

# Cape Cod

National Seashore  
Massachusetts

National Park Service  
U.S. Department of the Interior

## Official Map and Guide



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.

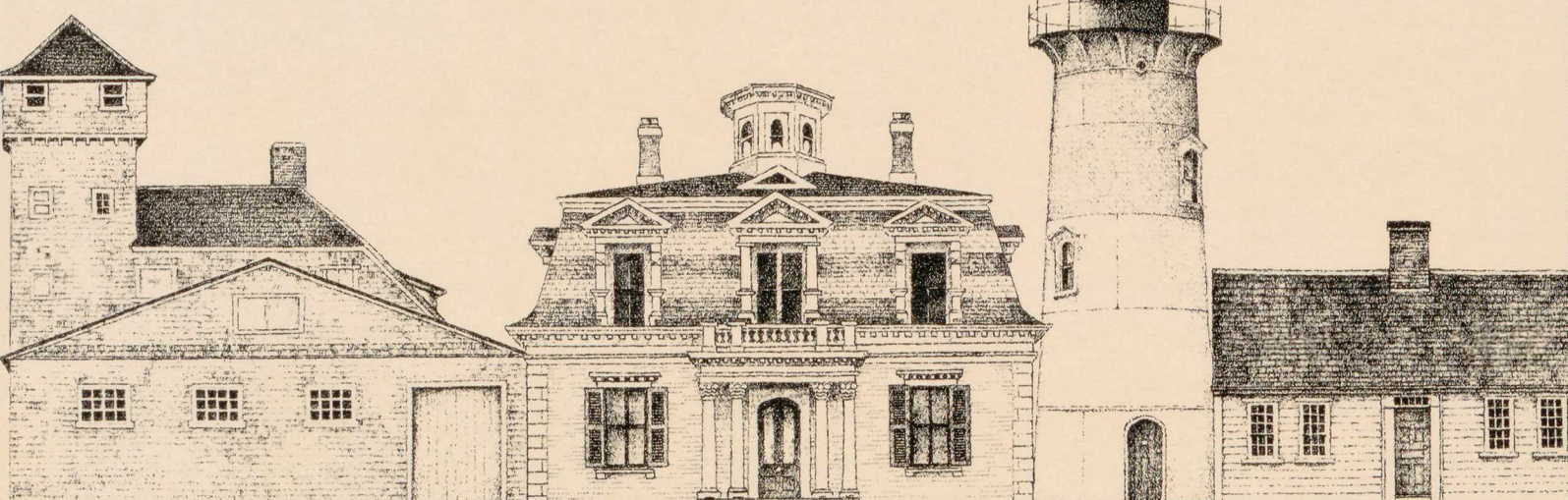
The Cape's human history is just as rich as its natural history. In the Provincetown area you can see where the Pilgrims landed in 1620 before sailing across the bay to Plymouth, and throughout the Seashore are several historic buildings that reflect the residents' longtime association with the sea. The Old Harbor Lifesaving Station (below, from left) was moved in two pieces from Chatham to Race Point near Provincetown in 1977; Captain Edward Penniman's 1868 house in Eastham is atypically ornate but denotes the once profitable whaling business; the Nauset Lighthouse, now automated, was put into operation in 1923 and is one of five lighthouses within the Seashore; and the Atwood-Higgins House, built about 1730, represents the typical Cape Cod dwelling. Some of these structures are open for tours in the summer; inquire at the visitor centers.

Old Harbor Lifesaving Station

Penniman House

Nauset Lighthouse

Atwood-Higgins House



## Recreation and Relaxation

Cape Cod National Seashore offers a variety of land and water recreational activities that can be as relaxing and soul-restoring as you make them out to be. Take time to try something different, whether it be bicycling or hiking or just sitting by the ocean watching the waves come in. See the map and text on the other side of this folder for 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, Nauset Light, Marconi, Head of the Meadow, Race Point, and Herring Cove. Several towns also have public beaches; all charge fees. Please observe water safety practices at all times.

**Surfing—Windsurfing** Within the National Seashore surfing is permitted in waters outside lifeguarded beaches.

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

**Bicycling** The Seashore maintains three bicycle trails ranging from 1.6 to 7.3 miles long. Ask for a folder on bike trails. 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. Bicycles 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." 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 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 required. Regulations and fees vary among the towns.

**Hunting** Upland game and migratory waterfowl may be hunted in certain areas in the specified season. There is no open season on non-game species. Ask for a folder on hunting opportunities and restrictions. Federal, state, and local laws apply.

**Travel Services** In nearby towns you can find sleeping and camping accommodations, restaurants, gift shops, grocery and other

stores, and gasoline stations. Reservations at motels, hotels, and private campgrounds are essential in the summer. For information and reservations, write to: Cape Cod Chamber of Commerce, Hyannis, MA 02601. All camping, including trailers on the beach, is prohibited except in private campgrounds. The National 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, U.S. Department of the Interior. The Seashore headquarters is located near the Marconi Station site. For park information, send a stamped, self-addressed, business-size envelope to: Superintendent, Cape Cod National Seashore, South Wellfleet, MA 02663. To telephone, call (508) 349-3785.



## Regulations



National Park Service rangers are here not only to help you but to enforce regulations established to protect both you and the Seashore. Report accidents, injuries, or other emergencies to the nearest ranger. Please obey the regulations cited above with the list of activities and these:

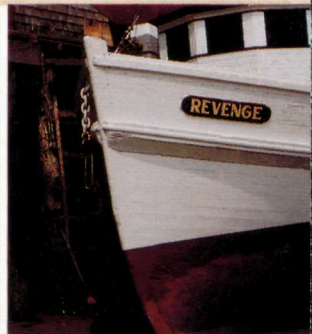
- Do not disturb natural or cultural features.
- Keep trails, roadsides, and other areas clean. Use trash receptacles.
- Drive carefully and observe posted speed limits. Report all traffic accidents at once. Wear seatbelts in the Seashore; it's the law.
- Over-sand vehicles must be used only on

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. Permits are not required for stoves using manufactured fuels, or for charcoal grills when they are used in designated picnic areas at Beech Forest, Pilgrim Heights, and Great Island, or on sandy or rocky beaches bordering tidewater.
- Pets must be kept under physical restraint. Leashes must not exceed six feet. Pets are not permitted in public buildings, in picnic areas, on protected beaches, or on nature trails.
- Public nudity is prohibited.

## Safety Precautions

- Sand collapses easily. Climbing slopes or digging deep holes is hazardous.
- At the ocean, be alert for riptides and underwater obstacles. Keep children within reach.
- Be wary of too much sun exposure.
- Do not take glass containers, rafts, rubber tubes, snorkels, and masks to any beach.
- In summer, be alert for heavy traffic on narrow roads.



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both centers are closed, information services are available at Race Point Ranger Station in Provincetown and at park headquarters in South Wellfleet. *Wayside exhibits and self-guiding trails* are found throughout 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 visitor center.

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

**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 parking 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.

