The Cape:

Thank you to my good friends Anne, Pete, Skip, Lynda and Sally, who either live or regularly visit the Cape and Martha’s Vineyard, for their help with recommendations.

Getting There:
If possible, avoid the Sagamore Bridge on weekends, because it can be backed up for miles.

I would resist the temptation to stop at Plymouth to see the Pilgrim sites. The rock is small, the Mayflower II will soon be dry docked for repairs, and the costumed re-enactors at Plymouth Plantation are kind of annoying, repeatedly asking: “Haven’t ye a thatched roof?” Maybe I had one too many field trips there as a child.

I would also avoid stopping in Hyannis, even though it’s the largest town on the Cape. The streets are lined with tourist shops, motels, and food chains culminating in the Cape Cod Mall. Visit some of the quaint towns on the suggested itinerary below instead.

Having driven to the Cape from Concord/Boston, you might want to take a break and eat after you get over the Sagamore Bridge.
Chart Room:
On Cataumet Harbor. Enjoy the drinks, party atmosphere, and seafood. 
http://www.chartroomcataumet.com/

Lobster Trap Fish Market and Restaurant:
Excellent views and live music in a casual, fun atmosphere. 
http://www.lobstertrap.net

Having crossed over the bridge, you are now officially on Cape Cod. Spend the day 
sightseeing in Sandwich, MA or at the beach in Barnstable.
Sagamore Inn Restaurant:
Old school Italian and seafood restaurant. Breakfast, lunch and dinner.  
http://www.sagamoreinnapecod.com

Barnstable (Pronounced Bahn-stubble):
Sandy Neck Beach:
Beautiful, but sometimes rocky. Plenty of amenities.
http://town.barnstable.ma.us/sandyneckpark/AboutSandyNeck.aspx

Sandwich:
The oldest town on the Cape.

Heritage Museum & Gardens:
Gardens, nature trails, antique automobile collection, American folk art gallery and vintage carousel.
http://heritagemuseumsandgardens.org
Sandwich Glass Museum:
Hourly glass blowing demonstrations.
http://www.sandwichglassmuseum.org
Hoxie House:
18 Water Street
Built in 1637, it’s believed to be the oldest house on Cape Cod.
http://www.tripadvisor.com/Attraction_Review-g41802-d105271-Reviews-Hoxie_House-Sandwich_Cape_Cod_Massachusetts.html

Nearby is the Dexter Grist Mill.
Dexter Grist Mill:
Water Street
Dating to 1640, it is one of the oldest water mills in the country.
http://www.tripadvisor.com/Attraction_Review-g41802-d534387-Reviews-Dexter_Grist_Mill-Sandwich_Cape_Cod_Massachusetts.html

Dunbar’s Tea Room:
Located across from Dexter’s Grist Mill, a British style tearoom that offers breakfast, lunch and afternoon tea.
http://www.dunbartea.com
Sandwich Fish Hatchery:
I remember going here on a field trip as a kid and thought it was pretty cool. Bring hand sanitizer and quarters to buy pellets to feed the fish. See trout being raised for stocking Massachusetts rivers, streams, lakes and ponds.

Accommodations:

Dan'l Webster Inn:
Historic inn which combines New England charm with modern amenities including a pool and spa.
http://www.danlwebsterinn.com

Dining at Dan’l Webster Inn:
Award winning. From the Inn’s website:
“Four lovely dining rooms offer a choice of settings; candle-lit rooms, fireside dining in the Music or Webster Rooms, garden-side dining in the sun or moonlit Conservatory, cozy dining in the tavern or au natural dining outside on the patio.”
Breakfast, lunch and dinner.
http://www.danlwebsterinn.com
Belfry Inn:
The Belfrey Inn is a converted church with a restaurant and guest rooms.  
http://www.belfryinn.com

Casual Dining:

Café Chew:  
Don’t be put off by its shopping plaza location. Cafe Chew has excellent sandwiches, soups and salads. Breakfast and lunch.
http://www.cafechew.com

