



**nileGUIDE**

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



twoblueday

# Cape Cod Summer Vacation

## Cape Cod, 6 Days

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# Guide Description



**AUTHOR NOTE:** Stay in Chatham, spend a day at Woods Hole, one day in Provincetown, explore the national sea shore and all the beautiful beaches on the cape. Mini golf, the movies, sea food and ice cream all add up to a great week down the cape.

# Itinerary Overview

things to do  
restaurants  
hotels  
nightlife

## Day 1 - Cape Cod

**DAY NOTE:** Chatham is my favorite town on the cape - it's not too far up the cape but nicely situated right in the middle. Harwich, another beautiful little town, is right next door. After checking into the Bed and Breakfast, have dinner at Clancy's where you can get a great view and a good meal.



**Clancy's Restaurant**  
Family dining with a river view

## Day 2 - Cape Cod

**DAY NOTE:** Start off your day at Pancake Man, then hit the beach. Pirate's Cove Mini Golf is a good activity near by if you get bored of sunning yourself. Get some clam chowder at the Four Hundred Club, then go down the street to see a movie.



**Pancake Man**  
Unbeatable breakfast



**Craigville Beach**  
Largest Cape Cod beach



**Pirate's Cove Mini Golf**  
Not mini golf, adventure golf



**Four Hundred Club**  
American food for locals



**Regal (Hoyts) Cinemas Harwich 6**  
Megaplex movies

## Day 3 - Cape Cod

**DAY NOTE:** Woods Hole is known best for two things - its marine science institutions and the fact that the ferry leaves from Woods Hole for Martha's Vineyard and Nantucket. These two quaint islands are worth a visit. If you don't get on the ferry, at least hit the seas on a whale watching boat out of Hyannis. Another option would be to go deep sea fishing. Stick around Hyannis for some night life, which can be hard to find in smaller beach towns on the cape.



**Woods Hole Science Aquarium**  
Oldest aquarium in the US



**Hyannis Whale Watcher Cruises**  
A breathtaking experience



**Puff the Magic**  
Cigars and cognac

## Day 4 - Cape Cod

**DAY NOTE:** Start your day off right with a melt-away and a coffee from Bonatt's Bakery. Take it to go, or stay and have a hearty egg breakfast. Enjoy the cape wildlife by going on a Wednesday Walk and explore the Cape Cod National Seashore. Get seafood at Twenty Eight Atlantic, then don't miss the ice cream at Sundae School.



**Bonatt's Bakery and Restaurant**  
Home of the Melt-Away



**Wednesday Walks**  
See the Cape's hidden treasures



**Cape Cod National Seashore**  
Historic beach and ocean park



**Twenty Eight Atlantic**  
Atlantic views and New England fare



**Sundae School**  
Ice cream lover's heaven

## Day 5 - Cape Cod

**DAY NOTE:** Another way to take in the sights of the Cape is to bike or walk the Cape Cod Rail Trail. Dining in Chatham is very good, but pricier and fancier than other towns.



**Cape Cod Rail Trail**  
Historic outdoor walking trail

# Itinerary Overview

things to do  
restaurants  
hotels  
nightlife

## Day 6

**DAY NOTE:** You can't go to the cape without checking out Provincetown. See the "One Day Trip to Provincetown" for more ideas, but it doesn't involve much. Get another day of sun at Race Point Beach, one of the most beautiful beaches on the cape, with views of the light house at the tip. Meander down the main streets of Provincetown and end your day with some seafood at the Lobster Pot.

# Day 1 - Cape Cod

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## QUICK NOTE

**DAY NOTE:** Chatham is my favorite town on the cape - it's not too far up the cape but nicely situated right in the middle. Harwich, another beautiful little town, is right next door. After checking into the Bed and Breakfast, have dinner at Clancy's where you can get a great view and a good meal.

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### contact:

tel: +1 508 394 6661

fax: +1 508 394 6074

<http://www.clancysrestaurant.com>

### location:

8 Upper County Rd  
Dennis Port MA 02639

### hours:

Daily 11:30a-1a

## 1 Clancy's Restaurant

**DESCRIPTION:** This bustling restaurant, a local favorite, has a huge menu and a pretty view of the Swan River. The Cape Cod standards are served: fried seafood, steak, pasta andandmdash;most interestinglyandmdash;dishes that combine these ingredients. The popular Steak Lucifer, for example, mixes sirloin, lobster, asparagus and béarnaise sauce. A kids menu and friendly atmosphere make it a great family spot. Sunday brunch is served. © wcities.com



Clancy's Restaurant

# Day 2 - Cape Cod

## QUICK NOTE

**DAY NOTE:** Start off your day at Pancake Man, then hit the beach. Pirate's Cove Mini Golf is a good activity near by if you get bored of sunning yourself. Get some clam chowder at the Four Hundred Club, then go down the street to see a movie.

