

# Barnstable Trail Guide



## About Barnstable Land Trust

Barnstable Land Trust (BLT) is a community-supported nonprofit whose mission is to preserve the natural resources and special places in the Town of Barnstable and nearby areas. We have conserved over 1,100 acres, and supported the Town in protecting over 11,000 more.

To support our work, consider becoming a member!

Visit [BLT.org](http://BLT.org) or use this QR code to support our work today.



**Barnstable Land Trust**  
1540 Main Street  
West Barnstable, MA 02668  
Tel: 508.771.2585  
**BLT.org**

Facebook: @barnstablelandtrust  
Twitter: @balandtrust  
Instagram: @barnstablelandtrust

## Are you interested in conserving your land?

Contact Barnstable Land Trust at (508) 771-2585 or [info@blt.org](mailto:info@blt.org) to discuss conserving your land.



## Rules & Information

- No motorized vehicles of any sort (including e-bikes) on ANY open space in the Town of Barnstable.
- No camping and no fires.
- Note: some beaches and ways to water are open to Town residents only. Please check the [Town of Barnstable website](http://Town of Barnstable website) for more information.

## Tick & Poison Ivy Safety

**Always prepare for ticks and poison ivy.** Ticks can be active any time of year, even winter. Tuck your pants into your socks, and your shirt into your pants. Wear light colors to spot ticks more easily. Wearing insect repellent or treating your clothes with permethrin adds another layer of protection.

**Poison ivy** is most noticeable from spring through fall, but the oils can transfer from a broken leaf or branch any time of year. Washing your hands after lacing up or removing your hiking boots can help protect you from transferring the oils to skin and causing a rash.



## Trail Etiquette

**When hiking on any trail, it's best to follow the Leave No Trace principles.**

These principles include that you pack out what you bring in (including any trash or pet waste), stay on the trail, and leave natural features as you find them (rocks, plants, wildlife, etc.). If you find something extra special that you want to remember or share, take a picture or a video and leave it for others to discover and appreciate. Learn more at [LNT.org](http://LNT.org).

## Hunting Rules

**It's important to be aware of hunting year-round.**

To stay safe and visible to hunters, be sure to wear bright colors. Hunting is allowed on certain conservation parcels as long as state and federal laws are followed.

Check the [Town of Barnstable website](http://Town of Barnstable website) to know where hunting is allowed and when the hunting season is open.

## Wildlife Sanctuaries

**Trails marked with a wildlife sanctuary symbol convey that this area is protected specifically to support sensitive wildlife and wildlife habitat.**

While we value community access to wild and beautiful places, dogs are not allowed on trails within wildlife sanctuaries.

Perceived as predators, dogs can cause alarm and stress to wildlife, resulting in reduced wildlife activity during the day or avoidance of areas altogether.

Additionally, when left on trails, dog waste harms the environment by degrading the water that both animals and humans drink, and can potentially spread disease to vulnerable wildlife.

