

## Got a New Year's Resolution? Thinking of new goals for the upcoming year?

No worries. Cape Cod NEMBA (CCNEMBA) can help! You're gonna need to put in some miles to prepare for what we have in mind though.

We are calling it the **Cape Cod MTB Challenge 2025**.

We have created four epic mountain bike routes that traverse Cape Cod, end to end from Woods Hole to Provincetown (currently uni-directional). Successfully completing just one of these routes would be a worthy accomplishment. Completing all four in 2025 would be impressive. How about mountain biking from Woods Hole to Provincetown in four consecutive days? Could it be done in one day?!

Our goal at CCNEMBA is to put you in a position to complete as lofty a goal as you desire!

Sure, there are tons of road bike routes that'll get you across Cape Cod. There are even a good number of gravel bike options, but you're probably gonna want your trusty mountain bike for this endeavor. Your call though!

Some of our goals in designing the routes:

- Make the routes challenging for most mountain bikers, but impossible for very few
- Traverse the entire Cape in the minimum number of days while keeping each route doable
- Avoid pavement if a better dirt option is available
- Include much of the Cape's signature singletrack while still moving toward the goal
- Highlight some of spectacular scenery of Cape Cod
- Highlight some of the hidden trails of Cape Cod
- Start/finish where parking, lodging, food and beverage, and fun are readily available
- Site start/finish locations to facilitate multi-day efforts

Here's how it will work:

- The four main routes will be provided on Trailforks, Strava, and available in GPX format
- You will join our club on Strava (<https://www.strava.com/clubs/cape-cod-nemba>)
- Each route will be defined as a Strava segment
- Ride and record your ride and get it into Strava
- Strava will track who has completed each route (segment) and their times
- Subscribers will be able to filter results for those in the club
- Non-subscribers may see non-club members additionally
- I suspect that we will periodically recognize accomplishments of those in the club, such as completion of a route, fastest times by category, completion of routes on consecutive days, shortest time to complete all routes... (Let's hope that real long Strava segments work!)
- To make this competition more inclusive, each of the four routes has been (optionally) split into two smaller segments. Point values are lower for sub-legs, but completing the entire trek from Woods Hole to Ptown still yields the same big completion bonus!

**Let's talk about the routes...** lots of research has gone into route design to make sure that what we put in your GPS exists on the ground. We've made every effort to keep you on publicly accessible trails without biking prohibitions. With that said, if you have any concerns then please go [HERE](#), turn on the OpenStreetMap base layer and verify your route. If you have specific questions, email me at [dlafreniere@nemba.org](mailto:dlafreniere@nemba.org). Please be respectful of all the trail users that you may encounter on your adventure. You will be representing the MTB community.

