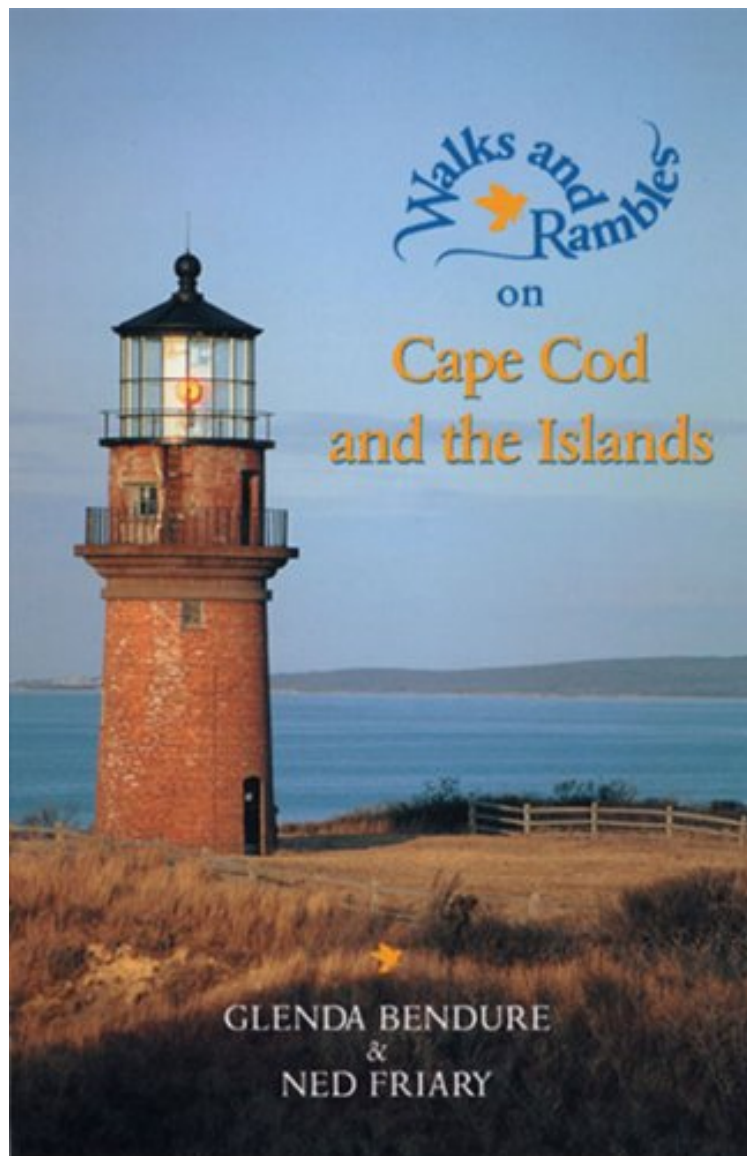


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A guide to the sandy beaches, old whaling towns, lighthouses, cranberry bogs and sheltered coves of Cape Cod, Martha's Vineyard and Nantucket. The region includes some of the best bird-watching trails in the Northeast of the USA: salt marsh walks, woodland rambles, beach strolls, wildlife refuges, and the 40-mile-long Cape Code National Seashore. With a climate tempered by the sea, summers lingering into fall and winters are mild enough for all year-round hiking. Of the 35 walks described in this edition, 24 are mainland jaunts, 7 explore Martha's Vineyard, and 4 are on Nantucket. Each description includes a map, directions to the trailhead and commentary on local and natural history.