

2016

# LOWER CAPE COD

## VACATION PLANNER

# Dining



## Eat Cake 4 Breakfast Bakery

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Come join us at Eat Cake 4 Breakfast, Brewster's newest artisan bakery showcasing pastries, cakes, baked goods and a full coffee bar. Our philosophy is food should be fun and delicious. People all over the world celebrate life with food, and pastries are the party favorite! Pastry chef and owner Danielle Nettleton brings her years of experience to such delights as breakfast croissants, cheesecakes, macaroons, tarts and much, much more. We believe in high quality even for the most basic products and hope that our passion and love for food translates to our customers.

**Categories:** Catering, Bakeries/Coffee Shops

302 Underpass Road, Brewster ~ (508) 896-4444 ~



## Snowy Owl Coffee Roasters

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Snowy Owl Coffee Roasters offers the finest selection of freshly roasted and meticulously prepared coffees to the Cape Cod public and our guests. We strive to ensure the highest quality in all our products by paying attention to the conditions that we control, which include: the quality of the green beans sourced, the freshness and roasting profile of our beans, the brewing methods chosen, the information we share to the public, and the experience of excellent service to each customer. Coffee is our passion and our specialty, and we supplement this offering with fine, specialty teas, freshly squeezed orange juices, freshly baked pastries, and other fresh and delicious bites. We believe in environmental and social stewardship, and we use local and organic products.

**Categories:** Bakeries/Coffee Shops

2624 Main Street, Brewster ~ (415) 640-1912 ~



## Hole in One Breakfast & Lunch

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We are proudly located in the heart of Orleans on Route 6A. We are celebrating our 17th anniversary by expanding our extensive hot and cold beverage line. Hole In One has cracked the code for retaining loyal customers. Offering the locals and visitors alike a great tasting selection of "over-sized" hand cut donuts and a variety of homemade muffins made fresh daily, a hearty breakfast, a healthy lunch alternative to fast food combined with fresh brewed Iced Teas, Coffees, and rich flavored lattes and cappuccinos.

**Categories:** Bakeries/Coffee Shops

98 Cranberry Highway, Orleans ~ (508) 255-5359 ~



## Hot Chocolate Sparrow

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The original coffee and chocolate bar, Cape Cod's most popular espresso bar, we are a bustling year-round cafe serving hot, iced and frozen hot chocolate and espresso drinks! From 6:30 AM pastries hot from the oven, eggs and bagels served all day, soup and grilled sandwiches for lunch, fancy desserts, Richardsons Farm ice cream as well as soft serve and yogurt. Chocolate and hot fudge made on site- come watch. The aroma alone is worth the trip. Also visit our gift shop just 100 steps away, The Sparrow Store.

**Categories:** Bakeries/Coffee Shops

5 Old Colony Way, Orleans ~ (508) 240-2230 ~



## Cape Cod Dinner Company

Cape Cod Dinner Company is a truly unique gourmet meal drop-off service that provides a stress free vacation! Do you want to enjoy your beautiful beach home or rental with your family and friends instead of cooking and doing dishes? Do you dread waiting an hour to be seated at a restaurant only to be served a mediocre meal? Cape Cod Dinner Company will prepare a 3 course, fresh meal of your choosing, for lunch or dinner, then deliver straight to your door at your requested time to enjoy at your leisure. What could be better?!

**Categories:** Catering, Chefs and Catering

Cape Cod,, Brewster ~ (860) 997-8441 ~



## The Brewster Fish House

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"Always fabulous, sometimes even sublime; attentive service" raves Zagat (2011/2012) The menu changes seasonally to reflect the best of local produce and fish; to which our fiercely loyal clientele will attest. Vegetarian, beef, and gluten free alternatives are available. An eclectic wine list and Specialty cocktails compliment the menu. We are Open for lunch& dinner year round. Named "Cape's Best Restaurant/Bistro" two years in a row by Boston Magazine. No reservations please.

**Categories:** Casual Dining

2208 Main Street, Brewster ~ (508) 896-7867 ~



## Brewster Pizza House & Sports Bar

Brewster Pizza House offers the best, fresh Greek cuisine and pizza for Brewster, MA and the surrounding areas. We specialize in everything from pizza and calzones to salads and wraps, and everything in between. All of our food is homemade with freshest ingredients for a delightful meal everyone will enjoy. Open 7 days a week. Eat in, take out or delivery. [hide](#)

**Categories:** Pizza, Casual Dining

2655 Main St, Brewster ~ (508) 896-3341 ~



## JT's Seafood

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JT's Seafood Restaurant has been serving seafood, burgers, ribs, ice cream, spirits and more to Brewster since 1998. Voted "The Best Fried Clams" and "Best Clam Chowder" by Cape Cod Life Magazine for numerous years. Our spotless restaurant is family-friendly and has plenty of seating both inside and outside. Also offered are grilled swordfish, salmon, cod, and tuna. Specialties include lobster dinner, fisherman's platter, and Brewster crab cakes.

**Categories:** Casual Dining, Take Out

2689 Main Street, Brewster ~ (508) 896-3355 ~



## Red Nun Bar & Grill

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Red Nun is a neighborhood pub known for their award-winning burgers, fresh fish, and an extensive beer selection. Local favorites include fish tacos, fresh salads, and fried lobster - along with daily entree specials. Popular with locals and tourists alike, Red Nun is also the best spot to watch your favorite team play! Red, Right, Return!

**Categories:** Casual Dining

746 Main Street, Chatham ~ (508) 348-0469 ~



## Pate's Restaurant

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A local Chatham landmark, Pate's has been serving fine food and drink since 1957. We offer a wide selection of steaks, prime ribs, lamb chops, and fresh local seafood for the evening meal. Steaks and swordfish are prepared on our open hearth grill. We also feature a full liquor license and a comfortable lounge, with a lighter fare menu. We do not take reservations. A private room is available for small to moderately sized groups. Children's menu. Open from April to January, beginning at 5:30 pm.

