

Provincetown

Sandwich

Hyannis

Oak Bluffs

Cape Cod

May 19-21, 2023

Northeast Region Weekend

WALK'N MASS
VOLKSSPORT CLUB

AMERICA'S WALKING CLUB
ESTABLISHED 1976

Sponsored by Walk 'n Mass Volkssport Club
walknmass.org

Walk 'n Mass invites you to come enjoy multiple events on or near Cape Cod. Weekend plans include a map-guided traditional walk in Hyannis plus group walks of year-round/seasonal routes. Social opportunities at a Meet & Greet Friday night, the group walks scheduled for Saturday and Sunday, and a Saturday dinner buffet. You are welcome to add more area walk/bike events to fit your schedule, note in particular a new seasonal walk offering on Martha's Vineyard at Oak Bluffs.



Weekend Walk Registration hours:

Friday 6-8pm during Meet & Greet; Saturday 8-11am and 3-5pm; Sunday 8am-3pm

Start cards, walk directions, and IVV book stamping for Hyannis and Provincetown walks in conference room at Comfort Inn Hyannis. Walkers who pre-registered must sign waiver and pick-up their walk documents during stated registration hours before walking routes.

Weekend Walk Events (pre-registration optional):

These routes are available whenever you choose to partake during the weekend or join group walks as outlined below if you prefer to walk with others. In addition to the events scheduled in Provincetown and Hyannis, Walk 'n Mass is also pleased to offer additional seasonal and year-round routes on or near the Cape, see suggestions in *More to Explore*.

Weekend walk pre-registration (due by May 1) is optional as there will also be on-site registration and stamping opportunities at Comfort Inn Hyannis on Friday, Saturday, and Sunday.



Hyannis TE (map-guided walks; Saturday, May 20 or Sunday, May 21 only)

<https://my.ava.org/event-view.php?sn=124084>

Distance: 6km and 10km **Start address:** Comfort Inn Hyannis, 259 Main Street, Hyannis, MA 02601

Hyannis, a village in the town of Barnstable, is a major tourist destination and the commercial and transportation hub of Cape Cod. It is the primary ferry boat and general aviation link for passengers and freight to Nantucket Island and also provides secondary passenger access to Martha's Vineyard, with the primary passenger access to Martha's Vineyard in Woods Hole, a village in the nearby town of Falmouth. Due to its large, natural harbor, Hyannis is the largest recreational boating and second largest commercial fishing port (Provincetown is #1) on Cape Cod.

The two loops of this map-guided traditional event complement the Hyannis YRE scenic routes, giving participants a fuller overview of Hyannis: majestic harbor views from residential areas on the east side near Cape Cod Hospital, with 10km route continuing into commercial areas, where Barnstable Town Offices are located, to the north of historic downtown.



Provincetown SE (group walk Saturday, May 20 at 10:00 am)

<https://my.ava.org/event-view.php?sn=122984>

Distance: 6km and 10km **Walk start address:** MacMillan Pier Parking Lot, Provincetown, MA 02657

Come walk in historic Provincetown nestled on the very tip of Cape Cod, site of the Pilgrims' first landing (before Plymouth) and currently home to a vibrant arts community. Registration also available via Online Start Box, see my.ava.org.



Hyannis YRE (group walk Sunday, May 21 at 10:00 am) <https://my.ava.org/event-view.php?sn=122986>

Distance: 6km and 11km **Start address:** Comfort Inn Hyannis, 259 Main Street, Hyannis, MA 02601

Both routes traverse Main Street passing the JFK Museum (admission fee), which focuses on the "Cape Years" of President Kennedy; restaurants featuring seasonal outdoor dining; and a variety of retail shops. The 11km walk continues out of town and into Hyannisport neighborhoods passing Marchant Avenue, home of the Kennedy Family Summer Compound. Both the 11km and 6km routes enter Veterans' Park, including JFK and Korean War Memorials, overlooking Hyannis Harbor at Veterans' Beach.