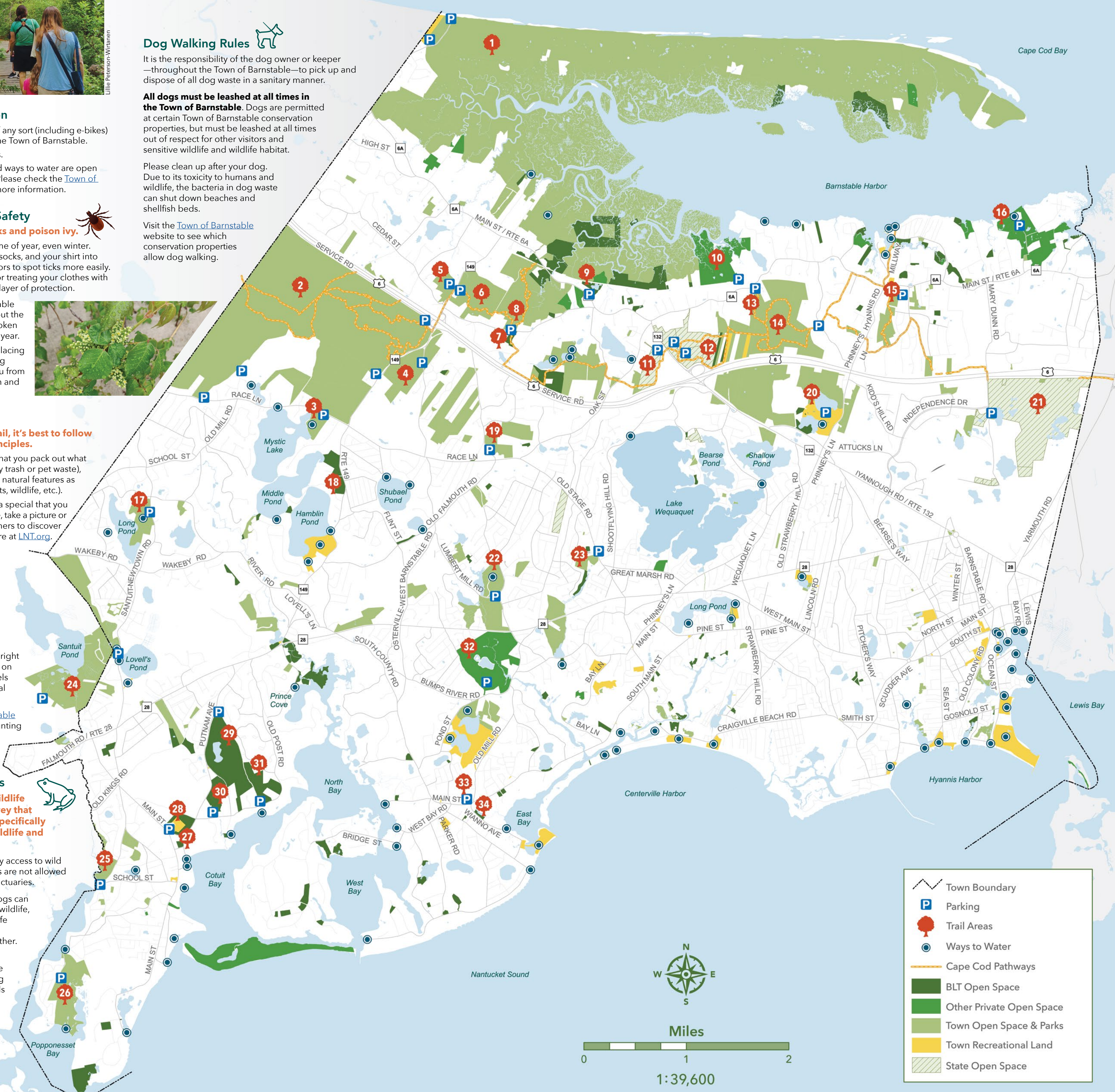
## Dog Walking Rules

It is the responsibility of the dog owner or keeper —throughout the Town of Barnstable—to pick up and dispose of all dog waste in a sanitary manner.

**All dogs must be leashed at all times in the Town of Barnstable.** Dogs are permitted at certain Town of Barnstable conservation properties, but must be leashed at all times out of respect for other visitors and sensitive wildlife and wildlife habitat.

Please clean up after your dog. Due to its toxicity to humans and wildlife, the bacteria in dog waste can shut down beaches and shellfish beds.

Visit the [Town of Barnstable website](http://Town of Barnstable website) to see which conservation properties allow dog walking.



	Town Boundary
	Parking
	Trail Areas
	Ways to Water
	Cape Cod Pathways
	BLT Open Space
	Other Private Open Space
	Town Open Space & Parks
	Town Recreational Land
	State Open Space





## Icon Key

- Conservation Area
- Biking
- Visit [blt.org/get-outside](http://blt.org/get-outside) for a trail map.
- Dog Allowed on Leash
- Swimming
- Wildlife Sanctuary

- Barnstable Land Trust
- Dept. of Conservation & Recreation
- Cape Cod Community College
- Dept. of Fish & Game
- Cape Cod Horticultural Society
- Mass Audubon
- Cape Cod Pathways
- Mass Dept. of Environmental Protection
- County of Barnstable
- State of Massachusetts
- Town of Barnstable

## Trail Safety

It's always best to research and plan your hike.