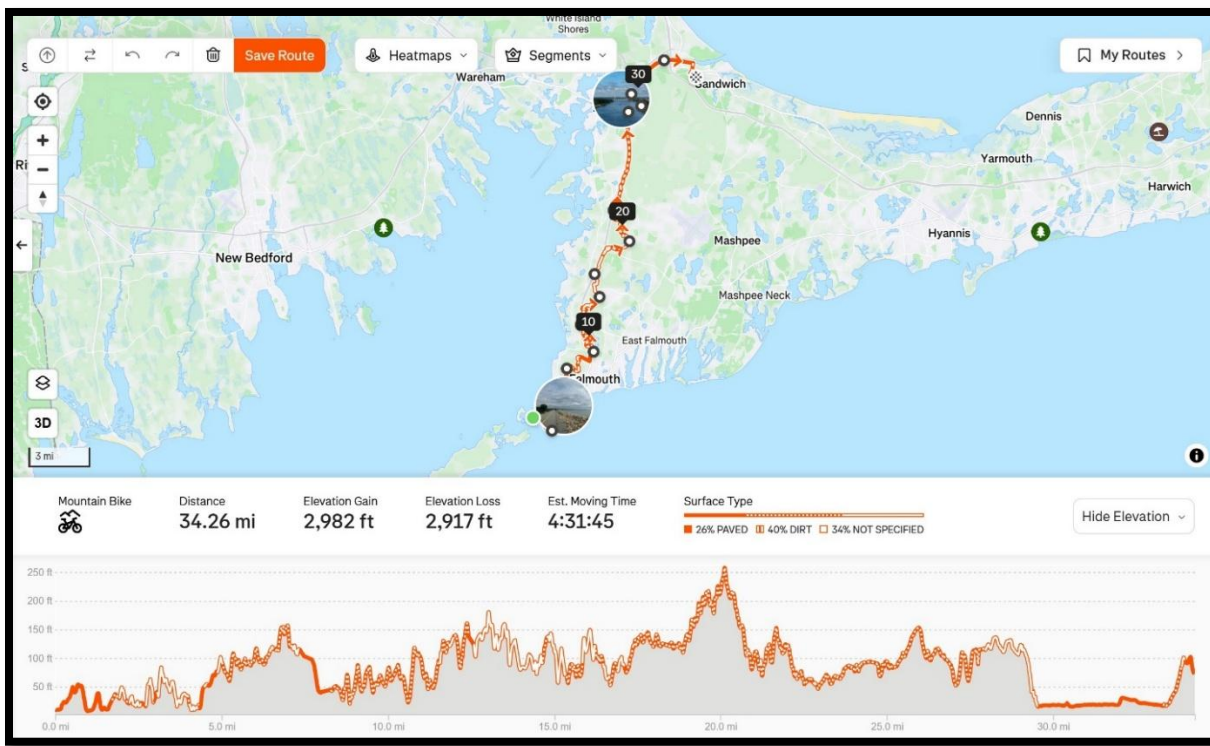
## Leg #1 – Woods Hole to Sandwich (Trailforks, Strava, Strava Segment)

Your challenge begins in the scenic village of Woods Hole in Falmouth. Arrive early as parking is scarce in the seaside community. Depending on the season, you may be able to stage the start of your adventure in the MBL Stoney Beach parking lot. It's a quick ride to coffee and treats at either Pie in the Sky Bakery or Coffee Obsession. Make a final equipment check at Wood Hole Waterfront Park while gazing across Vineyard sound. The ride starts off pleasantly as you cross the Falmouth Road Race start line (segment start) on the same paved roads as the iconic running event. Enjoy the fast descent past Nobska beach as the iconic lighthouse comes into view... you'll be in the woods soon enough. Over the next six miles you'll connect several wooded areas with a few paved sections. Check out such points of interest as Highfield Hall and Gardens or make a quick visit with the sheep at Peterson Farm. Around mile 9, you'll disappear into the challenging single track of the Moraine Trail with only a couple road crossings in the next 21 miles. A good place to stash some supplies is at the Otis Rotary around mile 23. You'll welcome the pavement of the Cape Cod Canal bike path at around mile 30 as you exit the woods and embrace the last 6 miles of the day... unless there's a head wind! While this route contains a substantial percentage of pavement, the difficulty of the single-track sections will balance it all out. The route (and segment) concludes at Shawme-Crowell State Forest as you ride past the guard shack on the entrance road. Camping is available here and you and your buddies might want to rent a yurt for the night. It is worth noting that your finish is less than two miles from Treehouse Brewery and only half a mile from The Local Tavern and Grille. You deserve it!

### Sub-legs:

**Leg 1a** – This segment (17.1 miles) begins at the starting line of the Falmouth Road Race in Woods Hole and concludes as you exit the Moraine Trail at Route 151 in Falmouth. There is a dirt parking lot here.

**Leg 1b** – This segment (17.3 miles) begins at the trailhead to Otis as you enter the woods from the dirt parking lot on the north side of Route 151 in Falmouth. It concludes as you pass the guard house on the access road to Shawme-Crowell.



### Ride Notes:

At 23.5 miles you'll encounter some private property signs. They are misplaced and are on State highway land.

