

2015

UPPER CAPE COD VACATION PLANNER



WeNeedaVacation.com

Cape Cod • Martha's Vineyard • Nantucket



Cape Cod Vacation Planner

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About Cape Cod

It's difficult to define what it is about Cape Cod that has continued to draw so many of us back to experience it again and again each summer. Perhaps it's the irresistible combination of its unique natural beauty - miles of beautiful, white-sand beaches and dunes and lush, fascinating marshes teeming with wildlife - its charming history dating back to the 17th century, and its abundance of family-oriented activities. If lying on a gorgeous beach or reading a book on a porch overlooking wetlands isn't enough for you, we suggest you take advantage of some of these wonderful, quintessentially-Cape experiences you will find within the Cape Cod Vacation Planner.

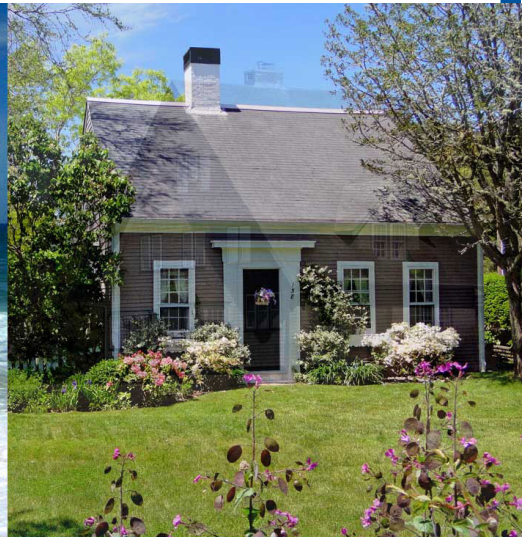
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WeNeedaVacation.com
Cape Cod • Martha's Vineyard • Nantucket



Dining



Ben & Bill's Chocolate Emporium

A small family of chocolate and ice cream shops in Massachusetts and Maine. We use family recipes that have been passed down from generations of candy makers. We offer the finest ingredients available for the freshest, most delicious hand-made candies.

Categories: Ice Cream & Candy

209 Main Street, Falmouth ~ (508) 548-7878 ~ www.benandbills.com



French Bistro

Bleu French Bistro

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Enjoy French cuisine and culture at this stylish bistro which has as received numerous awards for "consistently top-notch" cuisine. Classics such as cassoulet and steak au poivre are complemented by Chef Frederic Feufeu's imaginative, varied creations.

Categories: Fine Dining

10 Market Street, Mashpee ~ (508) 539-7907 ~ www.bleurestaurant.com



Polar Cave Ice Cream Parlour

Polar Cave Ice Cream Parlour

\$

What's summer on the Cape without an ice cream cone every day? Papa Bear serves generous sized cones of his premium ice cream (made from an old family secret recipe) at fair prices in a fun, family environment. Over 40 great flavours!

Categories: Ice Cream & Candy

22 Falmouth Road, Mashpee ~ (508) 477-5333 ~ www.polarcave.com



Liam Maguire's

\$\$

Liam Maguire's Irish Pub & Restaurant is Cape Cod's destination for Irish music, live entertainment, freshly prepared Irish favorites, and creative contemporary cuisine. In Ireland, the pub is the center of the community. It's a place to gather for music, food, and conversation. Liam Maguire's was recently given the distinction One of the Top 10 Irish Pubs in New England by the Boston Globe. A large draft beer selection and a terrific wine list make us the perfect spot for lunch or dinner, appetizers with friends, or to watch the game on one of our 6 big screen TVs. We invite you to raise a pint with us or have a proper pot of tea. Remember, there are no strangers, only friends you haven't met.

Categories: Casual Dining

273 Main Street, Falmouth ~ (508) 548-0285 ~ www.liammaguire.com



Ghelfi's Candies of Cape Cod

We have been perfecting the art of chocolate and candy making for three generations and are sure that you will find our sweets irresistible.

Categories: Ice Cream & Candy

228 Main St, Falmouth ~ (800) 645-1475 ~ www.shipchocolates.com



Stir Crazy

\$\$

Visitors to Stir Crazy often wonder if they are in a Chinese Restaurant but the Cambodian food is as different from Chinese food as a New England dinner is from a Texas barbecue.

Categories: Casual Dining

570 MacArthur Boulevard, Pocasset ~ (508) 564-6464 ~ www.stircrazyrestaurant.com



Daily Brew

\$

The Daily Brew is your home away from home in Cataumet. Daily Brew is the best coffee house on Cape Cod serving delicious breakfast sandwiches, homemade pastries and local coffee. Lunches include a wide variety of sandwiches from the ever popular "Chicken Cranberry Walnut Wrap" to the "Handrolled Meatball Sub." Build your own salad or maybe indulge in Glenn's famous Fish Chowder on Fridays. Come relax in our loft with a mug of joe or catch some rays on our porch with a frosty fruit smoothie! Or ask us to pack up your food to go. We offer WiFi. Check our catering menu for your next event. We'll cater at your location or host your occasion. Open 7 days 6:00 am till 4:00 pm!

Categories: Bakeries/Coffee Shops

1370 Route 28A, Cataumet ~ (508) 564-4755 ~ www.thedailybrewcoffeehouse.com



Coonamessett Farm

Our store carries fresh produce, many gourmet items, vegetarian foods, unique gifts and souvenirs. The Farm's Cafe serves breakfast, lunch and light dinners.

Categories: Produce Market

277 Hatchville Road, East Falmouth ~ (508) 563-2560 ~ www.coonamessettfarm.com



Cupcake Charlie's

\$

Located in Mashpee Commons, we offer delicious sweet treats in an inviting, fun atmosphere. Come enjoy a cupcake with friends, or take a dozen of our specialty cupcakes home!

