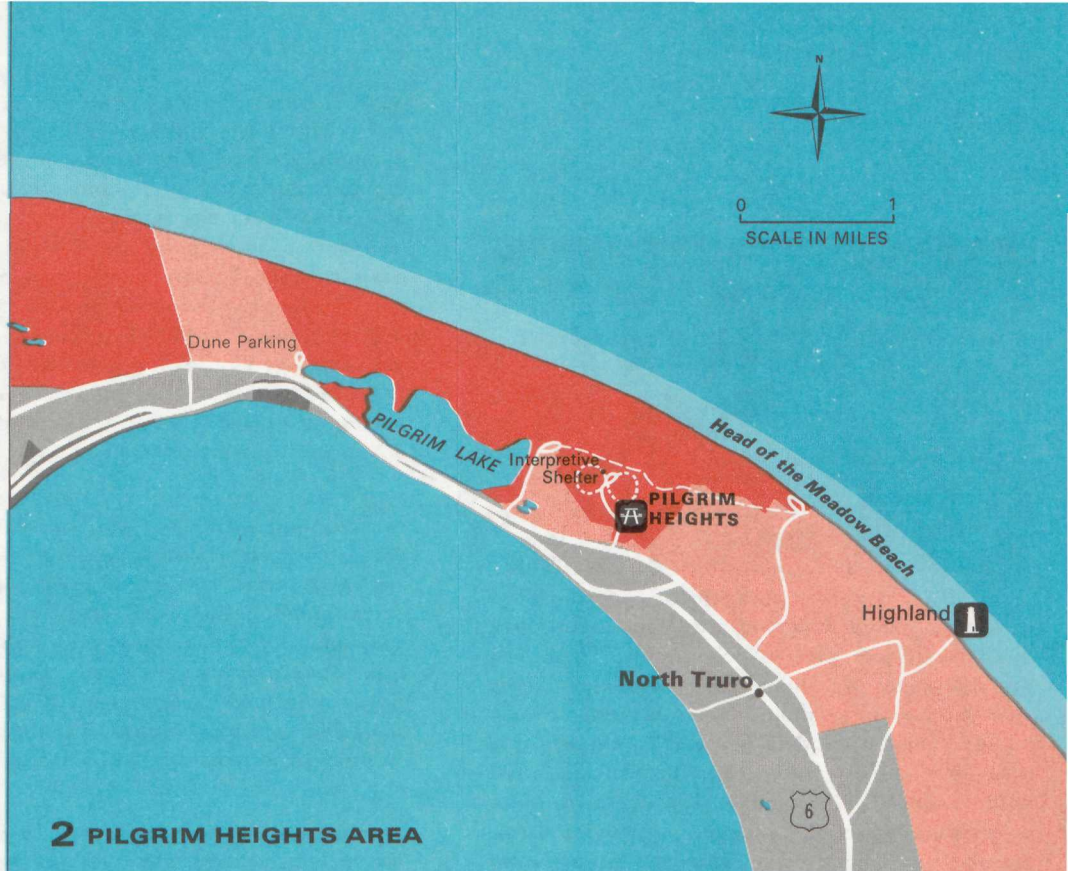
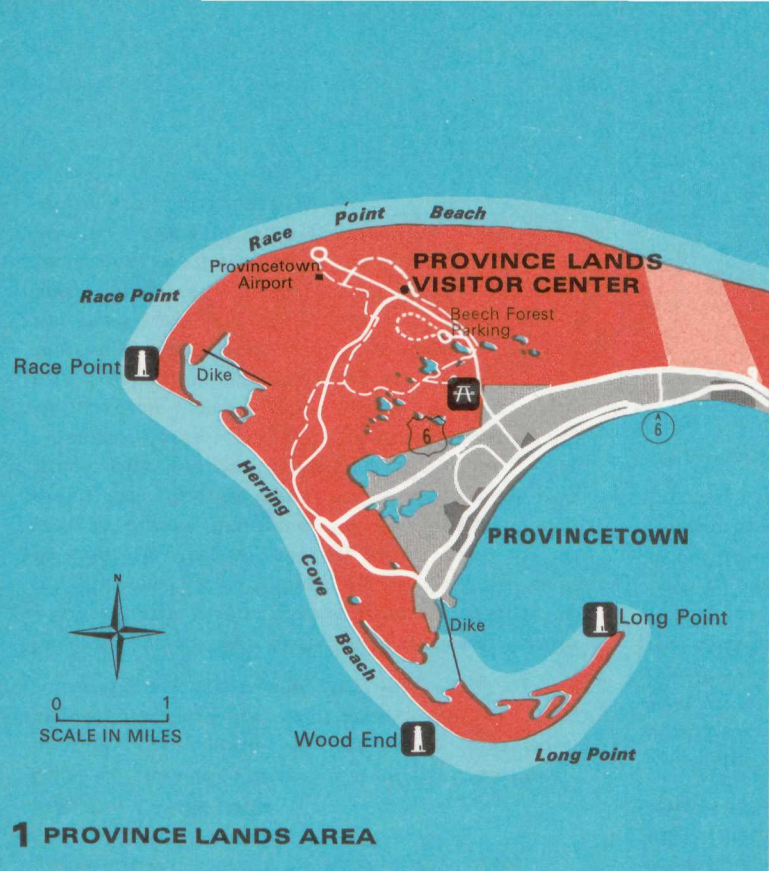
Hunting is permitted during the specified season on upland game and migratory waterfowl. There is no open season on non-game species. Federal, State, and local laws apply.

Camping. All camping, including trailers on the beach, is prohibited except in private campgrounds. *Reservations* should be made for the summer season. No camping facilities are operated by the National Park Service. (A large State-owned campground is in Nickerson State Park in nearby Brewster. Reservations cannot be made at this campground; camping is on a first-come, first-served basis.)

ACCOMMODATIONS AND SERVICES

Sleeping and campground accommodations, restaurants, gift shops, grocery and other stores, and gas stations are in towns adjoining the seashore. For information and reservations, write to: Cape Cod Chamber of Commerce, Hyannis, MA 02601. Note: Reservations are *essential* during the summer season.





CAPE COD NATIONAL SEASHORE

- Visitor Center
- Picnic Area
- Lighthouse
- Heavy-duty Road
- Light-duty Road
- Bicycle Trail
- Nature Trail
- Area open to public
- Area within the Authorized Boundaries

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SCALE IN MILES

NOTE: Private property rights MUST be respected