Twin Acres Ice Cream Shoppe:
Ice cream and sandwiches.
http://www.twinacresicecreamshoppe.com

Beaches:
Boardwalk Beach:
Features a long boardwalk through the marsh and dunes. More of a walking, than swimming, beach. Limited amenities: port-o-potties and a hot dog stand. [http://www.tripadvisor.com/Attraction_Review-g41802-d2294213-Reviews-Boardwalk-Sandwich_Cape_Cod_Massachusetts.html](http://www.tripadvisor.com/Attraction_Review-g41802-d2294213-Reviews-Boardwalk-Sandwich_Cape_Cod_Massachusetts.html)

After seeing the sights in Sandwich, take Sandwich Rd. back towards the Sagamore Bridge to Rt. 28 South to Falmouth and the rest of your Cape Cod vacation. Since I am more familiar with the ocean side of the Cape, my suggested vacation itinerary follows Rt. 28 and then Rt. 6 to the outermost point of the Cape, Provincetown.

**The Ocean Side of the Cape: Falmouth, Chatham, Harwich, Eastham, Wellfleet, and Provincetown.**

**Falmouth:**

**Accommodations:**

Sea Crest Beach Hotel:
In North Falmouth. Amenities include a private beach, saltwater pool, fitness center, bike rentals and restaurant.
http://www.seacrestbeachhotel.com
restaurant: http://www.seacrestbeachhotel.com/dining

Inn on the Sound:
Tasteful, modern rooms, many with decks overlooking the ocean. 
http://innonthesound.com

Beach Breeze Inn:
Within walking distance of downtown and across the street from the ocean. http://beachbreezeinn.com

Dining:

The Flying Bridge:
Great food served dockside in Falmouth Harbor.  
www.flyingbridgerestaurant.com

Quarterdeck:

On Main Street in Falmouth. Great seafood. The large menu also includes burgers, sandwiches, salads and meat entrees.  
http://qdfalmouth.com

Silver Lounge:
A bit of Old Cape Cod. Reasonably priced seafood and meat entrees with a large menu of lower priced sandwich, burger and salad options. Has attached souvenir shop.
http://silverloungerestaurant.com

Betsy's Diner:
On Main Street in Falmouth. Great for breakfast. Cash only. 

St. Barnabas on the Village Green:
91 Main Street
Monday evenings in July and August. Lobster rolls to go or eat on the lawn. 
http://www.stbarnabasfalmouth.org/Downloads/5_Music/LOBSTER.pdf

Upscale:

La Cucina Sul Mare:
On Main Street in Falmouth. Excellent Italian food.
http://lacucinasulmare.com
The Glass Onion:
Seafood and meat entrees.
http://www.theglassoniondining.com/food/

Shopping:

Downtown Falmouth:
Galleries, antique shops, specialty stores and restaurants.
http://www.falmouthvisitor.com/shopping.htm
Attractions:

La Liberte Schooner Cruise:
Depending on the wind and tide, the cruise will head to either Woods Hole or Martha's Vineyard. Cruises are scheduled for morning, afternoon and sunset. [http://www.theliberte.com](http://www.theliberte.com)

Walking and Biking Trails:
The Knob at Quisset Harbor:
Walk out to The Knob (above) for beautiful views.
http://www.qhpt.org/quissett_beachinfo.htm

Spohr Gardens:
Six acre woodland garden with trails around Oyster Pond.
http://spohrgardens.org

Woods Hole: A village in Falmouth:

Getting There:

Drive:
Parking info.: http://www.woodshole.com/faqs.html

Bike:
Shining Sea Bikeway:
A 3.3 mile bike trail from Falmouth to Woods Hole.
http://www.capecodbikeguide.com/shiningsea.asp

Trolley:
There’s a trolley service that runs between Falmouth and Woods Hole.
http://www.capecodtransit.org/whoosh-route.htm

