

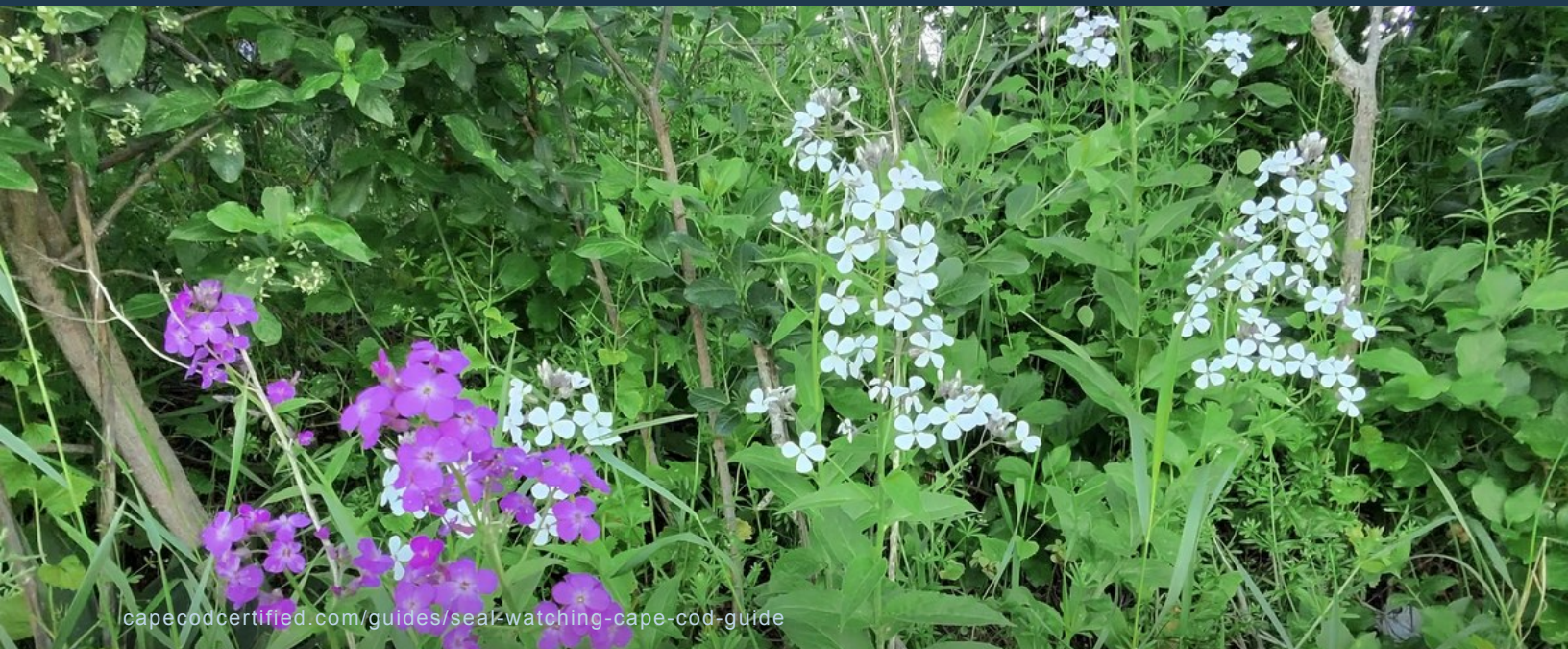


CAPE COD CERTIFIED

VISITING CAPE COD

Seal Watching on Cape Cod: Where They Haul Out, Best Beaches to See Them & What to Know

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



capecodcertified.com/guides/seal-watching-cape-cod-guide

Fort Hill gives you something rare on Cape Cod: elevation. Not mountain elevation, but enough — a broad glacial drumlin rising above Nauset Marsh — to put the entire sweep of the National Seashore in front of you. From the overlook bench at the top, you're looking east across 3,400 acres of protected tidal marsh, out to the barrier beach at Coast Guard Beach, and on clear days to the open Atlantic beyond it. It is, without exaggeration, one of the best natural viewpoints on the Outer Cape. And the parking lot is free.

