

# Guidebook

FOR RESERVATIONS, CALL 1-800-646-8737

SUMMER/FALL 2005 EDITION

## THE CAPE HOUSE

*The Ideal Group Getaway*

**The Cape House**  
*Falmouth, Massachusetts*



Web Site: [www.thecapecodhouse.com](http://www.thecapecodhouse.com)

E-mail: [info@themainehouses.com](mailto:info@themainehouses.com)

# An important note about this Guidebook

---

At the time of publication of this Guidebook, all phone numbers, dates, and times listed were accurate. However, these may change without notice. Also, information may change for some activities and attractions. Please be sure to confirm this information before making plans.

Enjoy your vacation!

# Index

## Welcome to The Cape House

Directions to The Cape House .....	4
Contact Information .....	5
Falmouth/Cape Cod Facts .....	5
About The Cape House .....	6
The Cape House Floor Plans .....	7
The Cape House Yard Layout .....	9

## Shopping

Grocery .....	10
Fish and Seafood .....	10
Department Stores .....	10
Book Stores .....	10
Specialty Shops .....	10
Outlet Malls .....	11
Rental and Party Supplies .....	11
Salons and Day Spas .....	11

## Dining and Night Life

Caterers .....	11
Nightlife .....	12
Restaurants .....	12

## Things To Do

Amusements for the Family .....	14
Baseball .....	14
Beaches .....	14
Bicycles Rentals .....	16
Bike Trails .....	16
Bike Tours .....	17
Boat Launches .....	22
Festivals, Fairs & Special Events .....	22
Fitness Centers .....	22
Golf Courses .....	23
Historical Organizations .....	23
Horseback Riding .....	23
Ice Skating .....	23
Kayaking and Windsurfing .....	24
Library .....	24
Lighthouses .....	24
Movies and Videos .....	24
Museums & Cultural Attractions .....	25
Nature & Wildlife Centers .....	26
Sunsets .....	28
Tennis .....	28
Theatre & Music .....	28
Whale Watching .....	29

## Transportation

Bus Service .....	29
Ferry Service .....	29
Taxi Service .....	29

## Other

Places of Worship .....	30
Map of Falmouth .....	31
Frequently Asked Questions .....	32

# Directions to The Cape House

## From New York:

Take I-95 North to 195 East in Providence. Continue to Route 495/25 East and follow the signs to Falmouth/The Islands. Cross the Bourne Bridge and take Route 28 South.

## From Hartford

Take I-84 East to I-90 (Mass. Turnpike). Take I-90 East to I-495 South (Exit 11A). Continue on I-495/25, following signs for Falmouth/The Islands over the Bourne Bridge and take Route 28 South.

## From Boston

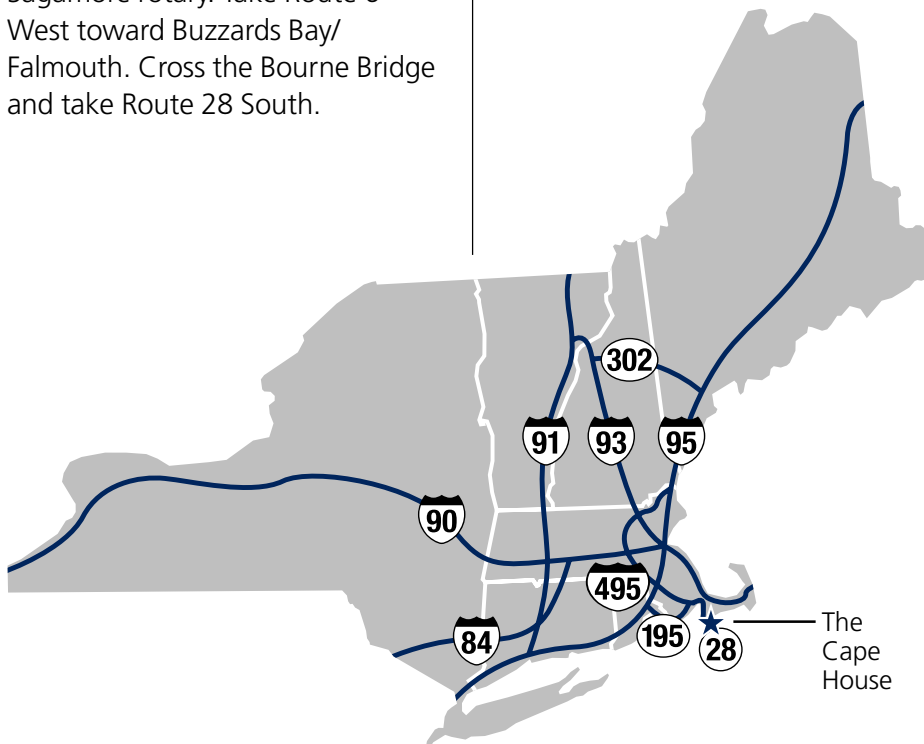
Take Route 3 South to the Sagamore rotary. Take Route 6 West toward Buzzards Bay/Falmouth. Cross the Bourne Bridge and take Route 28 South.