Woods Hole is famous for its marine science institutions including: Woods Hole Oceanographic Institution, the Marine Biological Laboratory, Woods Hole Research Center, NOAA Northeast Fisheries Science Center and a USGS coastal and marine geology center. If you are interested in Marine Biology, Woods Hole is a must see. If not, you might want to head on down to Harwich and Chatham. More on Woods Hole: http://www.woodshole.com/faqs.html
Marine Biological Laboratory:
Tours and exhibits.
http://www.mbl.edu/mbl-tours/

Woods Hole Oceanographic Institution:
WHOI the world's largest private, non-profit oceanographic research institution.
You may remember that in 1985, a WHOI led team discovered the wreckage of the Titanic.
Tours are offered in July and August, but even without a tour, it’s fun to walk the docks and see the research vessels. There’s also a smallish museum.
http://www.whoi.edu/main/ocean-science-exhibit-center
More on the Titanic discovery:
http://www.whoi.edu/page.do?pid=83577&cid=72413&tid=3922

NOAA Fisheries at Woods Hole:
This small marine aquarium is the oldest in the country.
http://www.nefsc.noaa.gov
Nobska Lighthouse:

While in Woods Hole, stop by Nobska Light. The grounds are open to the public, but there is no admission to lighthouse since it is an active Coast Guard station. Nice photo op.

http://www.tripadvisor.com/Attraction_Review-g41950-d2720898-Reviews-Nobska_Lighthouse-Woods_Hole_Falmouth_Cape_Cod_Massachusetts.html
Martha’s Vineyard

Woods Hole is the departure point for the ferry to Martha’s Vineyard, which makes a nice day trip. For more information on Martha’s Vineyard, see The Islands web page. Ferry info: [https://www.steamshipauthority.com](https://www.steamshipauthority.com)

After leaving Falmouth, take Rt. 28 to Chatham and Harwich.
A few years ago, my mother and I went to the Cape for a weekend to trace our Mayflower roots. We began in Plymouth at the Mayflower Society Library to see if we could confirm a third line of descent (we couldn’t). We then headed down to Chatham/Harwich, where the Cahoon side of the family has lived since the mid 17th century. I had located copies of antique maps over which I laid modern maps so we could find exactly where our ancestors lived. As we cross-referenced the maps and came upon Cahoon Pond, Cahoon Hollow, Cahoon Road, Cahoon Lane etc., it became clear that the family had, at one time, sizable land holdings in the area. We had hoped to find some original structures, but no such luck. Just Sotheby Preview signs at the foot of crushed shell driveways.
Yup. We owned this.

In the early 19th century, the family donated land to the town of Harwich for Evergreen Cemetery, reserving a back corner for Cahoon burials (There's still room).

Around the turn of the century, the family starting selling land and traded the hardscrabble life of fishing and cranberry harvesting for “good” factory jobs in Brockton, MA.

In the 1950s, another swath of land was taken by eminent domain for the construction of Rt. 6.

Finally, in the 1980s, my grandparents, my mother and Uncle Andrew rounded up distant cousins to preserve the last bit of Cahoon land. A developer was anxious to acquire the property because it was key to his project. While he was successful in purchasing some of the surrounding land from other owners, the Cahoon descendants held out. After many years and with the help of the town of Harwich, the developer was forced to give up. Today a sign marks the conservation area.
Harwich:
Cape Cod Lavender Farm:
In full bloom from late June to early July.
http://www.capecodlavenderfarm.com

Wychmere Harbor:
Scenic view and great photo op. On Rt. 28 (Main Street) heading towards Chatham.
http://www.capecod.com/lifestyle/footsteps-wychmere-harbor/

**Harwich Port:**

**Dining:**

Breakfast:
Bonatt’s Bakery & Restaurant:
The front of the building has a bakery, walk around back for the restaurant and a
diner style breakfast. Be sure to order a side of “meltaways”.
http://www.bonattsbakeryrestaurant.com

