



2026

TrailLink Unlimited 

Guides



Cape Cod Rail Trail

Massachusetts



Cape Cod Rail Trail

Massachusetts

Cape Cod's briny seaports, sandy beaches, delectable seafood, and diverse landscape of salt marshes, pine forests, and cranberry bogs



Cape Cod's briny seaports, sandy beaches, delectable seafood, and diverse landscape of salt marshes, pine forests, and cranberry bogs can all be experienced from the 27.5-mile Cape Cod Rail Trail. Completely paved and mostly flat, the trail is a popular destination for families and recreational cyclists.

About the Route

The southwestern end of the route begins at the long-awaited Yarmouth extension, where it meets a local bike trail at Peter Homer Memorial Park. Crossing Station Avenue on a pedestrian bridge, the trail rolls through woods for 2.5 miles to a 160-foot bridge over the Bass River, and then another pedestrian bridge over MA 134 to an old trailhead in South Dennis.

The next 3 miles offer ample opportunities to picnic, indulge in ice cream, or detour to other trails and towns.

Heading north from the rotary on the Cape Cod Rail Trail, the trail soon passes kettle ponds formed when glaciers melted, leaving behind pockets of freshwater enjoyed as swimming holes today. Quaint general stores provide refreshments that can be consumed on-site or at trailside picnic tables. Near mile 14, the trail reaches Nickerson State Park, which offers swimming pools, picnic areas, walking and biking trails, restrooms, and camping throughout its 1,900 acres. The 8-mile forested trail here makes for a shady, cool ride.

The path joins a small road for a short distance, 1.5 miles past Nickerson, crosses a bridge, and enters the bustling tourist town of Orleans. Boasting a variety of restaurants and specialty stores, this former whaling seaport is a good place to stop for lunch, shop, or visit historical sites. About 3.5 miles past Orleans, trail users will see signs to the Cape Cod National Seashore's Salt Pond Visitor Center, located about 0.5 mile off the trail.

The remaining miles offer public campgrounds and coastal overlooks. The trail's northeastern endpoint, Wellfleet, occupies a narrow strip of the cape, flanked by the Atlantic Ocean and Cape Cod Bay. A mile trip east on Lecount Hollow Road from the trailhead is rewarded with large dunes and a sandy ocean beach. Locally grown oysters are available in many restaurants and honored in October's Wellfleet Oyster Fest.

Connections

In Harwich, the Cape Cod Rail Trail connects to the [Old Colony Rail Trail](#).

The Cape Cod Rail Trail is part of the developing East Coast Greenway, a 3,000-mile route Florida to Maine.



Cape Cod Rail Trail

Massachusetts

States: Massachusetts

Counties: Barnstable

Length: 27.5miles

Trail end points: Higgins Crowell Rd. (West Yarmouth) to Lecount Hollow Rd between Kincaid St & US 6 (Wellfleet)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Horseback Riding, Inline Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The Cape Cod Rail Trail runs between Higgins Crowell Rd. (West Yarmouth) and Lecount Hollow Rd between Kincaid St & US 6 (Wellfleet), with parking available in Wellfleet.

Additional Parking is available at:

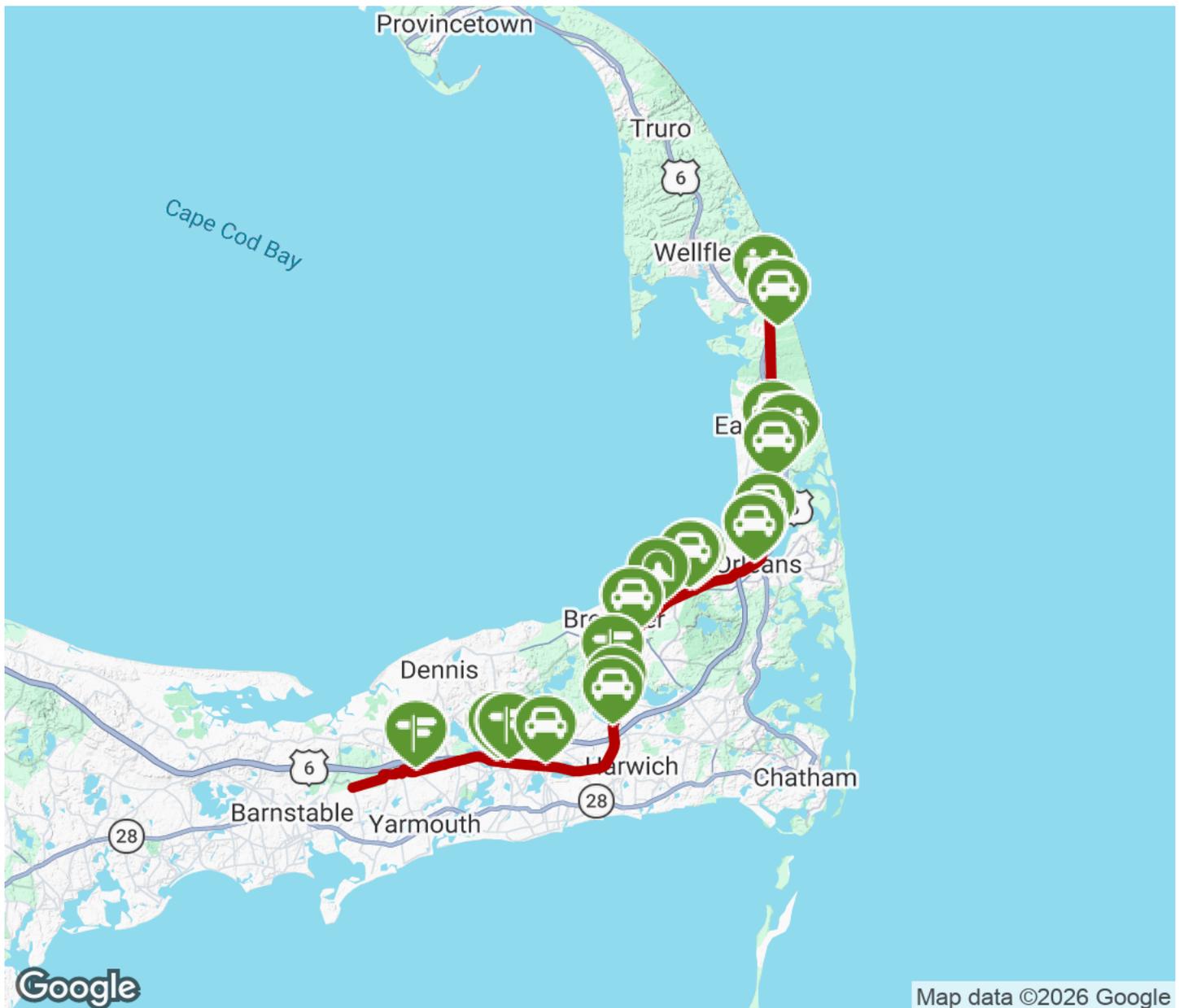
- 460 Station Ave (South Yarmouth)
- 55 Headwaters Dr (Harwich)
- 17 Old Colony Way (Orleans)

There are numerous parking options along this route, please see [TrailLink Map](#) for all parking options and detailed directions.



Cape Cod Rail Trail

Massachusetts



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com