- Know where you'll be hiking, and if possible what terrain you will encounter, how long the trail is, how difficult it is, and where to park.
- Know when the sun will set and time your hike so you aren't caught out after dark.
- Always give yourself more time than you think you'll need.
- Know what weather to expect during your hike.
- Always bring water, no matter how short you think your hike may be.
- Always tell a friend or family member where you are hiking and when to expect your return.

## Cape Cod Pathways

21 miles



Cape Cod Pathways extends across the Town of Barnstable from east to west, and continues on through much of the Cape. The main walking trail in Barnstable traverses a mosaic of lands and covers over 11 miles, with 10 more miles of trail spurs and loops. Cape Cod Pathways bridges many diverse habitats such as woodlands, wetlands, and more.

Look for the Pathways symbol next to trail descriptions to see which properties it runs through, and trace the trail shown through the center of the map (reverse). Trailheads are marked with kiosks.

### 1 Sandy Neck Beach Park

West Barnstable • 1,188 Acres  
6-mile beach



This 6-mile long barrier beach has trails through dune systems, vernal pools, maritime forests, and marshes. This spot is great for viewing rare wildlife species, hiking, and swimming. Hunting is frequent here during the season.

The Marsh Trail extends the length of Sandy Neck, including a trail specifically for horseback riding and several trails along the way that connect across Sandy Neck back to the beach. **Summer Season: Beach sticker/paid parking, no dogs.**

**Parking:** End of Sandy Neck Rd by gatehouse. Park in small lot before the gate, spaces vary depending on season.

### 2 West Barnstable Conservation Area

West Barnstable • 1,114 Acres • 20 miles



Over 20 miles of trails meander through the largest town conservation area on Cape Cod, comprised of pine-oak forests dotted with beech and American Holly trees. This unique forest structure offers opportunities for wildlife sightings, hiking, biking, and hunting.

**Parking:** There are several parking areas. Parking lot under the power lines on Service Rd (500 feet from the roundabout on Route 149), ~15 spots; 0 Prospect Street 2-3 spots; corner of Drumble Ln and Race Ln 10-12 spots; end of Crooked Cartway ~6 spots.

### 3 Danforth Recreation Area

Marstons Mills • 23.5 Acres • 6 miles



Danforth Recreation Area offers trails through woodland, meadows, and grasslands. A short trail from the parking lot leads to Mystic Lake. Crossing the street through an old cow tunnel offers 6 more miles of trails and connection to the West Barnstable Conservation Area.

**Parking:** 970 Race Ln, ~15 parking spots.

### 4 Otis Atwood Conservation Area

West Barnstable • 73 Acres • 1.5 miles



This pine-oak forest is a popular spot for mountain biking, horseback riding, dog walking, and picnicking. A spur trail at the northern end of the parcel connects to West Barnstable Conservation Area trails.

**Parking:** 1800 Osterville-West Barnstable Rd ~10 parking spots.

### 5 Meetinghouse Farm

West Barnstable • 23 Acres • 0.38 miles



Two short woodland trails are marked on a kiosk at the back of the circular parking area. One trail winds through beautiful rhododendron forest. The second trail follows the woods around to the community gardens. Beautiful specimen trees are marked on this former nursery. For more information, visit [meetinghousefarm.org](http://meetinghousefarm.org).

**Parking:** 2135 Meeting House Way, ~ 8+ spots.



Fuller Farm, Marston Mills.

### 6 Bridge Creek Sanctuary Conservation Area

West Barnstable • 246 Acres • 2.5 miles



Diverse wetland habitats—abandoned cranberry bogs, tidal and freshwater streams, open marsh, and hardwood swamp—make Bridge Creek a diverse spot. The 2.5 miles of trails are open to hiking, mountain biking, and horseback riding. If accessing via Jenkins Wildlife Sanctuary, please leave dogs at home when hiking at this trail.

Trails can be accessed via Jenkins Wildlife Sanctuary trails which start at 359 Church St.