Lunch/ Dinner:

Brax Landing:
Seafood, sandwiches, salads and burgers. Arrive early for seating on the deck overlooking the Saquatucket Harbor.  
http://www.braxlanding.com

**Chatham (Pronounced Chat-um):**

**Whale and Seal Watching Tours:**

Watches are offered in just about every shore town on the Cape, but the consensus is that Chatham is best for seal watching and Provincetown is best for whale watching.
Chatham seal watching:
http://www.chathaminfo.com/business/category/115
Province Town whale watching;  
http://ptownchamber.com/on-the-water/whale-watching-2/

There are also plenty of options for deep-sea fishing charters all along the Cape's shore:  
http://www.capecodvisitorsdirectory.com/recreation/fishing-charters.html
Chatham Light:
There are no tours because it’s an active Coast Guard station, but it’s a nice photo op. Metered parking is across the street.
http://www.newenglandlighthouses.net/chatham.html

Chatham Lighthouse Beach:
Since there's only 30 minute metered parking, the best way to reach the beach is by renting a bike or taking a cab.  
http://www.mychatham.com/lighthousebeach.html

Downtown:
Lined with cute shops, galleries and local stores such as the Chatham Candy Manor.
Chatham Candy Manor:
Homemade chocolates and penny candy.
www.candymanor.com
Chatham Orpheum Theater:
Non-profit historic theater showing first run and art house films. Two screens with lobby café.
http://newwebsite.chathamorpheum.org

Chatham Fish Pier:
Watch the boats come in with their catches.  
http://www.chathaminfo.com/scenic-landmarks
Hear a seasoned fisherman tell about Chatham’s maritime history and explain the ins and outs of commercial fishing.  
http://www.ccchfa.org/pier-program

While there, eat at the Chatham Pier Fish Market.

http://chathampierfishmarket.com

Upscale Dining:
Chatham Bars Inn:
I’ve always wanted to stay at this luxury resort. And now we are! We’re going to spend two nights here for our honeymoon! But enough about us, you’re hungry. The Inn has several dining options. All expensive, but a nice splurge.
http://www.chathambarsinn.com

Eastham:

Continue on Rt. 28 to Rt. 6. You are now on the outer Cape. You might want to briefly stop in Eastham before visiting Wellfleet.
National Seashore:
The information center is in Eastham, but the National Seashore is spread across many towns including Wellfleet and Provincetown. Enjoy its beautiful beaches, nature trails, bike paths and ranger tours.
http://www.nps.gov/caco/index.htm
Captain Penniman House:
Part of the National Seashore, the Penniman House is wonderful example of Second Empire architecture. The tours are limited: Mondays & Saturdays through the beginning of October. Reservation required, 508-255-3421. Even if the house is closed, the whale jawbone archway is a good photo op. There’s a nature trail nearby.
http://www.nps.gov/nr/travel/maritime/pen.htm

Wellfleet:

Attractions:

Marconi Beach:
Named for the site of Marconi’s first wireless transmission from the United States.
http://www.nps.gov/caco/planyourvisit/marconi-beach.htm
Wellfleet Bay Wildlife Sanctuary:
Managed by Massachusetts Audubon Society.
http://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/wellfleet-bay

Wellfleet Drive In:
Not many of these around, but nothing’s better on a summer night. First run movies.
http://www.wellfleetcinemas.com/drive-in-theatre

Unusual Accommodation:
Cape Cod Modern House Trust;
The outer Cape has over 80 modernist homes by renowned architects such as Marcel Breuer. Three houses in Wellfleet are available to rent from the Cape Cod Modern House Trust.
http://ccmht.org

Dining:
The Wicked Oyster:
Good, uncomplicated food. Breakfast, Lunch and Dinner:
http://thewickedo.com

Mac’s on the Pier:
Located on the Wellfleet Pier, next to the fish market, Mac’s has an extensive menu of seafood, burgers, soups, salads etc. Eat on the picnic tables on the beach behind Mac’s. Lunch and Dinner.
https://www.macsseafood.com/restaurants/macs-on-the-pier
Moby Dick’s:
Seafood, burgers, and salads. Right on Rt. 6.
http://mobydicksrestaurant.com/

Provincetown (P-Town)

Take in the carnival that is P-Town. The center is filled with cute shops, restaurants and people “expressing” themselves. The last time I was there, I saw a towering Cher impersonator riding a bike down the main street. P-town is a magnet for artists, gays and slack-jawed families.