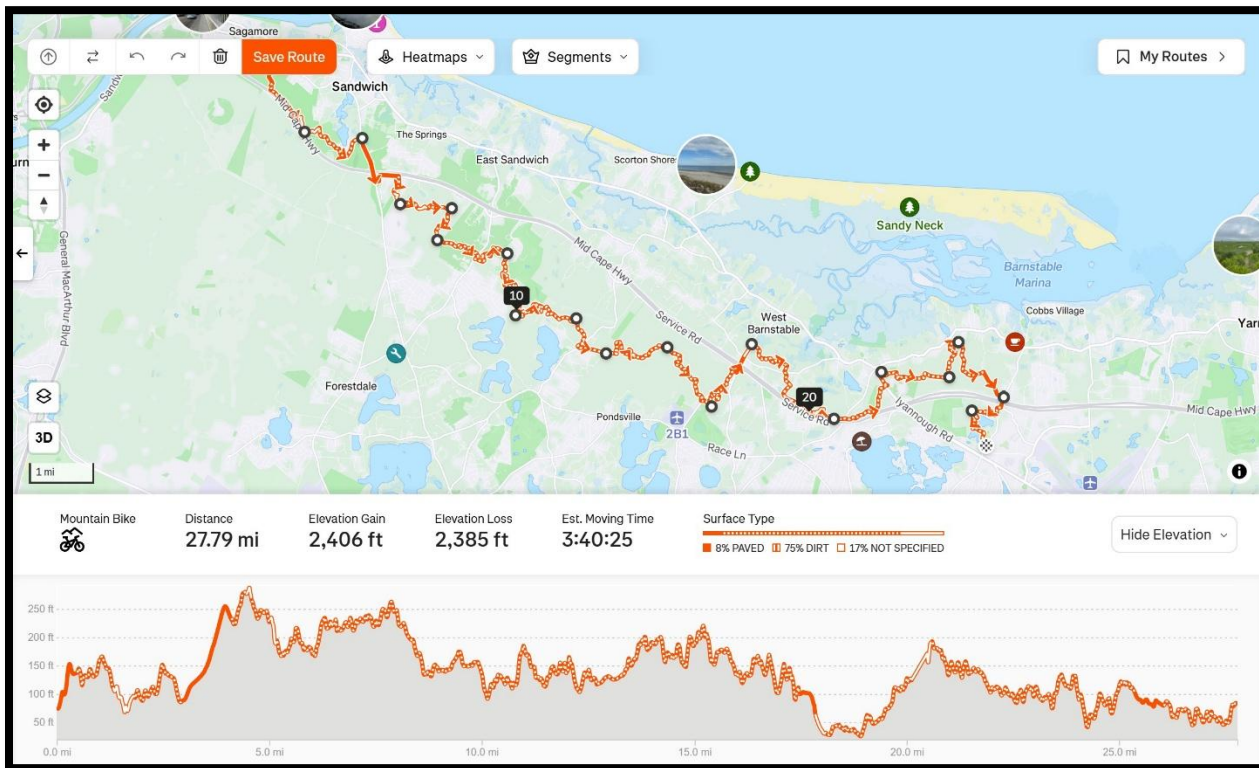
## Leg #2 – Sandwich to Hyannis (Trailforks, Strava, Strava Segment)

The second leg of this journey (and segment) starts as you pass the guard house of Shawme-Crowell State Forest. This leg contains the lowest percentage of pavement of the four routes and features many of the most popular single-track options on the Upper Cape. Expect the trails to be fast and flowy. The route clocks in at an approachable 28 miles and you might even have enough energy at the finish at Cape Cod Beer to hoist a couple of cold ones. The segment ends as you enter the brewery parking lot. The brewery allows you to have food delivered if you're feeling a bit peckish. If you're looking for lodging, the Best Western Cape Cod is less than half a mile away.

### Sub-legs:

**Leg 2a** – This segment (13.1 miles) begins at the guard house on the access road to Shawme-Crowell State Park and terminates at the Sandwich / West Barnstable town line on Popple Bottom Road as the trail leaves the pavement and enters WBCA. The end of the segment is accessible by car and there is some parking available.