The trail itself is short, manageable, and genuinely varied: a wooded drumlin climb, a panoramic marsh overlook, a boardwalk through a cathedral red maple swamp, and a meadow loop back to the start. The whole thing runs about 1.6 miles. You can do it in 45 minutes or stretch it to two hours if you're birding.

Getting There: Fort Hill Road, Eastham

Address: Fort Hill Road, Eastham, MA 02642. Turn onto Fort Hill Road from US-6 — it's well-signed for Cape Cod National Seashore. The road climbs to a paved parking area at the top of the hill.

Parking: Free. No National Seashore parking fee applies at Fort Hill. The lot holds roughly 30–40 cars and can fill on summer weekend mornings, but rarely as badly as Coast Guard Beach. Arrive before 9am in July and August to guarantee a spot. Shoulder season — May, June, September, October — is rarely a problem.

Restrooms: There are vault toilets at the trailhead lot. No water station on-site; bring your own.

Getting here without a car: The Provincetown-based Flex Route bus (CCRTA) serves Eastham. Check current CCRTA schedules; Fort Hill Road is a short walk from the US-6 corridor.

The Penniman House: Start Here Before You Hike

Before hitting the trail, walk down to the **Captain Edward Penniman House** at the bottom of Fort Hill Road. The house — a Second Empire Victorian built in 1868 — was home to one of the most successful 19th-century whalers on the Cape. The whale jaw bones framing the entrance gate are original. The house is managed by the National Park Service; check the NPS website for seasonal tour schedules and availability (the exterior is always viewable).

Even if you skip the interior, the Penniman House grounds orient you to the scale of what you're about to walk through. The hay fields below the house are maintained in historical agricultural style by the NPS — in fall, they attract migrating sparrows and raptors in numbers that draw serious birders from off-Cape.

The Trail: What to Expect Step by Step

The Drumlin Climb and Marsh Overlook

From the parking lot, the Fort Hill Trail begins on a wide mowed path heading northeast. The incline is modest by most hiking standards — maybe 40 feet of elevation gain — but it puts you above the surrounding marsh quickly. Within a quarter mile you reach the main overlook.

Stop here. This is the payoff view: **Nauset Marsh** rolling out below you in every direction, threaded with tidal channels and punctuated by small islands of salt meadow grass. In the distance, the barrier beach at Coast Guard

Beach forms a thin sand ridge between the marsh and the Atlantic. At high tide, the marsh gleams. At low tide, the channels are exposed and the mudflats attract feeding shorebirds. Bring binoculars.

The bench at the overlook faces east-northeast. In summer, ospreys nest on platforms visible from this vantage and you'll watch them hunting over the marsh. Great blue herons work the channels year-round. In fall, the marsh attracts migrating warblers, sharp-shinned hawks, and merlins moving along the Atlantic flyway.

The Red Maple Swamp Trail

From the overlook, the trail descends into the swamp via a series of **raised wooden boardwalks** — this is the section most people remember. The Red Maple Swamp is a freshwater wetland that formed in the bowl of the drumlin, and in peak fall color (late September through mid-October), it is extraordinary: red maples turning crimson overhead, reflected in the dark still water below.

The boardwalk keeps your feet dry but is narrow in places — single file when it's crowded. Wet conditions make the boards slippery. In summer, the swamp is cool and quiet, a strong contrast to the exposed hilltop. Watch for painted turtles sunning on logs, great crested flycatchers in the canopy, and wood ducks moving through at dawn and dusk.

The boardwalk loop through the swamp is about 0.4 miles. Take your time — the light filtering through the canopy makes this section consistently good for photography.

