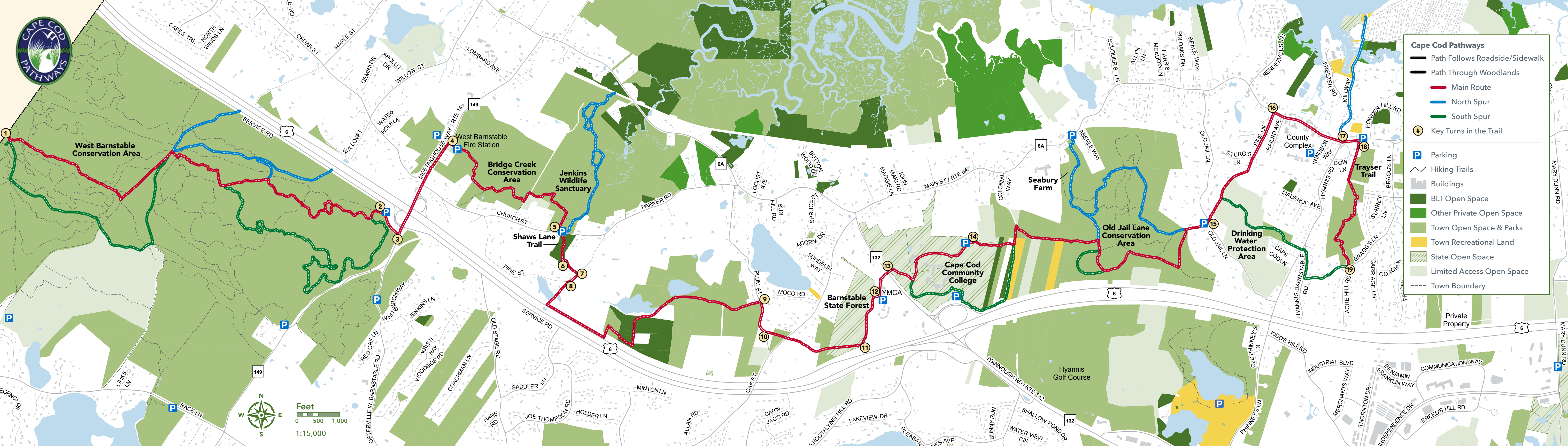


BLT.org



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 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
@barnstablelandtrust

Are you interested in conserving your land?
Contact Barnstable Land Trust at (508) 771-2585 or info@blt.org to discuss conserving your land.

What is Cape Cod Pathways?

Cape Cod Pathways is a series of interconnecting trails that could traverse Cape Cod from Bourne to Provincetown



Since 1990, Barnstable Land Trust (BLT), the Town of Barnstable and other partners have worked both independently and together on many acquisitions to help make the Cape Cod Pathways trails through Barnstable a reality.

Currently, walking trails cover a mosaic of lands and stretch over 11 miles across Barnstable, as the crow flies, between the borders of Sandwich and Yarmouth.

Many more miles of trail spurs and loops provide access from multiple locations and points of interest, and are marked by red, blue, and green trail markers or "blazes." The trails cross lands owned by public agencies, nonprofits, and private individuals.

To learn more about Pathways, please visit blt.org/cape-cod-pathways-guide.



Cape Cod Pathways by the Numbers

21+ Miles of Trails:

- Main Trail: 11 miles
- North Loop: 4.5 miles
- South Loop: 5.5 miles

16 Parking Areas for Access
8 Conservation Areas



Shadbush

Cape Cod Pathways

21 miles

The main cross-town walking trail traverses a mosaic of lands and covers over 11 miles, with 10 more miles of trail spurs and loops. Cape Cod Pathways crosses many diverse habitats such as woodlands, wetlands, and more. Trailheads are marked with kiosks.

Visit blt.org/get-outside for individual maps for properties that the Cape Cod Pathways trails cross.

Navigating Cape Cod Pathways

← FROM WEST TO EAST →

The westernmost edge of the Cape Cod Pathways trail enters West Barnstable from Great Hill Road in Sandwich near the powerlines. The main route is marked with a red blaze, and spur trails are marked with blue (north spurs) and green (south spurs). The main route leads into Barnstable Village and stops before reaching West Yarmouth, as the completion of this section is still in progress.

The narrative below navigates hikers with turn by turn descriptions along the length of the Main Trail (red blaze). Refer to the map for each numbered intersection.

Please note: Some lands you pass through or by are restricted access (see grey land on map), as they are privately owned. Please take extra care as you navigate along these sections of the trail. Stay on the trail and respect private property.

- Leading in from Great Hill Road in Sandwich, the main Cape Cod Pathways route (red blaze) enters West Barnstable through the **West Barnstable Conservation Area**. The Main Trail takes you through the center of the conservation area for about 2.5 miles, crossing numerous paths and biking trails that were added over the years. There are several junctions offering south spurs (green blazes) and north spurs (blue blazes) to add length to your hike.