**contact:**  
tel: +1 508 398 9532  
fax: +1 508 398 4729  
<http://www.pancakeman.com>

**location:**  
952 Route 28  
South Yarmouth MA 02664

**hours:**  
Mid-Feb-Mid-Nov: Daily  
7a-2p, 5p-9p

## 1 Pancake Man

**DESCRIPTION:** The cheery "Pancake Man" sign says it all at this Cape Cod breakfast tradition. The omelets, French toast and waffles are good, but pancakes made the restaurant famous, with 15 varieties including apple cinnamon, honey buckwheat, spicy salsa and corn meal, and a fluffy potato and chive. Bottomless coffee and fast service in a bright, friendly space seal the deal. Get there before 8:30a on weekends to avoid huge lines. The restaurant has a full service bar. © wcities.com



wcities

**contact:**  
tel: +1 508 775 9695

**location:**  
Craigville Beach Rd  
Centerville MA 02632

**hours:**  
Daily dawn-dusk

## 2 Craigville Beach

**DESCRIPTION:** This beach, located on Nantucket Sound, is one of the largest and most popular on Cape Cod. The water is a very pleasant temperature from mid-July to early September, and the gentle swells are refreshing compared to more placid Cape waters. It is generally free of seaweed and rocks, as well. There are lifeguards and bathhouses in season, as well as noisy kids and parking hassles, but that's summer on the Cape, right? The long beach and foamy surf make for beautiful walks in quieter seasons. © wcities.com

**contact:**  
tel: +1 509 394 5252  
<http://piratescove.net/>

**location:**  
728 Main Street  
South Yarmouth MA 2664

**hours:**  
Apr-Oct: 9a-11p daily

## 3 Pirate's Cove Mini Golf

**DESCRIPTION:** A round of mini golf on a warm summer night is something of a Cape Cod tradition. The courses at Pirate's Cove break with tradition but not in any manner that draws complaints. Instead of windmills and still statues, you'll golf through caves, by waterfalls and around a pirate ship. There is a Captain's Course as well as the Blackbeard's Challenge Course. For a discounted rate you can play your course again and see if you can't beat your kid the second time around. © wcities.com



Photo courtesy of jylcat

**contact:**  
tel: 5-8 430 0404  
[http://capecod.citysearch.com/profile/external/4819340/harwich\\_port\\_ma/four\\_hundred\\_club.html](http://capecod.citysearch.com/profile/external/4819340/harwich_port_ma/four_hundred_club.html)

**location:**  
429 Main Street

## 4 Four Hundred Club

**DESCRIPTION:** More of a local's restaurant, not a tourist trap.

Harwich Port MA 02646

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**contact:**

tel: 508 430 1160

[www.regmovies.com/](http://www.regmovies.com/)

**location:**

195 Route 137

East Harwich MA 02645

**hours:**

Call for showtimes.

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## Regal (Hoyts) Cinemas Harwich 6

**DESCRIPTION:** This cineplex has 6 screens for your viewing pleasure. For a more enjoyable experience, sit back and relax with popcorn and a soda from the refreshment stand. For film times, ticket prices and further information please call. © wcities.com

# Day 3 - Cape Cod

## QUICK NOTE

**DAY NOTE:** Woods Hole is known best for two things - its marine science institutions and the fact that the ferry leaves from Woods Hole for Martha's Vineyard and Nantucket. These two quaint islands are worth a visit. If you don't get on the ferry, at least hit the seas on a whale watching boat out of Hyannis. Another option would be to go deep sea fishing. Stick around Hyannis for some night life, which can be hard to find in smaller beach towns on the cape.

**contact:**  
tel: +1 508 495 2001  
<http://aquarium.nefsc.noaa.gov/>

**location:**  
166 Water Street  
Woods Hole MA 02543

**hours:**  
M-F 11a-4p

## 1 Woods Hole Science Aquarium

**DESCRIPTION:** Focused solely on local waters, this small but impressive aquarium has been delighting visitors since 1871. Kids especially love the "touch tank," where they can reach into tide pools filled with starfish and sea cucumbers. Other displays include sea turtles, lobster and wolffish. A special exhibit shows the effect of plastic trash on marine life. Two harbor seals have taken up residence in an outdoor pool and are a star attraction. The aquarium is operated by the Northeast Fisheries Science Center. Admission is free. © wcities.com



Photo courtesy of Savannah Grandfather

**contact:**  
tel: +1 508 362 6088 / +1 888 942 5392  
fax: +1 508 362 9739  
<http://www.whales.net/>

**location:**  
269 Millway Road  
Barnstable MA 2668

**hours:**  
See their website for reservation times

## 2 Hyannis Whale Watcher Cruises

**DESCRIPTION:** A whale watch is a must when visiting Cape Cod. Step aboard a 100-foot boat and travel past the Cape Cod National Seashore to the open ocean. The boats concentrate on an area known as the Stellwagen Bank—a deep fissure in the ocean floor that is home to a favorite whale delicacy, the sand eel. Naturalists narrate during the cruises. There is a snack bar on board and passengers can bring their own picnic. The trip takes about four hours. © wcities.com

**contact:**  
tel: 508 771 9090  
fax: 508 790 4023  
<http://www.puffthemagic.com/>

**location:**  
649 Main Street  
Hyannis MA 02601

**hours:**  
10a-1a

## 3 Puff the Magic

**DESCRIPTION:** This is an exclusive lounge dedicated to savoring and smoking cigars. This place provides the perfect avenue to puff a cigar and enjoy a relaxed drink. You will find a variety of cigars and a full liquor menu with cognacs, wines and liqueurs to enjoy. The main lounge also has a huge television set, DVDs, books, magazines and indoor games. © wcities.com



Now in a  
the only

Puff the Magic

# Day 4 - Cape Cod

## QUICK NOTE

**DAY NOTE:** Start your day off right with a melt-away and a coffee from Bonatt's Bakery. Take it to go, or stay and have a hearty egg breakfast. Enjoy the cape wildlife by going on a Wednesday Walk and explore the Cape Cod National Seashore. Get seafood at Twenty Eight Atlantic, then don't miss the ice cream at Sundae School.

