

2019 CRW Cape in a Day

Leg	Total	Dir	Cue	Leg	Total	Dir	Cue
	0.0		Channelpoint Lot	8.8	54.0	S	Straight onto Hedges Pond Rd
	0.1	R	A St	1.7	55.7	R	MA-3A /State Rd
0.5	0.6	L	Dorchester Ave	2.9	58.5	F	Food Stop Sagamore Rotary
0.2	0.8	L	Old Colony Ave	0.3	58.8	S	Cross the Sagamore Bridge
0.6	1.4	S	Straight @ circle, Old Colony Ave	0.5	59.3	L	Turn left onto Cranberry Hwy
0.4	1.8	L	To stay on Old Colony Ave	0.7	60.0	S	MA-6A E/S Sandwich Rd
0.1	2.0	S	Enter the traffic circle	0.4	60.3	R	Slight right onto Main St
0.0	2.0	S	Exit the circle onto Morrissey Blvd	1.5	61.8	S	Continue onto Water St
0.2	2.3	R	Slight right toward Morrissey Blvd	1.6	63.4	L	Service Rd
0.4	2.6	S	Cont. Morrissey Blvd	6.7	70.1	L	Turn left onto MA-149 N
1.0	3.6	R	Keep right at the fork	0.0	70.1	R	Right at Circle onto Service Rd
0.3	4.0	S	Continue on Morrissey Blvd	1.8	71.9	L	Oak St
0.5	4.5	R	Keep right at the fork	1.0	72.9	L	MA-132 N
0.2	4.7	L	Neponset Ave	0.0	72.9	R	Main St
3.1	7.8	R	Slight right to stay on Hancock St	8.0	80.9	R	Slight R onto Setucket Rd (6A)
0.1	7.9	S	Continue on Hancock St	3.8	84.7	S	Continue onto Satucket Rd
0.1	8.0	S	Continue on Hancock St	1.8	86.5	S	Cont. onto Stony Brook Rd
0.3	8.3	S	To continue on Quincy Ave	0.8	87.3	S	Continue onto Main St
2.6	10.9	S	To continue on Commercial St.	0.1	87.4	R	Turn right onto Tubman Rd
0.1	11.0	R	Front St	1.6	88.9	S	Continue onto Long Pond Rd
0.4	11.3	L	To stay on Front St	0.1	89.0	L	Turn left onto CCRT
1.7	13.0	L	To stay on Front St	4.2	93.2	L	Stay on Cape Cod Rail Trail
0.4	13.4	L	West St	0.0	93.2	S	Continue onto Salty Ridge Rd
0.0	13.4	R	Main St	0.2	93.4	R	Turn right onto W Rd
1.2	14.7	R	Slight right onto Pond St	0.2	93.6	L	Turn left onto CCRT
1.5	16.1	S	X Main Street. Pond Street (Rt 58)	0.5	94.2	F	Orleans Food Stop
1.9	18.0	L	Slight left onto Plymouth St	0.0	94.2	S	Continue on CCRT
2.6	20.6	S	Enter the traffic circle	9.1	103.2	R	Lecount Hollow Rd
0.0	20.6	S	Exit circle onto MA-58/Plymouth St	0.7	103.9	L	Ocean View Dr
0.1	20.7	R	To stay on MA-58/Plymouth St	1.9	105.8	L	Slight left onto Long Pond Rd
4.4	25.0	R	Slight right MA-58/Indian Head St	2.2	107.9	R	Main St
8.7	33.8	L	Mayflower Rd	0.6	108.6	R	W Main St
0.8	34.5	L	Colchester St	0.3	108.9	R	Slight right onto Pole Dike Rd
0.5	35.0	S	Brook St	0.7	109.6	S	Onto Bound Brook Island Rd
1.7	36.7	S	Elm St	0.8	110.4	R	Stay on Bound Brook Island Rd
0.4	37.1	R	MA-80 W/Indian Pond Rd	0.3	110.8	L	Sharp left Old County Rd
2.5	39.6	L	MA-80 W/Plympton Rd	0.0	110.8	R	Slight right Old County Rd
1.6	41.1	L	Carver Rd	3.0	113.8	S	Continue onto Depot Rd
0.3	41.4	R	Slight right to stay on Carver Rd	0.5	114.4	L	Truro Center Rd
0.5	41.9	L	Summer St	0.2	114.6	L	Castle Rd
1.6	43.6	R	Market St	1.3	115.8	R	To stay on Castle Rd
0.0	43.6	R	To stay on Market St	0.7	116.5	L	Turn left ont US-6 East
0.0	43.6	F	Tedeshi, Dunkin'	0.6	117.1	R	Right onto S. Highland Rd.
0.0	43.6	L	Pleasant St	1.4	118.5	L	Turn left onto Highland Rd.
0.2	43.8	R	South St	1.0	119.6	R	Turn Right onto MA-6A
1.3	45.2	S	Long Pond Rd	4.8	124.4	S	Continue on Bradford Street
				1.3	125.7	L	Turn Left onto Standish St.
				0.3	126.0		McMillian Pier

