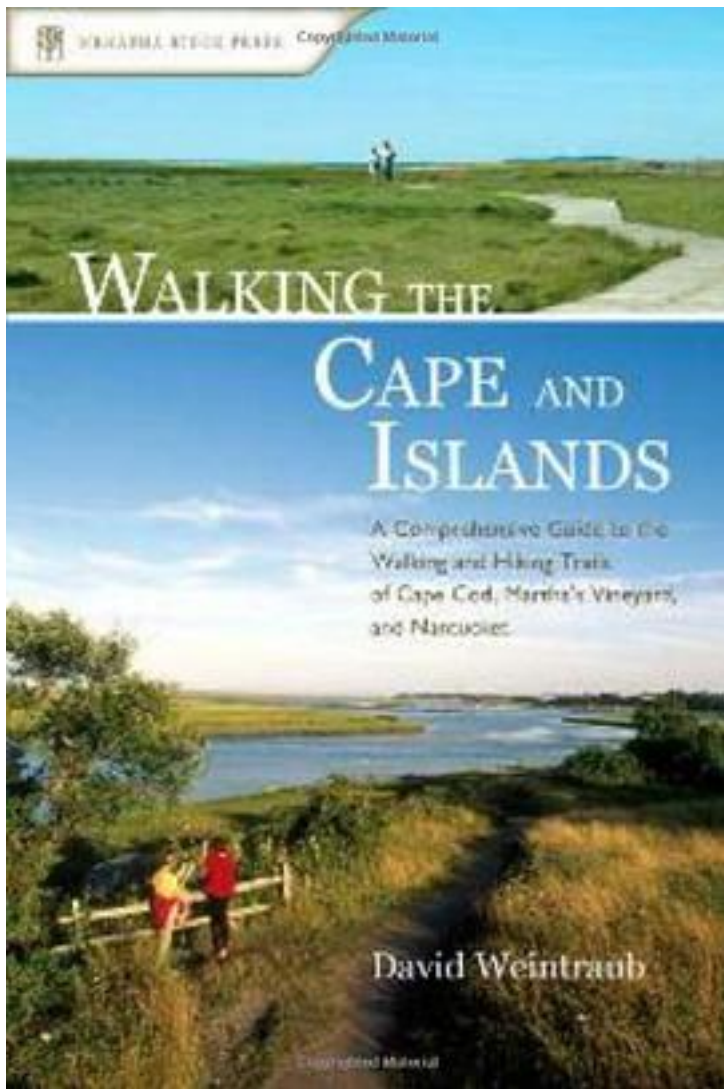


Walking the Cape and Islands



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Cape Cod, Martha's Vineyard, and Nantucket are justly known for their history, their beautiful beaches, and their superb waterways. But the Cape and Islands, crisscrossed by countless dirt roads and trails, are also beloved by walkers and hikers. *Walking the Cape and Islands* is the first comprehensive guide to the area's walking trails, covering the entire length of the Cape, from Bourne to Provincetown, as well as Martha's Vineyard and Nantucket. Most of the walks described in this book are on lands protected by federal, state, and local agencies, including Cape Cod National Seashore, Nickerson State Park, Martha's Vineyard Land Bank Commission, and Nantucket Conservation Foundation.

Profiling over eighty of the areas best walking adventures, *Walking the Cape and Islands* is filled with details such as walk difficulty, length, and presence of Facilities such as restrooms. To further assess a walk's exercise potential, details on total steps and calories burned show readers what the average walker can expect to accomplish.

- >Best hike's lists help readers choose the ideal hike
- >Trail descriptions allow readers to assess each walk before they get there
- >Detailed trail maps provide accurate trail information
- >Trailhead directions take readers right to each walk's start

Whether a visitor or resident, walking expert David Weintraub will guide readers to and along the best island walking in the United States.

作者介绍:

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