



A LITTLE EXERCISE.

A LOT OF CHOCOLATE. BIKE TO ORLEANS.

Destination: [Hot Chocolate Sparrow](#) (about 4.5 miles from Ocean Edge) via the Bike Trail.

Hop on the trail west toward Orleans. You'll thrill at biking through a couple of short tunnels (yodeling required when zooming through). Along the way, you'll see a sign for [Cobies](#) (3260 Main St. | 508.896.7021), about 2 miles from Ocean Edge, with a special bike trail entrance. You may want to stop right here for a picnic-style lobster roll, hot dog or ice cream. After a scenic wooded bit, you'll pass [Nickerson State Park](#) (508.896.3491) and nearby salt water marshes (photo op!), finally ending in charming Orleans. (Here, the bike path is interrupted, but signs will direct you back onto the path.) As you reach Orleans Center, [Hot Chocolate Sparrow](#) (5 Old Colony Way, Orleans | 508.240.2230) appears on the right. After this almost 5-mile trip, you deserve a Hot Chocolate Sparrow espresso, homemade fudge, or ice cream. Poke around Orleans Center, and stop in the baseball store, CVS pharmacy and several cute shops.

Side Track: The hills and trails of [Nickerson State Park](#)

Travel the road to the upper campgrounds in Nickerson State Park (Rte. 6A, Brewster | 508.896.3491) and you may think you have been transported to the Berkshire Hills or the piney woods of the Carolinas. Nowhere in sight are the sand dunes and salt marshes usually associated with Cape Cod. Instead, you are surrounded by woods that slope down to the banks of eight crystal-clear freshwater ponds – but you'll find nary a river or stream feeding these ponds. These “kettle ponds” are among more than 300 formed over 10,000 years ago as glaciers retreated from the Cape. Completely dependent on groundwater and precipitation, the water level in the ponds fluctuates from season to season, year to year.

Nickerson State Park offers a bounty of adventure, with 1,900 acres, eight miles of very hilly roads and hiking trails, an eight-mile bike path that connects to the 26-

mile [Cape Cod Rail Trail](#) (Dennis/Wellfleet | 508.896.3491), and ponds stocked year-round with trout. Not for the faint of heart.

Please note: In the off season, businesses may change their hours. We suggest you call ahead.

[Hot Chocolate Sparrow](#)

5 Old Colony Way, Orleans | 508.240.2230

Open 6:30am-10pm Sunday – Thursday, 6:30-11pm Friday and Saturday

[Cobies](#)

3260 Main St. | 508.896.7021

Open 11:30am-7:30pm daily until October 13th

[Nickerson State Park](#)

Rte. 6A, Brewster | 508.896.3491

[Cape Cod Rail Trail](#)

Dennis/Wellfleet | 508.896.3491