**Parking:** 3 spaces behind West Barnstable Fire Station at 2160 Meetinghouse Way or via parking at Church St.

### 7 Shaws Lane Trail

West Barnstable • 6 Acres • 1/2 mile



This parcel contains a section of the Cape Cod Pathways trails that lead up to and around the edge of active cranberry bogs (private property) to connect to Pathways on Pine St. This parcel is situated in a pine-oak woodland.

**Parking:** Small parking lot across the street at 359 Church St, Town-owned Jenkin's Wildlife Sanctuary, ~6 parking spots.



What natural treasures will you find on your hike?

### 8 Jenkins Wildlife Sanctuary

West Barnstable • 6.6 Acres • 2 miles



This wooded wildlife sanctuary offers short trails throughout pine-oak forest. The Sanctuary's 2 miles of trails connect to Bridge Street Conservation Area and can allow avid hikers to extend their walk up to 6 miles. **Please leave dogs at home when hiking at this trail.**

**Parking:** 359 Church St, ~6 parking spots.

### 9 BLT Conservation Center

West Barnstable • 9.9 Acres • 0.4 mile



The short trail offers views of the Great Marsh and over Popolo Pond, making it an excellent spot for walking and birdwatching. This trail winds around Popolo Pond through marshy woodlands, with boardwalks through the wettest areas. **Please leave dogs at home when hiking at this trail.**

**Parking:** 1540 Main St, 10 spaces available behind BLT headquarters (unless programming or an event is underway).

### 10 Barnstable Great Marsh Wildlife Sanctuary

West Barnstable • 114 Acres • 1.5 miles



Lovely trails wind through salt marshes and oak woodlands that overlook Barnstable Harbor and Sandy Neck Barrier Beach. Offers great views for wildlife, specifically ground-nesting and shore birds. **Please leave dogs at home when hiking at this trail.** For more information, visit [massaudubon.org](http://massaudubon.org).

**Parking:** 2444 Main St (Rte 6A), 2-3 parking spots.



Barnstable Great Marsh Wildlife Sanctuary, West Barnstable.

### 11 Barnstable State Forest

West Barnstable • 32 Acres • 1 mile



This trail leads through oak-pine woodlands in West Barnstable, a key connector for Cape Cod Pathways. Wide trails make for great hiking and biking through these beautiful woods. The trailhead can be found beyond the southeast corner of the YMCA basketball court, marked with red blazes. Keep an eye out for red pine on your hike.

**Parking:** YMCA Cape Cod, 2245 Iyannough Rd, 5-10 parking spots in the YMCA parking.

### 12 Cape Cod Community College

West Barnstable • 4.2 miles



This section of Cape Cod Pathways is a popular spot for mountain biking, trail running, and dog walking. These trails loop back to the CCC campus, and a trail at the northeast end of the parcel connects to Old Jail Lane Conservation Area.

**Parking:** Cape Cod Community College, 2240 Iyannough Rd, Parking Lots #3 & #7.

### 13 Seabury Farm

West Barnstable • 8.4 Acres • 0.5 miles

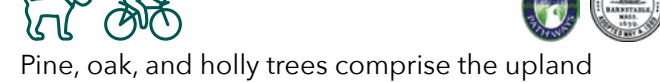


A 0.5-mile trail crosses hilly meadows and connects to Old Jail Lane Conservation Area trail system and Cape Cod Pathways trails.

**Parking:** 2509 Main St, 1-2 parking spots.

### 14 Old Jail Lane Conservation Area

Barnstable • 180 Acres • 10 miles



Pine, oak, and holly trees comprise the upland forests at Old Jail Lane Conservation Area. Some steep trails throughout this trail network make it an interesting spot for hikers, mountain bikers, and horseback riders.

There are several routes for trails, each 1-2 miles. There is a 1-mile loop across the street as well.

**Parking:** 331 Old Jail Ln, 8 parking spots.

### 15 Trayser Trail

Barnstable • 36 Acres • 0.7 miles



Located behind the Trayser US Group Coast Guard Heritage Museum, this Cape Cod Pathways segment begins as a grassy-pathed shrub and tree environment and crosses over a railroad, transitioning into a pine oak woodland.