**Categories:** Casual Dining

1260 Rt. 28, Chatham ~ (508) 945-9777 ~



## 400 East Restaurant & Bar

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MAKING MEMORIES WITH YOU SINCE 1989. 400 East Restaurant & Bar has offered you quality food and friendly, efficient service for 26 years. Noted for our creative daily specials, we feature charbroiled fresh ground burgers, grilled gourmet pizzas, "voted best" steaks, pastas, and fresh seafood. From 3 to 6 pm, appetizers at the bar are half price. Follow us on Facebook & join our Loyalty Rewards Program for gift certificates & discount coupons. Sunday Prosecco Brunch. Earn free movie tickets mid Oct - June 1st.

**Categories:** Casual Dining

1421 Orleans Road, Rt.39, East Harwich ~ (508) 432-1800 ~



## Land Ho!

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Land Ho! features coastal cuisine with American pub favorites. We serve locally caught fish and make nearly everything ourselves, including kale soup, chili, clam chowder and our famous jumbo stuffed clams. Our homey atmosphere includes red and white checkered tablecloths, oak floors, mahogany-topped bar, and signs from local businesses hanging above everything. Open daily from 11:30 to 1 a.m. and Sun. from noon to 1 a.m. Raw Bar/Patio Bar open at 4pm. Entertainment on weekends. No reservations. Take out available.

**Categories:** Casual Dining, Entertainment / Live Music

429-Rt.28, Harwich Port ~ (508) 430-0404 ~



## Zia Pizzeria & Cafe

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Zia Pizzeria & Café is all about carefully crafted food. Owners Rik and Caren Morse are here every day making sure your food is perfectly prepared. Everything – from our pizza dough to our hearty soups and freshly-baked treats – is made from scratch using high-quality ingredients. We're known for our specialty pizzas and sandwiches – try one of Caren's homemade oatmeal breads – and fresh salads, served in our cozy dining room or out on the new terrace overlooking bustling Main Street. Beer, wine, cappuccino and espresso and catering are also offered. Zia is located just up the street from Nauset Beach. Call ahead and your sandwiches will be waiting as you head to the beach!

**Categories:** Pizza, Casual Dining

210 Main St, East Orleans ~ (508) 240-1442 ~



## Beacon Room

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Often described as 'cozy', this casual yet elegant restaurant serves classic as well as creative cuisine in what was once a small cottage! Relax and enjoy the atmosphere while dining on some of the specialties which include Grilled Shrimp, Scallops & Vegetables over Creamy Polenta, Chicken Saltimbocca and Filet Mignon. The menu is varied and offers a wide selection of appetizers, salads and main dishes. The intimate bar is a great place to meet new friends or have a quiet meal. A fairly extensive wine list by the glass and the bottle and full liquor license.

**Categories:** Casual Dining

23 West Road, Orleans ~ (508) 255-2211 ~



## Land Ho!

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The Land Ho! is a favorite with locals and vacationers alike. Featuring fresh seafood such as fried clams and our famous jumbo stuffed clams, along with burgers, kale soup, chili, and many daily specials posted on our chalkboard. Signs from local businesses hang from the ceiling add a down-home atmosphere. Open at 11:30am, 7 days a week- no reservations, so arrive early! Entertainment on weekends. Take out available. Check out the Captain Walker room for your special function.

**Categories:** Casual Dining, Entertainment / Live Music

38 Main Street, Corner of 6A and Cove Rd., Orleans ~ (508) 255-5165 ~



## Mahoney's Atlantic Bar & Grill

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Mahoney's is Orleans' most fashionable and upscale dining spot with its superb downtown location, lively bar, and cozy dining room. With all the chic of a Boston club, Mahoney's serves sophisticated New England cuisine in a relaxed, comfortable atmosphere. Fresh local seafood, grill specialties, hearty steaks, delicate salads and satisfying pastas are mainstays on the varied menu. Mahoney's has been the recipient of multiple awards, including NECN's Gold Plate, lower Cape's Reader's Choice Award "Best Place for Dinner" (2005-10, 2012) and Cape Cod Life Magazine's "Best Place for Cocktails" (2009, 2012).

**Categories:** Casual Dining

28 Main Street, Orleans ~ (508) 255-5505 ~



## Barley Neck Inn

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The Barley Neck Inn is a small independently owned resort based in an old sea captain's home in the rural village of East Orleans in the elbow of Cape Cod. We are located less than a mile from Nauset Beach, an unbroken 11 mile expanse of nationally protected Atlantic waterfront. The saltwater marina across the street from us on Meetinghouse Pond also connects us to ocean waters. We have a fantastic restaurant, voted one of the top ten on Cape Cod by Yankee Magazine, applauded by the Boston Globe and by USA Today. The four intimate dining rooms are housed in our 1868 Sea Captain's home. The original attached barn houses our casual dining and entertainment spot, The BNI's Beach Road Bar & Grille. We are renowned for our selection of top shelf cocktails and value priced wines. We specialize in rehearsal dinners for 16-60, evening weddings up to 60 and daytime weddings up to 150.

**Categories:** Casual Dining, Entertainment / Live Music

5 Beach Road, East Orleans ~ (508) 255-0212 ~



## The Lobster Claw

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Voted Best Lobster Roll - Cape Cod Life 2016. With 47 years of a stellar reputation, the Berig family warmly welcomes you for delicious lobster, fresh broiled or fried seafood, steak and salad in a cheerful, unpretentious and immaculate environment. Awarded the Best Family Restaurant, 1994-2016 by Cape Cod Life readers, the Lobster Claw has three dining rooms. Upstairs private function room is ideal for rehearsal dinners and private parties for 30 - 60 people. Visit our gift shop for great toys, clothing and interesting items. Open 7 days a week, April-Oct for lunch and dinner. Early bird specials 4:00-5:30. We look forward to seeing you!

