



2026

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.

About the Route

Starting from the Province Lands Visitor Center, the route heads left and goes 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 from 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 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 dunes, oak trees, brush, and a wide view of the ocean on the right.

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 miles 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 there are scenic views of Blackwater Pond. Here, the Beech Forest Trail offers opportunities for bird-watching (note that bicycles are strictly



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States: Massachusetts

Counties: Barnstable

Length: 7.6miles

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,Walking,Wheelchair Accessible,Cross

Country Skiing

Parking & Trail Access

The Province Lands Bike Trail runs in a loop around Cape Cod, near Provincetown, MA.

Parking is available at:

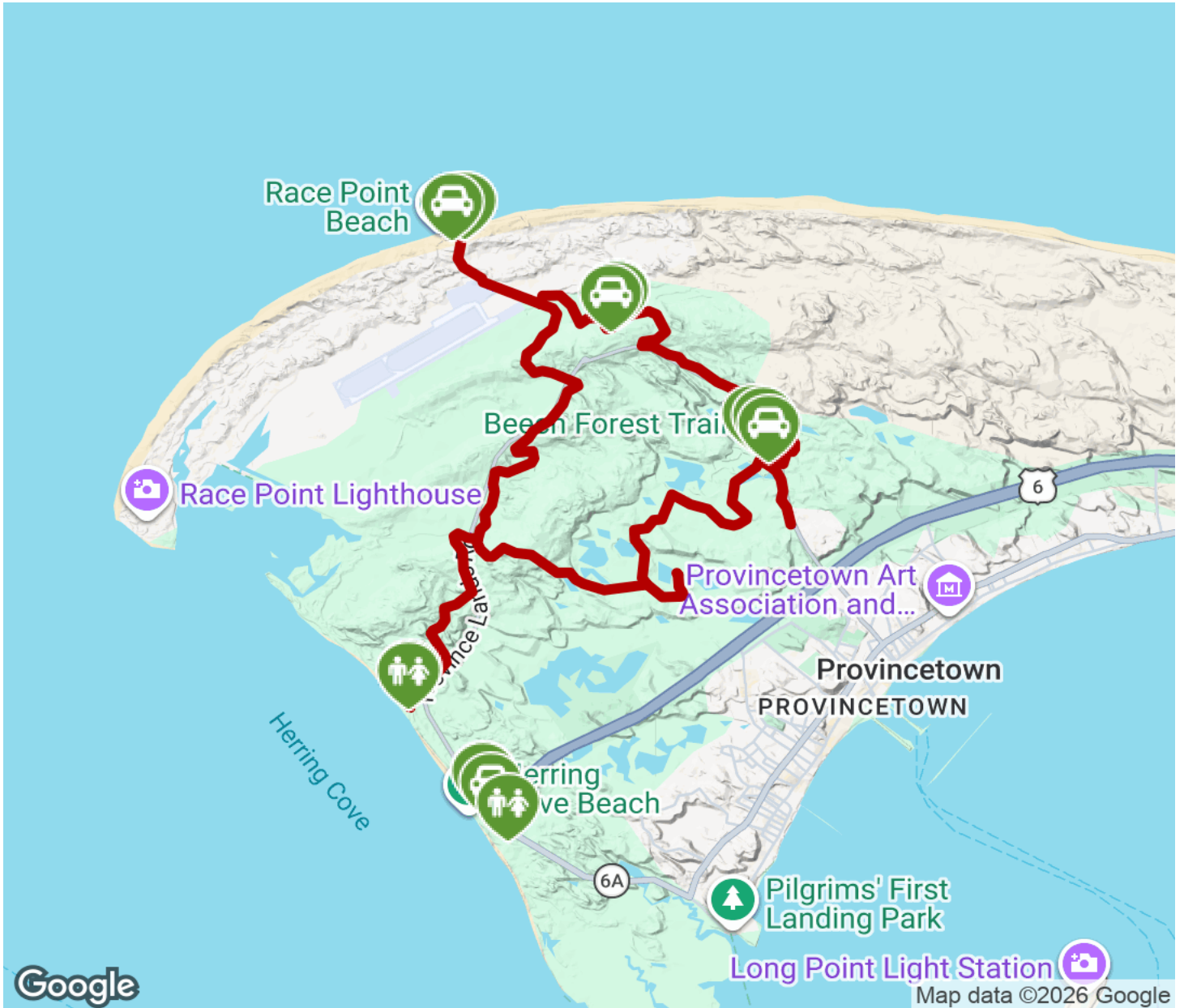
- Province Lands Visitor's Center, 171 Race Point Rd. (Provincetown)
- Herring Cove Beach (Provincetown)

Please see [TrailLink Map](#) for all parking options and detailed directions.



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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com