Categories: Bakeries/Coffee Shops

28 North St, Mashpee ~ (508) 477-2253 ~ www.cupcakecharlies.com



Tomatoes

\$\$

Combining spicy Sicilian country cooking and Northern Italian cooking with meats and cheeses, our portions are generous and made from the freshest ingredients available.

Categories: Fine Dining

280 Route 130, Sandwich ~ (508) 888-6008 ~ www.tomatoescapecod.com



Belfry Inne & Bistro

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The Belfry Inne & Bistro features contemporary American cuisine set in a former church, offering lunch, dinner and Sunday brunch. The restaurant features live piano music, al fresco dining, and a fantastic wine bar. Experience the exceptional food and environment. Rated EXCELLENT by Zagat.

Categories: Casual Dining

8 Jarves Street, Sandwich ~ (508) 888-8550 ~ www.belfryinn.com



Trevi Cafe and Wine Bar

\$\$\$

Trevi Cafe and Wine Bar's contemporary ambiance adds an authentic dash of European romance. Our Mediterranean-style cuisine is made with the season's freshest ingredients. The wines from our diverse collection pair seamlessly with each market inspired offering. Featuring nineteen red wines and seventeen white wines by the glass, and also 200 wines by the bottle. Join us for Brunch every Sunday, 10:30am-2:30pm. Check us out late night, now serving food until midnight Friday and Saturday, until 11pm weeknights.

Categories: Fine Dining

25 Market Street, Mashpee ~ (508) 477-0055 ~ www.trevicafe.com



Wicked Restaurant & Wine Bar

\$\$

Wicked offers affordable and creative dining in a casual/upscale atmosphere. Offering chefs specials every evening such as...naturally raised steaks, organic raised salmon, and local seafood. Using old world pizza-making techniques, we create unique pizzas using organic ingredients whenever possible and fresh local produce. We also offer naturally raised beef burgers, creative salads,. Select among 12 draft beers or more than 20 wines by the glass. Call ahead seating recommended.....call us 30 minutes ahead to be placed on the wait list. Open 7 days a week for lunch and dinner beginning at 11.:30 am.

Categories: Casual Dining

680 Falmouth Road, Mashpee ~ (508) 477-7422 ~ www.wickedrestaurant.com



Peking Palace

\$\$

Welcome! Our new construction is finished, and the Peking Palace restaurant is ready to show you our new, clean, airy and spacious digs. Located at the same previous address in downtown Falmouth, the new Peking Palace features terrific Chinese Cuisine and Japanese Sushi and Cuisine. Open daily for lunch and dinner. Take-out, catering and functions are also available.

Categories: Casual Dining

452 Main Street, Falmouth ~ (508) 540-8204 ~ www.pekingpalacefalmouth.com



Siena

\$\$

In any Italian town you'll find there's one restaurant where everyone gathers to eat and to socialize. It's the name that comes to mind when going out is suggested, and has a menu with both familiar favorites and exceptional specials that you'll love to try. It is the place you can proudly bring guests for an evening of great food, great wine and great people. With this same Italian spirit, Siena is a place where everyone can vivere bene, mangiare bene, socializare; live well, eat well, and be social. Straight from the hills of Tuscany to the dunes of Mashpee, Siena is the best place for Italian dining on the Cape.

Categories: Casual Dining

17 Steeple St., Mashpee ~ (508) 477-5929 ~ www.siena.us



Two Brothers Pizza & Mexican

\$\$

Established by the Arvanitopoulos brothers in 2003 Two Brothers Pizza and Mexican has built a strong following by focusing on one-of-a-kind recipes, neighborly service, and a fun family atmosphere. We continue our unrelenting pursuit of combining fresh ingredients, value, and exceptional customer service. While the town's landscape has changed, and the restaurants have changed too, our devotion to the customer remains unyielding. Entrees include steak tips, BBQ ribs and pulled pork. Open 7 days a week at 11:00 AM.

Categories: Pizza, Casual Dining

331 Cotuit Road, Sandwich ~ (508) 888-4555 ~ www.twobrotherspizza.com



Chapoquoit Grill

\$\$

Since 1993, the Chapoquoit Grill has produced unique and flavorful gourmet pizzas along with a creative, eclectic, and ever-changing menu. Almost everything served at the Grill is made from scratch including pastas, breads, entrees and wonderful desserts. The bar at the Grill offers a comfortable, friendly space to dine, converse and experience a great selection of spirits and wines from around the world. Known for quality, value, and good service, Chapoquoit Grill is owned by the same two Guys, who work with the original Chef and many long-term employees and who welcome you to choose an exceptional dining experience.

Categories: Casual Dining

410 Rt. 28A, West Falmouth ~ (508) 540-7794 ~ www.chapoquoitgrill.com



Cape Cod Coffee Roasters

Cape Cod Coffee roasts all of its coffee locally at its roastery and retail store on Route 130 in Mashpee. It offers over 32 types of coffee, including single origin, blends, Rainforest Alliance and Organic certified, flavored and a range of roasts. From purchasing top grade coffee beans to finding the perfect roast, Cape Cod Coffee Roasters is devoted to quality, freshness and delivering great coffee cup after cup. Tours of the roastery are offered on Tuesdays and Thursdays at 11am. The tours are free if you RSVP at least one day in advance to (508) 477-2400.

