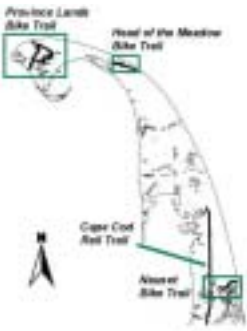
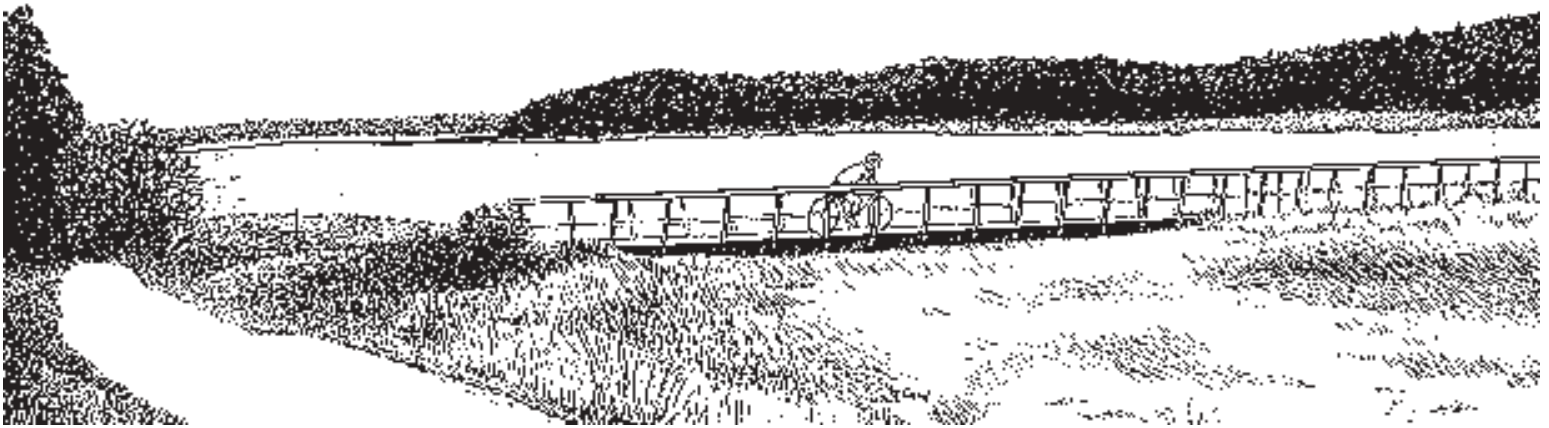




Bike trails, safety tips and guidelines



MASSACHUSETTS STATE LAW REQUIRES CHILDREN 16 AND YOUNGER TO WEAR PROTECTIVE HELMETS WHEN operating or riding as a passenger on a bicycle. It is advisable that all riders, regardless of age, wear protective headgear.

IF YOU HAVE AN UNFAMILIAR BIKE, CHECK YOUR BRAKES, GEARS AND STEERING BEFORE ENTERING A TRAIL. RIDE SINGLE FILE AND STAY TO THE RIGHT. ALL TRAILS HAVE TWO- WAY TRAFFIC AND HEAVY TRAFFIC TIMES. USE FRONT AND REAR BRAKES TOGETHER.

DON'T SPEED.

BE ALERT FOR THE UNEXPECTED, ESPECIALLY PEDESTRIANS. (ROLLERBLADERS, HIKERS, DOGS, WINDBLOWN SAND). STEEP HILLS, SHARP TURNS, AND LOW TUNNELS EXIST. LOW AREAS MAY FLOOD; LOOSE SAND MAY COVER TRAILS. PRIVATE PROPERTY EXISTS WITHIN THE SEASHORE. PLEASE RESPECT OWNERS' RIGHTS.

Legend: Bike Trail  Parking  Restrooms  Picnic area 
(seasonal)

Nauset Trail

Distance: 1.6 miles

Access points:

Salt Pond Visitor Center parking area, Eastham
Doane Rock picnic area, Eastham