**Categories:** Casual Dining

42 Cranberry Highway, Route 6A, Orleans ~ (508) 255-1800 ~



## Sir Cricket's Fish & Chips

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Experience the best fish and chips at the best seafood restaurant on Cape Cod! After a trip to jolly old England, first-generation owner Herbert Harrison was so inspired by the pub-style fish and chips there, he decided to open Sir Cricket's Fish and Chips back home on Cape Cod in 1970. A Cape Cod landmark, Sir Cricket's Fish and Chips has been highly noted by Fodor's, Zagat's, Travel + Leisure, Food & Wine, and thousands of visitors and locals for their mouth-watering fried seafood, lobster rolls, chowder, and more. This is definitely the best seafood at the best prices on Cape Cod! Call ahead for take-out, or have a seat at one of the few tables inside or outside for a full dose of local color and flavor. And remember Sir Cricket's Fish and Chips is cash or check only!

**Categories:** Casual Dining

38 Rt 6A, Orleans ~ (508) 255-4453 ~



## Orleans Lobster Pound

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When you're in the mood for great seafood and real Cape Cod ambiance, be sure to visit The Lobster Pound. The menu at The Lobster Pound features a wide array of seafood selections, made from only the freshest and highest quality ingredients, as well as fare for the landlubber so you will find something sure to please every member of your group. Pick your own lobster ranging in size from 1lb to 7lbs from our see-em-swim boat or try our most popular special TWIN 1LB LOBSTERS!!! And don't forget Kids Eat Free everyday from 3-5. Indoor and Outdoor seating available. We hope to see you soon!

**Categories:** Casual Dining

157 Route 6A, Orleans ~ (508) 240-1234 ~



## Captain Linnell House

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Dine in the romantic mansion that Captain Ebenezer Linnell built for his bride in 1840. As one of the Cape Cod's most distinguished dining spots, the Captain Linnell House offers a series of intimate and romantic dining rooms. Expertly prepared classic fare is the order of the day here - from appetizers of iced Wellfleet oysters on the half, to escargots and baby spinach salad, to entrees of rack of lamb, grilled salmon, roast duckling and pork tenderloins. Our wedding packages include private use of the facility, all necessary staff, professional wedding coordination and wedding menu.

**Categories:** Fine Dining

137 Skaket Beach Rd, Orleans ~ (508) 255-3400 ~



## Nauset Fish & Lobster

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Nauset Fish & Lobster Pool – Home of the King-Sized Lobster – located in Orleans, MA, is the best fish and shellfish market on Cape Cod. Fresh fish, fresh lobster, fresh shellfish – you name it, we've got it! And it's always fresh, never frozen. While you're here, pick up a bottle of wine or some beer, and browse our freezer case and grocery shelves for the perfect accompaniments to your meal!

**Categories:** Seafood Market

38 Rt 6A, Orleans ~ (508) 255-1019 ~



## Orleans Seafood

In 1995 Cape Tip Seafoods started as a Wholesale division in Provincetown. Servicing 80% of the restaurants between Provincetown and Orleans. In 1999 we started our first retail market in Truro. In 2014 we opened a new retail market in Orleans and wholesale facility expanding into the Lower Cape. When eating seafood on the Outer Cape it's a good chance it's supplied by us. Both Orleans and Truro are full service seafood markets. Offering customers the highest quality of the freshest seafood. Lobster being the biggest draw. We carry a wide variety of fresh, frozen seafood and gourmet specialty items.

**Categories:** Seafood Market

18 Old Colony Way, Orleans ~ (508) 255-7221 ~



## The Port

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Classic New England Seafood treated with a contemporary approach. Sleek, sophisticated interior with glass tables and orange walls. The Raw Bar is just the place for a drink and a shellfish starter before dinner or to gather and have fun with friends after.

**Categories:** Casual Dining

541 Route 28, Harwich Port ~ (508) 430-5410 ~

## Activities



## Cape Cod Rail Trail Bike & Kayak

Would you like to get off the beaten path and take a break from the traffic on Routes 6A and 28? The Cape Cod Rail Trail is a paved recreational trail extending 26 miles through some of the most picturesque scenery on Cape Cod. A good portion of the trail runs through the historic village of Brewster, home of Rail Trail Bike & Kayak. Our rental fleet features Diamondback and Marin bikes, Kiddie Kart and Alley Cat trailers for kids, helmets and a complete line of bicycle accessories. We also rent Bicsport SUPs & Old Town kayaks by the day or week - great paddling fun for the whole family!

**Categories:** Bike Rentals, Kayaking & Paddle Sports

302 Underpass Rd, Brewster ~ (508) 896-8200 ~



## Beachcomber Boat Tours

Welcome aboard the Beachcomber! We'll take you on an exciting seal tour along the Chatham Harbor waterways between North Beach, Chatham Light and the Break. Seal tours are 1 1/2 hours. Let us shuttle you to North Beach, voted "best beach to get away from the crowds." Swim in the Atlantic surf or relax on the calm bay side. Our captains are U.S. Coast Guard Licensed Masters and our boats are all USCG Inspected.

**Categories:** Sightseeing & Tours, Boat Cruises

174 Crowell Road, Chatham ~ (508) 945-5265 ~



## Cape Cod Sea Camps

A Long Tradition of Learning and Fun! The coeducational camps, which offer both Day and Resident Programs are located directly on Cape Cod Bay. CCSC is known for excellent instruction in sailing as well as Swimming, Archery, The Arts, Tennis, Landsports, and 15 other major activities. The Monomoy Day Camp welcomes children ages 4 to 17 while the Resident Camp hosts campers ranging in age from 8 to 17. A variety of session lengths are available. Stop by for a tour and learn how your child can experience their "Best Summer Ever!"