Categories: Bakeries/Coffee Shops, Sightseeing & Tours

348 Main Street, Mashpee ~ (508) 477-2400 ~ www.capecodroasters.com

Activities



Bourne Braves

Home Field: Doran Park, at Upper Cape Tech, 220 Sandwich Road, Bourne Capacity 3,000 Outfield Dimensions LF 325 CF 390 RF 315

Categories: Baseball

220 Sandwich Road, Bourne ~ (508) 888-7870 ~ www.bournebraves.org



Falmouth Commodores

Home Field: Arnie Allen Diamond at Guv Fuller Field, 790 Main Street, Falmouth Capacity : 8,000; Seating: 1,000 OF Dimensions LF 320 CF 385 RF 320

Categories: Baseball

790 Main Street, Falmouth ~ (508) 472-7922 ~ www.falcommodores.org



Cape Cod Children's Museum

Playful learning experiences await your child at the Cape Cod Children's Museum! They offer more than 20 interactive exhibits including a virtual submarine, pirate ship, tree house, fish and farm markets and so much more! Our weekly ongoing programs teach science, movement, music, art, nature and more! Most programs are free with admission or membership. Open seven days a week, year round.

Categories: Children

577 Great Neck Rd, Mashpee ~ (508) 539-8788 ~ www.capecodchildrensmuseum.org



Holly Ridge Golf Club

You'll love this classic New England, Par 54 golf course nestled among the hollies and pines of Sandwich. The course, with eighteen unique holes over 3000 yards, challenges the more advanced player and relaxes the new golfer. Play more golf in less time!

Categories: Golf

121 Country Club Road, Sandwich ~ (508) 428-5577 ~ www.hollyridgegolf.com



Dramafun!

Creative movement, story enactment, theater games, music, and imagination journeys! Emphasis is on the creative process, team work, and storytelling in a nurturing environment.

Categories: Camps

(508) 259-3504 ~ www.dramafun.com



Patriot Party Boats

A family-owned and operated business for over 40 years, our greatest joy is to share the beauty and grandeur of the waters surrounding Cape Cod with you. Have fun bottom fishing with your family or friends in the calm waters of the Sound aboard the Patriot Too. There is plenty of inside & outside seating and a snack bar. Or spend an exciting day sport fishing around the Sound's rips and shoals on our well-equipped sport fishing vessel, the Minuteman.

Categories: Fishing Charters

227 Clinton Avenue, Falmouth ~ (508) 566-7802 ~ www.patriotpartyboats.com



Ryan Family Amusements

One-and-a-half million pairs of bowling shoes rented! Ryan Family Amusements celebrates over 50 years in the family entertainment business. Ryan Family Amusements offers a clean, healthy environment. Our family entertainment centers feature candlepin bowling in Falmouth, Buzzards Bay & Millis and both candlepin & ten pin in Hyannis & Yarmouth. We also have huge games rooms with the hottest, newest, coolest arcade games, and party rooms for all occasions. We also offer Mystic Bowling, a state-of-the-art light & sound show to accompany your bowling fun! Mystic Bowling Birthday Parties are available at Hyannis, So. Yarmouth, Buzzards Bay Raynham and Millis.

Categories: Amusements

23 Town Hall Square, Falmouth ~ (508) 540-4877 ~ www.ryanfamily.com



Cape Cod Canal Railway Bridge

The second longest lift bridge in the United States, the Cape Cod Canal Railway Bridge was built in 1935 and continues to carry railway traffic across the Cape Cod Canal.

Categories: Sightseeing & Tours

[Off Shore Rd., Bourne](#) ~



Cape Cod Coffee Roasters

Learn how Cape Cod Coffee is roasted at tours at its Mashpee roastery on Route 130. The tour gives visitors a detailed overview of how coffee is produced – from green coffee to roasting and packaging. Visitors are also invited to sample the recently roasted coffee before/after the tours. A wide selection of whole bean and ground coffee is available for purchase at the retail store on premises. Tours are offered Tuesdays and Thursdays at 11am. Free with RSVP. To reserve a spot, please call 508-477-2400 one day in advance.

Categories: Bakeries/Coffee Shops, Sightseeing & Tours

[348 Main Street, Mashpee](#) ~ (508) 477-2400 ~ www.capecodroasters.com

Shopping



The Music of Silvard

Take home the perfect souvenir from Cape Cod: the piano CD "Postcard from Cape Cod" by Cape Cod's resident pianist and composer, SILVARD! This CD is the perfect Cape Cod (and Islands) souvenir featuring soothing yet uplifting piano melodies. You will treasure this CD forever as it will bring back great memories of your stay on Cape Cod! "Postcard from Cape Cod" has been a best-seller on the Cape for seven years in a row, with over 12,000 copies sold in stores on the Cape and Islands alone. Surprise your friends by bringing them beautiful music instead of a boring old tee shirt! Silvard would be pleased to autograph any item, and add a personal dedication of your choice.

Categories: Souvenirs

(508) 477-5154 ~ silvard.com



Snow Goose Gift & Christmas Shop

Cape Cod's Finest Gift, Christmas, and Collectibles Store CELEBRATING OUR 25TH YEAR IN BUSINESS!! Family owned and operated since 1982, we offer home decor, gifts, women's clothing and accessories, Willow Tree Angels, Dept. 56, Lenox, Fontanini nativities, Nautical Decor, Old Virginia Woodwick Candles, Marion Heath Greeting Cards, Cape Cod Jewelry, and so much more. Notable among our offerings is our series of prints of Sandwich landmarks such as Sandwich Aptuxet Trading Post, Sandwich Coast Guard Station and the Capt'n Ezra Nye House. We also carry an extensive inventory of Christmas decorations. Come browse!

Categories: Gift Shops

[2 Tupper Road, Sandwich](#) ~ (508) 888-8441 ~ www.snowgooseshops.com



Good & White Antiques

Decorative and vintage furnishings for the home and garden. A wide variety of "one of a kind" furnishings and nautical home accessories are displayed.