Take note that these trails have many unmarked crossings that may make navigation difficult towards the center of the property. Expect narrow trails and boulder-dotted hills through this portion. This unique forest structure offers opportunities for wildlife sightings, hiking, mountain biking, and hunting.

- The Main Trail (red blaze) meets at the Service Road parking area along the powerlines. To continue along the main route, hike east along Service Road for 0.1 miles to Route 149. Proceed carefully as sidewalk is not available.

- Arrive at Route 149, and turn left to walk north along Route 149 for 0.5 miles until you reach the West Barnstable Fire Station on the east side of Route 149. Proceed cautiously as sidewalk is available most, but not all, of the way.

- At the Northeast corner of the West Barnstable Fire Station parking area, look for a kiosk to guide you into **Bridge Creek Conservation Area**, following the Main Trail (red blaze).

The Main Trail (red blaze) traverses east within the conservation area for about 1 mile, dropping to the south to Church Street.

- Cross Church Street to continue on the Main Trail (red blaze) onto the **Shaws Lane Trail**.

Shaws Lane Trail winds through pine-oak woodlands for about 0.5 miles and swoops down to the southwest edge of active cranberry bogs (private property).

- Walk east for less than 0.1 mile along the south edge of the cranberry bog toward Parker Road. The cranberry bog is an active, working bog and is privately owned. Please respect our neighbors and private property.

- When arriving at Parker Road, turn right (southwest) and walk approximately 300 feet along the road. The road becomes Pine Street at this point.

- A dirt road shrouded by shrubs and trees will be visible on the left (south side of Pine Street), just shy of 305 Pine Street. Enter this dirt road. Note: Do not enter the path immediately beside the cranberry bogs—this is private land. The trail entrance is 50 feet west of this path. Upon entering the dirt road off of Pine Street, continue to follow the Main Trail (red blaze) east, passing through more pine-oak woodlands. This section of the trail winds east for about 1.25 miles, passing Shallow, Sandy Hill, and Spruce Ponds. The Main Trail (red blaze) ends at Plum Street, a gravel road.

- Turn right (south) on Plum Street to continue on the Main Trail (red blaze) for approximately 0.1 miles.

- When Plum Street reaches the powerlines, turn left (east) onto the powerlines path. The trail reaches Oak Street after approximately 0.1 miles. Cross Oak Street and continue along the powerlines path for approximately 0.4 miles, entering **Barnstable State Forest**.

- After 0.4 miles on the powerlines path from Oak Street, keep your eyes peeled for a red blaze to turn left (north) to continue 0.25 miles on the woodland trail towards the YMCA.

Keep an eye out for the non-native red pine on your hike through this section, a rarer sight now as most of them are dead or dying from the *Diplodia* fungus.

- After walking the Main Trail (red blaze) north from the powerlines, arrive at the southwest corner of the YMCA basketball court and the YMCA parking area. To continue east on the Main Trail (red blaze), enter the YMCA parking area and walk northeast for about 0.1 mile toward Iyannough Road/Route 132.

- At Iyannough Road/Route 132, cautiously cross the street to enter **Cape Cod Community College**. Walk along the north drive loop for about 0.4 miles toward Lot #7 to reconnect with the Main Route (red blaze) woodlands path.



Guided walk through Cape Cod Community College Trails in West Barnstable.

- At Lot #7, enter the trailhead on the east side of the parking area and proceed into the **Cape Cod Community College** woodlands.

This section of Cape Cod Pathways is a popular spot for mountain biking, trail running, and dog walking. The Main Trail (red blaze) continues east, straddling the moraine that forms a spine through the center of Cape Cod. The trail features a number of hills and valleys, bordered by large boulders and trees, part of the glacial moraine that creates the rugged east-west backbone of the Cape. After about 0.75 miles from Lot #7, the Main Trail (red blaze) enters **Old Jail Lane Conservation Area**.

The wide trails here were roughed-out subdivision roads made for a 90-lot subdivision planned before the Town bought 185 acres in the late 1980s. The Main Trail (red blaze) continues through the conservation area, moving south then east for about 0.75 miles toward the **Old Jail Lane Conservation Area** parking area off of Old Jail Lane.

- At Old Jail Lane, cross the street to continue on the Main Trail (red blaze) toward Barnstable Village Center. The Pathways Main Trail (red blaze) leads north for 0.6 miles along Pine Lane. Note that the blazed markers end when the Pine Lane dirt road becomes paved.

- When you reach Route 6A, turn right and head east in Barnstable Village for about 0.5 miles to the Hyannis-Barnstable Road at the traffic light. This is a great opportunity to check out the shops of Barnstable Village or grab some lunch or a beverage from one of the local eateries.

- At the Hyannis-Barnstable Road traffic light, cross the street to continue on Route 6A for about 0.1 miles. Keep your eyes open to spot the U.S. Coastguard and Trayser Memorial Museum on your right.

- Look for and enter the **Trayser Trail** trailhead to the southeast of the U.S. Coast Guard and Trayser Memorial Museum.