Host Hotel: Comfort Inn, 259 Main Street, Hyannis, MA 02601

Call 877-424-6423 and use group code "Mass AVA Walking Club" – hotel rates valid until April 19
Group rate \$149/night for two nights (Friday & Saturday, depart Sunday)

May 19/20 Reservation Link: <https://www.choicehotels.com/reservations/groups/GF21G6>

Group rate \$129/night for additional night (Sunday, depart Monday)

May 21 Reservation Link: <https://www.choicehotels.com/reservations/groups/LE6814>



Directions to Comfort Inn Hyannis

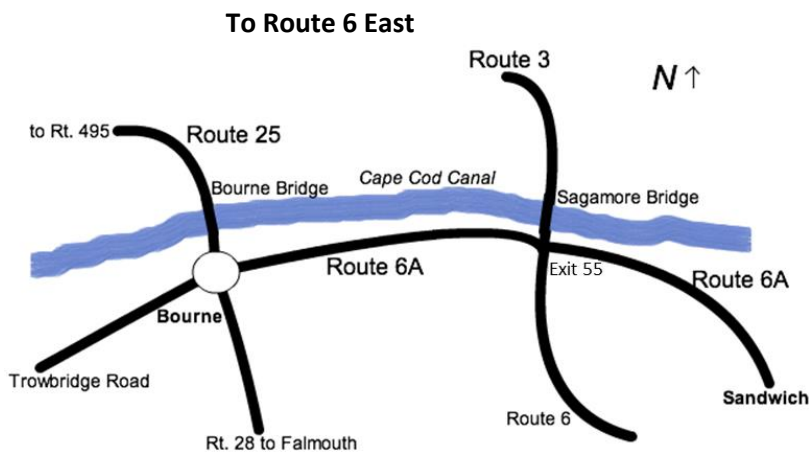
From Route 128/I-95 or I-93: Route 3 South over the Sagamore Bridge. Route 6 East (Mid-Cape Highway). Follow from ** below at **Route 6 East**.

From I-495: I-495 South (becomes Route 25) over the Bourne Bridge. Go around the rotary $\frac{3}{4}$ way to Rt. 6A East (Hyannis/Provincetown). Route 6A East toward the Sagamore Bridge. RIGHT on Route 6 East. Follow from ** below at **Route 6 East**.

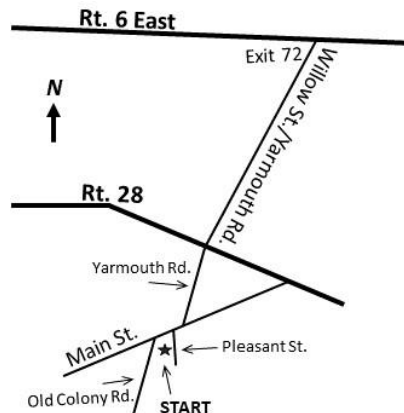
From Route 6 East: **Rt. 6 East to Exit 72 (Willow St./Yarmouth Rd.). LEFT on Willow St./Yarmouth Rd. for about 2 miles. Cross Rt. 28. Continue on Yarmouth Road to STOP sign at Main Street. RIGHT on Main Street. Comfort Inn is on your left.

Parking at Comfort Inn is free. Please park in back of lot facing fence.

Maps not to scale.



To Comfort Inn Hyannis from Route 6 East



Procedure: Each participant must register, fill out a Registration Card, and sign an insurance waiver at the start. Cards must be turned in at the finish table after completing the event. This procedure is necessary to keep track of participants.

Registration & Fees: The walk events are FREE to those who wish to participate without receiving IVV Credit. Registration for IVV Credit is \$3.00. (Ask us about this achievement program!)

Sanction & IVV Credit: The events have been sanctioned by the American Volkssport Association (AVA) and the International Federation of Popular Sports (IVV) and is conducted under the rules of those governing organizations. Fee paying participants will be eligible to earn IVV credit for event and distance. Event and Distance Books will be available for \$6.00 each at the Comfort Inn Hyannis during stated registration hours. Participants who have previously purchased books are reminded to bring them.

Disclaimer: The sponsors of this event cannot be held responsible for any lost or stolen items, accidents or injury at any time. Every reasonable effort will be made to make this event safe and enjoyable. By virtue of registering for this event, the participant agrees to the conditions set forth herein.