### contact:

tel: 508 432 7199

[http://capecod.citysearch.com/profile/4819346/harwich\\_port\\_ma/bonatt\\_s\\_bakery\\_restaurant.html](http://capecod.citysearch.com/profile/4819346/harwich_port_ma/bonatt_s_bakery_restaurant.html)

## 1 Bonatt's Bakery and Restaurant

**DESCRIPTION:** Bonatt's has been serving Cape Codders and locals for over 60 years. Home of the famous "Melt-A-Way" pastry. Great for breakfast or lunch.

### location:

537 Route 28  
Harwich Port MA 02646

### contact:

tel: +1 508 896 3867 x121 /  
+1 800 479 3867

fax: +1 508 896 8844  
<http://www.ccmnh.org/>

## 2 Wednesday Walks

**DESCRIPTION:** If you are the adventurous type, the Cape Cod Museum of Natural History hosts Wednesday walks to hidden spots on Cape Cod where you'll learn much about the beauty and history of the area. You'll visit a variety of trail sites, including marshlands, woodlands and beaches. Walks last about two hours and you will cover about three miles. Pre-registration is required. Call ahead for reservations and for specific times and places. © wcities.com

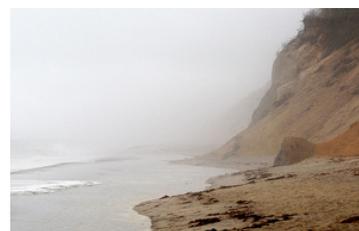


Photo courtesy of sacire

### location:

869 Route 6A  
Brewster MA 02631

### hours:

W 10a-noon

### contact:

tel: 1-508-771-2144  
<http://www.nps.gov>

## 3 Cape Cod National Seashore

**DESCRIPTION:** First designated as protected by the United States government in 1961, the sprawling, 43,604-acre Cape Cod National Seashore offers stunning vistas and a glimpse into the natural and cultural history of the area. The park boasts six swimming beaches, but also nature trails, picnic areas, freshwater ponds, historic lighthouses and Cape Cod-style residences. The seashore makes a great day trip, but for those who would like to stay longer there are several resorts, hotels and motels nearby, but not along the shore. © wcities.com



wcities

### location:

Nauset Road & Route 6  
Wellfleet MA 02667

### contact:

tel: +1 508 430-3000  
[www.wequasset.com](http://www.wequasset.com)

## 4 Twenty Eight Atlantic

**DESCRIPTION:** twenty-eight Atlantic is the signature forbes four star restaurant at the luxe Wequasset Resort and Golf Club. Awarded three stars by the Boston Globe after its first month of operation (2002), it has been described as "securely in the category of luxury." The

### location:

2173 Head of the Bay Road

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Harwich MA 02645

**hours:**

Breakfast: Daily: 7:00am  
- 11:00am; Lunch: Daily:  
11:30am - 3:00pm; Dinner:  
Daily: 6:00pm - 10:00pm

restaurant offers sweeping views of the Atlantic, a combination of handsome millwork, a beautiful fireplace, beamed ceiling, custom hand-blown glass chandeliers and museum quality artwork. The furnishings are comfortable with a generous use of leather and handsome tapestry fabric, in a traditional Shaker design, keeping with New England tradition. The menu, the creation of celebrated Executive Chef Bill Brodsky, offers Progressive New England cuisine. Brodsky is known for his stunning architectural presentations, as well as his use of the finest indigenous seafood and produce Cape Cod has to offer. The restaurant is complemented by Thoreau's, a warm and inviting tavern and a perfect spot for cocktails and casual fare.

**contact:**

tel: 508 430 2444

**location:**

606 Main Street  
Harwich Port MA 02646

**hours:**

Mid-May to early Oct daily  
11am-10:30pm

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**5 Sundae School**

**DESCRIPTION:** Great sundaes and all sorts of toppings. You won't be able to move after you finish one of their banana splits.

# Day 5 - Cape Cod

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## QUICK NOTE

**DAY NOTE:** Another way to take in the sights of the Cape is to bike or walk the Cape Cod Rail Trail. Dining in Chatham is very good, but pricier and fancier than other towns.

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**contact:**

tel: +1 508 896 3491  
<http://www.mass.gov/dcr/parks/southeast/ccrt.htm>

**location:**

Rte 134  
Dennis MA 02638

**hours:**

Daily dawn-dusk

## 1 Cape Cod Rail Trail

**DESCRIPTION:** Although referred to as the bike trail, this paved path also welcomes walking, running, horseback riding and rollerblading. And if there is enough snow (which is rare), you may cross-country ski, too. Built on an old railway bed, the scenic 25-mile trail takes you from Dennis to Wellfleet via cranberry bogs, lakes and towns. Nickerson State Park, off Route 6A in Brewster, maintains the trail and is at the halfway point. See the Web site for a map with other rest areas and access points. © wcities.com



# Day 6

**DAY NOTE:** You can't go to the cape without checking out Provincetown. See the "One Day Trip to Provincetown" for more ideas, but it doesn't involve much. Get another day of sun at Race Point Beach, one of the most beautiful beaches on the cape, with views of the light house at the tip. Meander down the main streets of Provincetown and end your day with some seafood at the Lobster Pot.