Categories: Antique Shops

[635 West Falmouth Highway, West Falmouth](#) ~ (508) 548-2772 ~ www.goodandwhite.com



Jewel Box of Cape Cod

The Jewel Box of Cape Cod is a family owned, full service fine jewelry business for over 25 years.. Our collection includes beautifully crafted diamond jewelry, precious colored stone jewelry, fine gold and silver, along with specialty items. Our specialty items include a line of Cape Cod watches made exclusively for the Jewel Box from Seiko. We also carry many styles of nautical jewelry in gold and silver. Our Cape Cod collectible ornaments are a great holiday gift. Each year beginning 1990, we introduced a brass ornament of a specific landmark for one of Cape Cod's fifteen towns. These ornaments are sold separately or by the set of fifteen.

Categories: Jewelry

5 Merchant Square, Sandwich ~ (508) 888-3251 ~ www.jewelboxcapecod.com



Sandwich Auction House

Auctions are held several times a month throughout the year and are comprised strictly of consigned merchandise - we do not purchase items for our auctions. In addition to our General Estates and Antiques Auctions, we offer specialty auctions at least once a month. For instance, for the past 20 years we have conducted an auction of oriental rugs every month. These auctions offer approximately 100 beautiful new and semi - antique hand woven oriental rugs to our customers without reserve. Every carpet is sold to the highest bidder. We have sold over 30,000 oriental rugs to buyers from all over New England. Almost 300 lots of antiques, general furnishing and decorative items in each sale.

Categories: Antique Shops

15 Tupper Rd, Sandwich ~ (508) 888-1926 ~ www.sandwichauction.com



Cape Kaleidoscopes

The Cape's most unique gift store, with the largest collection of kaleidoscopes in the Northeast, featuring kaleidoscope toys/kits, to handcrafted and highly collectable kaleidoscopes by 35+artists, working in wood, glass, metal, etc. Available at all prices, they're "interactive art", making memorable gifts for all occasions, including corporate gifts. "Kaleidoscope-inspired" glass art, photo shadow boxes, quilts, books, and even tiny kaleidoscope pendants, plus a full line of very popular Sand Art. Artist-in-Residence, Jon Greene of Chesnik Scopes, sometimes creates the wheels of his kaleidoscopes right in the store. Generous Rewards Program: for every \$400 spent, you earn a \$50 Rewards towards the next purchase. Worldwide shipping and free gift wrapping available.

Categories: Gift Shops

3 Central Sq., Mashpee Commons, Mashpee ~ (508) 477-0661 ~ www.CapeKaleidoscopes.com

Art & Museums



My Sister's Gallery

The shop for breathtaking original oils, watercolors, pastels, acrylics, not to mention limited giclee prints. Spectacular hand blown glass, brilliantly crafted pottery, stunning hand-crafted jewelry, and a delightful assortment of gifts for you and your home.

Categories: Art Galleries

20 Jarves Street, Sandwich ~ (508) 888-0756 ~ www.mysistersgallery.net



Collections Gallery

A boutique and gallery showing professional, original and artistic work by members of this artisans cooperative. Displays are always changing and feature many one of a kind pieces.

Categories: Art & Crafts

23a Jarves Street, Sandwich ~ (508) 833-0039 ~ www.collectionsgallery.com



Beth Higgins Fine Art Photography

Take home Cape Cod Memories. Large selection of Cape Cod photographs for sale in many formats including limited edition giclee prints on canvas and paper to matted, framed and greeting cards. Year-round shopping available on website. A selection of pieces at Kwilts and Krafts 6 Joy St Mashpee at Southcape Village. Summer address The Artist Shanties Bismore Park 140 Ocean St Hyannis the middle of May till the middle of October. Check website for summer art shows. Digital images available for commercial use. Custom orders. If you are looking for a specific location or shot that isn't on my website, contact me. I'll be happy to upload it for you. beth@bethhiggins.com

Categories: Photography

(774) 392-0907 ~ www.bethhiggins.com



Susan Davies -Custom Tile and Fine Art

Porcelain and ceramic hand painted tile designed exclusively for you to decorate your kitchen or bath. Create your favorite scene of Cape Cod on tile and enjoy the view year round.

Categories: Art Galleries

23 Newtown Rd., Sandwich ~ (774) 238-2980 ~ susandaviesartist.com



Sandwich Boardwalk

The Sandwich Boardwalk is a raised boardwalk that runs across Mill Creek to Town Neck Beach. It offers spectacular views and is a great spot for watching wildlife.

Categories: Nature Trails

Jarves St., Sandwich ~

Fitness & Beauty



The Spa at Dan'l Webster

Welcome to The Beach Plum Spa at The Dan'l Webster Inn. You are about to enter a special place where your every need will be met, your body invigorated, your mind rested, and your spirit restored. In this sanctuary you will find tranquility, peace and a sense of renewal. Each member of our professional staff is licensed and continually trained in the most advanced spa techniques and is committed to pampering our guests. The Spa is open to the public. You need not be a guest of our Inn to enjoy The Spa. To ensure availability, please make reservations in advance for spa services. Open seven days a week, year round. Please call for hours as they may vary by season.

Categories: Day Spas

149 Main Street, Sandwich ~ (508) 888-3622 ~ www.danlwebsterinn.com

Services



The Coonamessett Inn

At the Coonamessett Inn, your event is more than planned, it is designed. Every detail is the result of a decision made by you which assures that your wedding day is precisely what you had expected from us. Private room facilities and outside garden venues.

