



# **Walking the Cape and Islands: A Comprehensive Guide to the Walking and Hiking Trails of Cape Cod, Martha's Vineyard, and Nantucket**

*David Weintraub*

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The Cape and Islands—Cape Cod, Martha's Vineyard, and Nantucket—provide some of the best walking and hiking in coastal New England. There is a great variety of terrain and scenery, from the crashing Atlantic Ocean to pristine kettle ponds, from densely wooded tracts to open expanses of salt marsh, and from sandy shorelines to wildflower-carpeted grasslands. Walking the Cape and Islands is the first comprehensive guide to the area's best walking and hiking trails. It includes: 72 walks ranging in length from 0.4 miles to 11.2 miles and in difficulty from easy to difficult; for each walk, a complete route description, driving directions to the trailhead, and a detailed, easy-to-read map; at-a-glance Info providing essential information such as distance, difficulty, time to walk, trail surface, and more; trail-use data showing whether bicycles, dogs, or hunting are allowed on the described route; and health stats showing the number of steps and estimated calories burned. Although designed primarily for walkers and hikers, this book will also appeal to joggers and mountain bicyclists. The book is illustrated with photographs by the author, a professional photographer.



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