**location:**  
North Pamet Road  
Truro MA 02652

**hours:**  
n/a

## 1 Ballston Beach

**DESCRIPTION:** This is one in a series of ocean beaches that dots the shore of the Cape Cod National Seashore, on your right as you head north towards Provincetown. You climb down a high dune onto this wild and beautiful beach of clear cool water. Surfers try their luck here and, while you can take long swims if out far enough, the waves lend themselves to bodysurfing. You can get quite cold after about 30 minutes in the water here, even in summer, but lying in the bright sun will soon warm you. This is the kind of pristine ocean beach visitors come to the Cape for. © wcities.com

**contact:**  
tel: +1 508 349 3635

**location:**  
Corn Hill Rd  
Truro MA 02666

**hours:**  
24 hours daily

## 2 Corn Hill Beach

**DESCRIPTION:** Curled against a hill, this is a lovely spot on the bay for family or solo swimming. You can drive up and pay a reasonable parking fee and walk directly onto a clean beach. Whether floating on rafts, digging up the odd clam, or swimming in the brisk water (which is nevertheless warmer than the oceanside of Truro), this is one beach everyone enjoys. Historically, Corn Hill was the site of a stash of Native American corn borrowed by hungry Pilgrims when they came ashore in nearby Provincetown. © wcities.com

**contact:**  
tel: +1 508 775 3358  
fax: +1 508 775 2808  
<http://www.capecodchips.com>

**location:**  
100 Breed's Hill Road  
Hyannis MA 02601

**hours:**  
Year-round: 9a-5p Mon-Fri;  
Jul and Aug: 9a-5p Sat

## 3 Cape Cod Potato Chip Factory Tour

**DESCRIPTION:** Cape Cod potato chips are so greasy, you can almost see through them—but the unique kettle-cooking method is what makes these famous chips so popular. You can watch the whole process, from peeling to cooking to bagging, at the factory's free, self-guided tour. In fact, they will pay you—you get a free bag of chips at the end of the tour. The Cape Cod Chips gift shop offers a great selection of chips, pretzels, and novelties such as shirts, caps and collectibles. Cash only. Call for group tours. © wcities.com



Photo courtesy of Shannon At Zeer

# Cape Cod Snapshot

## Local Info

Situated on the Atlantic Coast of Massachusetts, Cape Cod is popular among tourists from New England and around the world, who are drawn to the region's sandy beaches and charming atmosphere. Protected by the National Park Service, Cape Cod's 300-mile shoreline is always clean and unspoiled, in spite of the large number of visitors arriving and enjoying. The many historic and distinctive towns are equally well maintained.

## Sights

Sunbathing, diving, kayaking, fishing and swimming are obvious activities to enjoy in Cape Cod. Another great aquatic activity for families and groups of friends is a whale-watching adventure from Provincetown, located at the tip of the cape. It's a great way to get a taste of the Cape's seafaring past and present.

But if you're not up for spending time in or on the water, another enjoyable way to spend a day is on a bicycle. You'll find rental shops all over the area. Take the Shining Sea Bicycle Path or the Cape Cod Rail Path and while away a few hours sightseeing and snapping photos of the charming Cape Cod buildings and the many historic landmarks--the old homes, the quaint streets, the lighthouses. At night, you can take in a perfectly breathtaking sunset by Rock Harbor in Orleans town.

If you're traveling with kids, a trip to Cape Cod can be a great learning experience.

Make sure to schedule visits to the museums in Hyannis and the Pilgrim Monument in Provincetown.

## Dining and Shopping

Fresh seafood, especially the local lobsters and clams, is undeniably the most popular fare on the dining tables of Cape Cod. The island has plenty of sidewalk cafes offering everything edible from the ocean. Some of the area's finest restaurants are in the

scenic town of Chatham. You'll also find a very quaint shopping district here, with stores where you can buy souvenirs and many beautiful creations by the Cape's glass artisans.

Art galleries thrive in the region, particularly along Commercial Street in Provincetown, where a wide variety of one-of-a-kind pieces are displayed and sold. The shops of Cape Cod also feature a good selection of nautical and island-themed home furnishings.

## Nightlife

The fun doesn't stop when the sun goes down in Cape Cod. At night, the island remains lively and vibrant with entertainment of all kinds. One of the best-known spots is the Beachcomber in Wellfleet, which caters to families with fine meals by day and offers music by night. Other after-dark attractions include dance clubs and bars with everything from comedy acts to drag shows.

© NileGuide

## History

The Cape Cod peninsula was created by glaciers that dumped their accumulated till some 18,000 years ago and then began their retreat northward, scooping out Cape Cod Bay. Glaciers are also responsible for the deep ponds that dot the Cape. At least 5,000 years ago, the first Native Americans settled on Cape Cod. These were the Wampanoag Indians, part of the Algonquin Indian Nation. As they settled the Cape, they split into five tribes. There are some stories of Viking explorations in the area about 1000 years ago, but many experts do not accept these claims. However, it is well established that, in the early 1600s, Europeans started making their way onto the Cape.

One of the most famous explorers was Bartholomew Gasnold, who sailed from England with a small crew. During their journey, they anchored in Cape Cod Bay and caught so much codfish that Gasnold named the area Cape Cod. Despite attempts by later explorers and

settlers to change it, the name stuck. Other explorers passed through as well, but the most famous visitors to the Cape were the Pilgrims who arrived on November 20, 1620.

Although every American schoolchild learns about Plymouth Plantation, the Pilgrims actually first stopped at Provincetown, on the end of Cape Cod. Having missed their intended destination of Virginia, they were struggling to reach land safely before winter caught them in the treacherous waters just to the east of Cape Cod. They finally found Provincetown Harbor, anchored, and sent a team out to explore the Cape. The scouts found a stash of Wampanoag corn at a place still known as Corn Hill, in Truro and proceeded to "borrow" it from them. They also found some fresh water in the ponds of that area, but decided they weren't a sufficiently reliable source, so they left the Cape and went on to Plymouth. However, while they were anchored off the Cape, they accomplished a remarkable feat: they wrote the Mayflower Compact, which established a fairly democratic form of government and ensured the social stability of what would be a very difficult colonization. Their history here is commemorated in the Pilgrim Tower in Provincetown, the tallest all-granite structure in the United States, as well as in the adjoining Provincetown Museum.