Categories: Casual Dining, Receptions

311 Gifford St, Falmouth ~ (508) 548-2300 ~ www.coonamessettinn.com



Four Guys in Tuxes

Weddings Are Our Specialty

Four Guys in Tuxes

Music for weddings and special events in Cape Cod, New England, Greater Boston, and Newport, Rhode Island performed by professional musicians. When planning your wedding day, make it all the more memorable by including the live music of Four Guys in Tuxes. Live music will help you set the mood for your special day from very formal to beach casual. We'll form a bond with you and your guests so that something special is happening throughout your reception. Swing, society, and classic rock music for listening and dancing can be tailored to your theme. Don't squander the most important day of your life on a mere disc jockey! Four Guys in Tuxes can perform for any kind of personal or corporate event.

Categories: Entertainment

(508) 457-1583 ~ www.fourguysintuxes.com

Transportation



Island Queen

Sail away from Falmouth to the island of Martha's Vineyard aboard the Island Queen. Relax with the sea, sky and wind on a delightful 35-minute mini-cruise across the sparkling waters of Vineyard Sound. The Island Queen is the only cruise ship sailing regularly from Falmouth Harbor directly to Oak Bluffs, centrally located, easy to get to, and with no-hassle parking. Leave your car behind, secure in our spacious paved lot nearby. Bring your bicycle aboard to explore the island. There is a snack bar available, and reservations are not required.

Categories: Ferries

75 Falmouth Heights Road, Falmouth ~ (508) 548-4800 ~ www.IslandQueen.com



The Lure of Cape Cod

It's difficult to define what it is about Cape Cod that has continued to draw so many of us back to experience it again and again each summer. Perhaps it's the irresistible combination of its unique natural beauty - miles of beautiful, white-sand beaches and dunes and lush, fascinating marshes teeming with wildlife - its charming history dating back to the 17th century, and its abundance of family-oriented activities, and beautiful [Cape Cod vacation rentals](#). If lying on a gorgeous beach or reading a book on a porch overlooking wetlands isn't enough for you, we suggest you take advantage of some of these wonderful, in most cases free, quintessentially-Cape experiences:

Town Band Concerts

Small town band concerts are a part of Americana. Although these concerts are disappearing in many areas of the country, they remain a treasured and delightful part of the summer experience on Cape Cod.



Brewster Band Concert



Chatham Band Concert

In parks all over the Cape and Islands, local residents assemble in gazebos in their band uniforms and present a mix of music sure to delight all and get feet tapping. While parents and grandparents relax on blankets or in folding chairs waiting for the music to begin, children run around the bandstand and play in the area set aside for dancing. Then, when the band strikes up, the dancing begins – couples, parents with their children and even solo folks enjoy swaying to the music. Adding to the Normal Rockwell-like experience at some concerts are strings of balloons rising into the summer skies.

At most of these events, you can bring food and non-alcoholic beverages to enjoy and make it an even more festive event.

Here is a list of where you can catch the town band concerts during the summer months:

Sundays

Brewster -- 6 pm, Drummer Boy Field, Rte. 6A, Brewster

Martha's Vineyard -- 8 pm, alternating between Owen Park, Vineyard Haven and Ocean Park, Oak Bluffs

Mondays

Dennis -- 7:30 pm, Dennis Village Green Gazebo, Rte. 6A, Dennis
Orleans -- 7 pm, Nauset Beach, Beach Road, Orleans, Yarmouth -- 7:30 pm, Mattacheese Middle School, Higgins Crowell Road, West Yarmouth

Tuesdays

Dennis -- 7 pm, on the Dennisport Village Green, Dennisport

Harwich -- 7 pm, Band shell at Brooks Park, Oak Street, Harwich

Wednesdays

Hyannis -- 7:30 pm, Hyannis Village Green, Main Street, Hyannis

Thursdays

Bourne -- 7 pm, Buzzards Bay Park, Main Street, Bourne

Falmouth -- 8 pm, Marina Park, Scranton Avenue, Falmouth

Sandwich -- 7:30 pm, Gazebo behind Henry T. Wing School or indoors if raining. Water Street, Sandwich

Fridays

Chatham -- 8 pm, Kate Gould Park, Main Street, Chatham

Saturdays

Hyannis -- 6 pm, Hyannis Village Green, Main Street, Hyannis

Various Dates

Nantucket -- 6 pm, Band Shell at Children's Beach, Nantucket

Cape Cod Baseball League

The Cape Baseball League, established in 1885, is the premier amateur baseball league in the country. Ten teams showcase the talents of some of the best college players in the country as they play hard-hitting ball in parks from Wareham to Orleans from June to mid-August. The League, which bills itself "Where the Stars of Tomorrow Shine Tonight," is known for its beautiful ballparks, as well as the purity and simplicity of the games played. Many of today's Major League players got their start in the Cape League, including several players on the 2007 World Champion Boston Red Sox: World Series MVP Mike Lowell (Chatham '94), team captain Jason Varitek (Hyannis '91 & '93), former Gold Glove first baseman Kevin Youkilis (Bourne

'00) and speedy centerfielder Jacoby Ellsbury (Falmouth '04).

The league is also notable for its continuing use of wooden bats. Because it draws top-tier college players, the level of play is often considered the equivalent of high-A Minor League Baseball. Admission is free and refreshments are available to purchase. Get your hot dogs and ice cold drinks here!



The Cape Cod Baseball League Hall of Fame is worth a visit. It is located in the "Dugout," the lower level of the John F. Kennedy Museum in Hyannis.