## From Bourne Bridge to The Cape House

Stay on Route 28 South for approximately 12 miles. One mile after the four-lane road turns into two lanes, take a left at the first light onto Jones Road. Proceed to the second traffic light and turn right onto Davis Straits Road. Continue approximately 1/4 mile and take the second left onto Falmouth Heights Road. Proceed 1/2 mile, pass the Island Queen Ferry and turn left onto Harbor Avenue. The Cape House is the first house on the left, 8 Harbor Avenue.

## Driving times from major cities

Boston – 1.5 hours  
Hartford – 3 hours  
Philadelphia – 6 hours  
Portland – 3.5 hours  
New York City – 5 hours



# Contact information

## Local Emergency Support

Fire .....Dial 911  
 Police .....Dial 911  
 Ambulance Service .....Dial 911  
 Falmouth Hospital ..... (508) 548-5300  
 100 Ter Huen Drive  
 Falmouth, MA

## The Cape House Information

The Cape House ..... (508) 548-2872  
*The guest telephone can be used for local calls only. For any calls made outside of Falmouth, guests will need to use a personal calling card. There is no answering machine at The Cape House to receive messages. Also, you need to dial the 508 area code for all local calls within the Falmouth area.*

House Emergencies ..... 800-646-8737  
 207-846-9131  
 Reservations and Information ..... 800-646-8737  
 207-846-9131

## Calling Options

Long distance credit card calls ..... Follow instructions on card

Collect calls..... Dial 0, then speak to an operator

800 Number Calls ..... Dial 1-800, then the number

*Note: Calls outside of Falmouth are considered long distance. You will need to use a calling card. Also, you need to dial the 508 area code for all local calls within the Falmouth area.*

# Falmouth/ Cape Cod Facts

*Falmouth, MA is a beautiful vacation spot on the peninsula of Cape Cod and is the home of Katherine Lee Bates, author of "America the Beautiful." Falmouth is also the center of discovery of the HMS Titanic, world renowned Woods Hole Oceanographic Institute, and the national headquarters of the International Wildlife Coalition. The area offers history, scenery and Cape Cod charm as well as plenty to do for the whole family, including everything from biking, swimming and boating to shopping and fine dining.*

Year Incorporated ..... 1686  
 County ..... Barnstable  
 Year-Round Population (2002 estimate) ..... 33,451  
 Summer Population (2002 estimate) ..... 108,500  
 Total Area (land and water)..... 54.44 square miles  
 Open Space ..... 5,000 acres  
 Median Age of Residents ..... 40.55  
 Labor Force ..... 18,612

## Largest Employers:

- Woods Hole Oceanographic Institute
- Falmouth Hospital
- The Steamship Authority
- The Town of Falmouth
- Marine Biological Laboratories

Democrats ..... 32.7%  
 Republicans ..... 17.1%  
 Independents ..... 50.2%

## Official Website

- [www.state.ma.us/cc/falmouth.html](http://www.state.ma.us/cc/falmouth.html)

## Falmouth Chamber of Commerce

- (508) 548-8500; (800) 526-8532
- [www.falmouthchamber.com](http://www.falmouthchamber.com)

## Cape Cod Chamber of Commerce

- (888) 33-CAPECOD
- [www.capecodchamber.org](http://www.capecodchamber.org)

# About The Cape House

The Cape House is just a short walk to the Martha's Vineyard ferry, shopping, dining, nightlife and more. Plus, the House is a short walk (5-minutes, 3/10 of a mile) to the Falmouth Heights Beach. Guests will find easy access to miles of sandy beaches and scenic shoreline trails for hiking, biking, jogging or walking. Tennis courts, golf courses, fishing, boating and sailing are all within easy reach.