Once in Plymouth, the Pilgrims remained the dominant European influence on the Cape and as their colony grew, they began expanding onto the Cape. The numbers of Native Americans predictably waned due to a story of epidemics and territorial loss familiar from other American settlements. The Pilgrims founded the Cape Cod towns of Sandwich, Barnstable and Yarmouth in the 1630s and a significant portion of their congregation relocated to Eastham in 1645 where they engaged in farming and fishing.

More settlers, some fleeing the religious repression of the Massachusetts Bay Colony, developed new technology and industries throughout the 18th and 19th Centuries. Salt works were widely established in the 1830s and remained a major industry until cheaper methods were developed in the West. Glass from Sandwich was world-famous in the 1800s (the industry is remembered at the Sandwich Glass Museum). Cranberries were cultivated and the Cape is still a

## Cape Cod Snapshot continued

world-leading producer of the fruit. Clipper ships and crews to skipper them were produced in abundance on the Mid and Lower Cape.

These industries slowly became obsolete or were outdone by cheaper and bigger establishments elsewhere, but they also produced an unexpected spin-off. In the 19th Century, the Cape Cod Railroad serviced the Cape's industries and agriculture, but also eventually began transporting tourists from Boston and New York all the way to the tip of the Cape. This marks the beginning of the summer tourist industry that has been the economic mainstay of the Cape for many decades. The 17-mile long Cape Cod Canal was finished in 1914. It remains the widest sea-level canal in the world. In the 1930s, the Sagamore and Bourne bridges were built over the Canal, opening up the Cape to automobiles that have increased in number every summer since.

The Cape exploded in popularity and livability in the last half of the 20th Century and everywhere there are signs of the struggle to find a happy medium between commercialism and quaint New England roots. Cozy cottages with weathered cedar shingles, tacky motels with neon signs and waterfront trophy homes have all multiplied rapidly. Summer tourism approximately triples the population and a local joke has it that the Cape sinks a foot in July and August. Additionally, recent years have seen a dramatic increase in the number of retirees living here. In fact, the population of Cape Cod is the fastest growing of any region in Massachusetts. But the draw is obvious: it's a beautiful place to be, with the most swim able beaches you'll find this side of the Mason-Dixon line and a small town, Yankee feel despite all the development.

Probably the Cape's most famous summer visitors are the Kennedys. Joseph P. Kennedy and his wife, Rose, rented a house in Hyannisport in the 1920s. They later bought it and when other family members found homes nearby, the Kennedy Compound was created. Although the Cape is very proud of their link to Camelot—celebrated at the John F. Kennedy Hyannis Museum—Richard Nixon had a 20% margin of victory over JFK in his summer hometown in the 1960 presidential election. One of the Cape's other footnotes in history is that Orleans is the site of the only World War I attack on American soil: a

German U-boat shelled the coast in 1918, sinking two barges and a tugboat.

Throughout its history, the Cape has been separate from mainland Massachusetts in its geography, vegetation, architecture and culture. From its beginnings as a haven for religious outcasts, the Cape has appealed to those who feel ostracized elsewhere, including artists and writers, gays and lesbians and inventors. But every summer, and now even in the spring and in the fall, the countless galleries, restaurants, shops and inns are opened to hordes of families and tourists who call the Cape their home away from home. And, for now, there's room for everybody.

©

### Hotel Insights

The population of Cape Cod triples in the summer, so it is no surprise that there is an abundance of accommodation options. That said, it should also be stated that if you plan to visit Cape Cod in July, August or any weekend between June and October, you should book your room early. From campsites to resort hotels, lodgings are booked far in advance by their summer regulars, sometimes leaving slim pickings for the spontaneous traveler.

#### Mid Cape

The Lamb and Lion Inn located in West Barnstable offers luxurious amenities, while the more centrally-located Ramada Inn Regency is popular with tourists looking to be close to many attractions. Ashley Manor is tucked away and a good place for couples. The Acworth Inn is a 19th Century style B&B that is close to the Cape Cod National Seashore. The appeal of the Beechwood Inn is the exquisite gardens on its grounds. The helpful and friendly staff at the Belvedere Bed& Breakfast make sure your visit is pleasant. The Captain Farris House is on the National Register of Historic Places. Right on the beach is the Seaside Cape Cod.

#### Lower Cape

If you plan to spend time on the beach, one important consideration is getting there. Although you will pay more to stay someplace within walking distance of a beach, you will be more than rewarded by missing the traffic jams, full parking lots and fees that come with a drive to the shore.

Craigville Beach, Provincetown, Yarmouth and the National Seashore towns all have hotels near or on the beach.

Resort hotels are numerous, especially in the Eastham area and in Provincetown. Golfers may enjoy the Four Points by Sheraton Eastham Cape Cod with its own fairway, outside Provincetown. Or you can have it all at the beautiful Ocean Edge Resort in Brewster. Other resort-style options include the Outer Reach Resort in Truro and the Sea Crest Oceanfront Resort and Conference Center in Falmouth. The Captain Freeman Inn features canopy beds and whirlpool spas, while the Nauset House Inn has cozy, bed and breakfast-style accommodations. The famous sea captain Bangs Pepper used to live in what is now the Pepper House Inn.

©

### Restaurants Insights

If you like seafood, you will be very happy eating on Cape Cod. Many restaurants on the Cape have a similar menu: fish, shellfish and lobster—served boiled, baked, or fried—and a smattering of beef, chicken and pasta dishes.