**Categories:** Camps

3057 Main Street, Brewster ~ (508) 896-3451 ~



## Outdoor Adventure Camps for Girls

We welcome girls whose families are vacationing on the Cape to join us for summer camp. Whatever her interests, she will find a variety of activities in our day and resident camp settings, where she can pursue nature exploration, outdoor adventure and team building with new friends. Amenities vary by camp and include adventure/challenge course, archery range, sports field, hiking trails, water sports, boating and biking. Programs for girls in grades 1-12 are tailored by age-level and run one, two and three weeks. Our bus transportation makes it convenient for vacationing parents. ACA-accredited. Check our website for camp details, open house dates, or to schedule a tour. Prior Girl Scout membership not required. Addresses: Camp Favorite: 208 Crowell's Bog Road, Brewster, MA & Camp Wind-in-the-Pines: 190 W. Long Pond Road (resident camp side), 360 Mast Road (day camp side), Plymouth, MA

**Categories:** Camps

208 Crowell's Bog Road, Brewster ~ (617) 350-8335 ~



## Land Ho!

Entertainment on weekends. Check out our entertainment schedule: On our Facebook Page: Land Ho! Harwich Port. Land Ho! features coastal cuisine with American pub favorites. Our homey atmosphere includes red and white checkered tablecloths, oak floors, mahogany-topped bar, and signs from local businesses hanging above everything. Open daily from 11:30 to 1 a.m. and Sun. from noon to 1 a.m. Raw Bar/Patio Bar open at 4pm. No reservations.

**Categories:** Casual Dining, Entertainment / Live Music

429-Rt 28, Harwich Port ~ (508) 430-0404 ~



## Land Ho!

Entertainment on weekends. Check out our entertainment schedule <http://www.land-ho.com/orleans/special-events>. Land Ho! is a favorite with locals and vacationers alike. Featuring fresh seafood and many daily specials posted on our chalkboard. Signs from local businesses hang from the ceiling add a down-home atmosphere. Open daily – no reservations, so arrive early!

**Categories:** Casual Dining, Entertainment / Live Music

Rt. 6A and Cove Rd, Orleans ~ (508) 255-5165 ~



## Barley Neck Inn

With its 18-year history, Joe's has made its mark as one of the Cape's hotspots among locals and vacationers alike. Featuring live entertainment every Friday and Saturday night, Joe's has an array of popular groups lined up for the summer, including The Rip It Ups, Dunebilly Allstars and The Johns. The dance floor will be jumping!

**Categories:** Casual Dining, Entertainment / Live Music

5 Beach Road, East Orleans ~ (508) 255-0212 ~



## East Rip Charters

Welcome to East Rip Charters! We are located in the heart of Cape Cod's traditional BIG Striper and Bluefish feeding grounds off Chatham, Massachusetts. Whether it's chasing schools of breaking Stripers and Blues, or battling Bluefin Tuna, let Captain Jeff's years of commercial fishing expertise guide you to an unforgettable experience on the water. Whatever your level of fishing skill, you will enjoy some of the finest and most scenic fishing in the Northeast. Please take a few minutes to go to our website and learn why East Rip Charters is your best shot at "tight lines" this summer.

**Categories:** Fishing Charters

46 Ryders Cove, Chatham ~ (508) 320-6923 ~



## Fishtale Sportfishing

Whether you're an expert or a beginner, Capt. Mort Terry assures that you'll have a memorable sportfishing experience about the 33 ft. Fishtale as you cruise from Harwich Port to the National Wildlife Refuge on Monomoy Island. Very often the Stripers and Blues jump right out of the riptides and onto our surface lures and plugs. This will get your heart pumping. Book your trip today!

**Categories:** Fishing Charters

Saquatucket Harbor, Harwichport ~ (508) 432-3783 ~



## Jail Break Fishing Charters

NO FISH, NO CHARGE! Grab your family and friends and enjoy the best charter fishing on Cape Cod with Captain Seamus Muldoon and his first mate Duffy, a chocolate Labrador. The abundance of big stripers and feisty bluefish inshore along the Nantucket Shoals will keep your rod bent and your arms tired. Or, if you are up for the challenge, take a trip offshore to chase bluefin tuna and experience the thrill of a lifetime! Voted #1 Fishing Charter in Harwich Port by TripAdvisor, Jail Break Fishing Charters offers half and full day striped bass, bluefish and tuna fishing trips out of Saquatucket Harbor in Harwich Port, MA. The 'No fish, No charge' policy applies to inshore fishing trips only.

**Categories:** Fishing Charters

Saquatucket Harbor, Harwichport ~ (508) 237-3962 ~



## Helen B.

Home to some of the best Charter Fishing Cape Cod has to offer. Whether you are into Sport Fishing or Seal Tours we are always focused on providing a fun filled experience with customer satisfaction - we will do everything we can to meet or exceed your expectations! Guests of all fishing abilities are welcome aboard the "Helen B". It doesn't matter if you are an experienced angler or if you are just starting out we will bring you on an enjoyable trip & get you on the fish.

**Categories:** Fishing Charters



## SUPfari Adventures Cape Cod

Contact info: 508-205-9087 or [info@supfariadventures.com](mailto:info@supfariadventures.com). Paddle, play, swim and have fun! SUPfari Adventures-Cape Cod offers a variety of SUP(standup paddling) instructional programs that include: family friendly beginner lessons, eco tours, evening glow tours, and core strengthening floating yoga classes. All lessons include a board, custom fit paddle, PFD and safety leash. For more information about rentals, locations and the 2016 summer schedule visit our website.