The Meadow Return

After the swamp, the trail emerges into open meadow and follows the edge of the Penniman property back toward the parking lot. This stretch is exposed and sunny — in summer, it's warm even on cool mornings. The meadow is managed habitat; watch for eastern meadowlarks and bobolinks in June, sparrow flocks in September.

The full Fort Hill Loop, including the swamp boardwalk, is **approximately 1.6 miles**. Elevation change is minimal aside from the initial hill. This trail is appropriate for most fitness levels and manageable with careful footing for older hikers; it is not stroller-accessible through the swamp section.

Best Time to Go

Sunrise (the real answer)

Fort Hill faces east-northeast across the marsh toward the Atlantic. The overlook bench is oriented directly toward sunrise. This is a genuine sunrise destination — come 20 minutes before first light and watch the marsh emerge out of darkness. Summer sunrise is early (before 5:30am); fall sunrise is more civilized. Either way, the light on Nauset Marsh at first sun is exceptional.

This is also the practical answer for avoiding crowds: at sunrise in July, you may have the overlook entirely to yourself. By 10am on a Saturday, the lot is full and the boardwalk has foot traffic.

Fall (the birder's answer)

September and October are the two best months at Fort Hill. The red maple swamp turns color, the hawk migration is active, and the summer crowds have thinned. Sparrow diversity in the Penniman fields peaks in late September. Merlins hunt over the marsh. The light is lower and softer. Temperatures are usually in the 50s–70s. This is peak Cape Cod hiking season by almost every measure.

Spring

May is excellent. Warblers move through the swamp in the second and third weeks of May. Ospreys have returned and are establishing nests. The marsh is green and active. Parking is easy. Bring bug spray by late May — the swamp has mosquitoes.

Winter

Fort Hill is open and hikeable year-round. In winter, the vegetation is low and views expand. Snowy owls occasionally appear in the Penniman fields during irruption years. Dress for wind at the exposed overlook — it can be significantly colder than it feels in the parking lot.

Wildlife You'll Actually See

Fort Hill's variety of habitats — drumlin meadow, tidal marsh edge, freshwater swamp, barrier beach in view — compresses a lot of bird and wildlife diversity into a small area.

Reliable year-round: - Great blue heron (marsh channels, swamp) - Double-crested cormorant (marsh, perching on channel edges) - Red-tailed hawk (hunting the Penniman fields) - Painted turtle (swamp boardwalk, spring–fall) - Osprey (marsh platform nests, late March–September)

Spring and summer additions: - Bobolink (Penniman meadow, May–July) - Common yellowthroat, yellow warbler (swamp edges) - Tree swallow (hunting over marsh) - Northern harrier (marsh hunting flights)

Fall highlights: - Sharp-shinned hawk, Cooper's hawk, merlin (migration, September–October) - Palm warbler, yellow-rumped warbler (swamp and meadow) - Dunlin, short-billed dowitcher (mudflats at low tide, visible from overlook) - White-crowned sparrow, Lincoln's sparrow (Penniman fields)

Bring binoculars. The swamp section rewards patience at close range; the overlook rewards distance glass for scanning the marsh.

Combining Fort Hill With Other Eastham Hikes

Fort Hill is often combined with nearby National Seashore trails on the same visit.

Coast Guard Beach is less than 2 miles from Fort Hill by car (or a longer walk via the marsh edge trail). The beach at the end of Doane Road has some of the best surf and shorebird activity on the Outer Cape, and the views from the beach look back west across Nauset Marsh — the reverse of what you see from Fort Hill. Shuttle parking is available in summer from the Little Creek lot.

The Nauset Marsh Trail departs from the Salt Pond Visitor Center, about 1.5 miles south on US-6. This trail loops around the south side of Salt Pond and opens onto a boardwalk overlook of the same marsh system visible from Fort Hill, from a different angle. The Salt Pond Visitor Center has the best NPS exhibits on Outer Cape natural history and is worth 30 minutes.