#### Provincetown

Those seeking a more relaxing end to the day may find it at a waterfront restaurant bar, where you can watch the lighthouses blinking as you plan for the day ahead. Italian cuisine inspires a number of fine dining establishments, including Ciro& Sal's in Provincetown, which also has an artist's gallery upstairs. There are waterfront dining areas at the Lobster Pot, and a separate cocktail room, where guests can spend their evenings. The Mayflower is located in Provincetown's shopping area. The dining room is comfortable, and the cuisine is interesting: Portuguese, American and Italian. You can dine with a view at Bayside Betsy's, which is a bar and restaurant with typical seafood-inspired bar fare. The menu at Lorraine's is filled with a variety of contemporary Mexican dishes.

#### Upper Cape

The Dan'l Webster Inn Restaurant in Sandwich and the Coonamessett Inn Restaurant in Falmouth also provide a romantic setting. The Chart Room can be found at the Kingman Marina, where guests can dine on fresh seafood and

## Cape Cod Snapshot continued

watch the harbor from an outdoor table. The Mediterranean-inspired Fishmonger's Cafe is a good place to go for a relaxing meal, while the Belfry Bistro offers a more romantic setting by candlelight. The Flying Bridge is one of the most popular restaurants in Cape Cod for its breathtaking views and equally-impressive food. Oysters Too Restaurant and Shuckers have some delicious oysters, and other seafood dishes that keep locals coming back time and time again.

### Mid Cape

The Pancake Man in Yarmouth lives up to its name, with many varieties of pancakes that will fill you up in the morning. The Egg & I is another good place for breakfast; you can make your own omelet. Think twice before going to brunch on a Saturday—the outgoing weekly renters go to brunch as a last hurrah, and the incoming crowd (who got up early to cross the bridge before the traffic got bad) has to go somewhere while their cottage is cleaned. Cape Cod is certainly known as a romantic destination (many couples choose to wed and honeymoon here) and many of the picturesque inns double as romantic dining destinations. The Bramble Inn & Restaurant in Brewster is not only romantic but serves some of the finest gourmet meals in the area.

### Lower Cape

You'll find good examples of hearty cuisine at Clancy's, where families often come for a good meal. Ice cream seems to be its own food group in New England and the Cape is no exception with upwards of a dozen homemade ice cream stands. Favorites include the Sundae School and the Brewster Scoop. The flavors and freshness at these places make Ben & Jerry look like amateurs. A note of explanation: "jimmies" are what the rest of America call chocolate sprinkles. And a recommendation: if any stand is offering local fruit flavors, such as blueberry, strawberry, apple, or even rhubarb, go for it! Other, more out-of-the-way restaurants have embraced local ingredients and more modern cuisine, such as the Red Pheasant in Dennis.

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### Nightlife Insights

With its beaches, lakes, rivers and parks, Cape Cod is a haven for outdoor activity.

The waters of Nantucket Sound, Cape Cod Bay and Buzzards Bay are very pleasant for swimming in July and August and are bearable in June and September. The cold-water Outer Cape beaches, on the Atlantic Ocean, attract surfers, especially when there are storm swells and are quite good for windsurfing. Paddling and fishing are popular along the beaches and in the inland rivers and ponds. Just about every town has a rental shop or two that can outfit you with a kayak, sailboard or daysailer.

### Whale Watching

If you are looking for high-seas adventure, many outfits in Hyannis, Provincetown and Falmouth offer deep-sea fishing expeditions. Whale watching is very popular, with companies such as Dolphin Fleet Whalewatching and Hyannis Whale Watcher Cruises offering daily tours in the summer.

### Nature

To the chagrin of real estate developers, much of the Cape is too sandy or swampy for building. Their loss is your gain. The Cape has many beautiful parks, including the Waquoit Bay National Estuarine Reserve and the Wellfleet Bay Wildlife Sanctuary. The quintessential Cape Cod experience may be a walk along the Cape Cod National Seashore, 40 stunning miles of beach and an incredible experience in any season.

### Hiking

You can also explore the Cape's trails, such as the Cape Cod Rail Trail, the Provincetown Bike Trails and the trail along the Cape Cod Canal. Also, the slow pace of Cape traffic makes biking, walking and running feasible on all but the busiest roads, although the shoulder can be narrow. Bicycle rentals are easily found in most towns.

### Sports

If you're feeling competitive, the Cape has a number of well-regarded races. The Figawi is a sailboat race from Hyannis to Nantucket and back that takes place every May. The Hyannis, Chatham and Falmouth Yacht Clubs sponsor other regattas throughout the summer and in the winter, too—the aptly-named "frostbite" races. Back on shore, the Falmouth Road Race in August and the Cape Cod Marathon in

October are the Cape's premier running events.

Golfing is popular, with several courses such as the Ocean Edge Golf Club in Brewster and the Hyannis Golf Club. However, it is miniature golf that might very well be Cape Cod's favorite pastime, with many imaginative and innovative courses. Pirate's Cove Mini Golf in South Yarmouth and Storyland Golf in Hyannis, with its puttable replica of the Cape, are favorites. If you're a fan of the national pastime, the Cape Cod Baseball League is the summer showcase for the top college players and your chance to watch tomorrow's major league stars for free.

### Museums and Galleries

The Cape Museum of Fine Arts in Dennis and the Provincetown Art Association and Museum feature the work of local artists from the past and present. Galleries are abundant in Provincetown and Wellfleet. A year-round performing arts schedule includes the Cape Symphony Orchestra in the winter and the famous Cape Playhouse in the summer.