This beautifully landscaped, comfortably decorated house can accommodate up to 24 people in two, three or four person rooms. It is an ideal spot for a **family vacation or reunion**.

For more than 25 years, The Cape House has been privately owned and operated by three friends. We rent this house to families for vacations and reunions, as well as enjoy it for our own private use.

## ***Special Features:***

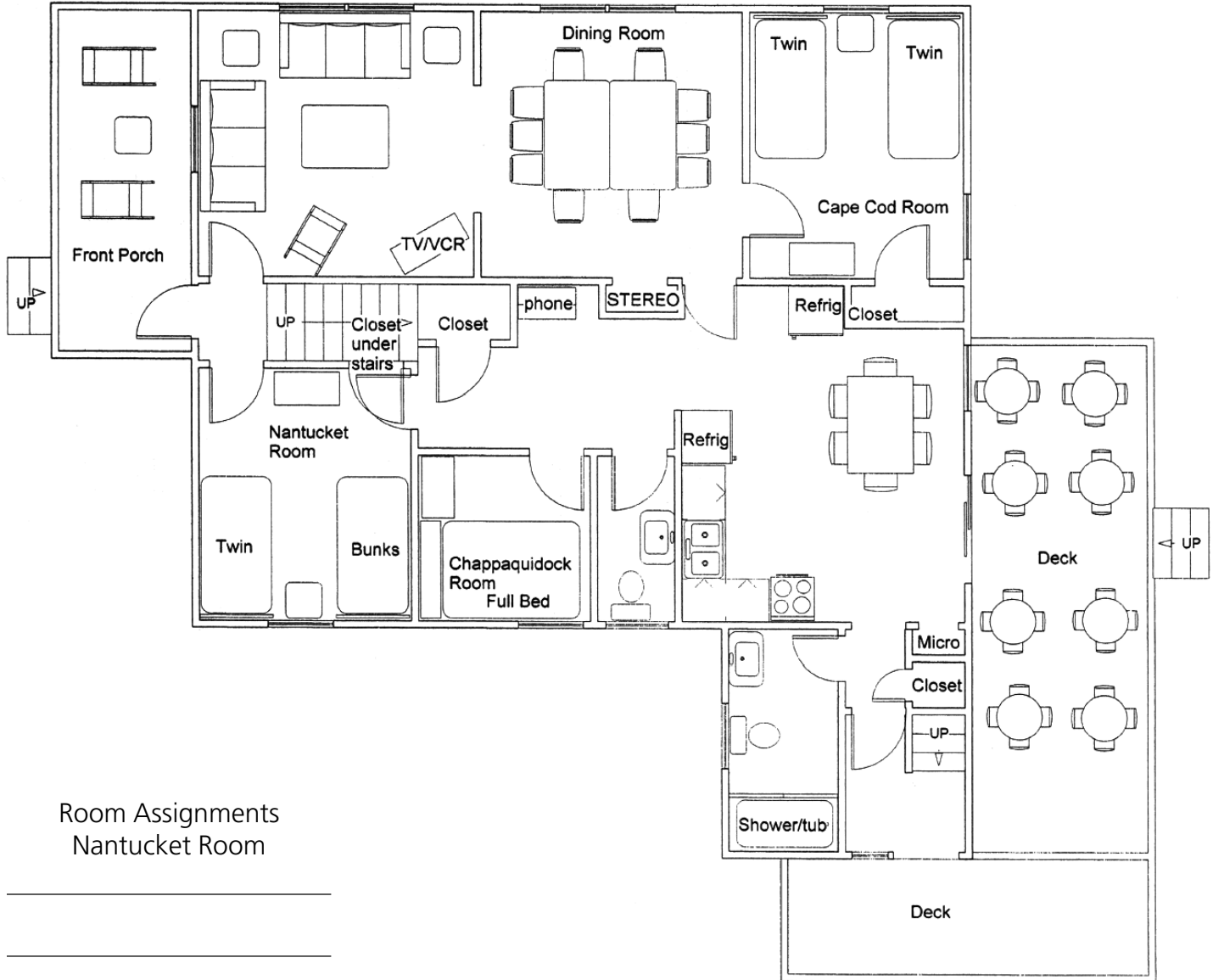
- Eight bedrooms with a combination of queen, full, twin and bunk beds (pillows and blankets are provided)
- Two full baths and one half bath (shared)
- Fully equipped kitchen facilities
- Spacious deck with seating for 24, great for relaxing or an outdoor barbecue
- Two deluxe Weber stainless steel gas grills and picnic tables
- Large outdoor shower with hot and cold water
- Short walk to Falmouth Heights beach, Island Queen Ferry to Martha's Vineyard, and Village of Falmouth



