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 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.

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 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 tying 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.

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 to see which conservation properties allow dog walking.

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Danforth Recreation Area

West Barnstable • 23.5 Acres • 6 miles

Danforth Recreation Area offers trails through woodland, meadows, and pastures. A short trail from the parking lot leads to Mystic Lake. Connecting two Roundabouts (on route 149), ~15 spots; 0 Prospect Ave, 3 spots at Old Post Rd (next to 426 Old Post Rd)

Parking: 675 Main St, ~10 spots.

Sandy Neck Beach Park

West Barnstable • 1.14 Acres • 228 ft

Sandy Neck Beach Park offers over 3 miles of trails through dune systems, vernal pools, maritime forests, and marsh. This spot is a great place for birding, especially in the spring. Please leave dogs at home when hiking at this trail.

Parking: 2130 Meeting House Way, ~9 spots.

Oriis Atwood Conservation Area

West Barnstable • 73 Acres • 0.38 miles

The pedestrian trail at the north end of the parcel connects to the West Barnstable Conservation Network trail at 10 parking spots.

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

Meetinghouse Farm

West Barnstable • 23 Acres • 0.38 miles

This pine-oak forest is a popular spot for mountain biking, with cross-country and dirt trails. A spur trail at the north end of the parcel connects to the West Barnstable Conservation Network trail at 10 parking spots.

Parking: 2730 Meeting House Way, ~9 spots.

Cape Cod Pathways

Across the state of Barnstable from east to west, and continues on through much of the Cape. The main walking trail in Barnstable traverses a mosaic of fens and marshes over 11 miles, with 10 more miles of trail spur and loops. Cape Cod Pathways bridges many diverse habitats such as woodlands, wetlands, and more. Look for the Pathways key next to trail descriptions to see which properties it runs through, and face the trail as you view the center of the map (reverse). Trailheads are marked with kiosks.

Bridge Creek Sanctuary

West Barnstable • 246 Acres • 2.5 miles

Division of habitats—abandoned cranberry bogs, tidal and freshwater streams, open marsh, and coastal deciduous—make Bridge Creek a diverse spot. The 2.5 miles of trails are open to hiking, mountain biking, and horseriding. If accessing via Jenkin’s Wildlife Sanctuary, please leave dogs at home when hiking at this trail.

Parking: 359 Church St, 6-2 parking spots.

Barnstable Great Marsh Wildlife Sanctuary

West Barnstable • 114.5 - 1.5 miles

What natural treasures will you find on your hike?

Sanctuary, ~6 parking spots.

Parking: 359 Church St, 6-2 parking spots.

Old Jail Lane Conservation Area

West Barnstable • 180 Acres • 10 miles

This wooded wildlife sanctuary offers short trails through pine-oak woodlands. The Sanctuary 2 miles of trails connects to Bridge Street Conservation Area and canals. No ice and bike permits are required for hiking and bicycling at this trail.

Parking: 359 Church St, 6-2 parking spots.

Barnstable State Forest

West Barnstable • 32 Acres • 1 mile

This trail leads through oak-pine woodlands in West Barnstable. Please leave dogs at home when hiking at this trail.

Parking: 359 Church St, 6-2 parking spots.

Shaws Lane Trail

West Barnstable • 6 Acres • 1/2 mile

This trail connects to the Old Jail Lane Conservation Area trail at the northeast corner of the parcel and connects to the Old Jail Lane Conservation Area trail at the northeast corner of the parcel.

Parking: 2444 Main St (Rts 6A, 2-3 parking spots.

Barnstable Great Marsh Wildlife Sanctuary

West Barnstable • 246 Acres • 2.5 miles

This section of Cape Cod Pathways is a popular spot for neighborhood walkers. This trail leads back to the CCC campus, and is an extension of the network that connects to Old Jail Lane Conservation Area.

Parking: 2240 Barnstable Rd, Parking Lots #3 & #7.

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. Please leave dogs at home when hiking at this trail.

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

Seabury Farm

West Barnstable • 8.4 Acres • 0.5 miles

Rainbow's End on South Eastham's Old South. Pine-oak forest, beach forests, salt marshes, marshes, and freshwater trails which start at 359 Church St.

Parking: 2350 Old Post Rd (next to 426 Old Post Rd)

Parking: 359 Church St, 6-2 parking spots.

Trassy Trail

Barnstable • 36 Acres • 0.7 miles

This wooded wildlife sanctuary offers views of rare and uncommon flora and fauna. With about 3 miles of gated walking roads through much of the property, it is a great spot for walking and hiking.

Parking: Mary Dunn Rd, 2 spots.

Lumbert Mill Conservation Area

Centerville • 61 Acres • 1 mile

Please leave dogs at home when hiking at this trail.

Parking: 446 Lumbert Mill Rd, ~12 spots.

Andrews Property & Combs Bogs

West Barnstable • 6.6 Acres • 2 miles

This site has community gardens for Barnstable Town, 2 small meadows through marshes and woodlands, and fishing at Long Pond. There is an interpretive trail that highlights the ecosystem here, and an on-going observation deck that overlooks Long Pond.

Parking: Parking lot is on the street from 665 Church Rd, ~12 spots.

Long Pond Conservation Area

Marstons Mills • 37.5 Acres • 2 miles

This pine-oak forest is a popular spot for mountain biking, with cross-country and dirt trails. A spur trail at the north end of the parcel connects to Barnstable State Forest.

Parking: Full Farm Rd Hill, ~12 spots.

Fuller Farm

West Barnstable • 22.4 Acres • 2.5 miles

This trail is a combination of a short woodland loop and an off-shoot to a larger woodland. This trail follows the edge of a former dairy farm. Look for a wet mesic gardens, other agriculture, and grazing animals.

Parking: Please leave dogs at home when hiking at this trail.

Brant Island Trail (accessed from Putnam Ave) is 1.5 miles long with seven spur trails of varying lengths.

Parking: 521 Old Stage Rd, 3 parking spots.

Bell Farm, Cotuit.

Bansfield Meadow

West Barnstable • 1.5 Acres • 20 miles

This 1.5 miles of hiking trails cross through coastal barrens, pine groves, and wetlands. An interesting deck overlooks Peppercorn Salt. It’s a popular spot for walking, windsurfing, and swimming.

Parking: 765 Bantam Rd, ~8 parking spots.

Ropes Field

Cotuit • 2 Acres

Ropes Field is nestled in the center of Cotuit, with very limited parking. It is the site of two beautiful ponds. Known as a classic home pasture, this open space is a great place to explore. Without a permit, Ropes Field is closed to the public. Please leave dogs at home when hiking at this trail.

Parking: 10 Little Parker Rd, ~4 parking spots

Lowell Park Woodlands

Centerville • 16 Acres

Parking: Amenities include a trail map. For a trail map.

Bansfield Meadow

West Barnstable • 1.5 Acres • 20 miles

Parking: Amenities include a trail map. For a trail map.

Lowell Park Woodlands

Centerville • 16 Acres

Parking: Amenities include a trail map. For a trail map.

Bansfield Meadow

West Barnstable • 1.5 Acres • 20 miles

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