Day Trip To P-Town:
Providence Town Ferry:
A day trip to P-Town is possible if you take the 90 minute ferry out of Boston. 
http://www.bostonharborcruises.com/provincetown-ferry/

P- Town Attractions:

Museums:

The Pilgrim Monument and Museum:
The monument commemorates the Pilgrims' first landfall. The Pilgrims disembarked the Mayflower, looked around and then decided to see if they could do better. You know the rest of the story. Climb the tower for spectacular views.

Monument information: [http://www.pilgrim-monument.org](http://www.pilgrim-monument.org)
Museum information: [http://www.pilgrim-monument.org/museum#.VOIS-Eu4nFI](http://www.pilgrim-monument.org/museum#.VOIS-Eu4nFI)

Provincetown Art Association:
Showcases Provincetown artists. As the outer most point on the Cape, P-town has a distinctive light, very clear and bright. P-town is a great place to take photos. and sketch.

[https://www.paam.org](https://www.paam.org)
Provincetown Library:
Visit the 2nd floor children’s room to see the half-scale model of the Rose Dorothea Schooner.

Shopping:
Downtown:
Commercial Street is the main street. It is lined with shops and restaurants. It's also a great spot to people watch.

Beaches:
Herring Cove and Race Point Beaches:

From the Provincetown Chamber of Commerce website: “Herring Cove Beach has ample parking and a beach facility which includes toilets, showers and take away food for the complete ‘day at the beach.’ Herring Cove parking on the Race Point end also offers access to a bike/walking trail that goes through the most rugged dunes and offers vistas of the salt marshes surrounding Hatches Harbor.”
http://ptownchamber.com/on-the-water/beaches/
Race Point Lighthouse:
Limited tours. You can also stay in the Keeper's Cottage and The Whistler House on the grounds. You really need to read all the information on the website if you are interested in visiting.

http://www.mybnbwebsite.com/racepointlighthouse/tours.htm
Dune Buggy Tour:
A variety of daily tours are offered.
http://artsdunetours.org

Don’t forget a whale watch:
http://www.whalewatch.com
Dining:

The town is full of restaurants, cafes and take out stands.
http://ptownchamber.com/eat/

Bubalas:
The lunch menu has soups, salads, burgers, and focaccia sandwiches. The expanded dinner menu has seafood, pasta, meat and vegetarian entrees.
http://www.bubalas.com
The Lobster Pot:
On the waterfront. Extensive seafood menu with some meat and vegetarian options. 
http://www.ptownlobsterpot.com

Mac’s Provincetown:
A bit different from Mac’s in Wellfleet. It’s not a shack and there’s no water view. 
The menu is more upscale with extensive sushi offerings and a full bar.  
https://www.macsseafood.com/restaurants/macs-provincetown

Return Trip to Boston:
Although it will take a bit longer, consider driving back to Boston via Rt. 6A as it rambles through quaint towns with antique shops. From P-town take Rt. 6 West and exit on to Rt. 6A in Orleans. While in Orleans, you might consider visiting one of the bay side beaches, which tend to have less surf making them good for swimming and kid friendly.

Nauset Beach:
Large sandy Beach with amenities.
Skaket Beach:
White sand with little surf. Amenities.
http://www.tripadvisor.com/Attraction_Review-g41755-d1861524-Reviews-Skaket_Beach-Orleans_Cape_Cod_Massachusetts.html