# The Cape House



## First Level



Room Assignments  
Nantucket Room

---

---

---

Chappaquidock Room

---

---

---

Room Assignments  
Cape Cod Room

---

---

---

# The Cape House

## Second Level

Room Assignments  
Falmouth Room

Room Assignments  
Island Queen Room

---

---

---

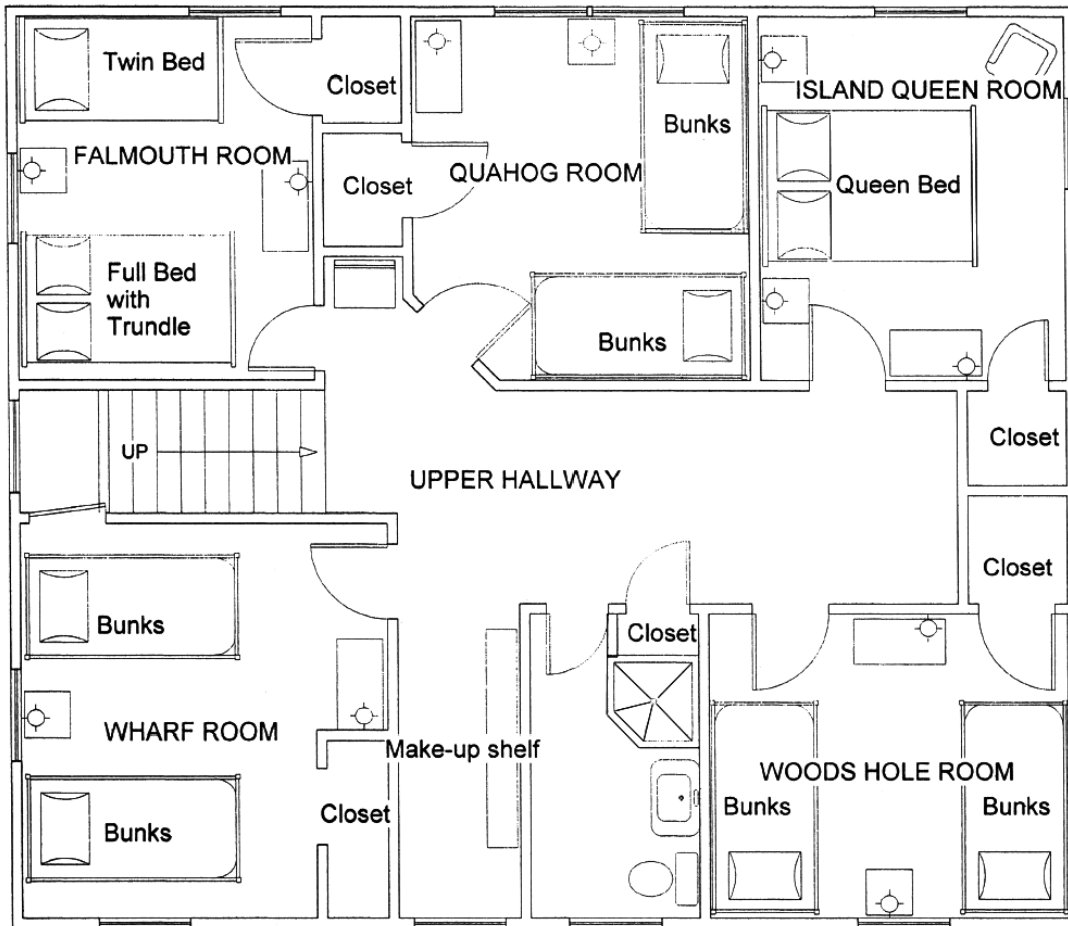
---

---

---

---

---



Room Assignments  
Wharf Room

Room Assignments  
Quahog Room

Room Assignments  
Woods Hole Room

---

---

---

---

---

---

---

---

---

---

---

---

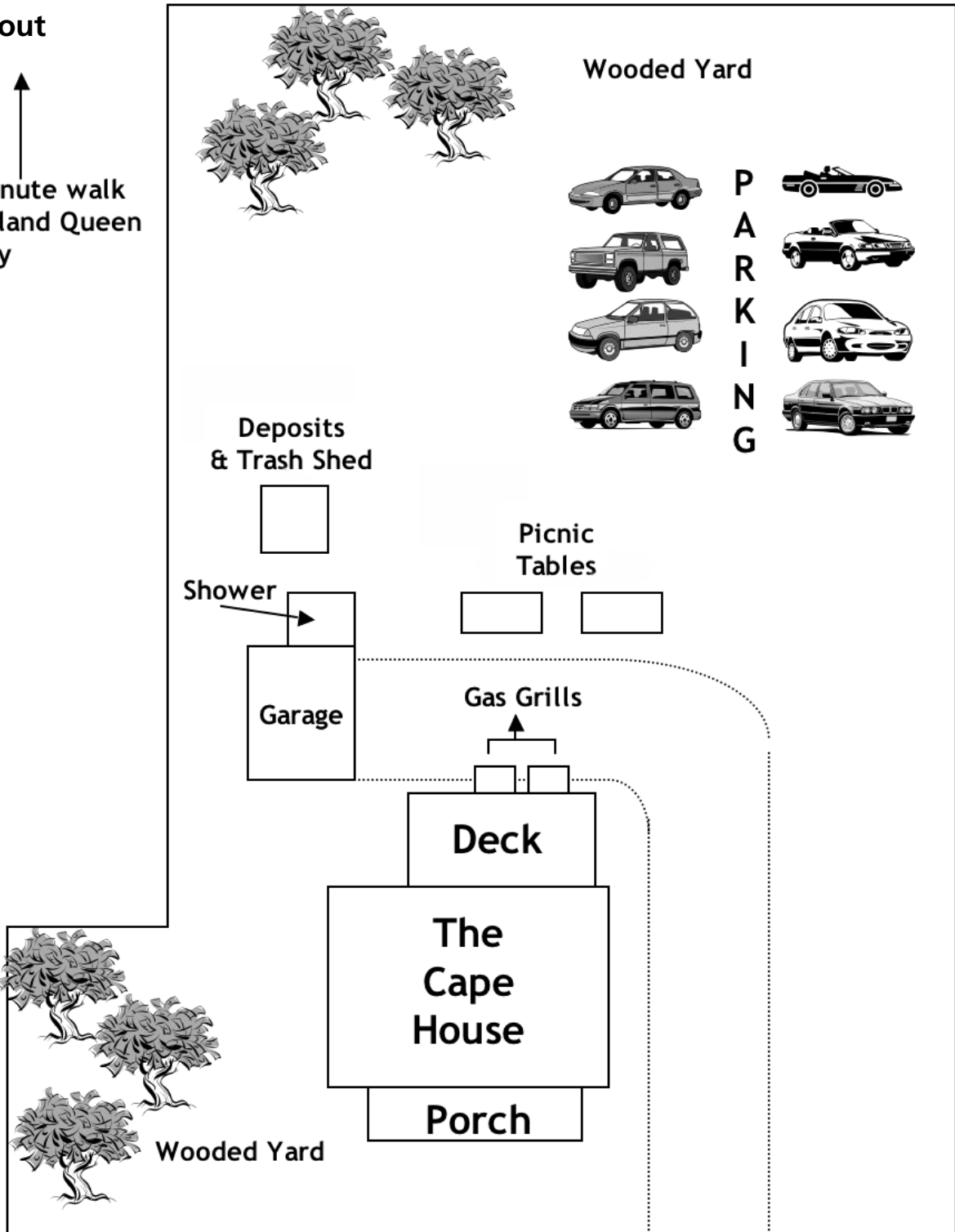


# The Cape House

## Yard Layout

5 minute walk  
to Island Queen  
Ferry

Falmouth Heights Road



Harbor Avenue

5 minute walk  
to beach

## Grocery shopping

### Shaw's/Star Supermarket

137 Teaticket Highway  
East Falmouth, MA  
(508) 548-4033

### Super Stop & Shop Supermarkets

Route 28/Jones Road  
Falmouth, MA  
(508) 540-7481

### ☛ Windfall Market & Cafe

77 Scranton Avenue  
Falmouth, MA  
(508) 548-0099  
Groceries, bakery, take-out food,  
dine-in breakfast and lunch.

## Fish & seafood (fresh & take-out)

### ☛ Falmouth Fish Market

157 Teaticket Highway (Route 28)  
East Falmouth, MA  
(508) 540-0045

### Falmouth Fish Market II

Route 28  
North Falmouth Shopping Center  
Falmouth, MA

### Green Pond Seafood

366 Menauhant Road  
(Green Pond Bridge)  
East Falmouth, MA  
(508) 540-0877

### The Clam Man

15 Boxwood Circle  
Falmouth, MA  
(508) 548-6044

## Department stores

### Christmas Tree Shop

Falmouth Plaza  
Route 28 / Davis Straits  
Falmouth, MA  
(508) 548-1414

### Mashpee Commons Marketplace

Route 28  
Mashpee, MA  
Assorted upscale shops and  
restaurants.

