

West Side Trail, Yarmouth

If you start at the eastern end of [Yarmouth's West Side Trail](#), you can walk in one direction for about three miles before hitting Gilman Road and the bridge to Cousins Island. Then you can continue over the bridge all the way to the power station on the island, a little under two miles down. This trail was designed with mountain bikers in mind, and some of the trails are winding and narrow. The first part of the trail begins at the large parking lot of a large insurance company, and for the first 20-30 minutes the roar of the highway is a bit unnerving. But then it gets more quiet, and you wander along in the woods more or less parallel to the power lines. Occasionally, the trail takes you under the electricity lines, but these portions are brief, and the sunlight feels good. The trail connects with the Fels-Grove preserve. Beware of bike riders! Sometimes they come around corners quickly.

Directions: Parking is available at the Fels-Groves Farm Preserve on Gilman Road and at the upper parking lot on Tyler Drive (formerly Cole Haan Driver) off Route 1, near Route 295's exit 15.

View [West Side Trail](#) in a larger map

