TrailLink

by Rails-to-Trails Conservancy

2026

TrailLink Unlimited ∞

Guides

Head of the Meadow Trail

Massachusetts

Head of the Meadow Trail
Massachusetts

The Head of the Meadow Trail offers a pleasant winding route through woodlands and marshlands tantalizingly close to the

The Head of the Meadow Trail offers a pleasant winding route through woodlands and marshlands tantalizingly close to the Atlantic Ocean in Truro. In fact, direct access to two of the Cape Cod National Seashore's beaches is available on either end, allowing for relaxation or play before or after a bike ride.

On the paved trail's eastern end, Head of the Meadow Beach, which also allows swimming, offers an opportunity to view an 1872 shipwreck at low tide. This is just one of many shipwrecks known to have occurred in the short distance between Truro and Wellfleet, with a staggering total of over 1,000 such accidents identified.

TrailLink
by Rails-to-Trails Conservancy

TrailLink.com

Head of the Meadow Trail
Massachusetts

States: Massachusetts

Counties: Barnstable

Length: 2miles

Trail end points: High Head Rd. to Holden Rd

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike,Inline
Skating,Walking,Wheelchair Accessible,Cross
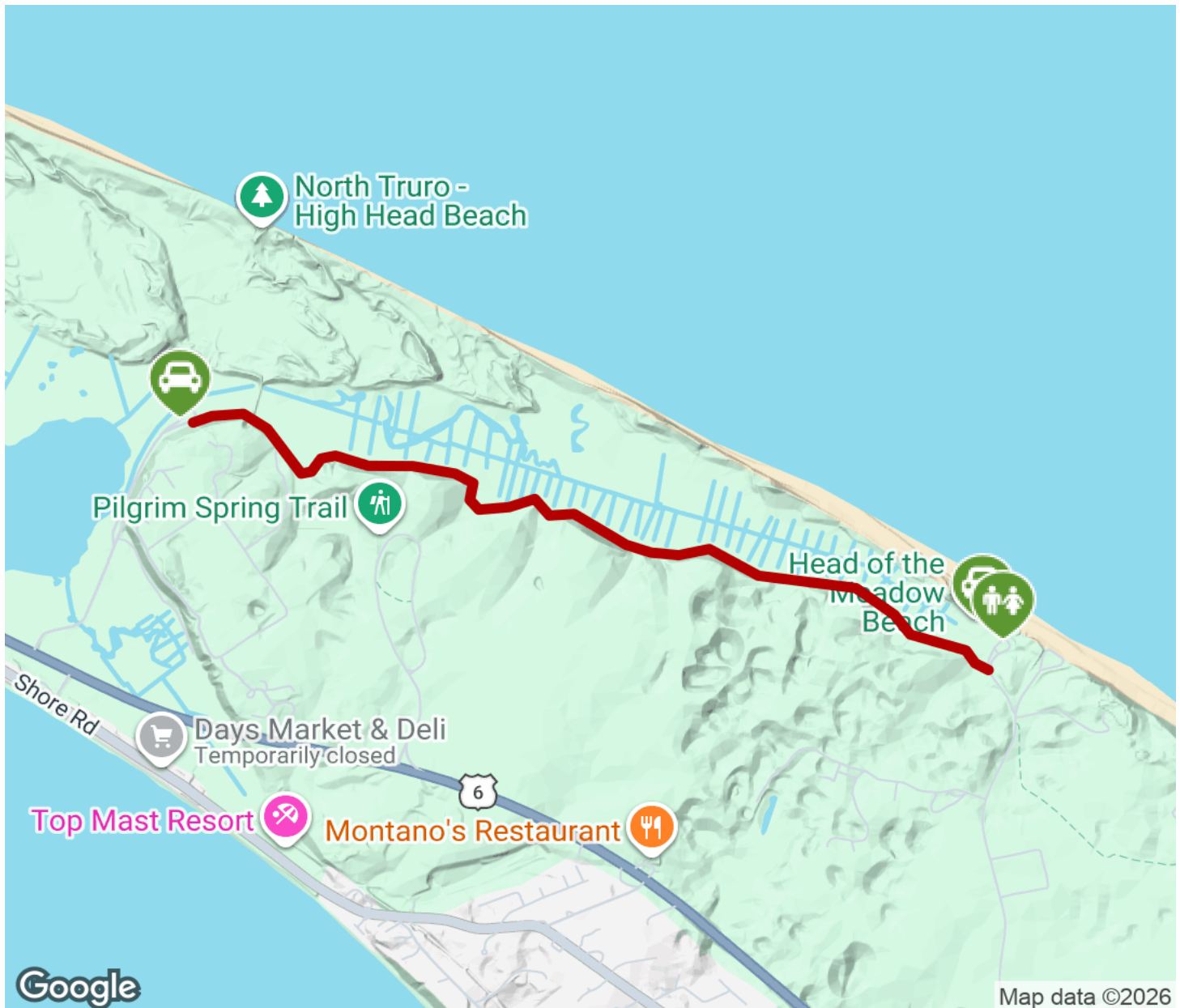Country Skiing

Parking & Trail Access

Parking for the Head of the Meadow Trail is available at Head of the Meadow Beach on Head of the Meadow Road in Truro. Access the parking lot from US 6. Additional parking can be found 0.5 mile to the north at High Head, which is also best reached from US 6.

Restrooms are available at Head of the Meadow Beach in summer only. Note that beach entrance fees are charged when lifeguards are on duty. Visit the Cape Cod National Seashore's official Fees & Passes website for more information.

TrailLink
by Rails-to-Trails Conservancy

TrailLink.com

Head of the Meadow Trail
Massachusetts

North Truro - High Head Beach

Pilgrim Spring Trail

Head of the Meadow Beach

Shore Rd

Days Market & Deli
Temporarily closed

Top Mast Resort

Montano's Restaurant

6

Google

Map data ©2026

Trailhead   **Restroom**   **Parking**   **Water Fountain**   **Tunnel**

TrailLink
by Rails-to-Trails Conservancy

TrailLink.com