**Leg 2b** – This segment (14.8 miles) begins at the Sandwich / West Barnstable town line on Popple Bottom Road as the trail leaves the pavement and enters WBCA. This segment terminates at Phinney's Lane in Hyannis directly across from Cape Cod Beer's parking lot.



### Ride Notes:

At 4.1 miles, there is a steep slope to access the trail from the road. It's easy to miss.

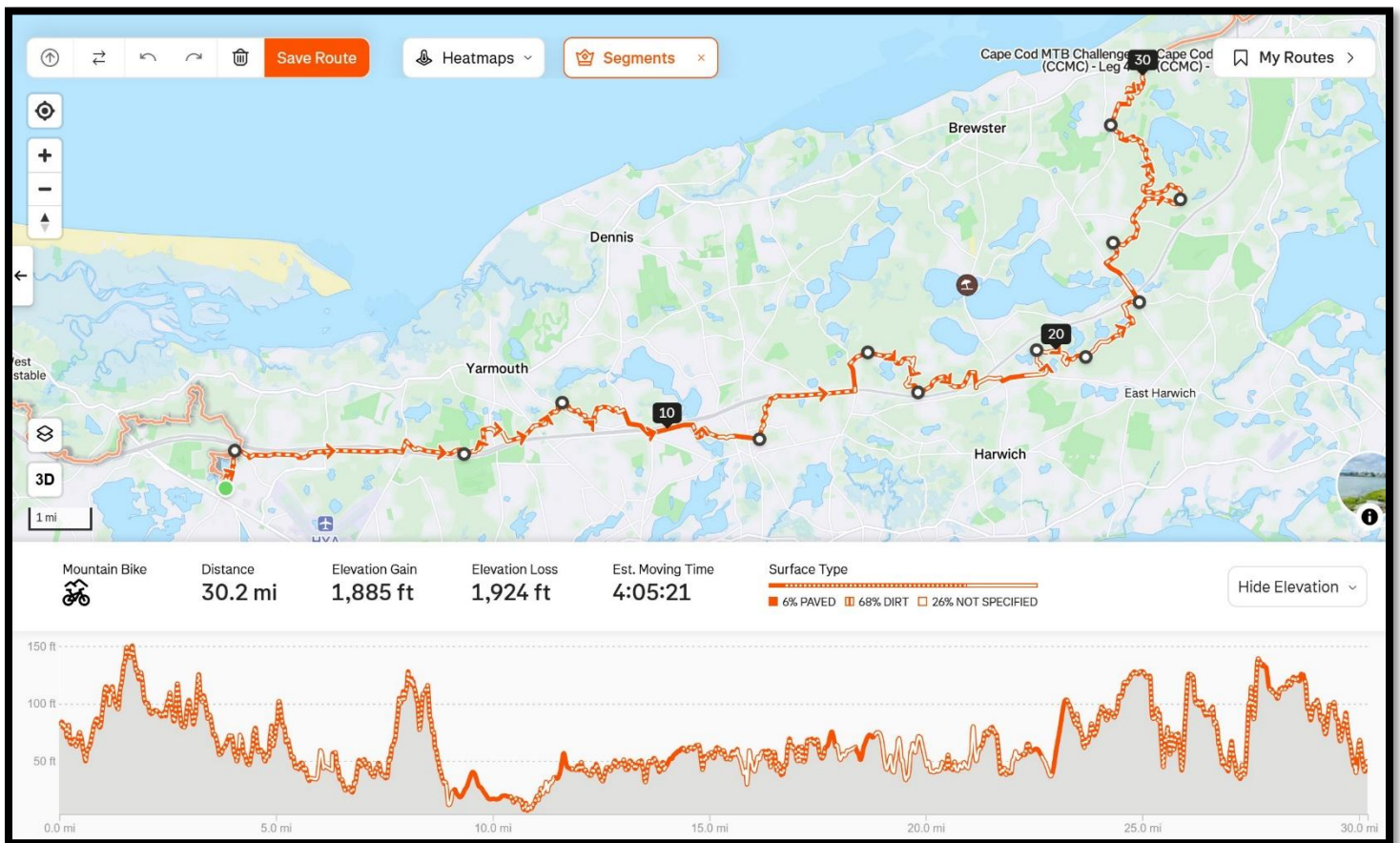
## Leg #3 – Hyannis to Brewster ([Trailforks](#), [Strava](#), [Strava Segment](#))