**Categories:** Kayaking & Paddle Sports

(774) 722-5750 ~



## The Chatham Kayak Company

The Chatham Kayak Company, where you'll find kayaks and SUP rentals for young and old, fully equipped with gear for all depths of experience. Guided tours are offered and lessons available upon request. Oyster River is where you will find one of Chatham's most accessible outlets to salt water. Located at the end of Barn Hill Road off Route 28, public and private parking is easily available. Local wildlife here is part of local conservation as the river offers a spectacular sanctuary for birds and sea life alike which can be seen closely when kayaking here. We also rent stand-up paddleboards (SUPs) for various degrees of experience.

**Categories:** Kayaking & Paddle Sports

391 Barn Hill Road, West Chatham ~ (508) 241-5389 ~



## Adventure Chatham

Adventure Chatham offers stand-up paddleboard, kayak, and bicycle rentals on a pickup or delivery basis! Explore the diverse waterways of Chatham and Harwich, or cruise Main Street shops or the scenic Rail Trail from a comfortable cruiser bike. We are specialists in stand-up paddleboarding (SUP), an affordable & family friendly new crossover sport that offers the touring flexibility of kayaking with the potential for wave riding. Adventure Chatham offers guided flat-water SUP excursions of Pleasant Bay, Oyster River and Stage Harbor! A subsidiary of the Cape Cod Beach Chair Company, come visit our store!

**Categories:** Kayaking & Paddle Sports

1150 Queen Anne Road, East Harwich ~ (800) 809-1750 ~



## Goose Hummock Kayak Adventures

Operating for over 65 years, Goose Hummock Shop is Cape Cod's Largest Paddle Sports and Outdoors Super Store. Sales, Rentals and Instruction for Kayaks, Canoes and Stand Up Paddle Boarding. Our expert staff will take you on group marsh tours or give you private instruction to get you quickly and our rental fleet consists of over 125 brand name kayaks, canoes and Stand Up paddle boards...always plenty to choose from! Our sales floor is stocked to the brim with the best brands Necky, Old Town, Bic, Ocean and more. Try before you buy- we are located right on beautiful Town Cove in Orleans

**Categories:** Kayaking & Paddle Sports, Other Shopping

15 Rt 6A, Orleans ~ (508) 241-1137 ~



## Cape Sail

Enhance your Cape Cod vacation with a private sail aboard Sabbathal , a 35' Southern Cross. Rhode Island-built Southern Crosses have made many ocean crossings. Our Saquatucket Harbor homeport allows easy access to the bird and marine life of Chatham's Monomoy Island Wildlife Refuge. Captain Bob Rice started Cape Sail in 1983 and has sailed extensively in Eastern Canada, New England and the Caribbean. Sailing lessons are also available - either aboard Sabbathal or our 17' day sailer in Brewster. Please check [www.capesail.com](http://www.capesail.com) for current rates, testimonials and directions. Please call 508 896 2730 or email for reservations.

**Categories:** Sailing Charters and Lessons

Saquatucket Harbor, Harwichport ~ (508) 896-2730 ~



## Cape Cod Museum of Natural History

Discover what Cape Cod is all about at the Cape Cod Museum of Natural History in Brewster! We integrate natural history, nature education for adults and children, and steward 400 acres of beautiful conservation land. Walk the trails, attend exciting programs, spend the day strolling through our informative and visually stunning exhibits, wind your way through the aquarium, bird watch in the Marshview Room, wander through the Naturescape Gallery with rotating exhibitions from local artists or get outfitted for a beehive opening! So many wonderful activities to choose from at the Cape Cod Museum of Natural History, Cape Cod's Nature Place!

**Categories:** Natural History Museums, Sightseeing & Tours

869 Main Street/Route 6A, Brewster ~ (508) 896-3867 ~



## The Laurel School

For 10 weeks during the summer, we offer a dynamic day camp for children from preschool through grade five. Give your children a fun Cape Cod summer experience in a nurturing atmosphere full of play and discovery that embraces the nature and culture of Cape Cod.

**Categories:** Camps

1436 Long Pond Road, Brewster ~ (508) 896-4934 ~



## Brewster Whitecaps

Brewster Whitecaps Home Field: Stoney Brook School, 384 Underpass Road, Brewster Capacity 3000; Outfield Dimensions: LF 325 CF 375 RF 325

**Categories:** Baseball

384 Underpass Rd, Brewster ~ (508) 896-7442 ~



## Chatham Anglers

Home Field: Veterans Field, 702 Main Street, Chatham Capacity: 8,500/2,000; Outfield Dimensions: LF 325 CF 385 RF 314

**Categories:** Baseball

702 Main Street, Chatham ~ (508) 432-6909 ~



## Harwich Mariners

Home Field: Whitehouse Field, Harwich High School, 75 Oak Street, Harwich Capacity 4,000 OF Dimensions LF 330 CF 395 RF 330

**Categories:** Baseball

75 Oak Street, Harwich ~ (508) 432-2000 ~



## Orleans Firebirds

Home Field: Eldredge Park, 78 Eldredge Park Way, Orleans  
Capacity 6,000; Seating 300; Outfield Dimensions: LF 300 CF 434 RF 312

**Categories:** Baseball

Eldredge Park, Orleans ~ (508) 255-0793 ~

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## Shopping



### Consigning Women- Brewster

Cape Cod's largest consignment shop for women's apparel, furniture and home decor. We offer two buildings full of fabulous finds, and with new arrivals daily, it's always a new shopping experience! We offer high quality, low cost, huge selection, name brands, and personal service. Every purchase also earns you one of our famous "Comeback Bucks." Coupons that never expire! Take Rt. 6 to exit 9B turn right (from the east or west) and travel north to Route 6A, then take a right. We will be on the right hand side 1.2 miles down. We are open Monday through Saturday 9-6 and Sunday 11-4. Visit our flagship store at 175 Route 137 in East Harwich. We offer 7000 square feet of Apparel & Furniture.