Many museums memorialize Cape Cod's history. The Aputuxet Trading Post Museum is located on the site where Europeans first conducted trade on the Cape. The Mayflower II, a replica of the Pilgrim's famous vessel, and Plimoth Plantation, a surprisingly scholarly recreation of their settlement, are in nearby Plymouth. The John F. Kennedy Hyannis Museum features photos of the Kennedy clan. The Swift-Daley House and Tool Museum is one of several museums in preserved homes, offering a slice of life in the 17th, 18th and 19th Centuries.

### Children's Activities

The Cape Cod Children's Museum in Mashpee is an obvious choice for indoor entertainment, although it is predictably packed on a rainy day. Kids (and adults who are not too squeamish) will love the "touch tank" at the National Marine Fisheries Service Aquarium in Woods Hole. Cineplexes are located throughout the Cape, including at the Cape Cod Mall in Hyannis. For a real treat, take the kids to the Wellfleet Drive-In, a 40+ year-old theater that shows a double feature almost every night from May to October.

### Shopping

## Cape Cod Snapshot continued

As you cross the Sagamore Bridge onto Cape Cod, you are flanked by the Cape Cod Outlet Mall on your right and the discount extravaganza, The Christmas Tree Shop, on your left. This entrance sets the tone for plentiful bargain shopping, as evidenced by Cuffy's Factory Store, the Antiques Center and many shops along Route 28 in the Mid Cape. Stores selling antiques and collectibles can be found in every town. And if you enjoy a day spent strolling and shopping, the quaint shops on Main Street in Hyannis and on Commercial Street in Provincetown will leave your suitcase bulging with souvenirs.

### Nightlife

The Cape offers plenty of entertainment after sunset, too. The Mid Cape (again, especially along Route 28) and downtown Provincetown have the greatest density of nightclubs. Mid Cape favorites include Pufferbellies, the Mill Hill Club, Christine's, Box Car Willy's and Sundancer's, which have live rock and reggae, dancing and young, fun crowds. Irish restaurants and bars, such as Liam Maguire's in Falmouth and Clancy's in Dennisport, have live music for a mellower set. Gay nightlife abounds in Provincetown: at the Atlantic House, the Boatslip Beach Club, the Pied and other clubs along Commercial Street and the surrounding area. The Beachcomber in Wellfleet is the premier venue for music on the lower Cape, and the Cape Cod Melody Tent in Hyannis books a variety of national acts every summer.

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### Things to Do Insights

With its gently rolling landscape, calm waters and winding back roads, Cape Cod is a pleasure via almost any means of transportation. Bring a map if you must, but the Cape's geography ensures that you are bound to hit one of the main highways eventually, unless you are lucky enough to find the beach first.

**Provincetown** Provincetown is a vibrant community that offers many cultural and historical attractions. See the Pilgrim Monument, which commemorates the first visit of settlers to Provincetown in 1620. Stop into Bayside Betsy's and have lunch. The Provincetown Museum, which chronicles the life of early life in the town, is right nearby. The Provincetown Art

Association & Museum has over 1500 pieces of art, and is a must for art lovers.

**Barnstable** Barnstable is home to the Cape Cod Central Railroad, a dinner train that takes guests on a ride through the countryside. Craigville Beach, located in Nantucket Sound, is the largest on Cape Cod. Book a trip with the Hyannis Whale Watcher Cruises, which will take you past the Cape Cod National Seashore. When you're back on land, dine at the popular Mattakeese Wharf Restaurant.

**Cape Cod National Seashore** The Cape Cod National Seashore is over 40,000 acres of beaches, ponds, hiking trails and historic homes. The former home of Nathaniel Swift, Swift-Daley House & Tool Museum, is in nearby Eastham. Dining options are a bit limited, so you may want to pack a lunch, or drive down to Orleans for Sir Cricket's Fish & Chips. The Wellfleet Bay Wildlife Sanctuary is an admission-free wildlife preserve that is located along the Seashore. The quiet, family-friendly Corn Hill Beach is located nearby.

**Chatham** Chatham is one of Cape Cod's historic towns. Its tree-lined streets are dotted with small shops, restaurants and plenty of historic homes. The Chatham Squire is a popular bar and restaurant that serves hearty meals. The annual holiday celebration, Chatham by the Sea, also takes place in this quaint town. A drive to nearby Harwich is also worth it for the Cape Cod Rail Trail, or stop into Dennis and catch the view from the Scargo Tower.

**Falmouth** The Woods Hole Science Aquarium has been operating since 1871, and contains many interesting exhibits of marine life. Close by is the Waquoit Bay National Estuarine Reserve, where visitors can hike, kayak and swim. Or bring your gear and camp out at the Sippewissett Campground & Cabins, which is popular among families. Dine with a view at the popular Flying Bridge Restaurant, then stop into Swingin' New England and dance the night away.

The Cape can seem as if it were designed for slowness. Unmarked roads meander, main streets fill with traffic and, just when you think you have gotten your bearings, there is a rotary to spin you off in the wrong direction again. So, go with the flow and try to walk, bike, sail, or even swim to your Cape Cod destination instead. All you need

to remember is that if you cross a bridge, you have gone too far.

