

# NARRAGANSETT BAY WHEELMEN #14

CENTRAL CAPE COD CENTURY (CCCC)

30 - 45 - 62 & 100 mile rides

**START:** Patriot Square Shopping Ctr.  
Rt. 134, S. of exit 9  
on Rt. 6, 23 miles past  
Sagamore Bridge, DENNIS, MA.

30 miles: left onto Rt. 39 on Queen Anne.  
Rejoin 40 miler at Rt. 28.

45 miles: left onto Frontage 0.6 miles past  
Orleans Center.

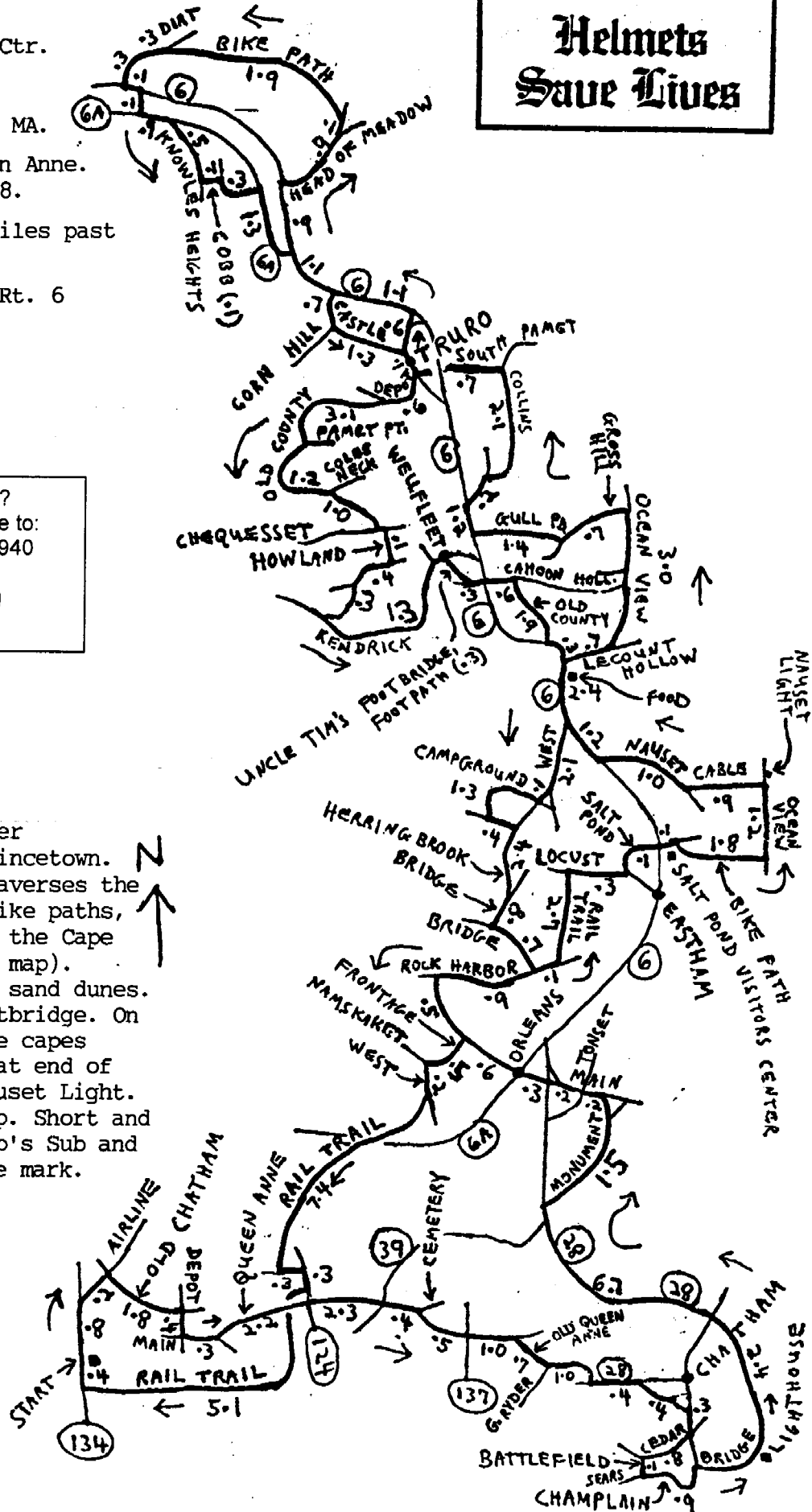
62 miles: left onto West St. from Rt. 6

**Helmets  
Save Lives**

INTERESTED IN JOINING THE NBW?  
Send a stamped, self-addressed envelope to:  
NBW, PO Box 41177, Providence, RI 02940  
or  
check our website: [www.nbwclub.org](http://www.nbwclub.org)  
for an application

## SCENIC NOTES

This exciting tour follows the outer portion of the cape almost to Provincetown. The ride heads towards Chatham, traverses the Cape Cod National seashore along bike paths, into Orleans and toward the end of the Cape along the meadow Bike Path (top of map). Truro offers great ocean views and sand dunes. Enjoy a walk along Uncle Tim's Footbridge. On the way back, the Rail Trail is the capes longest bike path. Best Views are at end of Lecount Hollow, Rock Harbor and Nauset Light. Food stops are indicated on the map. Short and long riders may look forward to Bob's Sub and Cone on Rt. 6 at the 35 and 75 mile mark.



REV 3/93