

First Day Hikes Cape Cod

Saturday, January 1, 2022

Calendar of FREE Events

(as of 12.14.21 – events are subject to change)

*This marks the inaugural launch of **First Day Hikes Cape Cod**, a new collaborative effort inspired by the Massachusetts Department of Conservation and Recreation's (DCR) state parks First Day Hike program, which encourages people to get outdoors with free guided walks and activities to explore Cape Cod's parks, trails, and natural resources on January 1st. Currently celebrated in state parks across the nation, First Day Hikes Cape Cod marks the first regional effort of its kind in the nation representing 8 communities and 11 free events. Event registration can be found on individual websites where required.*

A full schedule of events can be found online at www.blr.org/firstdayhikescapecod

6:15 am

First Day First Light: Beach Stroll and Mindful Outdoor Experience

Host: Harwich Conservation Trust www.harwichconservationtrust.org

Location: Red River Beach, Harwich

Celebrate the First Light of the First Day of the New Year with Harwich Conservation Trust and Naturalist and Mindful Outdoor Guide Andrea Higgins at Red River Beach on Nantucket Sound in South Harwich. Witness the Earth waking up to a new day, a new year, and a new beginning as we fill our senses with the sights, sounds, and scents of the sea and our beautiful beach. Our early morning will include a gentle stretch to greet the day, a slow beach stroll to admire and identify the gifts of the sea, and a mindful outdoor experience. Bundle up to be warm, cozy and comfortable as we will be slowly strolling along the beach and sitting on the sand for a morning meditation. Length of walk will be approximately one mile, mostly in soft sand and end at approximately 7:45 am. This event is free, but space is limited, so reservations are required. Directions will be emailed as part of the registration confirmation.

6:45 am

Sunrise at Sandy Neck

Host: Barnstable Land Trust www.blr.org

Location: Sandy Neck Beach Park Parking Lot; 425 Sandy Neck Road, West Barnstable; walk starts promptly on the beach but leader will be in the parking area by 6:30 am

Ring in the New Year with a sunrise hike at Sandy Neck Beach, a barrier beach and park. Watch the sky come alive as the world awakens to 2022 and join Barnstable Land Trust's Director of Land Stewardship, Kelly Barber, as she guides you across smooth sand, rolling dunes, and marshland trails. This endangered area is comprised of freshwater wetlands, a salt marsh, and has been recognized by the state of Massachusetts as an area of critical environmental concern. Please note, this hike will cover 4.25 miles of moderate to difficult terrain, consisting of mostly loose sand. Please only register if you are an experienced hiker and can keep a hiking pace of 2mph on this type of terrain. Hike will last approximately 2.5 hours. Please bring layers, water, and anything else you need for a successful hike.

The free hike will be limited to 25 people, so pre-registration is highly recommended through blt.org to claim your spot.

9:00 am

First Day Hike at John Wing Trail

Host: Brewster Conservation Trust www.brewsterconservationtrust.org

Location: Parking will be available at the Cape Cod Museum of Natural History on Route 6A

Celebrate the New Year and join us as we walk through several different habitats including upland forest, salt marsh, salt meadow, sand dunes, and mud flats. Wing Island provides a rich environment for all living things. Stones placed in Sachemas Field have been arranged to show a pattern like what might have been used to mark time. The island was also the site of early salt works and salt hay harvesting. All Ages are Welcome. Be prepared for walking along marshlands, on boardwalks, through woodlands, and beach conditions. Hikers are encouraged to dress in warm layers, wear appropriate shoes, and beware of ticks. The walk is 1.3 miles round trip and about 1 hour long. Dogs are NOT invited on this walk. Directions will be provided upon registration but a map is available [here](#). Please contact Dorria Marsh at 508-694-6720 with questions.

10:00 am

First Day Hike at Sea Street Beach

Host: Dennis Conservation Land Trust www.dennisconservationtrust.com

Location: Public Parking Lot at the north end of Sea Street, East Dennis

Join Julie Early, Executive Director of the Dennis Conservation Land Trust, for a First Day Hike at Sea Street Beach. The walk will be one hour in length along the beach towards Cold Storage Beach at Sesuit Harbor. If weather permits, and walkers are energized, the hike will continue to Salt Works Road and return to Sea Street Beach (approx. 1.5 hours). For questions and to register, contact info@dennisconservationlandtrust.org or call 508.694.7812.

10:00 am

First Day Hike at Clapps Pond

Host: Provincetown Conservation Trust www.provincetownconservationtrust.org

Location: East Entrance of Clapps Pond. Parking on side of Route 6, across from Provincetown Dog Park.

Join the PCT on the morning of Jan 1st at 10am for a nature walk around Provincetown's Clapps Pond. Led by Naturalist Dennis Minsky and PCT President William Mullin, we'll explore one of Cape Cod's most beautiful forest and pond system that inspired poets like Mary Oliver. We'll look out for any winter shore birds who frequent the pond in January. The walk is easy-to-moderate with only a few gentle inclines. Wear comfortable boots, since there may be some snow on the trails. Walk Length: Approximately 2 miles/2 hours (Option given for 1 mile turnaround midday).