Conditions: This event will be held regardless of weather conditions. No refunds after May 1, 2023.

Facilities: Restrooms are available at Comfort Inn Hyannis, the Start/Finish of both Hyannis events and weekend registration point for Provincetown. Businesses along walk routes also available.

POC: if you need more information on any aspect of the Northeast Region Weekend – Cape Cod walk schedule or social events, please contact Beate Hait at beateh1@aol.com or 774-292-9098.



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —



Social Events (pre-registration required; full refund if cancelled by May 1):

Friday, May 19: evening Meet & Greet at Comfort Inn Hyannis from 6:00-8:00 pm

Pizza, Veggie Platter, Cookies, Fruit, Soft Drinks *walk registration available during Meet & Greet

Cost: \$15/person

Saturday, May 20: dinner buffet at Yarmouth House, West Yarmouth at 6:30 pm

House Salad, Chicken Picatta, Baked Haddock, Penne Pasta, Rice, Seasonal Vegetables; Cheesecake, Coffee, Tea; Cash Bar (buffet fee includes meal tax and gratuity)

Cost: \$41/person

Pre-registrations must be received by May 1.



MORE TO EXPLORE (please follow appropriate registration procedures for each event):

Oak Bluffs SE walk (Online Start Box only, see my.ava.org) <https://my.ava.org/event-view.php?sn=124102>

Walk distances: 5km and 10km **Start address:** Ferry terminal in Oak Bluffs

Note the Oak Bluffs SE on Martha’s Vineyard requires OSB registration with no on-site registration option; please also plan your ferry ride to Martha’s Vineyard (arriving in Oak Bluffs) in advance if participating in this event. Ferry options to Martha’s Vineyard:

<https://hylinecruises.com/marthas-vineyard-ferries/> <https://www.steamshipauthority.com/>

<https://www.mvy.com/ferries-to-marthas-vineyard/> <https://www.vineyardferries.com/>



Sandwich YRE walk <https://my.ava.org/event-view.php?sn=122988>

Walk distances: 6km and 10km **Start address:** Stop & Shop Plaza, 65D Route 6A, Sandwich, MA 02563

Route encompasses the Glass Museum showcasing early glass production, quaint shops, and unique bed and breakfast accommodations. Other sights include the Dexter Grist Mill, Hoxie House (ca. 1675) recognized as one of the oldest houses on Cape Cod, the birthplace of Thornton W. Burgess, historical landmarks, and Sandwich village shops.

An optional 1km extension, to increase the 10km to an 11km distance, goes into the Sandwich Fish Hatchery, managed by MassWildlife, which raises a variety of trout to stock rivers, streams, lakes, and ponds.



Sandwich SE bike <https://my.ava.org/event-view.php?sn=122985>

Bike distances: 25km, 15km, or 7km **Start address:** Stop & Shop Plaza, 65D Route 6A, Sandwich, MA 02563

The entire bike route is on the paved Cape Cod Canal Recreation Trail; sights include the Aptucxet Trading Post, a vertical plate railroad lift bridge, and the Bourne and Sagamore Bridges.



Plymouth SE walk <https://my.ava.org/event-view.php?sn=122983>

Walk distances: 5km and 10km **Start address:** CVS, 330 Court Street (Rt. 3A), Plymouth, MA 02360

Historic sites abound on this walk! The Forefathers’ Monument, Burial Hill, Jenney Grist Mill, and Brewster Gardens are visited enroute to Plymouth Harbor where Plymouth Rock and Mayflower II, a reproduction of the ship that crossed the Atlantic with the Pilgrims aboard, are located. Additional attractions include the Plymouth Bay Winery and multiple museums featuring the Pilgrims’ life, as well as expansive vistas of Plymouth Harbor.



WALK PRE-REGISTRATION FORM – Northeast Region Weekend – Cape Cod – May 20 and 21, 2023

Event	First & Last Name	Address	IVV Credit (\$3/person)	FREE
Hyannis TE walk May 20 and 21 only				
Hyannis YRE walk				
Provincetown SE walk				
Walks TOTAL enclosed		\$		

Please make checks payable to **Walk 'n Mass Volkssport Club** and mail to Beate Hait, 80 Wingate Road, Holliston, MA 01746

Walk pre-registrations must be received by May 1; no refunds.



