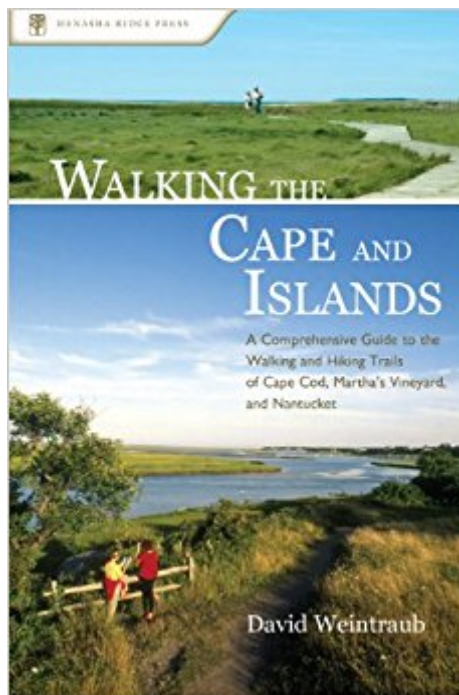




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# **Walking The Cape And Islands: A Comprehensive Guide To The Walking And Hiking Trails Of Cape Cod, Martha's Vineyard, And Nantucket**



## Synopsis

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.

## Book Information

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## Customer Reviews

It is wonderfully comprehensive and full of useful information. -- Janice Randall Rohif, Editor in Chief, Cape Cod Life Publications

David Weintraub is a writer, editor, and photographer based in South Carolina and Cape Cod, Massachusetts. A former long-time resident of San Francisco, he has authored six guidebooks to

the hiking trails of the San Francisco Bay Area and the Monterey/Santa Cruz area. He has also written a guide to kayaking on Cape Cod and Martha's Vineyard, which is in its second edition. His photography career includes photojournalism for daily newspapers, corporate and magazine assignments, and nature photography.

David wrote this book in 1995 and it was published in 1996. There have been two hurricanes which have hit since, and the hikes need updating. For example, in one hike, he says it is by the airport. It took us a day to find this second, all grass airport with no hangers, no tower - something out of a landing field in England in WWII. I was looking for the Spitfires. David might have mentioned that the hike was not at the working airport but this secondary one, which is not really an airport; maybe a grass landing field for single engines from Cape Cod, but even then.....

I bought this based on Cape Cod Life's description of it as a comprehensive guide. It lists very few of the available trails, especially in the Mid Cape area where I live. Very disappointing. Wish I could return it. Masstrails' internet site is the best for a comprehensive town by town listing of trails.

This is a fantastic guide to walking trails in Cape Cod. Each entry has a key with all the info you need to find and enjoy the walks. I have an older dog so it's important to know which trails are appropriate for him, and this book is so helpful. We are really enjoying exploring the many trails on the Cape.

Perfect companion for hiking and walking on Cape Cod. Fair maps and descriptions, but I did put AlpineQuest on my smartphone to accompany it, but that was easier than seeking out survey or ordnance maps for the trails. I have recommended it to a few people all of whom have extolled its virtues.

This is a fantastic reference book. It's not always easy to find the trails of the Cape, but no problem with this book. I also like the fact that the length of the trails are listed.

Was very helpful for exploring the Cape

Excellent book, wonderful trails. If you want to explore the cape and islands this is a fantastic guide

very good

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