### Staples

7 Davis Straits  
Falmouth, MA  
(508) 495-0800

### Wal\*Mart

137 Teaticket Highway  
Falmouth, MA 02356  
(508) 540-8995

## Book stores

### Booksmith Book Store & Café

Falmouth Plaza  
Falmouth, MA  
(508) 540-6064

### Eight Cousins Children's Books

189 Main Street  
Falmouth, MA  
(508) 548-5548

Throughout the Guide Book,  
wherever you see a "☛"  
indicates it is one of our  
"guest favorites."

## Specialty shops

### Ben & Bill's Chocolate Emporium

209 Main Street  
Falmouth, MA  
(508) 548-7878

### ☛ Cape Cod Bagel Company

419 Palmer Avenue  
Falmouth, MA  
(508) 548-8485

### Cape Cod Winery

681 Sandwich Road  
Falmouth, MA  
(508) 457-5592  
Vineyard, wine tasting and shop.  
From Mashpee rotary, take Route  
151 for 3 miles. Turn left at lights  
onto Sandwich Road. Open May –  
October, Saturday & Sunday, 12-5.

### Ghelfi's Candies of Cape Cod

878 Main Street  
Falmouth, MA  
(508) 457-1085

### ☛ Kappy's Liquors

21 Spring Bars Road  
Falmouth, MA  
(508) 548-2600

### Soft as a Grape

251 Main Street  
Falmouth, MA  
(508) 457-7480

### Starbuck's Coffee

11 Davis Straits  
Falmouth Plaza  
Falmouth, MA  
(508) 540-4949

### Dairy Queen

39 Main Street  
Falmouth, MA

## Outlet malls

---

### **Cape Cod Factory Outlet Mall**

Route 6, Exit 1, Sagamore, MA  
(508) 888-8417

Includes Dress Barn, Corning Outlet, Osh Kosh B'Gosh, Carter's Children Wear, Bass Outlet, Soft As A Grape, L'Eggs/Hanes, Van Heusen and more.

### **Tanger Factory Outlet Center**

Route 6 at Buzzards Bay Rotary Bourne, MA  
(800) 406-8435

Includes Elizabeth, Izod, Levi's Outlet by Designs, Liz Clairborne Outlet, Nine West and more.

### **Wrentham Village Premium Outlets**

One Premium Outlet Blvd.  
Wrentham, MA  
(508) 384-0600

More than 50 stores offering designer and sportswear apparel, shoes, children's, luggage and leather goods, accessories and jewelry, housewares, home furnishings, gifts, specialty items and food.