SOCIAL EVENTS PRE-REGISTRATION FORM (pre-registration required; full refund if cancelled by May 1):

Friday, May 19: evening Meet & Greet at Comfort Inn Hyannis from 6:00-8:00 pm

Pizza, Veggie Platter, Cookies, Fruit, Soft Drinks *walk registration available during Meet & Greet

Saturday, May 20: dinner buffet at Yarmouth House, West Yarmouth at 6:30 pm

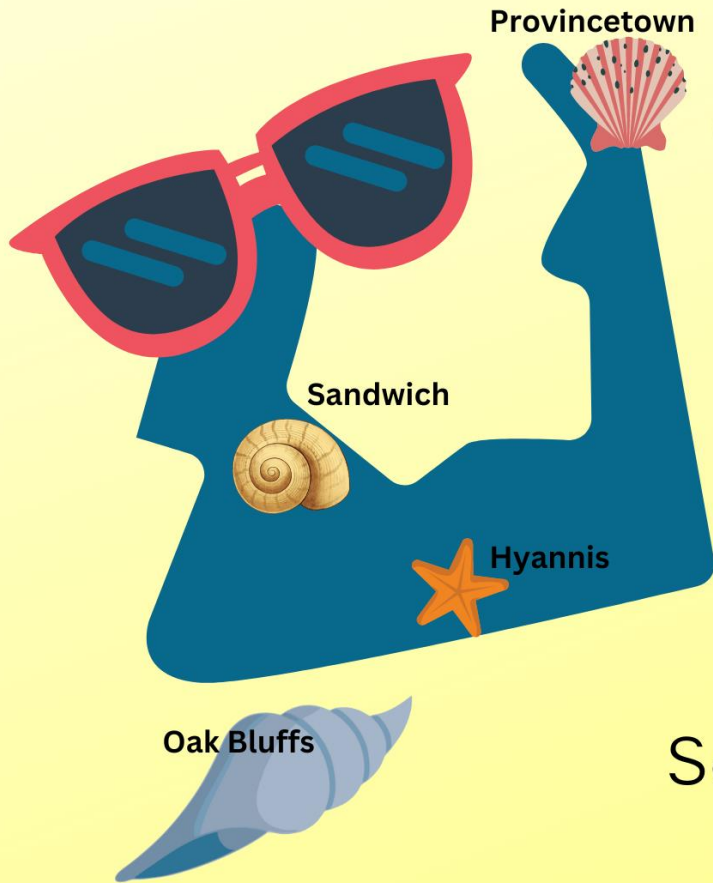
House Salad, Chicken Picatta, Baked Haddock, Penne Pasta, Rice, Seasonal Vegetables; Cheesecake, Coffee, Tea; Cash Bar (buffet fee includes meal tax and gratuity)

First & Last Name	Meet & Greet (\$15/person)	Dinner Buffet (\$41/person)	Individual \$ Total
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
Social Events TOTAL enclosed	\$		

Please make checks payable to **Walk 'n Mass Volkssport Club** and mail to Beate Hait, 80 Wingate Road, Holliston, MA 01746

Pre-registrations must be received by May 1; full refund if cancel by May 1.

If you wish to receive **email confirmation** when your pre-registration is received, contact Bea at beateh1@aol.com or 774-292-9098. If you are interested in the social events and have **dietary restrictions**, please let Bea know and we can try to accommodate.



Cape Cod

May 19-21, 2023

Northeast Region Weekend

Walk Routes:
Sandwich (& bike)
Hyannis
Provincetown
Oak Bluffs

Social Opportunities:

Friday evening Meet & Greet
at Comfort Inn, Hyannis
Saturday Buffet Dinner
at Yarmouth House

Hotel: \$149/night Fri & Sat
Comfort Inn, 259 Main Street,
Hyannis, MA 02601
choicehotels.com/reservations/groups/GF21G6



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