The third leg in our trans-Cape endeavor starts in the parking lot of Cape Cod Beer and travels through the most densely populated section of Cape Cod. To get the job done, we'll need to utilize old dirtbike trails as well as new paved bike paths. Expect to alternate between smooth and slog! The ride concludes on the trails of expansive Nickerson State Park in Brewster. Consider camping here as you're getting more and more distant from civilization. For food options nearby, consider visiting our friends at the Land Ho! about 3 miles from the park.

### Sub-legs:

**Leg 3a** - This segment (14.3 miles) begins as you cross the street from the parking lot of Cape Cod Beer and ends in Harwich as you turn right onto Squantum Path from Depot Street. Squantum Path is a dirt road, and one should be able to stage a car here. If there is no room on Squantum Path, there is also a dirt pull off just to the north on Depot Street.

**Leg 3b** – This segment (15.9 miles) begins on the corner of Depot Street and Squantum Path in Harwich and ends as you pull off the trail and into the main parking lot of Nickerson State Park on Main Street in Brewster.



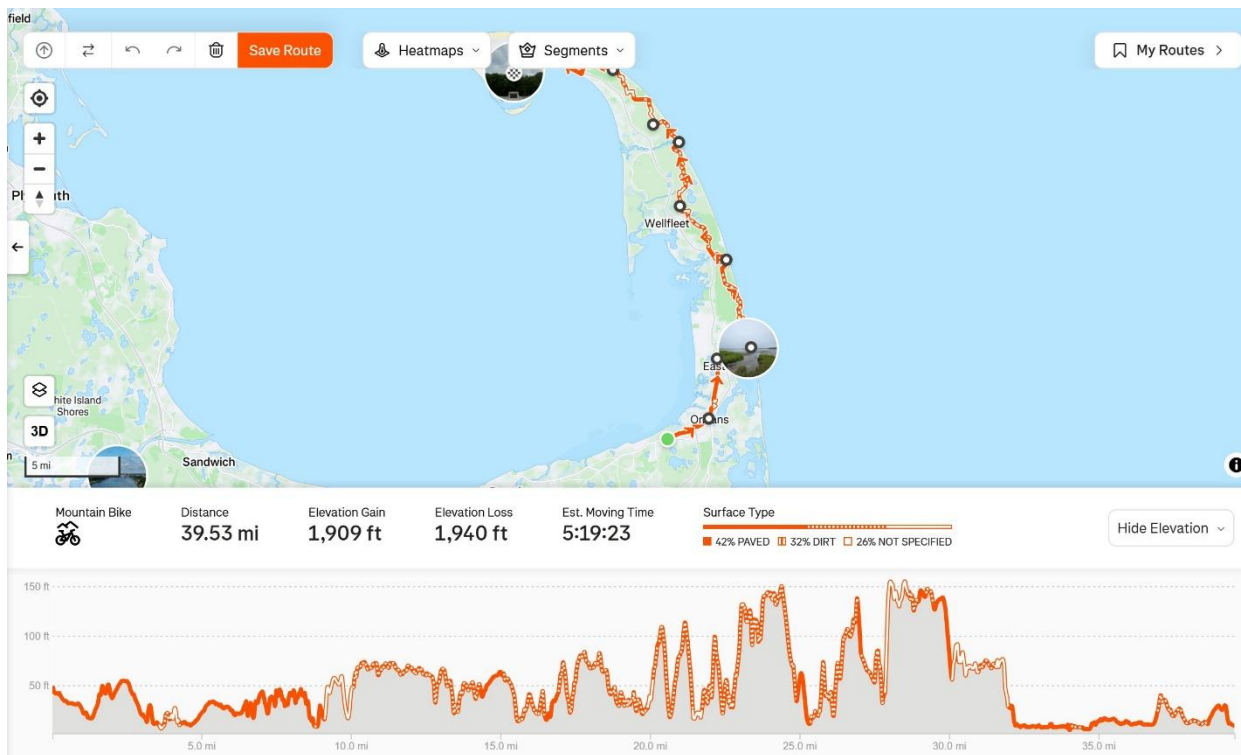
## Leg #4 – Brewster to Provincetown (Trailforks, Strava, Strava Segment)