Visit the individual team websites for team rosters and game schedules:

Bourne	Brewster	Chatham	Cotuit
Braves	Whitecaps	Anglers	Kettlers
Falmouth	Harwich	Hyannis	Orleans
Commodores	Mariners	Harbor	Firebirds
		Hawks	
Wareham	Y-D Red		
Gatemen	Sox		

Whale Watches

Many species of whales, including [humpbacks](#), spend a portion of the year at [Stellwagen Bank National Marine Sanctuary](#) in Cape Cod Bay. Stellwagen Bank attracts a variety of marine mammals and thousands of human visitors each year. USA Today named it one of the world's Top 10 Whale Watching Sites.

Just as vacationers return to Cape Cod year after year, so do the whales, and frequently you'll see a female with her new calf. Like human children, whale calves are playful and fun to watch. The whales are used to the whale watch boats and not bashful about approaching or showing off their behaviors.

Humpback whales have markings on their flukes (tails) that are unique to each individual whale and are the means by which scientists and whale watch captains identify whales that return year after year by the hundreds.



Many whales have been given names. A 47-foot (57 feet to the top of the lantern), octagonal wooden lighthouse was erected on a stone base, along with a wood-frame keeper's house, barn, and oil vault. The light went into service on November 18, 1799.

Find Cape Cod [whale watches](#) and other Cape Cod [sightseeing tours](#) in the Vacation Planner.

Lighthouses

Cape Cod and the Islands are home to over 20 lighthouses, many of which are open to the public. A visit to these historic sites can be fun, and it can also give you a sense of the hardships of life on Cape Cod and the Islands 200 years ago.

The waters off Cape Cod have always been difficult to navigate due to the rugged coastline, dangerous sand bars and rip tides, and too few safe harbors to enter during a storm. Over the past 300 years, there have been more than 3,000 shipwrecks on the Cape, mainly along the treacherous outer shore between Provincetown and Chatham, once known as the "Graveyard of the Atlantic."



Highland Light, Truro

Highland Light in Truro, is the oldest lighthouse on the Cape, built in 1797 in an effort to reduce the large number of wrecks. It was the first lighthouse in the nation to have a flashing light. The waters off Cape Cod were filled with ships back in the 18th and 19th century -- in one 11-day period in July 1853, Keeper Enoch Hamilton counted 1,200 craft passing his station. As many as 600 vessels were reportedly counted in one day in 1867.

Gay Head Lighthouse on Martha's Vineyard features one of the most dramatic and picturesque lighthouse locations on the Eastern Coast of the United States. With a tower height of only 51 feet, the lighthouse is impressive in person because it is perched on the 130-foot cliffs of red clay, providing a breathtaking view of the Vineyard Sound, the Elizabeth Islands and the surrounding area.

[Information on all Cape Cod, Martha's Vineyard and Nantucket lighthouses.](#)

Cape Cod

- Cleveland Ledge Light – Buzzards Bay
- Wing's Neck Light – Pocasset
- Nobska Light – Falmouth
- Sandy Neck Light – Barnstable
- Point Gammon Light – Hyannis
- Hyannis Harbor Light – Hyannis
- Bass River Light – Dennis
- Chatham Light – Chatham
- Stage Harbor Light – Chatham
- Nauset Light – Eastham
- The Three Sisters – Eastham
- Highland Light – Truro
- Long Point Light – Provincetown
- Race Point Light – Provincetown
- Wood End Light – Provincetown

Nantucket

- Brant Point Light – Nantucket Town
- Great Point Light – Great Point
- Sankaty Head Light - Siasconset

Martha's Vineyard

- West Chop Light – Vineyard Haven
- East Chop Light – Oak Bluffs
- Edgartown Light - Edgartown
- Cape Pogue Light – Chappaquiddick Island
- Gay Head Light – Aquinnah



Nobska Light, Woods Hole



Plenty of Pedaling Around the Cape & Islands



Biking has always been one of the most popular activities for visitors to Cape Cod and the islands of Nantucket and Martha's Vineyard. You can safely enjoy both road and mountain biking on the many paved and off-road bike paths. Bike shops are plentiful if you need to rent a bike for adults or children. Since biking is an activity the whole family can enjoy, child trailers are also available.

Cape Cod

Throughout the Cape, you have your choice of both paved and unpaved bikeways. The most popular paved trails include:



- **Cape Cod Canal Bikeway:** A 7+ mile paved path along the canal between the Bourne and Sagamore bridges, providing wonderful views of boat traffic and ending at Scusset Beach on the mainland side of the canal.
- **Shining Sea Bikeway:** A 10.7-mile trail that follows the coast from North Falmouth to Woods Hole, winding along cranberry bogs,

Buzzards Bay, and Vineyard Sound.



Cliff Pond – Nickerson State Park

- **Cape Cod Rail Trail:** A 22-mile paved trail running along a former railroad right-of-way from Dennis to Wellfleet. The trail has a wide unpaved shoulder on one side to accommodate horseback riding, walkers, and runners.
- **Nickerson State Park Network:** An 8-mile trail winding through pine forests and along ponds and lakes of this state park in Brewster.
- **Cape Cod National Seashore Network:** The Nauset Marsh Trail in Eastham runs 1.5 miles into National Seashore acreage, ending at Coast Guard Beach, with a panoramic vista of the Atlantic Ocean.
- **Province Lands Bike Trail:** A 7+ mile trail beginning at Race Point in Provincetown and running through sand dunes and forests, ending at the ocean.

While many trails are conveniently located near our [Cape Cod vacation rentals](#), our Nantucket and Martha's Vineyard vacation rentals also provide easy access to biking paths:

Nantucket

Nantucket's terrain seems custom-made for bicycling -- never too steep and always scenic. There are over 24 miles of bicycle paths on

Nantucket, and most are separated from the roadways, making for a safe ride. Nantucket shuttle buses, equipped with bike racks, enable you to easily access any bike routes. A color-coded sign system helps guide bikers around the island.