**Walking Tours** Family Field Walk( +1 508 896 3867/http://www.ccmnh.org/) Wednesday Walks( +1 800 479 3867/http://www.ccmnh.org/) Authentic Cape Cod Tours( +1 508 385 3743) Colonial Lantern Tours of Plymouth and Sandwich( +1 508 747 4161) Commonwealth Travel Inc.( +1 508 548 5100) Cultural Adventures( +1 508 362 6055)

**Boat Tours** Cruise Brothers( +1 800 827 7779) Patriot Party Boats( +1 508 548 2626/http://www.patriotpartyboats.com/) Hy-Line Cruises( +1 800 492 8082/http://www.hylinecruises.com/) Beachcomber Boat Tours( +1 508 945 5265/http://www.sealwatch.com/) Bass River Cruises/Howie's Kayaks( +1 508 362 5555/http://www.capecodrivercruise.com/) Cat Boat Rides( +1 508 775 0222/http://www.catboat.com/)

**Train Tours** Cape Cod Central Railroad( +1 508 771 3800/http://www.capetrain.com/)

**Kayak Tours** Great Marsh Kayak Tours Inc.( +1 508 539 9919/http://www.greatmarshkayaktours.com/) Bass River Cruises/Howie's Kayaks( +1 508 362 5555/http://www.capecodrivercruise.com/) Osprey Sea Kayak Adventures( +1 508 240 1211/http://www.ospreyseakayak.com/)

**Bus Tours** USA Bus Charter( +1 800 979 4498/http://www.usabuscharter.com/) Cape Cod Scenic Tours( +1 508 394 2221/http://www.capecodscenictours.com/)

**Trolley Tours** Provincetown Trolley( +1 508 487 9483/http://www.provincetowntrolley.com/)

**Factory Tours** Cape Cod Potato Chip Factory Tour( +1 508 775 3358/http://www.capecodchips.com/)

**Whale Watching** Hyannis Whale Watcher Cruises( +1 508 362 6088/http://www.whales.net/) Dolphin Fleet Whalewatching( +1 800 826 9300/http://www.whalewatch.com/)

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### Travel Tips

#### Getting There

#### Air

## Cape Cod Snapshot continued

Logan International Airport(BOS)+1 800 235 6426<http://www.massport.com/logan>

Barnstable Municipal Airport(HYA)+1 508 775 2020<http://www.town.barnstable.ma.us>

Chatham Municipal Airport(CQX)+1 508 945 9000

Martha's Vineyard Airport(MVY)+1 508 693 7022<http://www.mvyairport.com>

Nantucket Memorial Airport(ACK)+1 508 325 5300<http://www.nantucketairport.com>

The following carriers provide flights to Cape Cod's regional airports:

Cape Air(+1 800 352 0714/<http://www.flycapeair.com/>) Continental(+1 800 525 0280/<http://www.continental.com/>) Island Airline(+1 800 248 7779/<http://www.nantucket.net/trans/islandair>) Nantucket Airline(+1 800 635 8787/<http://www.nantucketairlines.com/>) US Airways(+1 800 428 4322/<http://www.usairways.com/>)

### From the Airport

Bus and Shuttle: Public transportation in Cape Cod is limited and visitors should plan accordingly. A bus and shuttle service known as the Breeze(+1 800 352 7155/<http://www.thebreeze.info/>) offer travel throughout the region.

Taxi: Taxi services are provided by Mercedes Cab(+1 508 487 3333), Cape Coach Taxi(+1 508 790 8008), and Falmouth Taxi(+1 508 548 3100).

Car Rental: Budget(+1 800 527 0700/<http://www.budget.com/>) Hertz(+1 800 654 3131/

<http://www.hertz.com/>) Thrifty(+1 800 367 2277/<http://www.thrifty.com/>)

### Bus

Cape Cod is serviced by Bonanza Bus Line(+1 800 556 3815). Greyhound Bus Line(+1 800 231 2222/<http://www.greyhound.com/>) offers service to and from Boston and Providence.

### Highway

Cape Cod is accessible from I-95, I-195, I-495 and US Highways 3, 6, 25 and 28.

### Getting Around

#### Bus

The Breeze(+1 800 352 7155/<http://www.thebreeze.info/>) offers bus and shuttle service throughout the region.

#### Taxi

They also have taxi services like Town Taxi, which can be called on+1 508 771 5555 and Skip's Cabs on+1 508 432 0935.

#### Ferry

Another popular method of transportation is by ferry. The following provides offer ferry services:

Falmouth Ferry Service(+1 508 548 9400) Freedom Cruise Line(+1 508 432 8999) Hy-Line Cruises(+1 508 778 2600) Island Queen(+1 508 548 4800) Patriot Party Boats(+1 508 548 2626/<http://www.patriotpartyboats.com/>) Steamship Authority Reservations(+1 508 477 8600) Martha's Vineyard& Nantucket Steamship Authority(+1 508 771 4000)

If traveling overseas, take the safety precaution of registering your trip at<https://travelregistration.state.gov> and for helpful, practical advice about traveling technicalities and safety standards check out<http://travel.state.gov/>

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## Fun Facts

### Cape Cod

**State:** Massachusetts **Country:** United States **Cape Code by the Numbers:**

Population: 226,809 Average Winter Temperature: 32 °F/ 0 °C Average Summer Temperature: 70 °F/ 21 °C

### Quick Facts:

Major Industries: Tourism Time Zone: GMT-5 Country Dialing Code: 1 Area Code: 508

**Did You Know?** Cape Cod was named by Mariner Bartholomew Gosnold in 1602 and became a popular summer retreat for wealthy families from Boston and Providence in the mid-19th Century. Currently, Cape Cod is one of the most popular retirement spots in the United States and nearly 25% of the population is retired.

**Orientation:** Cape Cod is located on the coast of Massachusetts and sits on miles of sandy beaches. Cape Cod is comprised of about a dozen smaller towns which belong to the regions of Upper, Mid and Lower Cape Cod.

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