11:00 am

Baker-Biddle Property: Native American, Early European, and 20th Century Land Use

Host: Friends of Herring River, Wellfleet and Truro www.herringriver.org

Location: At the Atwood Higgins House on Bound Brook Island Road, Wellfleet. Carpooling will be necessary from Atwood Higgins to the Baker-Biddle Property.

Learn the fascinating history of the Baker-Biddle property, Bound Brook Island, Wellfleet - a recent acquisition by the Cape Cod National Seashore. Alice Iacuesssa, Member of Friends of Herring River Board and a National Seashore volunteer, will guide this free talk about this formerly privately-owned and seldom-visited property and discuss the continuous use of the land, first by Native Americans, then early Europeans, and 20th intellectuals and writers. Free registration is limited to 16 people at Info@herringriver.org. Driving directions will be e-mailed to registrants. Note: There will be some walking on uneven grass.

11:00 am – 1:00 pm

Nature Scavenger Hunt and Hike

Host: Barnstable Land Trust www.blr.org

Location: Barnstable Land Trust Conservation Center, 1540 Main Street, West Barnstable

The fire pit will be roaring as you are invited to start the New Year on the right foot (and then the left foot) with an easy hike at Pogorelc Sanctuary, behind Barnstable Land Trust's Conservation Center on Route 6A. The short trail (.4 miles) is perfect for hikers of all ages and most abilities and includes a viewing deck overlooking Popolo Pond as well as a winding trail through marshy woodlands. Test out our new "Wander Walk" which includes interactive stops using QR codes (which are easily accessed from your cell phone) as well as a self-guided scavenger hunt which is perfect for families. Note: There is no need to register for this drop-in event.

12:00 pm

No Bottom Pond Wildlife Sanctuary Stroll

Host: Orenda Wildlife Land Trust, Inc. www.orendalandtrust.org

Location: No Bottom Pond Wildlife Sanctuary, Brewster; Parking is located on Route 137 (Old Long Pond Road) on the road's east shoulder beneath the powerlines just south of Villages Drive. Look for the trail head kiosk sign.

Join Jeff Thibodeau, Orenda's Executive Director, to explore the rich depth and serenity of this 27-acre wildlife sanctuary nestled on the rim of No Bottom Pond, one of the cleanest and steepest kettle hole ponds on Cape Cod. This sanctuary is part of a larger assemblage of conservation land protected by Orenda, the Brewster Conservation Trust and the Town of Brewster. We will walk a ¾ mile long trail which descends down to an around the pond, enjoying a quiet and leisurely stroll through forested upland and wetland habitats, home to numerous native wildlife. This uniquely quiet oasis tucked away beneath the buzz above, will allow for silent connection with nature's blessings as we welcome in the light of the New Year. The pace will be gentle but the terrain is steep at the trail head, dropping 70' feet to the pond edge, and participants should be prepared for short but steep climb back to the parking area. A prize goes to anyone who can guess how deep No Bottom Pond actually is Registration required for this Free event. To register, email info@orendalandtrust.org with your name, phone number, and the number of people in your group. Use the subject line First Day Hike.

1:00 pm

New Year's Hike in Beebe Woods

Host: 300 Committee Land Trust (Falmouth) www.300committee.org

Location: Park and meet in the Hiker's Lot for Beebe Woods. Take Depot Avenue to Highfield Drive. Go past both Highfield Hall and the Cape Cod Conservatory, continuing to the large mostly unpaved lot for Beebe Woods. The trailhead and kiosk are to your left.

Join The 300 Committee Land Trust for a great New Year's trek in Falmouth's beloved Beebe Woods...a wonderful way to start 2022! These 400 permanently preserved acres were deeded to the townspeople of Falmouth in 1972, and their natural delights keep on giving. Beebe Woods is home to an extensive network of trails and former bridle paths, just minutes from downtown, and lies across the glacial moraine that stretches from Woods Hole to beyond the Cape Cod Canal. Evidence of the glacier's work is everywhere, with huge boulders, irregular hills and kettle hole ponds. T3C's volunteer walk leaders will guide participants on hikes of approximately 90 minutes at a leisurely pace over varied terrain (medium difficulty/approximately 3 miles). Each group will go in a different direction, with everyone enjoying the wonders of these very special woods. No pre-registration required.

1:00 pm

Sylvan Gardens Walk

Host: Chatham Conservation Foundation www.chathamconservationfoundation.org

Location: Sylvan Gardens; Parking access is located on Old Main Street off Route 28 in West Chatham. Using GPS: 88 Old Main Street Chatham.

Join Dorothy Basset, CCF Executive Director, and explore Sylvan Gardens, one of Chatham's best kept secrets. Containing almost ten acres of undeveloped land and six hundred feet of freshwater pond shore the rustic trails wind through deep woods and open fields to broad pond views. Formerly a 1920s plant nursery, previous owners cultivated extensive ornamental and native gardens, and experimented with grafting and hybridizing flowers and shrubs. In spring, customers delighted in strolling through the gardens to view, select and order from thousands of blooming bulbs clustered throughout the gardens. In 2004 the Town of Chatham purchased 9.5 acres of the property and the Chatham Conservation Foundation holds the conservation restriction, so that it will forever remain conservation land. The property is cared for by the Friends of Sylvan Gardens. FREE, reservations are required! To sign up please email reservations@ccfinc.org with your name, phone number, and the number of people in your group. Tour is also repeated at 2:30 pm

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