Biking on Nantucket

Martha's Vineyard

It can be a challenge to cover the whole island of Martha's Vineyard, which is almost 100 square miles! Bike paths parallel most of the major roads, and all MVTA busses have bike racks. The mostly flat "down-Island" route -- from Vineyard Haven to Oak Bluffs to Edgartown and back—covers about 25 miles. For a more challenging trip, the "up-Island" trip to Chilmark and Aquinnah is much hillier and can cover more than 40 miles roundtrip.





Paddling the Pristine Waters of the Cape & Islands

Biking has always been one of the most popular activities for visitors to Cape Cod and the islands of Nantucket and Martha's Vineyard. You can safely enjoy both road and mountain biking on the many paved and off-road bike paths. Bike shops are plentiful if you need to rent a bike for adults or children. Since biking is an activity the whole family can enjoy, child trailers are also available.

Cape Cod's many diverse bodies of water provide excellent settings for kayakers of all skill levels and offer more than 60 different kayaking routes. Out on the Islands, the harbors, coves, and ponds are popular with kayakers, as are the South Shore beaches, which offer surf kayaking.

Cape Cod

On the Upper Cape, try a relaxing paddle along the Mashpee River in Mashpee; in Wild Harbor or West Falmouth Harbor in Falmouth; or Scorton Creek in Sandwich. Waquoit Bay, a national research reserve, also offers the chance to explore undeveloped Washburn Island. On Buzzard's Bay,



take in the calm waters of Pocasset Harbor near Barrett's Island or Vineyard Sound for more

experienced kayakers. Coonamesset Pond is a good choice for fresh water paddling.



In the Mid Cape area, the Herring River, which runs through the 200+ acres of Harwich conservation lands, is a favorite among paddlers of all ages and skill levels. Travel upriver to the marsh to see egrets, great blue herons, and ospreys. Other Mid Cape destinations include Bass River, the longest river on Cape Cod; Swan River; Swan Pond; and Nantucket Sound. For solitude, try Barnstable Harbor and the Great Marsh of West Barnstable, taking time to step onto Sandy Neck Beach.

The Lower Cape features Nauset Marsh, one of the most productive salt marsh habitats in the world and a spectacular spot for kayaking. It is ideal for birdwatching and otter-spotting. You may also find sunbathing seals on Nauset's barrier beaches. The waters are calm enough for beginners, but the beauty brings back even the most experienced kayakers time and again. Check the tides before paddling out, however. Low tide results in vast areas of mud flats that could leave you stranded. Other Lower Cape choices are Pleasant Bay; Chatham's Oyster River; and Cliff Pond, Flax Pond, and Little Cliff Pond in Brewster's Nickerson State Park.

Up on the Outer Cape, Long Point and Pamet Harbor in Truro; Blackfish Creek, Wellfleet Harbor, and Great Island in Wellfleet; and Provincetown Harbor are all popular out and back kayaking spots. These areas are especially choice for sunset paddling.

Sea kayakers will find that Cape Cod's shoreline provides many inlets, coves, and harbors. Cape Cod Bay, Pleasant Bay, and Nantucket Sound offer open water for adventure kayaking and the opportunity to fish or view sea life such as the seals that make Monomoy Island their summer home.

There are many kayak outfitters and tour guides on Cape Cod from Falmouth to Provincetown. If you have never kayaked, most are happy to offer some instruction, but novices are encouraged to join a tour. Tours range from two hours to a full day.

South Shore and Southeastern MA

Kayaking possibilities abound on the South Shore and Southeastern Massachusetts, including Buzzards Bay and the protected harbors of Marion and Westport. Paddle inner Plymouth Harbor and you can get a great view of the Mayflower and Plymouth Rock.

Nantucket

Kayaking the waters of Nantucket offers experienced or novice kayakers many different opportunities. Nantucket Harbor offers easy paddling, with side trips into marshes with abundant bird life and along the coast to some of Nantucket's pristine beaches. Explore the many coves and even fish from the kayak and catch keeper bass or other fish.



Ocean kayaking is available across the Island. You will find good surfing waves on the South Shore for

much of the year.

Kayaks are available for rent at the harbor or they can be delivered to the beach for surf kayaking.

Martha's Vineyard

Gliding along beneath the spectacular Aquinnah Cliffs, paddling in Edgartown Harbor in front of the historic lighthouse, or nighttime paddles in the phosphorescence of Menemsha Pond are just a

few of the ways kayakers can enjoy themselves on Martha's Vineyard.

Make a day of it by paddling to Cape Pogue on Chappaquiddick Island or around the Elizabeth Islands, or enjoy an afternoon venturing into the estuaries and quahog beds of the Felix Neck Wildlife Sanctuary and Sengekontacket Pond.

Martha's Vineyard has half a dozen or so ponds where you can enjoy a short, enjoyable paddle, or, like Nantucket, experience great kayak surfing in the waves of the ocean-facing southern shore.

Rentals are available and can be delivered.



Tee Off on the Cape & Islands



Avid golfers are eager to enjoy as many tee times as possible before they are forced to put away their clubs for the winter months. And they know the courses on the Cape and Islands are among the premier golfing destinations in New England. Golfing during the fall offers delightful weather, no summertime crowds or traffic, and the prices are very reasonable. Many of the region's top private courses open up to non-member play in the off season. It's the perfect activity at the perfect time and in the perfect place.

Perhaps the best thing about the dozens of public and semi-private golf courses on the Cape and Islands is their diversity and proximity to [Cape Cod vacation rentals](#). You can spend the day playing a par 72 with hard fairways, run-up shots to the greens, and a few ball-swallowing bunkers, or sneak in a short game at one of the surprisingly challenging par 3 courses scattered throughout the Cape.