Return from Provincetown Ferry Schedule
Baystate Cruise Company 3:00 & 7:30
Boston Harbor Cruises 4:00 & 8:30

Return from ferry in Boston to Channelpoint			
Baystate Cruises Long Wharf Return			
Leg	Tot	Cue	
0.10	0.10	L	Old Atlantic
0.00	0.10	L/S	Continue Left/Straight
0.10	0.20	R	East India Row
0.10	0.30	S	Continue onto India St
0.00	0.30	L	JFK/Surface Rd
0.40	0.70	L	Summer St
0.40	1.10	R	Melcher St
0.00	1.10	R	Necco St
0.10	1.20	R	Channelpoint Lot

Boston Harbor Cruises WTC Return			
0.00	0.00	R	Seaport Blvd
0.30	0.30	L	Fan Pier/Thomson Pl
0.10	0.40	R-L	Congress then A St
0.10	0.50	R	Melcher St
0.10	0.60	L	Necco St
0.10	0.70	L	Channelpoint Lot

Leaders:	BUS Info 508-746-0378
Chris Tweed	Provincetown to South Station
781-547-1827	Ptown: 1:30 & 4:30
Ellen Gugel	Ptown: Chamber of Commerce
508-320-9943	N. Truro: Salty Market
	Truro: Post Office
	Wellfleet: Bank & Commercial Sts
	S. Wellfleet: CCNatl Seashore, Marconi site
	N. Eastham: Village Green
	Eastham: Town Hall
	Orleans: CVS Main St & Rt 6
	Harwich: Park&Ride Rt 6 & 124
	Hyannis: Hyannis Transport Ctr More Frequent
	Barnstable: Park&Ride Rt 6 & 132
	Sagamore: Park& Ride Sag Circle
	Plymouth: Park&Ride Rt 3 Exit 5
	Rockland: Park&Ride Rt 3&228
	South Station

Food Options	
Mile	Where
44	Plymouth
59	Sagamore Bridge
76	Barnstable Village
95	Orleans
115	Truro

****BIKE SHOPS-Call first ***	
Dick Maul's 781-293-3665	Serious Cycles 508-746-2756
300 Plymouth St, Halifax	265 State Rd (3A), Plymouth
Martha's Bicycles & Fitness	Cycleville 508-888-5160
508-746-2109; 300 Court St, Plymouth	2228 State Rd (Rt 3A), Plymouth (near Sagamore)
Cape Cod Bike	Bike Zone 508-775-3299
508-888-8030, 508-364-1700	323 Barnstable Rd, Hyannis
40 Rt 6A, Sandwich	
Yarmouth Bicycle & Fit 508-394-8941	Bike Zone 508-694-5575
63 White's Path, Yarmouth	484 Station Ave, Yarmouth
Barb's Bike Shop 508-760-4723	Rail Trail Bike Shop 508-896-8200
430 Rte. 134, South Dennis	302 Underpass Rd (on Rail Trail) Brewster
Brewster Bike 508-869-8149	Barbara's Bike & Sports 508-896-7231
422 Underpass Rd (on Rail Trail) Brewster	3430 Main St, Brewster
IdleTimes 508-240-1122	Orleans Cycle 508-255-9115
29 Main St, Orleans	26 Main St (at Rail Trail) Orleans
Idle Times 508-255-8281	Idle Times 508-255-5070
4550 Rt 6 (@Brackett Rd), Eastham	188 Brackett Rd, Eastham
Little Capistrano 508-255-6515	Little Capistrano 508-349-2363
30 Salt Pond Rd, Eastham	1446 Rt 6, S. Wellfleet
Idle Times 508-349-9161	Ptown Bikes 508-487-8735
2616 Rt 6, Wellfleet	42 Bradford St, Provincetown

<< NOTE - Bus sched not updated

Train - Cape Cod Flyer 6:40 PM
 Hyannis Transportation center to South Station (ETA 9:02 PM)
www.capeflyer.com

What
 Dunkin', Convenience stores
 Friendly's, Convenience stores
 Barnstable Market (sandwiches)
 Nirvana Coffee - sandwiches
 Hot Chocolate Sparrow - right on CCRT!
 Ice cream, iced coffee
 Other options in town
 Jam's - market; Note: Bad Yelp Review