



2024

TrailLink Unlimited



Guides



# Province Lands Bike Trail

*Massachusetts*



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Constructed in 1967, the Province Lands Bike Trail is the first bike trail ever built by the National Park Service. The trail, located at the northern tip of Cape Cod, features steep hills, sharp turns, and some washed-out areas, depending on the time of year. Inexperienced cyclists will want to walk their bikes in some of the steeper areas, but for those who want to enjoy nature via bike ride, the Province Lands Bike Trail is the perfect place to be. The main portion of the trail creates a loop around Beech Forest, with spurs leading to Race Point Beach, Herring Cove Beach, and a nature walking trail in Beech Forest.

Starting from the Province Lands Visitor Center, you'll want to turn left onto the trail and go almost 1 mile to Race Point Beach, as perhaps one of the steepest portions of the trail is located to the right. Ups and downs are still present

in this part of the trail, and scenic sand dunes point the way to Race Point Beach. The beach is worth a visit, as it also features the Old Harbor Life-Saving Station Museum, open daily 2–4 p.m. There, you may even catch a lively group of reenactors demonstrating how the U.S. Life-Saving Service carried out operations in the late 1800s.

At the Race Point Beach spur, continue onto the main loop of the trail toward Herring Cove Beach. After passing the Provincetown Municipal Airport in less than 0.25 mile to the right, the path crosses the road at a well-marked signal crossing in another 0.7 mile. The trail then continues to parallel Province Lands Road for 2.1 miles to Herring Cove Beach, crossing under the road through several low-hanging tunnels. The scenery in this section boasts sand dunes, oak trees, brush, and a wide view of the ocean on the right.

In 1 mile after crossing Province Lands Road, turn right to pass through a tunnel under the road and continue along the spur to its end at Herring Cove Beach. The route is well marked with maps and signage to help point the way. At Herring Cove Beach, you can find a seasonal concession stand, outdoor showers, and restrooms.

Continuing 1 mile from Herring Cove Beach back to the tunnel, take a right onto the main loop, heading toward Bennett Pond. Here, sandy dunes give way to pine forests in a quiet setting away from the road, with no noise from cars. In 0.8 mile from the tunnel, turn right at a short, 0.25-mile spur to reach Bennett Pond. Back on the main loop, trail users can see cranberry bogs and a lush landscape dotted with pine, birch, oak, and maple trees.

Head north on the main loop 1.2 miles to the Beech Forest parking lot and picnic area, where you'll find views of Blackwater Pond. Here, the Beech Forest Trail offers opportunities for bird-watching (note that bicycles are strictly prohibited on the soft-surface, walking-only trail).



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**States:** Massachusetts

**Counties:** Barnstable

Length: 7.7miles

**Trail end points:** Herring Cove Beach on  
Province Lands Rd. to Race Point Rd.

**Trail surfaces:** Asphalt

**Trail category:** Greenway/Non-RT

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

## Parking & Trail Access

Four main parking areas are available within the looped Province Lands Bike Trail. To reach Herring Cove Beach from US 6, follow US 6 E to Provincetown. When US 6 ends, turn right at the fork at Herring Cove onto Province Lands Road. Go 0.1 mile. Turn left into the beach parking area, then make an immediate right. In 0.4 mile, you'll reach the end of the parking lot by the start of the trail. Note that seasonal parking fees apply.

To reach the Beech Forest Trail parking lot from US 6, follow US 6 E to Provincetown. About 0.2 mile after passing Dunes' Edge Campground on your right, turn right onto Race Point Road. In 0.5 mile, turn left into the Beech Forest Trail parking lot.

To reach the Province Lands Visitor Center from US 6, follow US 6 E to Provincetown. In about 0.2 mile after passing Dunes' Edge Campground on your right, turn right onto Race Point Road. Continue down Race Point Road 1.4 miles. At the Province Lands Visitor Center, turn right into the parking lot.

