

50 Unforgettable Cape Cod Hiking Trails to Embark on Your Next Adventure

Get ready to explore the stunning natural beauty of Cape Cod on foot with our comprehensive guide to 50 captivating hiking trails! From leisurely coastal strolls to challenging woodland treks, there's a trail to suit every hiker's ability and adventure appetite.

Coastal Classics

- **Cape Cod National Seashore Trail:** Walk along pristine beaches, dunes, and salt marshes on this iconic trail stretching 25 miles from Provincetown to Chatham.
- **Nauset Beach Trail:** Enjoy a scenic 4-mile loop through dunes, forested areas, and coastal views, offering opportunities for swimming and beachcombing.
- **Herring Cove Beach Trail:** Discover hidden coves, tidal flats, and a picturesque lighthouse on this 2.5-mile loop trail in Provincetown.
- **Race Point Beach Trail:** Trek to the northernmost point of Cape Cod on this 3-mile trail, where you can climb the historic Race Point Lighthouse for breathtaking panoramas.
- **Truro Highlands Salt Marsh Trail:** Embark on a flat and easy 1-mile trail through a serene salt marsh, home to diverse birdlife and coastal flora.

Woodland Wanderers

- **Nickerson State Park Trail System:** Choose from a network of trails totaling 20 miles, offering scenic views of forested hills, ponds, and cranberry bogs.
- **Ashumet Holly Wildlife Sanctuary Trails:** Explore 12 miles of trails winding through 600 acres of holly forests, ponds, and grasslands, ideal for birdwatching.
- **Cataumet Woodlands Trail:** Hike 5 miles through ancient white pine forests and alongside picturesque ponds, with opportunities for wildlife sightings.
- **Mashpee Pine Barrens Trail System:** Trek through 1,000 acres of pine barrens, offering 7 miles of trails ranging from easy to challenging.
- **Falmouth Conservation Land Trails:** Discover 3 miles of trails meandering through woodlands, wetlands, and salt marshes, providing scenic views and a chance to explore Falmouth's natural beauty.

Waterfront Wonders

- **Sandwich Boardwalk Trail:** Take a leisurely 0.5-mile stroll along a scenic boardwalk, offering stunning views of Mill Pond and the surrounding marshes.
- **Bourne Scenic Trail:** Follow the Cape Cod Canal on this 6-mile paved trail, perfect for walking, biking, and in-line skating.
- **Falmouth Heights Bike & Walking Trail:** Explore 1.5 miles of paved trail along Falmouth Heights Beach, enjoying oceanfront views and a peaceful atmosphere.

- **Dennis Pond Trail:** Wander through a quiet and scenic 1.5-mile loop trail around Dennis Pond, encountering diverse birdlife and lush vegetation.
- **Great Island Trail:** Hike across a barrier island on this 4-mile loop trail, offering stunning views of Nantucket Sound and Martha's Vineyard.

Historic Hikes

- **Pilgrim Monument & Trail:** Climb to the top of the iconic Pilgrim Monument for panoramic views, then explore the surrounding park and trails.
- **Willow Bend Trail, Barnstable:** Journey 2.5 miles through cranberry bogs, woodlands, and past historic landmarks, including a 17th-century grist mill.
- **Eastham Windmill Trail:** Hike 1.5 miles to the historic Eastham Windmill, offering a glimpse into Cape Cod's maritime heritage.
- **Cape Cod Rail Trail:** Embark on 25 miles of paved trail, following the former Old Colony Railroad line, passing through historic towns and scenic vistas.
- **Province Lands Bike Trail:** Explore 5.5 miles of unpaved trail through the unique and windblown dunes of the Province Lands, providing a challenging and scenic adventure.

Challenging Cliffs

- **Cliffs of Nauset Trail:** Hike 2 miles along dramatic coastal cliffs, offering breathtaking views of the Atlantic Ocean and crashing waves.

- **Highland Lighthouse Trail:** Trek 3 miles along the rugged coastline, passing by the historic Highland Lighthouse and experiencing panoramic vistas.
- **Long Point Trail, Truro:** Explore 2 miles of trails through dunes and woodlands, leading to scenic overlooks of the ocean and Cape Cod Bay.
- **Cape Cod Highlands Trail:** Hike a challenging 4.5 miles along the Atlantic coast, encountering diverse habitats and stunning coastal views.
- **Scargo Hill Trail:** Ascend to the highest point on Cape Cod on this 1.5-mile climb, rewarding you with sweeping panoramic views from Scargo Hill.

Whether you're seeking a leisurely stroll along the coast, a challenging woodland trek, or a historic journey through time, Cape Cod offers an unforgettable hiking experience for every adventurer's heart. Lace up your boots and embark on your next outdoor adventure today!



50 Cape Cod Hiking Trails: The Best Family-Friendly Nature Trails on Cape Cod by Marrae Kimball

★★★★★ 5 out of 5

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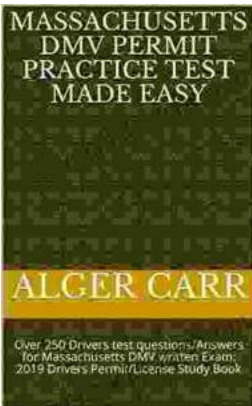




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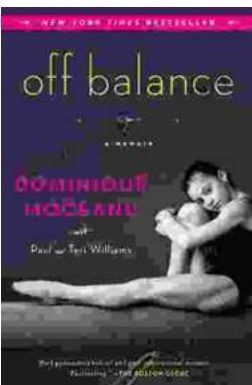
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