**Parking:** Trayser Museum parking lot ~5-10 spots.

### 16 Long Pasture Wildlife Sanctuary

Cummaquid • 101 Acres • 2.5 miles



Looking over Sandy Neck, Long Pasture offers views of the water through meadows and woodlands.

The Nature Center on site offers views of rare local species. Admission is free for MassAudubon members, \$4 for adults, \$3 for children and seniors. **Please leave dogs at home when hiking at this trail.** For more information, visit [massaudubon.org](http://massaudubon.org).

**Parking:** 345 Bone Hill Rd, ~ 12 spots.

### 17 Long Pond Conservation Area

Marstons Mills • 37.5 Acres • 2 miles



This site has community gardens for Barnstable Town residents, 2 miles of hiking trails through meadows and woodlands, and fishing at Long Pond.

There is an interpretive trail that highlights the ecology and geology of the area, along with two observation decks that overlook Long Pond.

**Parking:** Parking lot is across the street from 466 Newtown Rd, 12 spots.

### 18 Fuller Farm

Marstons Mills • 22.4 Acres • 1 mile



This trail is a combination of a short woodland loop overlooking cranberry bogs and an open meadow trail following the field edge of a former dairy farm. Look for a permaculture garden, other agriculture, and grazing animals.

**Parking:** BLT drive adjacent to Alpine Way, ~6 parking spots.

### 19 Whelan Conservation Area

West Barnstable • 13 Acres • 2 miles



2 miles of trail through sandplain grassland offers opportunities for wildlife viewing and hiking. As the trail is fairly flat, it lends itself to cross-country skiing during the winter months.

**Parking:** 1340 Old Stage Rd ~15 parking spots.

### 20 Hathaways Pond Conservation Area

Hyannis • 10 Acres • 2 miles



Hathaways Pond offers opportunities for hiking, swimming, boating, and fishing. BLT owns the parcel on the southern edge of Hathaways Pond South, which can be accessed by trails leading from the Town of Barnstable's beach parking lot. Hathaway Pond Loop Trail is 1.4 miles, the off-shoot to Hathaway Pond South is an additional 0.5 miles.

**Parking:** Located at Hathaways Pond Boat ramp. Requires town beach sticker. Ample Parking (20+).

### 21 Hyannis Ponds Wildlife Management Area

Hyannis • 365 Acres • 3 miles



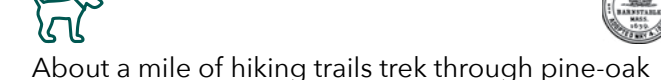
Hyannis Ponds WMA features pitch pine forest with an understory dominated by huckleberry and lowbush blueberry. The coastal plain pond habitats offer views of rare and uncommon flora and fauna.

With about 3 miles of gated management roads throughout the property, it is a popular spot for hunting and hiking.

**Parking:** Mary Dunn Rd, 2 spots.

### 22 Lumbert Mill Conservation Area

Centerville • 61 Acres • 1 mile



About a mile of hiking trails trek through pine-oak forest, marshland, and past Lumbert and Flowing Ponds. As a relatively new trail system, it is a great spot to see wildlife.

**Parking:** 446 Lumbert Mill Road, ~12 spots.

### 23 Andrews Property & Coombs Bogs

Centerville • 6.5 Acres • 1 mile



A lovely trail system weaves its way through the Town-owned Andrews property, consisting of open meadow and forest. This trail leads to BLT-owned Coombs Bog, a series of three former cranberry bogs, all in different stages of succession, providing diverse habitat and wildlife viewing.

**Parking:** 521 Old Stage Rd, 3 parking spots.



Bell Farm, Cotuit.

### 24 Santuit Pond Preserve

Marstons Mills/Mashpee  
287 Acres • 3 miles



Pine-oak forests, beech-holly forests, maple-swamps, meadows, a herring run, and vernal pools are home to rare and protected wildlife on this 287-acre preserve. Walking trails provide a tour of these habitats and protected species. **Popular spot for hunting.**

**Parking:** 117 Main St, ~8-10 spots.

### 25 Santuit River Trail

Cotuit • 25 Acres • 0.58 miles



This network of trails winds through a pitch pine and oak woodland and traverses Santuit River. Several benches along the trails overlook the woodland, river, and surrounding marsh.