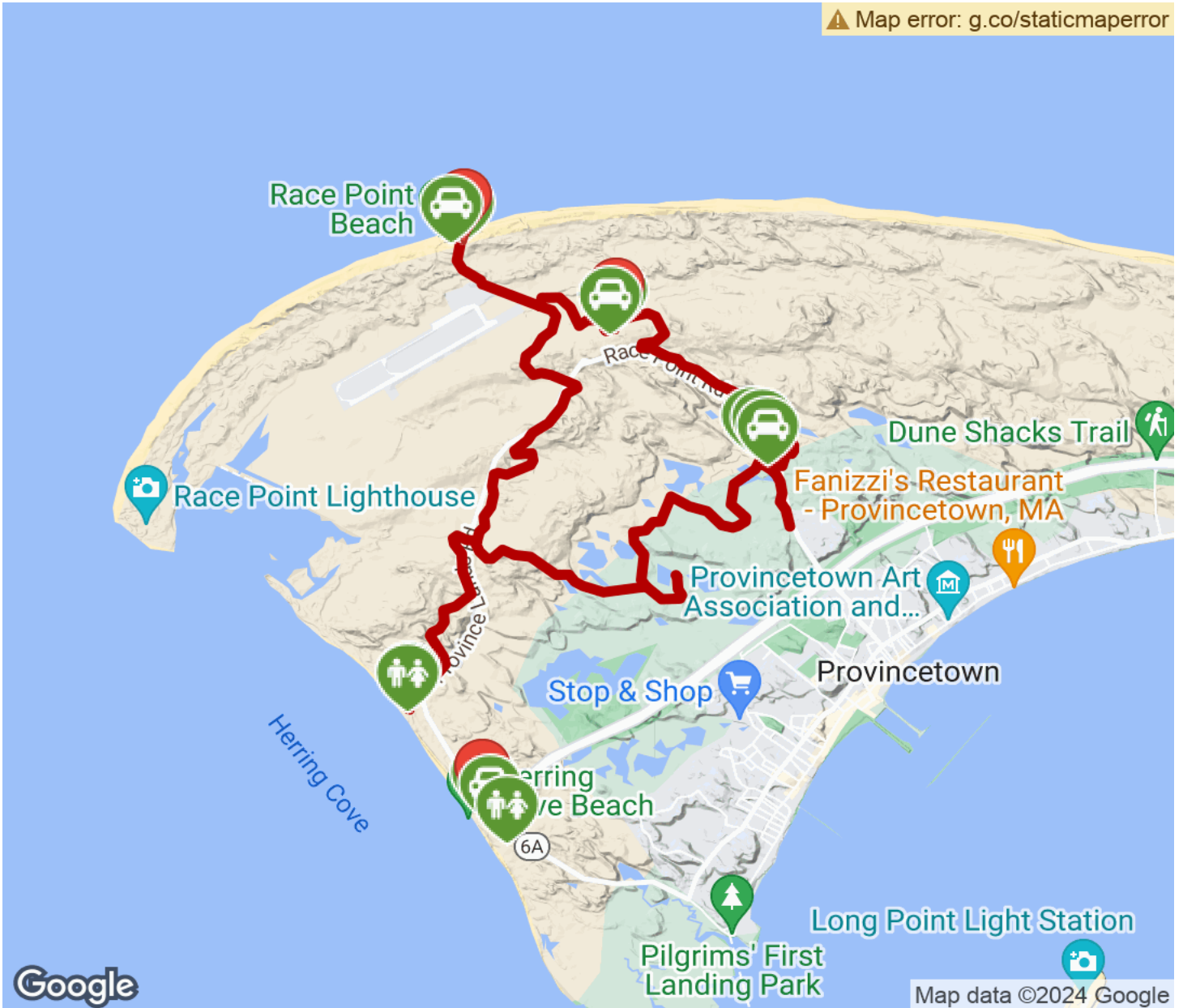
To reach Race Point Beach from US 6, follow US 6 E to Provincetown. In about 0.2 mile after passing Dunes' Edge Campground on your right, turn right onto Race Point Road. Continue down Race Point Road 1.5 miles. At Province Lands Road, bear right to continue on Race Point Road another 0.8 mile. The Race Point Beach parking lot is located at the end of the road on the right. Note that seasonal parking fees apply.



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Map error: g.co/staticmaperror



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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