This 0.7 mile trail begins as a grassy-pathed shrub and tree environment, transitioning into a pine oak woodland and passing wetlands. In the 1800s this cart path was the gentle way up Goodspeed's Hill, but was bypassed when the tar road came in the early 1900s. There is a railroad crossing that does not have a signal, so please look both ways and cross cautiously.

- The east portion of the Main Trail (red blaze) for Barnstable's section of Cape Cod Pathways ends at Braggs Lane, with the opportunity to loop back west along Braggs Lane toward Hyannis-Barnstable Road. Connecting the path to Yarmouth is still in progress as of 2022.

The wide trails here were roughed-out subdivision roads made for a 90-lot subdivision planned before the Town bought 185 acres in the late 1980s. The Main Trail (red blaze) continues through the conservation area, moving south then east for about 0.75 miles toward the **Old Jail Lane Conservation Area** parking area off of Old Jail Lane.

- At Old Jail Lane, cross the street to continue on the Main Trail (red blaze) toward Barnstable Village Center. The Pathways Main Trail (red blaze) leads north for 0.6 miles along Pine Lane. Note that the blazed markers end when the Pine Lane dirt road becomes paved.



Wild asters.



Toad spotted in West Barnstable Conservation Area, West Barnstable.

Main Parking Areas to Access Cape Cod Pathways:

West Barnstable Conservation Area: Service Road at powerlines in West Barnstable, (500 feet from the roundabout on Route 149), 15 spots.

West Barnstable Fire Station: 2160 Meetinghouse Way, West Barnstable. 3 spaces north side of station.

Bridge Creek Conservation Area: Across the street from 359 Church Street, West Barnstable. ~4 parking spots.

YMCA Cape Cod: 2245 Iyannough Road, Barnstable. 5-10 parking spots.

Cape Cod Community College: 2240 Iyannough Road, Barnstable. Parking Lots #3 & #7. 20+ spots.

Old Jail Lane Conservation Area: Between 321 and 349 Old Jail Lane, Barnstable Village. 8 spots.

Barnstable County Complex: 3195 Main Street, Barnstable. 20+ spots.

Trayser Museum: 3365 Main Street, Barnstable. 5-10 spots.

Allowed Uses

- Hiking
- Trail running
- Wildlife observation
- Mountain biking (only in designated sections)

Prohibited Uses

- Motorized vehicles of any sort (including e-bikes) on ANY open space in the Town of Barnstable
- Camping and fires
- Hunting on the trail
- Cutting and taking of wood

Pathways Across Time

The Cape Cod Pathways in Barnstable cross land of the ancestral Wampanoag, one of the Indigenous tribes that inhabited southeastern Massachusetts and Cape Cod prior to European colonization. These trails once extended between Wampanoag villages, similarly to how they extend between Barnstable's villages today, and date as far back as 12,000 years ago.

As you walk along these pathways, note that the trail comes close to water bodies, some of which were likely stopping areas along the journey.

Native peoples would create winter villages in the interior sections of these trails and migrate in the summer to coastal areas for fish and shellfish.

This is why, in some cases, the trail intersects with geographical points of interest including kettle hole ponds, herring runs, brackish waters, and lush berry patches.

The Wampanoag are still here today, and you can learn about their culture and history at the following Tribe websites:

Mashpee Wampanoag Tribe: <https://mashpeewampanoagtribe-nsn.gov>

Wampanoag Tribe of Gayhead (Aquinnah): <https://wampanoagtribe-nsn.gov/wampanoag-history>

Herring Pond Wampanoag Tribe: <https://www.herringpondtribe.org/our-history>

Cultural Respect & Respectful Return

Human remains and cultural artifacts of the Wampanoag are protected under the Native American Graves Protection and Repatriation Act (NAGPRA).

To learn more about the laws prohibiting unauthorized excavation, removal, or sale of Native American remains and cultural items, please visit <https://www.nps.gov/subjects/nagpra/index.htm>.

Thank you to the Native Land Conservancy (<http://www.nativelandconservancy.org>) for their guidance on the history and language included on this publication.

Trail Safety

It's always best to plan your hike, especially since cell phone coverage is often not reliable.

- 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.

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** (LNT) 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.

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 or blt.org/get-outside to know where hunting is allowed and when the hunting season is open.

Dog Walking Rules



All dogs must be leashed at all times in the Town of Barnstable and are not allowed on trails within wildlife sanctuaries. 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 or blt.org/get-outside to see which conservation properties allow dog walking.

Trail Blazes 101

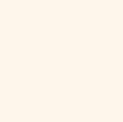
Cape Cod Pathways is marked with red, blue, and green symbols, also known as 'blazes', on trees to indicate what trail route you are on and what direction to follow. The Main Trail is in red, spur trails headed North off the main trail are in blue, and spur trails headed South off the main trail are in green. Below are some blaze symbols you will see as you walk the path and what direction they indicate to follow your desired route.



Turn Left



Continue Straight



Turn Right

Keep Exploring

For more great maps, including the Barnstable Trail Guide and Eagle Pond and Little River Sanctuary Map, visit blt.org/get-outside.