The courses on the Cape and Islands are typically



Golfing in New Seabury

set in terrain of gentle hills, fairways bordered by Cape Cod scrub pines along with some oak trees, deep fescue rough, more than a few water holes, and



Golfing in New Seabury

strategically placed bunkers. Some of the best golf architects have contributed to the high quality of Cape and Islands golf courses: Jim Fazio, working with the irreplaceable Chi Chi Rodriguez, Geoffrey Cornish, Brian Silva, and Rees Jones just to name a few.

Adding to the pleasure of golfing on the Cape and Islands are the many courses that are set along the coast, offering views of Buzzards Bay, Pleasant Bay, Cape Cod Bay, and even the Atlantic Ocean.

Most golf courses and clubs offer a pro shop, driving range, putting green, and club rentals, and instruction is likely available for all levels. That all important "19th hole" is also found at most courses and clubs.

If you know members of private golf courses on the Cape and Islands, ask them about policies in the shoulder season that allow members to have friends golf as unaccompanied guests.

Public and Semi-Private Golf Courses

UPPER CAPE

- [Ballymeade Country Club](#), North Falmouth
- [Bay Pointe Country Club](#), Onset
- [Brookside Club](#), Bourne
- [Cape Cod Country Club](#), East Falmouth

- [Falmouth Country Club](#), East Falmouth
- [Holly Ridge Golf Club](#), South Sandwich
- [Paul Harney Golf Course](#), East Falmouth
- [New Seabury Golf Club](#), Mashpee
- [Olde Barnstable Fairgrounds Golf Course](#), Marstons Mills
- [Quashnet Valley Country Club](#), Mashpee
- [Sandwich Hollows Golf Club](#), East Sandwich

MID CAPE

- [Bass River Golf Course](#), South Yarmouth
- [Bayberry Hills Golf Course](#), West Yarmouth
- [Blue Rock Golf Course](#), South Yarmouth
- [Dennis Highlands Golf Course](#), Dennis
- [Dennis Pines Golf Course](#), South Dennis
- [Harwich Port Golf Club](#), Harwich Port
- [Hyannis Golf Club](#), Hyannis

LOWER CAPE

- [Captains Golf Course](#), Brewster
- [Chatham Seaside Links](#), Chatham
- [Cranberry Valley Golf Course](#), Harwich

OUTER CAPE

- [Chequessett Yacht and Country Club](#), Wellfleet
- [Highland Links Golf Course](#), North Truro

JUST OFF CAPE

- [Crosswinds Golf Club](#), Plymouth
- [Marion Golf Course](#), Marion
- [Pinehills Golf Club](#), Plymouth
- [Southers Marsh Golf Club](#), Plymouth
- [Squirrel Run Golf & Country Club](#), Plymouth
- [Waverly Oaks Golf Club](#), Plymouth

MARTHA'S VINEYARD

- [Farm Neck Golf Course](#), Farm Neck Way, Oak Bluffs
- [Mink Meadows Golf Club](#), Vineyard Haven

NANTUCKET

- [Miacomet Golf Club](#), Nantucket





Cook Up the Cape & Islands Favorite Fare

For many vacationers, no vacation in Cape Cod or on the Islands would be complete without lobster. While most seafood markets will cook the lobsters for you, many vacation rentals come equipped with lobster steamers, so you can cook your own. Steam them in a few inches of water for about 20 minutes to the pound or until they are red but retain a slight amount of dark splotching on the shell. Serve with fresh local sweet corn and plenty of melted butter.

You can replicate a lobster bake, with sausage, potatoes, clams and corn, without all the work of digging a pit. All you need is a gas or charcoal grill. (See our recipe at the end of this article.)

There are two types of clams -- hard shell and soft shell.



Soft shelled clams are also called "steamers" and are found only in New England and the Chesapeake Bay. They live in "the flats," the somewhat mucky sand left behind at low tide. You'll find them in the flats. Hard shelled clams, also known as quahogs (CO-

hogs), live in bays and along beaches in the sand just beneath the water. They are harvested by raking. Licenses are required by all towns in order to harvest shellfish.



Both types of clams can be easily steamed in an inch or so of water, if you do not have a proper steamer. It only takes a few minutes, and you'll know the clams are cooked when their shells begin to open up. Literally dig with your hands and pull them loose.

Cape Cod Lobster Bake Prepared on the Grill (serves 4)

- 4 Cape Cod lobsters, about 1 1/4 pounds each
- 4 ears sweet corn, shucked except for innermost leaves
- 2 lbs steamer clams, cleaned
- 2 lbs mussels, cleaned
- 1 lb linguica (or other firm sausage), cut into four pieces
- 12 small red potatoes
- 2 cups water
- 5 lbs fresh seaweed (or add 2 teaspoons of salt to cooking water and aluminum foil)

In a large roasting pan or steamer, place one-inch layer of seaweed or a layer of crumpled aluminum foil or on a rack.

Parboil the potatoes. Shuck the corn except for the innermost leaves.

Place lobster on seaweed or aluminum foil; arrange corn and sausage between the lobster and the sides of the pan.

Place clams, mussels, and potatoes gently over the lobster. Keep the top of the pan contents level.

Cover with remaining seaweed and add water (salted if no seaweed) over the top.

Cover the pan tightly with aluminum foil or a lid and place on preheated grill to cook. Make sure the grill is very hot.

When steam becomes visible, cook covered for 20 minutes. Check potatoes for doneness -- if they are cooked, the lobsters should be also. (Properly cooked lobsters should be red with just a slight bit of black mottling on the shell.)

Remove from heat, but leave covered for 5 more minutes.

Serve with lemon and melted butter.