**Parking:** On School St just west of Santuit Rd on the righthand side, ~2-3 spots.

### 26 Crocker Neck

Cotuit • 97 Acres • 1.5 miles

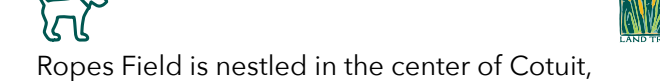


1.5 miles of hiking trails cross through coastal banks, pine groves, and wetlands. An observation deck looks over Popponeset Bay. It is a popular spot for hiking, wildlife viewing, and swimming.

**Parking:** 765 Santuit Rd, ~6 spots.

### 27 Ropes Field

Cotuit • 2 Acres



Ropes Field is nestled in the center of Cotuit, where Putnam Ave curves to join Main Street. Known as a historic horse pasture, this grassy open space is good for a stroll or tossing a ball around. Property is across from 33 Putnam Ave.

**No parking**

### 28 Lowell Park Woodlands

Cotuit • 16 Acres



Classic pine-oak woodlands surrounding the Kettleers ball field. Lowell Park is at the southern end of an 800-acre open space corridor. A newly created trail circles the ballfield and connects to previously established trails from Lowell Ave, Putnam Ave, Mosswood Cemetery and nearby neighborhoods.

**Parking:** 10 Lowell Ave, ample parking (20+ spots) except for Cotuit Kettleers' home-game days.

### 29 Eagle Pond & Little River Sanctuary

Cotuit • 152 Acres • 4 miles



Eagle Pond and Little River Sanctuary consist of varying habitats of white cedar swamps, meadows, mature pinewood forests, and a kettle pond. Dog walking, hiking, fishing, and kayaking are all popular activities at the Sanctuary. The main Eagle Pond Loop Trail (accessed from Putnam Ave) is 1.5 miles long with several spur trails of varying lengths.

**30 Bell Farm** is the section of this property below Little River Road, accessible from said road or from Old Post Road. Bell Farm includes Little River Loop (1.0 mi), which can be continued from Eagle Pond Loop.

**31 Almy Cedar Swamp Trail** (0.74 miles) loops around a swamp, offering a beautiful view of moss-covered ground and cedar and pitch pine forest. This 0.74 mile loop is perfect on its own, or as a connecting point to Eagle Pond's other trails.

**Parking:** ~7 spots at main lot (across from 820 Putnam Ave), 3 spots at Old Post Rd (next to 426 Old Post Rd) and 2 spots at Cordwood Rd near Cordwood Landing.

### 32 Skunknett River Wildlife Sanctuary

Osterville • 147 Acres • 1 mile

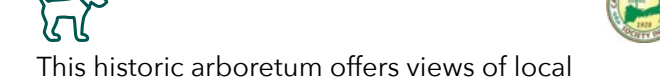


This mile of trails offers views of an Atlantic White Cedar swamp. The site is also home to abandoned cranberry bogs. These wetlands offer great viewing of birds and waterfowl, as well as amphibians in the spring. **Please leave dogs at home when hiking at this trail.** For more information, visit [massaudubon.org](http://massaudubon.org).

**Parking:** 544 Bumps River Rd, ~3 parking spots.

### 33 Armstrong-Kelley Park

Osterville • 8.5 Acres • 0.64 miles



This historic arboretum offers views of local and rare tree and plant species, and provides opportunities for walking, picnicking, and educational activities throughout the year.

**Parking:** 675 Main St, ~10 spots.

### 34 Bansfield Meadow

Osterville • 1.5 Acres • .25 mile



A short walk along Little Parkers Pond, Bansfield Meadow offers views of meadow habitat and wildlife, and supports water quality to the greater East Bay ecosystem. Nestled in a residential area, it's a wonderful spot for neighborhood walkers. Located at 100 East Bay Road.

**No Parking**