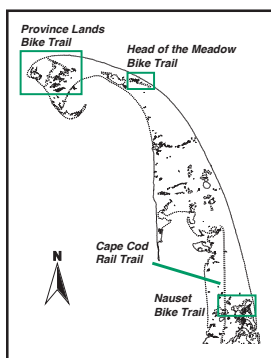




Bike trails, safety tips and guidelines



- ❖ **BIKE SAFETY STARTS WITH HELMETS.** All riders, regardless of age, are urged to wear protective headgear. Massachusetts state law requires children 16 and younger to wear protective helmets when operating or riding as a passenger on a bicycle.
- ❖ Check your brakes, gears, and steering before entering a trail, especially if you have an unfamiliar bike.
- ❖ Ride single file and stay to the right. All trails have two-way traffic and heavy traffic times.
- ❖ **DON'T SPEED.** ❖ Use front and rear brakes together.
- ❖ Be alert for the unexpected, especially pedestrians, rollerbladers, hikers, dogs, and windblown sand.
- ❖ Steep hills, sharp turns, and low tunnels exist. ❖ Low areas may flood.
- ❖ Loose sand and other debris may cover trails creating periodic hazardous conditions.
- ❖ Riders are requested to walk bikes through tunnels.
- ❖ Private property exists within the seashore. Please respect owners' rights.

*Bike and Ride. Put your bike on the bus, and ride the seashore bike trails, and the Cape Cod Rail trail. Unless otherwise indicated, public bus service, with bike racks, is available year round at the parking areas designated with a **P**.*

Legend: Bike Trail Areas of caution Use extreme caution! Parking **P** Restrooms (seasonal) Picnic area

Nauset Trail

Distance: 1.6 miles

Access points: Salt Pond Visitor Center parking area, Eastham
Doane Rock picnic area, Eastham

