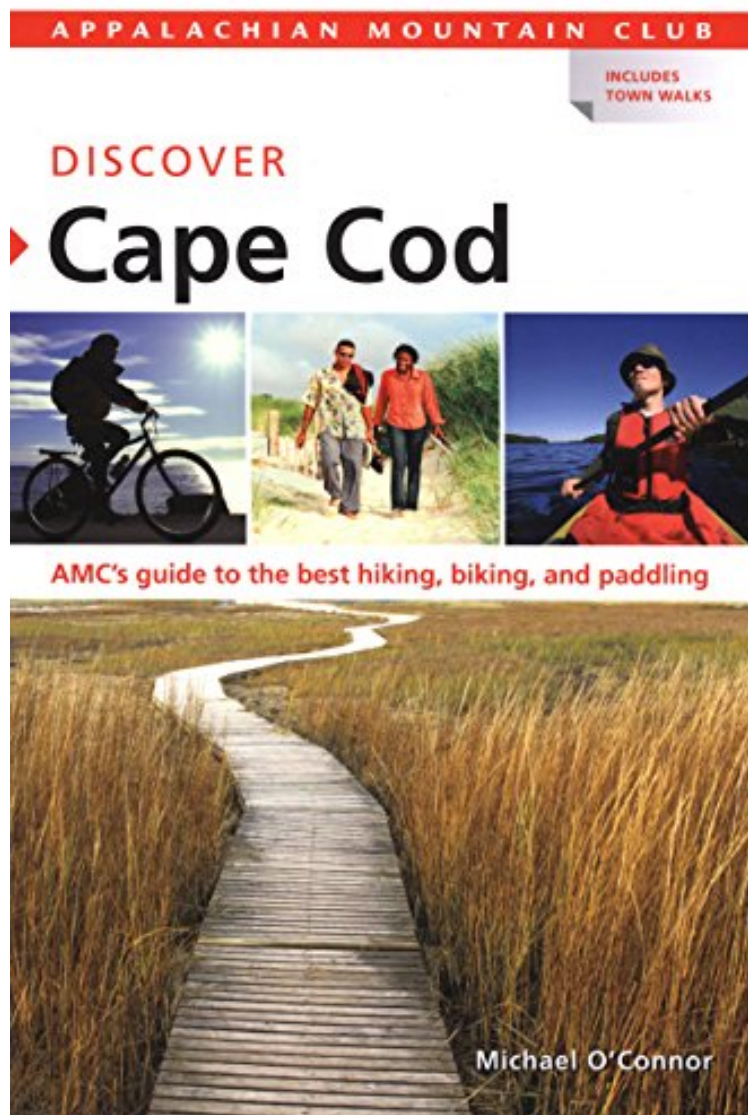


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Michael O'connor

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Known for its spectacular coastline and more than 100 miles of bike trails, Cape Cod in Massachusetts is an ideal destination for an activity-packed outdoor vacation. This new book from the Appalachian Mountain Club describes the 50 best hiking, biking, and paddling trips in this beautiful coastal area, including many excursions within the Cape Cod National Seashore. From a short hike around Falmouth's Long Pond and a scenic bike ride on the Cape Cod Rail Trail to a walk through Provincetown and a paddling tour of Wellfleet's freshwater ponds, this guide leads you to the most unforgettable spots on the Cape. Nature notes and historical essays give visitors a more detailed picture of the area. For short, one-hour excursions, day-long adventures, or weekend afternoons, this guidebook provides the best outdoor experiences for vacationers and residents alike.

About the Author
Michael O' Connor is a writer and editor for the Trustees of Reservations. Previously, he was the outdoor and recreation writer at the Boston Herald for 20 years.