



Upper Cape - Cape Cod Canal Walk Information

Thank you for being a part of the Cape Cod Canal Walk and for helping to raise awareness and funds for all of our services. Your support ensures that we can be there for any family who needs our free support services, programs, and respite. It also provides the caregivers in our region with the support, respite, and training they need to provide the best care possible for the 10,000 individuals living with a dementia.

Start Location:

Buzzards Bay Recreation Area, Bourne

Walk begins at Noon (rain or shine)

Registration Time: 11:00 AM

- Come early for the pre-walk concert, face painting, clowns, moon-walk & more
The concert will be performed by the Cape Cod Conservatory Band under the direction of Tyler Newcomb
- Post-walk hot dogs, chips provided by the Bourne-Sandwich Rotary Club.

Approximate distance: 4 miles

Directions and Parking:

From CAPE COD:

- Take Mid-Cape (Rt. 6) West over the Sagamore Bridge.
- Exit off Sagamore "Fly-over" onto Rte. 6 West toward the Bourne Bridge.
- Drive along the Canal on Rte. 6 West into the Bourne Bridge Rotary
- Exit off the rotary onto Main Street (just past the Job Lot & Dunkin' Donuts parking lot (sign says "Main Street / Buzzards Bay"))
- Follow Main Street West for one mile until Buzzards Bay Recreation Area appears on the left, at the foot of the Railroad Bridge.
- The main parking will be available behind the Main Street Shops across the street from the recreation area. Please look for Military Police (MPs) for assistance with parking on the day of the walk.

From BOSTON:

- Take Rte. 3 South to the rotary before Sagamore Bridge.
- Exit off Sagamore Fly-over onto Rte. 6 West toward the Bourne Bridge.
- Drive along the Canal on Rte. 6 West into the Bourne Bridge Rotary
- Exit off the rotary onto Main Street (just past the Job Lot & Dunkin' Donuts parking lot (sign says "Main Street / Buzzards Bay"))
- Follow Main Street West for one mile until Buzzards Bay Recreation Area appears on the left, at the foot of the Railroad Bridge.
- The main parking will be available behind the Main Street Shops across the street from the recreation area. Please look for Military Police (MPs) for assistance with parking on the day of the walk.

Please see the Bourne map for further details. For more information please contact Christy at: 508-775-5656.