**Categories:** Clothing & Accessories

220 Main St, 6A, Brewster ~ (508) 694-7998 ~



### Consigning Women

Cape Cod's largest consignment shop for women's apparel and home furnishings. We offer 7,000 sq ft of fabulous finds, and with new arrivals daily, it's always a new shopping experience! We offer high quality, low cost, huge selection, name brands, and personal service. Every purchase also earns you one of our famous "Comeback Bucks." Coupons that never expire! Take Rt. 6 to exit 11 turn left (from the east or west) and we are one mile down the road on your left next to Dunkin' Donuts. We are open Monday through Saturday 9-6 and Sunday 11-4.

**Categories:** Clothing & Accessories, Home & Garden

175 Rt. 137, East Harwich ~ (508) 432-1577 ~



### Weekend

The perfect modern day general store with everything your heart desires. Weekend proprietors Mari Porcari and David Abel search the world over to present an ever changing mix of classic design and playful artistry. Beautiful women's and children's clothing, accessories, jewelry, everything for babies and kids, home design furnishings, books, stationery, and original art. Weekend is a fun yet intimate shopping experience with a world class sensibility. Weekend is a feeling. A warm, stylish and friendly point of view. An endless horizon of interesting, practical and unique products adding texture, color and style to everyday life! Please stop by and meet the warm and helpful staff and owners.

**Categories:** Clothing & Accessories

217 Main Street, East Orleans ~ (508) 255-9300 ~



## By-The-Bay

We are a small specialty shop featuring a wide selection of unique and high quality handcrafted items, created by more than thirty artists from the Cape and other areas in Massachusetts and New England. Our selection includes unique hand-painted accent pieces, jewelry, pottery, baskets, candles, soap and bath items, to name only a few. In addition, we have a special selection of inspirational books and cards, and many other items that make it easy to find just the right gift or decorative item for your home. Open year round.

**Categories:** Gift Shops

1077 Main Street, Brewster ~ (508) 896-1800 ~



## Mill Stores- Harwich

There's always something new and exciting to see at Mill Stores! Check out your local store or go to millstores.com to see what's new. Mill Stores is a fun and unique shopping experience with expert staff who will ensure you find everything you are looking for.

Famous for our solid wood indoor furnishings, outdoor living furniture, sheds, play sets, custom finishing and design, we are dedicated to offering you the best service and selection. We warmly welcome you to shop Mill Stores where you'll find Furniture For Life!

**Categories:** Home & Garden

215 (Rte 28) Main Street, Harwich ~ (508) 432-3730 ~



## Snow's Home & Garden

The store has been owned and operated by members of the Snow Family for 5 generations, providing Lower Cape residents with a store they know they can find what they need. In fact, if Snow's doesn't have it, you probably don't need it! For vacationers, visit Snow's for a nice selection of Cape Cod and nautical gifts, tide clocks and barometers, shell wreaths and even Cranberry Bog frogs candy along with beach gear. Stroll through the garden center or browse among their unique gifts for something for yourself ~ or how about a baseball or golf crying towel for the men in the family? Visit Snow's to get a feel for what the Cape Cod lifestyle is all about.

**Categories:** Home & Garden

22 Main St, Orleans ~ (508) 255-0158 ~



## Forest Beach Designer-Goldsmiths

The Forest Beach Designer-Goldsmiths are known for their exciting and wearable jewelry. On display is an ever changing collection of hundreds of pieces of hand made jewelry, most of which is made by the two artists and their staff of talented goldsmiths. Choose from among hundreds of gold charms including the popular Entering Town, seashells and sealife as well as charms depicting your own special interests. Bracelets, earrings and necklaces include one of a kind works of jewelry art made of gold and precious gems. Also available as are men's cufflinks and custom crafted pocket knives. When you leave the Cape, you can still add to your charm collection by visiting their online store.

**Categories:** Jewelry

436 Main Street, Chatham ~ (508) 945-7334 ~



## If The Shoe Fits

Come celebrate our 14th year in Orleans! We pride ourselves on choosing shoes clothing and accessories that you won't find elsewhere on the Cape. Pick up a few things for the backyard clambake or a gala summer event. Tracy Reece, Fresh Laundry, Bella Dahl, Rails, Nina, Mystique, Gerry Geller, Ecu Elana Kattan, SW3, BB Dakota, Subtle Luxury.... The list goes on. We always have our tent sales going on so come have some fun!!

**Categories:** Shoes

47 Main St, Orleans ~ (508) 240-0970 ~



## Cape Cod Babies

Being born and raised on Cape Cod it has a very special place in our hearts. Our children growing up here and now grandchildren we feel very blessed. We offer a unique selection of gifts and products. Take a look around to see how we can inspire you. You'll find baby and children's furniture with different styles for every little boy and girl!

**Categories:** Other Shopping

PO Box 729, West Chatham ~ (508) 360-6573 ~



## Cape Cod Beach Chair

The Cape Cod Beach Chair Company designs and manufactures colorful, comfortable, and unique beach chairs. Choose among 6 sturdy hardwood frame designs and a variety of solid or striped canvases, and personalize with an embroidered name or monogram! Known for incredible comfort, durability, and style, the famous chairs have been featured as "must have gear" and "ultimate gifts" by numerous media including the Today Show, Men's Journal, and InStyle! Visit our new flagship Company Store to see our chairs and accessories, or custom order online!

**Categories:** Other Shopping

1150 Queen Anne Road, East Harwich ~ (800) 809-1750 ~



## Countryside Antiques

Cape Cod's Award Winning Purveyor of Worldly Antiques. Our collection features beautiful 18th & 19th century pieces from the British Isles, Scandinavia, Europe and mainland China.

**Categories:** Antique Shops

2052 Main Street, Brewster ~ (508) 896-1444 ~



## The Brewster Book Store

This full-service independent book store filled to the brim with books, games, toys, greeting cards, stationary and gifts. You'll find an extensive collection of Cape Cod books and children's section. Come browse or attend our book signings and events.

