



CAPE COD CERTIFIED

VISITING CAPE COD

A Perfect Day in Truro, Cape Cod: Highland Light, Corn Hill Beach & Pamet River

A free field guide from the people who actually live here.



capecodcertified.com/guides/perfect-day-truro-cape-cod

Truro is the town that Cape Cod keeps mostly to itself. With roughly 2,000 year-round residents and almost no commercial strip to speak of, it sits between Wellfleet and Provincetown like a long exhale — clay cliffs dropping to the Atlantic, a bay side that goes glassy at low tide, and a river estuary where the only sound most mornings is red-winged blackbirds.

Morning: Highland Light and the Clay Cliffs

Start early at **Highland Light** — officially Cape Cod Light, built in 1797 and the tallest lighthouse on the Cape at 66 feet. It sits on 120-foot clay cliffs inside the Cape Cod National Seashore, and the Atlantic drops away below it in a way that genuinely stops people mid-sentence. The Highland Light area opens for tours seasonally; check hours before you go.

Right next door is the Highland Golf Links, operating since 1892 and widely considered the oldest golf course in Massachusetts.

Bring coffee from home or from somewhere in Wellfleet before you arrive. Truro has almost no services in the morning, and that is not a complaint — it is the point.

Midday: Corn Hill Beach and the Pilgrim Marker

Head to the bay side for **Corn Hill Beach** in time for late morning, ideally timed around low tide. The tidal flat here is substantial — at low water, the bottom drains out several hundred feet and the water warms fast in summer, making it one of the better family swimming spots on this stretch of the bay. Check tide charts the night before.

At the north end of the beach, look for the historical marker. In November 1620, the Mayflower party explored this area and found a cache of corn stored by the Nauset people — the first provisions they took from the New World.

Parking at Corn Hill requires a Truro beach sticker or a daily fee in summer.

Afternoon: Pamet River and Truro Vineyards

After the beach, drive south toward the **Pamet River** area. The river runs east-west across the narrowest part of the Cape here, emptying into Pamet Harbor on the bay side after winding through a brackish estuary that is one of the better birding spots in Truro.

The Pamet Area trails (managed by the National Seashore) are short but worthwhile. The cranberry bog loop off North Pamet Road takes under 45 minutes.

From there, Truro Vineyards on Route 6A is a logical stop — it is the only winery on the Outer Cape, and the tasting room and grounds are open seasonally.

Evening: Head of the Meadow and a Wellfleet Sunset

For your last light, drive back toward the Atlantic side and **Head of the Meadow Beach**. If you want dinner, head four miles south into Wellfleet, which has several genuine options and gives you a bay-facing sunset over Wellfleet Harbor if your timing is right.

Practical Notes

- **Parking at Corn Hill Beach:** Paid daily fee or Truro beach sticker required in summer.
- **Head of the Meadow Beach:** National Seashore fee area. An America the Beautiful annual pass covers entry.
- **Tides matter:** Corn Hill (bay, tidal flat) and Pamet River **kayaking** are dramatically better at specific tide windows.
- **Services:** Bring everything you need. There is no coffee shop, no pharmacy, no chain of any kind in Truro.
- **For more on the town:** [Truro Town Directory](#)

Certified Local Businesses in Truro

Cape Cod Certified recommends these verified local spots:

- **Highland House Museum** — 4.8★ (43 Google reviews)
- **Highland Links Golf Course** — 4.5★ (213 Google reviews)

◆ THINGS TO DO

Make a day of it

Bookable experiences that pair perfectly with this guide. Scan any code to reserve.

BOOK · VARIES

Kayak, SUP & Pedal Boat Rentals

Cape Cod Waterways · Dennis

A hand-picked Cape Cod experience to pair with this guide — book direct.



Scan to book

BOOK · ~\$60

Kayak & SUP Rentals + Bass River Tour

Inland Sea Kayak & SUP · Dennis

A hand-picked Cape Cod experience to pair with this guide — book direct.



Scan to book

BOOK · FROM \$37/PERSON

Kayak & Paddleboard Rentals — Mashpee

RideAway Adventures · Mashpee

A hand-picked Cape Cod experience to pair with this guide — book direct.



Scan to book



Headed to the Cape with friends? Share this guide.

Every share helps a real local business get found — and keeps Cape Cod guides free. Scan to send it along.

[Explore Truro Businesses →](#)





FOR CAPE COD BUSINESSES

This is what being Cape Cod Certified looks like.

You just read a guide that travelers and locals download, keep, and share. The businesses inside it were chosen on merit — real vetting, real local knowledge, never pay-to-play.

Own a Cape Cod business? Get Certified and earn your place in guides like this one — in front of the exact people planning their trip and their spend.



Get Certified → capecodcertified.com/join