## A QUIET STROLL ON CAPE COD

Sometimes we can forget that an easy walk in a beloved destination is an adventure in and of itself. BY MADELINE BILIS

UMMER ON CAPE COD might feel like it's all bumper-to-bumper beach traffic and endless ice-cream-stand lines, but you don't have to travel far to find a more peaceful side. A few miles from the center of Wellfleet, a quaint town near the northern tip of the Cape, is a leisurely hike called the Great Island Trail. Spend a few hours walking here, and the only other soul you encounter may be a harbor seal.

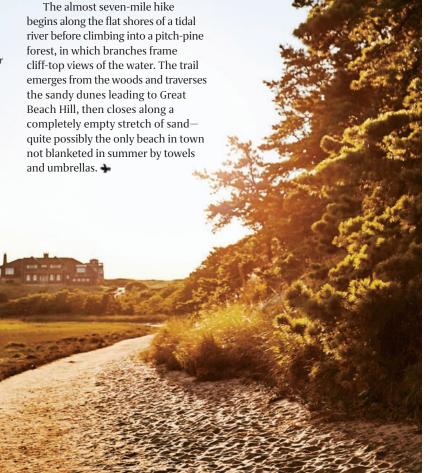
I've passed many summers on the Cape and frequently sought out this pocket of stillness. (I also recently wrote about it in my book, 50 Hikes in Eastern Massachusetts.) The Great Island Trail lies within the Cape Cod National Seashore, a 43,000-acre swath of protected coastline, established by Congress in 1961, that runs along the Atlantic from Provincetown to Chatham. But the trail is in the only section of the national seashore that faces Cape Cod Bay. A sandbar connects

> Great Island, no longer technically an island, to Wellfleet.

## TRIP PLANNER

Bilis, T+L's assistant editor and a Massachusetts native, recommends the pita wraps at the Box Lunch (boxlunch capecod.com) in Wellfleet for the perfect mid-hike picnic. After your outing, wind down with a plate of the day's catch at Mac's Shack (macsseafood.com; entrées \$19-\$32). Then turn in at the Wagner at Duck Creek

(thewagneratduckcreek. com; doubles from \$185).



The beginning of the Great Island Trail, in Wellfleet. Massachusetts.