The final push into Ptown is the longest leg of the series. You'll start near the entrance to Nickerson State Park and jump on the Cape Cod Rail Trail (segment start). The first 7 miles of pavement will allow you to put a good dent into your mileage early in the ride. One might be tempted to pack the gravel bike for this leg given the high percentage of pavement, but also keep in mind that the outer Cape is essentially a big sand dune. Choose wisely and you'll enjoy lighthouses, ocean views, and flowy single track through scrub pine forests. The final four miles are also paved as you cross into the town of Provincetown headed for the most prominent landmark on the horizon...the Pilgrim Monument. You'll feel the festive atmosphere as you near completion of your adventure... the crowds lining the streets await your arrival... or not 😊. The end of this segment is in front of Town Hall on Commercial Street. With an abundance of dining, drinking, and lodging options, Provincetown is the perfect place to celebrate your accomplishment! There are bathrooms in Town Hall and parking up the hill behind the Pilgrim Monument.

### Sub-legs:

**Leg 4a** - This segment (16.5 miles) begins as you leave the parking lot of Nickerson State Park and enter the Cape Cod Rail trail. The segment also concludes on the Cape Cod Rail trail in South Wellfleet at the intersection of Lecount Hollow Road. There is a large parking lot here and several options for food and beverage.

**Leg 4b** – This segment (22.6 miles) begins on the Cape Cod Rail trail in South Wellfleet where it intersects with Lecount Hollow Road. The segment ends on Commercial Street in front of Town Hall in Provincetown.



### Point Values –

For the competitive types, the point value structure allows for some strategy in your quest. Does a particular leg seem too daunting? Maybe take the lower point values by breaking it into two. Want to get big points? Try riding multiple legs on the same day. Maybe your attempt at a full leg is derailed...you could potentially still get credit for the sub-leg segment. Persistence can also pay off for those who aren't interested in the epics, by riding all sub legs and gaining the "all legs completed" bonus. Choose your own adventure!

Each BONUS can only be earned once. For example, you may only get the bonus points for doing segments 1 and 2 in a single day, but you may get additional bonus points for doing segments 2 and 3 in a single day. Note that you may lose BONUS points if you lose the KOM on a segment.

**Please note that the point value structure requires the Strava segments to work as predicted and that you navigate properly.** If the competition piece falls apart, at least you have some cool routes to ride this year!

Action	Points
<b>BONUS</b> - All four segments in one day	1000
<b>BONUS</b> - Any two different full segments in a day	250
<b>BONUS</b> - All segments completed	250
<b>BONUS</b> - Best time (in club) on any segment	100
For each full leg segment completed (4 max)	100
For each sub-leg segment completed (8 max)	25

### Final Thoughts –

Many years ago, the Cape Cod Commission's longstanding dream of an end-to-end Cape-wide bike route was dubbed Vision 88 for the total number of miles that their paved bike route would cover. It is estimated that it will be another decade before another planned 30 miles of trail will be approved.

Well...we are not getting any younger so it's time to set our own goals for 2025! Our "vision" encompasses over 130 miles of primarily dirt trails from Woods Hole to Provincetown. Let's do something cool this year...on bikes. We might even organize a four-day event! We are looking forward to seeing what you are capable of!

**Happy New Year!**  
**CCNEMBA**

***[We never considered charging for this event, but if you enjoy "the challenge" and would like to donate to the [Cape Cod chapter of NEMBA](#), it would be much appreciated!]***