# be Cod

**National Seashore** Massachusetts

**National Park Service U.S. Department of the Interior** 



Mention Cape Cod and people think of different things: swimming and sunbathing, fishing and whaling, clams and cranberries, writers and artists, cottages and shops, Pilgrims and Indians. All are part of the ambience and charm that attract thousands of visitors to the Cape each year. To help protect the special qualities of this environment, the National Seashore was established in 1961 within the 40-mile-long section between Chatham and Provincetown. Each of the National Park Service sites within this area tells a part of the Cape Cod story.

The Cape is a glacial deposit that is constantly undergoing natural changes as winds and water move sand along the shorelines, tearing away one place and building up another. You can get a good sense of how quickly the land is diminishing at the Marconi Wireless Station site at Wellfleet, where the peninsula is only one mile wide. Much of the high cliff has eroded since Guglieimo Marconi first built his towers there in 1901. Another place to sense nature's power is near Provincetown where giant dunes are encroaching on the highway. Changing, too, though not so perceptibly, is the Cape Cod Bay shoreline. Great Island, where whalers used to congregate, is now connected to the peninsula; you can explore it via a trail.

The Cape's human history is just as rich as its natural history. In the Provincetown area you can see where the Pilgrims landed in 1620 before sailing across the bay to Plymouth. Five lighthouses within the Seashore attest to a long tradition of lifesaving activities, and the Eastham home of Edward Penniman denotes the once profitable whaling business, a chapter in the Cape Cod story.

## Recreation, Relaxation, and Restoration Cape Cod National Sea-shore offers a variety Nauset Light, Marconi, Head of the Meadow, Pamet Crant

of land and water recre-ational activities that can be as relaxing and soul-restoring as you make them out to be. Take time to look around Take time to look around and to try something different, whether it be bicycling or hiking or just sitting by the ocean watching the waves come in. Whatever you decide to do, we hope you return home re-freshed by your stay on the Cape. See the map and text on the other side of this folder for information about the information about the major Seashore sites where the activities listed here take place.

Swimming Seasonal lifeguard services and other related facilities are located at these beaches: Coast Guard

Race Point, and Her-ring Cove. Several towns also have public beaches; all charge fees Please observe water safety practices at all times

Surfing – Windsurfing Within the National Sea-shore surfing is per-mitted in waters outside lifeguarded beaches

The Seashore Walks has a number of short self-guiding trails. We invite you to take a few moments and walk a couple of them to relax and gain an insight into the Cape's natural and human history. Perhaps their names will entice you: Fort Hill, Red Maple Swamp, Nauset Marsh, Great Island, Pamet Cranberry Bog, Atlantic White Cedar Swamp, Small Swamp, Pilgrim Spring, Beech Forest. Folders about each of them may be obtained at the visitor centers Buttonbush centers. Buttonbush Trail, with special fea-tures for the blind, starts at Salt Pond Visitor Center

Bicycling The Sea-shore maintains three bicycle trails ranging from 1.6 to 7.3 miles long. Ask for a folder on bike trails at the visi-tor centers. The Cape Cod Rail Trail follows an old railroad bed and connects the Seashore with Nickerson State Park. Motorized vehicles, including mopeds, are not allowed on these paved trails. Bi-

### cycles may be rented within the towns.

Horseback riding Three bridle paths have been designated in the Seashore. Ask for a folder on "Horse Trails of the Province Lands" at the visitor centers. Horseback riding is re-Horseback riding is restricted to these trails and the park fire roads, because of the fragility of the environment. Horses may be rented at nearby stables.

**Fishing** Try your luck surf-fishing from the many beaches, but stay away from swimmers. No license is required for saltwater fishing, but a state license is required for freshwater fishing. Town licenses for shellfishing are re-quired. Regulations and face vary among and fees vary among the towns.

Race Point from Chatham in 1977. Penniman House, atyp-

ically ornate, was built in Eastham in 1867 by a

whaling captain. Nauset Lighthouse, now

Hunting Upland game and migratory water-fowl may be hunted in certain areas in the provision compared to the prospecified season. There is no open season on non-game species. Ask for a folder on hunting opportunities and re-strictions. Federal, state, and local laws apply

**Travel Services** In nearby towns you can find sleeping and camp ing accommodations restaurants, gift shops, grocery and other stores, and gasoline sta-tions. Reservations at motels, hotels, and pri-vate camparaute are vate campgrounds are essential in the sum-mer. For information and reservations, write to: Cape Cod Chamber of Commerce, Hyannis, Mass. 02601. All camp-

automated, was put into operation in 1923. Many like it still dot the coast. Atwood-Higgins House, built about 1730, repre-sents the typical Cape Cod dwelling. This one

on the beach, is prohib-ited except in private campgrounds. The Park Service does not operate a campground, but Nickerson State Park in nearby Brewster offers camping on a first-come, first-served basis Headquarters The National Seashore is administered by the National Park Service,

ing, including trailers

U.S. Department of the Interior. The Seashore headquarters is located near the Marconi Station site. For park infor-mation, send a stamped, self-addressed, business-size envelope to: Superintendent, Cape Cod National Seashore,

