US Army Corps of Engineers
New England District

Cape Cod Canal Hike-of-the Week

Thursdays at 10am

July 9 & August 20 **Bournedale Trail Hike**
Bournedale, the village that disappeared! Find out how this bustling community became part of the bed of the Cape Cod Canal. What was lost and what was gained 100 years ago? Learn about the folks that made their living from the land and the wealthy and successful New York businessman that changed everything. 1mile. Meet at the Herring Run Recreation Area Info Building, 830 Scenic Highway, Bourne. 1 ½ hrs.

July 16 & August 13 **Bike Hike**
Learn about the Canal while riding your bicycle alongside the waterway. A Canal Park Ranger or volunteer will ride with you, share interesting stories and images, and point out many unique features. Meet at the Sandwich Recreation Area, 10 Freezer Rd, Sandwich, MA. Guided tour 6.5 miles one way. Roundtrip back to start point is13 miles. 2 ½ + hours.

July 23 & August 6 **Beach Exploration**
Join a Park Ranger for a walk along the shoreline at the Canal's east end. During this 3/4-mile walk, we'll explore life along the beach, focusing on the intertidal zone. Discover how this area has changed and continues to change, and how the plants and animals adapt to living in such extremes. 1–1 ½ hours. Great for all ages! Meet at the Cape Cod Canal Visitor Center to begin this walk

July 30 & August 27 **Sagamore Hill Hike**
Explore the rich cultural & natural history of Sagamore Hill and its marsh. Discover the critical role it played in protecting the Canal during WWII. The view from the hill top includes a breath-taking vista of Cape Cod Bay. 1 – 1 ½ hours. Meet at the trail entrance across from the Fish Pier parking lot at Scusset Beach State Reservation, 20 Scusset Beach Rd, Sandwich.

For more info: 508-833-9678 or www.capecodcanal.us