If you're interested in the broader Cape Cod Rail Trail network, the main trailhead in Eastham is on Rail Trail Road, just west of US-6 — a completely different type of experience, paved and multi-use, but excellent for covering more ground. [See the Cape Cod Rail Trail guide](#) for details on the full route from Dennis to Wellfleet.

What to Bring

- **Water:** No water on-site. Bring more than you think you need in summer.
- **Binoculars:** High value here — more so than most Cape Cod trails.
- **Bug spray:** Required from late May through August for the swamp section.
- **Layers:** The drumlin overlook is exposed; the swamp is sheltered and cooler. You'll want flexibility.

- **Traction:** The boardwalk in wet or cold conditions can be slippery. Trail shoes or hiking boots are better than sneakers in shoulder season.
 - **NPS map:** Download the Cape Cod National Seashore trail map from nps.gov/caco before you go. Cell signal is unreliable on the trail.
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Rules and Regulations

Fort Hill is within the Cape Cod National Seashore. Standard NPS rules apply:

- **Pets:** Dogs are allowed on the Fort Hill Trail on a 6-foot leash. They are not allowed in the Penniman House or on certain beach areas within the seashore. Keep them off the boardwalk edges and out of the swamp.
 - **Stay on trail:** The marsh edges and swamp vegetation are sensitive. The boardwalk exists for a reason — stay on it.
 - **No collecting:** Plants, feathers, shells, rocks — leave everything in place.
 - **Drones:** Prohibited within the National Seashore without a specific permit.
 - **Fee:** Currently no fee to park at Fort Hill. The National Seashore's other fee areas (Coast Guard Beach, others) use a different payment system. Check nps.gov/caco for current fee information before visiting.
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Frequently Asked Questions

How long does the Fort Hill Trail take? Most hikers complete the full loop, including the Red Maple Swamp boardwalk, in 45 minutes to 1.5 hours. Birders and photographers regularly spend 2+ hours. There's no reason to rush — the overlook bench is there for sitting.

Is Fort Hill Trail easy or hard? It is considered easy. The total distance is approximately 1.6 miles, elevation gain is modest (roughly 40 feet on the drumlin), and the swamp section is flat boardwalk. The biggest footing challenge is the boardwalk when wet. Most adults and older children will find it comfortable at a moderate pace.

Is there a fee to park at Fort Hill? As of the most recent NPS fee schedule, Fort Hill parking is free. Unlike the beach lots in the National Seashore, Fort Hill does not charge a parking fee. Always verify current fee information at nps.gov/caco before visiting, as NPS policies do change.

Can I bring my dog on Fort Hill Trail? Yes. Dogs are permitted on Fort Hill Trail on a 6-foot leash. Clean up after your dog and keep them on the boardwalk in the swamp section. Dogs are not allowed in certain other parts of the Cape Cod National Seashore, so check per-area rules before combining this with a beach visit.

When are the fall colors at their peak in the Red Maple Swamp? Peak red maple color in the Fort Hill swamp typically runs from late September through the second week of October, though the exact timing shifts year to year based on temperatures. A warm fall can push it into mid-October. The swamp is one of the best spots on the Outer Cape for fall foliage precisely because red maples turn before most other trees and the reflections on the swamp water amplify the effect.

Plan the Rest of Your Eastham Day

Fort Hill is a strong anchor for a full day in Eastham. After the trail, the Salt Pond Visitor Center is the best next stop for context on what you just walked through. From there, Coast Guard Beach is a 10-minute drive for an afternoon on the water.

For food and coffee before or after your hike, Eastham's US-6 corridor has a range of local options — check the [Cape Cod Certified directory](#) for current verified listings in Eastham. If you're planning a longer stay on the Outer Cape, the directory covers lodging, experiences, and local businesses vetted for the area, from Eastham through Provincetown.

Fort Hill is free, short, and consistently delivers one of the best views in the National Seashore. There's a reason it appears on every serious Cape Cod hiking list. Go at sunrise at least once.



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