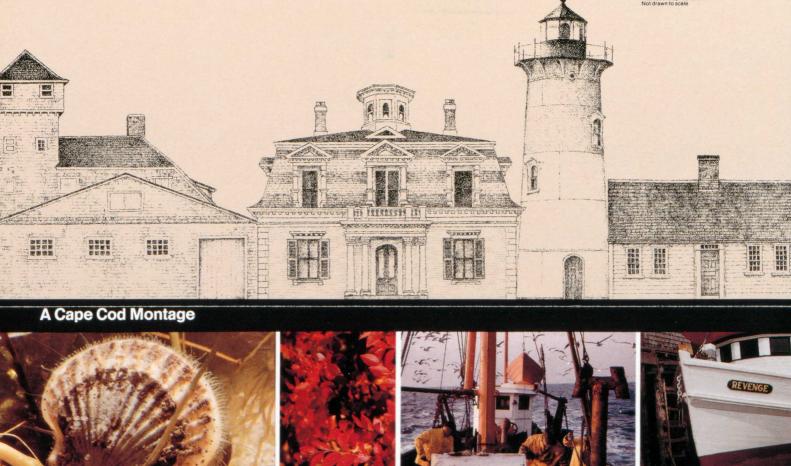
South Wellfleet, MA 02663. To telephone, call: (508) 349-3785.

has clapboards only on the front side. Some of these structures are open for tours in summer and on weekends. Inquire at the visitor centers.

Architecture is one of Cape Cod's appealing aspects. It reflects the residents' association with the sea. Salt breezes and winds turn natural shingles into

hues from light gray to dark brown. Steep roofs provide protection from storms, plus upstairs rooms. White clapboards reflect the summer sun-and New

Englanders' simple, severe tastes. The ex-amples below, from left: Old Harbor Lifesaving Station, representative of many once on the Cape, was moved to















#### Regulations

National Park Service rangers are here not only to help you but to enforce regulations established to protect both you and the Sea-shore. Report accidents, injuries, or other emer-gencies to the nearest ranger. Please obey the regulations cited above with the activities and these

 Do not disturb natural or cultural features.
Keep trails, roadsides. and other areas clean. Use trash receptacles
 Drive carefully and observe posted speed limits. Report all traffic accidents at once. Wear seatbelts in the park; it's the law.
Over-sand vehicles

must be used only on

designated sand routes A permit is required.
Open fires are not allowed except when authorized by a permit, which can be obtained at visitor centers. Per-mits are not required for stoves using manufactured fuels, or for char-coal grills when they are used in designated pic-nic areas at Beech Forest, Pilgrim Heights, and Great Island, or on sandy or rock beaches bordering tidewater. • Pets must be kept under physical restraint. Leashes must not ex-ceed six feet. Pets are not permitted in public buildings, in picnic areas, on protected beaches, or on nature trails

Public nudity is pro-hibited.

#### Safety Precautions

Sand collapses easily. Climbing slopes or dig-ging deep holes is hazardous.

· At the ocean, be alert for riptides and under-water obstacles. Keep children within reach

Be wary of too much sun exposure.
Do not take glass con-tainers, rafts, rubber tubes, snorkels, and masks to any beach. • In summer, be alert for heavy traffic on narrow roads

## Cod





#### Getting to and Around the Seashore

Transportation Motor vehicles—U.S. 6 is the primary route to and through the Seashore.

Buses-Lines run from Hyannis to Chatham and Provincetown.

Air Service — Flights operate between Hyan-nis and Boston, Provi-dence, and New York, and also between Bos-ton and Provincetown.

Trains-Amtrak serves Hyannis on summer weekends.

Interpretive Services The human and natural histories of Cape Cod are presented through Park Service programs and facilities.

Salt Pond Visitor Cen-ter on Route 6 in East-ham and Province Lands Visitor Center on Race Point Road in Provincetown each contain exhibits, an audiovisual program, publications, and information serv-ices. The visitor centers are open daily from spring until early win-ter. In mid-winter, when

both centers are closed, information services are available at Race Point Ranger Station in Prov-incetown and at park headquarters in South Wellfleet. Wayside ex-hibits and self-guiding trails are found through-out the Seashore. Guided walks, talks, and evening programs are given daily in summer and less often in spring and from Labor Day to Columbus Day. Write to the superintendent for an activity schedule or obtain a copy at a obtain a copy at a visitor center

Coast Guard Beach Shuttlebus Parking is restricted at Coast Guard Beach because of limited parking space. The National Park Service provides a shuttlebus to the beach from a park-ing area east of Salt Pond Visitor Center. This parking area is identified on the map below as "Coast Guard Beach Parking." The bus runs from late June to early September. The bus fare is included in the entrance fee. in the entrance fee.

