

Day 1

In	Direction	Mile
-	Continue south on the Emerald Necklace bikeway.	0.0
2.4	Exit the Emerald Necklace on Arborway, at the base of Jamaica Pond	2.4
0.3	Continue on Centre St	2.7
0.9	Bear right on VFW Parkway	3.6
0.9	Take third exit at the roundabout onto West Roxbury Parkway	4.5
1.6	Cross Washington St, road becomes Enneking Parkway	6.1
1.4	At the three-way fork, take the left-most road to continue on Enneking Parkway	7.5
0.6	Turn right on Gordon Ave	8.1
0.3	Turn left on River St and immediately right on Hyde Park Ave	8.4
0.2	Turn left on Dana Ave	8.6
0.3	Turn right on Truman Parkway	8.9
1.1	Turn left on Neponset Valley Parkway	10.0
0.7	Turn right on Blue Hills Ave/Route 138	10.7
1.9	Cross I-93 Interstate Highway	12.6
1.5	Turn right on Randolph St	14.1
1	Continue on Washington St	15.1
3	Cross Route 22, Washington St becomes Bay Rd	18.1
8.5	Turn right at the stop sign to continue on Bay Rd	26.6
4.5	Cross I-495 Interstate Highway	31.1
0.6	Turn left on Field St	31.7
2.5	Cross Route 138 and turn right on Oak St	34.2
0.5	Turn left on Center St	34.7
0.9	Continue on North Main St/Route 104	35.6
1.3	Cross Pleasant St, road becomes Orchard St	36.9
1.1	Cross Route 138 and then Route 44	38.0
0.5	Road becomes S St E	38.5
1.5	Turn left on Middleboro Ave	40.0
1.3	Turn right on S Precinct St	41.3
3.7	Turn right on Bedford St/Route 18 which becomes Bradley Hill Rd/Route 105	45.0
5.9	Turn left on North Ave	50.9
2.2	Turn right on Neck Rd	53.1
2.1	Turn left on Burgess Ave	55.2
1.1	Turn right on Walnut Plain Rd	56.3
0.8	Turn left on High St	57.1
2.6	Turn left on County Rd	59.7
0.3	Turn right on Pierceville Rd, then bear right and right again on Papermill Rd	60.0
1.1	Bear right on Main St	61.1
1.8	Turn right on at the stop sign to continue on Main St	62.9

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In	Direction	Mile
0.2	Slight right at the town common onto Gibbs Ave	63.1
0.1	Slight lefts at the fork onto High St	63.2
0.6	Turn right on Kennedy Lane, then take your first left onto Church Ave	63.8
0.6	Turn left on Warr Ave	64.4
0.1	When Warr Ave ends at the red brick building, turn left to rejoin Main St	64.5
0.3	Turn right onto Route 6/Sandwich Road to cross over the bridge. Immediately after, turn right onto Narrows Rd. Narrows Rd becomes Minot Ave.	64.8
1.9	Turn right on Onset Ave	66.7
3.3	Turn right on US-6 E	70.0
0.5	At Buzzards Bay Rotary, take the 1st exit on Main St.	70.5
0.2	Go through the stop light, crossing Academy Drive, then immediately turn right on unmarked Canal St. Continue to the end of the street, towards the train bridge, and turn left onto the canal bike path.	70.7
1	When you're getting very close to the Bourne bridge, you'll see a tiny parking lot to your left. Turn left into this parking lot and continue straight onto the road, called Old Bridge Rd.	71.7
0.4	Turn right on Main St.	72.1
0	Get on the Bourne Bridge. Turn left (onto the rotary) and then immediately right on the smaller Bourne Bridge Approach Rd, behind the shopping center. Head to the end of that road - there will be a pedestrian footpath that will take you up and across the Bourne Bridge.	72.1
1	After the bridge, turn right on Trowbridge Rd at the rotary, right again on Veterans Way, and right again on Sandwich Rd - looping back to pass under the bridge, heading east. Immediately after going under the bridge, turn left towards the canal.	73.1
0.5	Turn right onto the Canal bike path	73.6
5.3	Bike path ends. Slight right on Freezer Rd	78.9
0.3	Turn right on Tupper Rd	79.2
0.8	Tupper road ends. Cross straight over route 6A, and then bear left onto Main St/130	80.0
0.4	The entrance to Shawme-Cromwell State Forest is on your right.	80.4

Day 2

In	Direction	Mile
-	Exit Shawme-Cromwell State Forest, onto Main St/Route 130. Turn right out of the campground, heading east.	0.0
1.2	At the three-way intersection, continue on Main St (the middle road) into the center of town. You'll pass Sandwich Town Hall on your right, and then the road will fork. Turn left at the fork to continue on Main St.	1.2
0.7	Turn right at the stop sign to join Route 6A/Old King's Highway.	1.9
17	Slight right on Setucket Rd	18.8
1.1	Slight right on Mayfair Rd	19.9
1.4	Turn right on Old Bass River Rd	21.3
0.6	Cross the bridge over Route 6	21.9
0.5	Turn left onto the bike path. Use the bicycle bridge to cross Route 134, and enter the parking lot for the Cape Cod Rail Trail.	22.4
0.5	Start on the Cape Cod Rail Trail	22.9
22	Rail Trail ends. Turn right on Lecount Hollow Rd	44.9
0.6	Turn left on Ocean View Dr	45.5
1.9	Turn left onto Long Pond Rd	47.4
2	Cross the bridge over Route 6	49.4
0.2	Turn right onto Main St	49.6
0.6	After passing the library on your left, turn right onto West Main St	50.2
0.3	At the fork, slight right onto Pole Dike Rd	50.5
0.7	Keep left to continue onto Bound Brook Island Rd	51.2
0.8	Keep right to continue on Bound Brook Island Rd (don't follow the sign for the Atwood Higgins House)	52.0
0.4	Take a sharp left at the triangle onto Old County Rd	52.4
3	At the triangle, continue straight onto Depot Rd	55.4
0.6	At the stop sign, turn left onto Truro Center Rd.	56.0
0.1	Pass the shopping center, and then keep left at the fork onto Castle Rd.	56.1
1.3	Keep right at the triangle to continue on Castle Rd	57.4
0.7	Cross Route 6 and turn left to join the Route 6 eastbound bike lane	58.1
1.1	Turn left onto Route 6A	59.2
5.5	Bear left onto Commercial St	64.7
1.3	Ride ends in the center of Provincetown at MacMillan Pier	66.0