**Categories:** Bookstores

2648 Main Street, Brewster ~ (508) 896-6543 ~



## Chatham T Company

Fine quality casual wear for adults and children. Our imprinted line bears the "CHATHAM" or "CAPE COD" logo in a variety styles ranging from T-shirts and sweatshirts to co-ed dorm wear and golf wind shirts. Our exclusive artwork is eagerly anticipated year after year.

**Categories:** Clothing & Accessories

583-585 Main Street, Chatham ~ (508) 945-5292 ~



## Karol Richardson

Clothing designed with real women in mind. Sporty and casual with elegance and sophistication, there is timeless element that enables Karol's customers to wear their purchases for years to come, enjoying excellent quality and unique fabrications.

**Categories:** Clothing & Accessories

47 Main Street, Orleans ~ (508) 255-3944 ~



## The Mayflower Shop

Established in 1885, today The Mayflower brings you Cape Cod classic goods that enhance your memories of Cape Cod. It's the best place in town for Cape Cod and Chatham souvenirs and quality home goods and gifts with nautical flare are a specialty.

**Categories:** Gift Shops

475 Main Street, Chatham ~ (508) 945-0065 ~



## East Wind Silver Co., Ltd.

A gallery approach to sterling jewelry for the discerning customer is presented in a sophisticated style. Beautiful home accessories and incredible art. Oils, acrylics & watercolors.

**Categories:** Jewelry

878 Main Street, Chatham ~ (508) 945-8935 ~

# Art & Museums



## HandCraft House

Offering a distinctive collection of functional and decorative art for the home and garden since 1986. The HandCraft House Gallery features the watercolor paintings of gallery owner Eileen Smith, and the hand made creations of America's leading craft artisans. You'll find jewelry including a wide variety of earrings, necklaces and pins; creations of stained, hand-blown, fused, beveled and hand extruded glasses; a diverse collection of items handmade from domestic and exotic woods; pottery such as fine porcelain jewelry or functional stoneware items like candle holders and baking dishes; metal wall sculpture, garden art, chimes and more. plus much more! Conveniently located on Route 6A just outside Brewster village.

**Categories:** Art & Crafts

3966 Route 6A, Brewster ~ (508) 240-1412 ~



## Addison Art Gallery

With collectors from throughout the Americas, Europe and Asia, the Addison Art Gallery is widely known for its integrity and exceptional personal service. Also the most active gallery in the region, and one of the most active in the country, Addison Art Gallery is surpassing its own high standards for presenting an intriguing season of shows. Helen Addison, who continues to find unknown artists that rapidly gain national renown, says, "Our collectors expect and see something new and exciting every time they check our website or walk into the gallery."

This summer's schedule includes exclusive One Man Shows for Nick Patten, Rick Fleury, Paul Schulenburg, Cleber Stecei and Olivier Suire Verley of France. The much-heralded "Inspired by the Cape Cod National Seashore Show" opens on July 23, award-winners Penny Billings, Jim Coe and Mary Moquin will be featured August 20. The Gallery's schedule includes many opportunities to meet artists—weekly receptions, t

**Categories:** Art Galleries

43 South Orleans Road, Orleans ~ (508) 255-6200 ~



## Tree's Place

Your destination for Fine Art, Unique Gifts, and Beautiful Domestic and Imported Tile. Tree's Place, located in Orleans, Massachusetts has specialized in offering items of quality and beauty for over forty years. Our nationally recognized gallery features the works of some of America's finest established and emerging artists. The tiley offers thousands of varieties of stone and ceramic tile with experienced design staff to help you complete your project. Our gift shop is home to unique items from glass and pottery to jewelry and home decor. We invite you to come in and browse in our lovely surroundings and be inspired to bring something beautiful home from Tree's Place.

**Categories:** Art Galleries

Route 6A at 28, Orleans ~ (508) 255-1330 ~



## Cape Cod Museum of Natural History

Discover what Cape Cod is all about at the Cape Cod Museum of Natural History in Brewster! We integrate natural history, nature education for adults and children, and steward 400 acres of beautiful conservation land. Walk the trails, attend exciting programs, spend the day strolling through our informative and visually stunning exhibits, wind your way through the aquarium, bird watch in the Marshview Room, wander through the Naturescape Gallery with rotating exhibitions from local artists or get outfitted for a beehive opening! So many wonderful activities to choose from at the Cape Cod Museum of Natural History, Cape Cod's Nature Place!

**Categories:** Natural History Museums, Sightseeing & Tours

869 Main Street/Route 6A, Brewster ~ (508) 896-3867 ~



## Yankee Ingenuity

Yankee Ingenuity features unique collection of fun and affordable arts and crafts including an amazing selection of jewelry, art glass, sculpture, lamps, clocks, vases, whimsical folk art, and lots of other cool stuff created by local, national and international artisans.

**Categories:** Art & Crafts

525 Main Street, Chatham ~ (888) 945-9123 ~



## Wynne/Falconer Gallery

The gallery has been in continuous operation at the same location on Main Street, Chatham, MA for nearly 50 years. Representing contemporary well established and emerging artists from around the country, as well as regional artists. Abstract to realism.

**Categories:** Art Galleries

492 Main Street, Chatham ~ (508) 945-2867 ~

## Fitness & Beauty



### Bodystrong Fitness

Cape Cod's newest and hottest fitness center! Stay in shape and enjoy a guilt-free vacation! With nearly 10,000 square feet, BodyStrong Fitness Center is equipped with 43 cardiovascular machines, 3 full-body circuits, and a 2,000 square foot space for classes including Yoga, Pilates and Cardio Conditioning in a healthy atmosphere and with the tools for promoting better health. BodyStrong Fitness also brings you CRUSH Mixed Martial Arts - one of the finest MMA facilities in New England.

**Categories:** Fitness Clubs

11 Chick's Way, Chatham ~ (508) 430-0600 ~



### The Salon 16 West

"Sustained Excellence!" The salon 16 west is an established, local business that has been serving Cape Cod for the past 10 years. Although we specialize in custom hair color and style, our nail and skin services are something to write home about. With private manicure and pedicure rooms, we can accommodate two clients at once. Relax with a TLC facial that incorporates a custom facial and full body massage. A proven winner, 16 west repeatedly recognized as one of the top salons on the Lower Cape. Whether you are here for a week or a lifetime, the salon 16 west is an experience!"

**Categories:** Hair/Nail Salons, Other Weddings & Events

16 West Road, Orleans ~ (508) 255-7787 ~



### Joe's Place True Pilates

At Joe's Place-True Pilates we'll help you master the magic of the Pilates system - not just mimic the movements. We offer our clients the highest quality instruction in True Pilates as it was originally created by Joseph Pilates and on the apparatus he designed. At Joe's Place-True Pilates you will receive individual attention from a classically-trained, fully-certified instructor who understands how to tailor a workout specifically to your body and capabilities, and you'll enjoy working in an atmosphere defined by energy and professionalism.

**Categories:** Yoga / Pilates

121 Chatham Road, Harwich ~ (508) 385-8882 ~



### The E Spa

Our most popular E Spa massage ~Head to Toe~ a scalp massage, 60 minutes of aromatherapy body massage, hydrating foot scrub, and hot towel wrap gives an ultimate sense of wellness.

**Categories:** Day Spas

2342 Main St, Brewster ~ (508) 896-2340 ~

# Services



## Eat Cake 4 Breakfast Bakery

Come join us at Eat Cake 4 Breakfast, Brewster's newest artisan bakery showcasing pastries, cakes, baked goods and a full coffee bar. Our philosophy is food should be fun and delicious. People all over the world celebrate life with food, and pastries are the party favorite! Pastry chef and owner Danielle Nettleton brings her years of experience to such delights as breakfast croissants, cheesecakes, macaroons, tarts and much, much more. We believe in high quality even for the most basic products and hope that our passion and love for food translates to our customers.

**Categories:** Catering, Bakeries/Coffee Shops

302 Underpass Road, Brewster ~ (508) 896-4444 ~



## Cape Cod Dinner Company

Cape Cod Dinner Company is a truly unique gourmet meal drop-off service that provides a stress free vacation! Do you want to enjoy your beautiful beach home or rental with your family and friends instead of cooking and doing dishes? Do you dread waiting an hour to be seated at a restaurant only to be served a mediocre meal? Cape Cod Dinner Company will prepare a 3 course, fresh meal of your choosing, for lunch or dinner, then deliver straight to your door at your requested time to enjoy at your leisure. What could be better?!

**Categories:** Catering, Chefs and Catering

Cape Cod,, Brewster ~ (860) 997-8441 ~



## Cape Cod Chef on Call, Inc.

Book a Clambake with the finest service there is around Cape Cod. Try a clambake, BBQ, Pig Roast, plated dinner in the privacy of your rental vacation home. Invite guests to come over and have our chefs serve a clambake like you have never seen before! Our personal chefs are certified ServeSafe licensed and insured. Top Restaurant & Resort background and private chef experience. You entertain your guests and we do the rest!

**Categories:** Catering

P. O. Box 1108, W. Chatham ~ (508) 896-1400 ~



## The Furies Linen Rentals & Cleaning Service

The Furies Linen Rentals & Cleaning Service of Cape Cod- For nearly 20 years, The Furies Cleaning Service and Linen Rentals has been providing quality linen rental services to homeowners and visitors on Cape Cod. Why end your vacation with a big pile of wet dirty laundry? Let us take care of it! Offering doorstep delivery and pick up in Dennis, Harwich, Chatham, Brewster, Orleans, Eastham, Wellfleet, Truro and Provincetown or pickup/drop off at our main location in Cove Corners, 2393 Rte. 6 Wellfleet. (508) 349-1141

**Categories:** Linen Rentals

(508) 896-8988 ~



## Barley Neck Inn

Celebrate Your Wedding or Special Event in a Storybook Cape Cod Setting  
The staff at the Barley Neck Inn will give your Wedding, Rehearsal Dinner, or Special Event the personal attention it deserves. Your event will be long remembered with our special combination of cuisine, atmosphere and attention to detail. Our sumptuous cuisine with its creative presentation and our personal attention to the smallest details, assures that your wedding is as perfect and memorable as you always imagined it would be. We'll arrange everything, adding an impeccable touch of charm to your special day... making all you wedding dreams come true. Ask about our Three Day Wedding Celebration package.

**Categories:** Receptions

5 Beach Road, East Orleans ~ (508) 255-0212 ~



## Kelly and the Kids

Very experienced K - 5 teacher will provide your family with caring and conscientious babysitting or tutoring services. Preparation of a nutritious meal can be included if you need sitting during lunch or dinner. Experienced with children with disabilities.

**Categories:** Babysitters/Daycare

(774) 212-2620 ~



## Coastal Concierge

"For peace of mind in your free time." We provide personalized home and time management services for visitors. From complete provisioning to errands to special event planning.

**Categories:** Other Personal Services

(508) 776-6497 ~



# 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](#)

[Braves](#)

[Brewster](#)

[Whitecaps](#)

[Chatham](#)

[Anglers](#)

[Cotuit](#)

[Kettlers](#)

[Falmouth](#)  
[Commodores](#)

[Harwich](#)  
[Mariners](#)

[Hyannis](#)  
[Harbor](#)  
[Hawks](#)

[Orleans](#)  
[Firebirds](#)

[Wareham](#)  
[Gatemen](#)

[Y-D Red](#)  
[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](http://www.WeNeedaVacation.com/Guide), 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,



*Golfing in New Seabury*

and 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 irrepressible 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 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.