## Rental and party supplies

---

### **American Tent & Table**

381 Old Falmouth Road #41  
Marston Mills, MA  
(508) 420-2215  
info@american-tent.com

### **Taylor Rental**

432 N. Falmouth Highway (Rt. 28)  
North Falmouth, MA  
(508) 563-1960

### **Party Cape Cod**

660 MacArthur Blvd., (Rt. 28 South)  
Pocasset, MA  
(508) 28-PARTY

## Salons and day spas

---

### **Bellezza Day Spa**

352 Main Street  
Falmouth, MA  
(508) 299-8300  
Body, face, hair, nails.

### **Headlines Salon & Day Spa**

218 Main Street  
Falmouth, MA  
(508) 457-1100

## Caterers

---

### **Ashumet Valley Farms**

28 Hamblins Highway  
Marston Mills, MA  
(508) 420-4201

### **Compass Rose Clambakes**

P. O. Box 5052  
Osterville, MA  
(508) 566-1000

### **Family Foods Market**

350 East Falmouth Highway  
East Falmouth, MA  
(508) 540-2330

### **Roland's Catering**

258 Teaticket Highway  
East Falmouth, MA  
(508) 495-0003

## Nightlife

### Admiralty Inn

51 Teaticket Highway  
East Falmouth, MA  
(508) 548-4240

### Boat House Restaurant & Lounge

88 Scranton Avenue  
(on Falmouth Harbor)  
Falmouth, MA  
(508) 548-7800

### Falmouth Inn

824 Main Street  
Falmouth, MA  
(508) 540-2500  
Dining room and lounge. One block from ferry to Martha's Vineyard.

### Grumpy's Pub

29 Locust Street  
Falmouth, MA  
(508) 540-3930

### Liam Maguire's Irish Pub

273 Main Street  
Falmouth, MA  
(508) 548-0285

### McGann's Pub & Restaurant

734 Teaticket Highway  
Teaticket, MA  
(508) 540-6656  
Irish fare and burgers, salads, sandwiches and seafood.

## Restaurants

### Bangkok Cuisine (Thai)

Main Street  
Falmouth, MA  
(508) 495-3760

### Betsy's Diner

457 Main Street  
Falmouth, MA  
(508) 540-0060  
Breakfast.

### The Boathouse

(Overlooking Falmouth Harbor)  
88 Scranton Avenue  
Falmouth Inner Harbor, MA  
(508) 548-7800  
Casual, seafood, pasta, steak, raw bar.

### Box Lunch Gourmet Deli

781 Main Street  
Falmouth, MA  
(508) 457-7657  
Sandwiches, salads, picnics.

### ☛ British Beer Company

263 Grand Avenue  
Falmouth Heights, MA  
(508) 540-9600  
Casual pub fare.

### Captain Kidd

77 Water Street  
Woods Hole, MA  
(508) 548-8563  
www.captainkidd.com  
Waterfront dining featuring seafood, salads and sandwiches.

### Chapoquoit Grille

Route 28A  
West Falmouth, MA  
(508) 540-7794

### The Clam Shack

227 Clinton Avenue  
Falmouth, MA  
(508) 540-7758

### The Conference Table

205 Worcester Court  
Falmouth, MA  
(508) 540-7136  
Lunch and dinner, burgers, sandwiches, salads, pizza, steak and seafood.

### The Coonamesett Inn

311 Gifford Street  
Falmouth, MA  
(508) 548-2300  
Fine dining, New England fare.

### Country Fare

319 Main Street  
Falmouth Village, MA  
(508) 548-9020  
Breakfast.

### Firefly Woodfire Grill & Bar

271 Main Street  
Falmouth Village, MA  
(508) 548-7953  
Salad, pizza, entrees.

### Fishmonger's Café

56 Water Street  
Woods Hole, MA  
(508) 540-5376  
Breakfast, lunch and dinner.  
Seafood, meat and vegetarian.

### ☛ Flying Bridge Restaurant

(Overlooking Falmouth Harbor)  
220 Scranton Avenue  
Falmouth, MA  
(508) 548-2700  
Seafood.

**Friendly's Restaurant**

5 Davis Straits (Route 28)  
Falmouth, MA  
(508) 548-2361  
Casual family.

**Hearth 'n Kettle Restaurant**

874 Main Street  
Falmouth, MA  
(508) 548-6115  
American, family.

**LaCucina Su Mare Ristorante**

232 Main Street  
Falmouth, MA  
(508) 548-5600  
Italian, Mediterranean, pasta, seafood, lunch and dinner.

**Home Port Sushi Kitchen**

316 Gifford Street  
Falmouth, MA  
(508) 540-0886  
Lunch and dinner. Korean cuisine.

**Kansas City Steakhouse**

291 Jones Road (Holiday Inn)  
Falmouth, MA  
(508) 495-3453  
Authentic mid-west grill (steaks and burgers). Dinner only.

**The Landfall Restaurant**

2 Luscombe Avenue  
Woods Hole, MA  
(508) 548-1758  
Water front, seafood.

**Laureen's**

170 Main Street  
Falmouth Village, MA  
(508) 540-9104  
Lunch and dinner. Casual elegance.  
Soup, salad, sandwiches and pizza.

**Leeside Bar & Grill**

Corner of Luscomb Avenue  
(across from ferry)  
Woods Hole, MA  
(508) 548-9744  
Lunch and dinner. Sandwiches, salads, pizza, burgers, appetizers, seafood and more.

**☛ McMenemy's Seafood**

70 Davis Straits  
Falmouth, MA  
(508) 540-2115  
Family, seafood.

**The Nimrod Restaurant**

100 Dillingham Avenue  
Falmouth, MA  
(508) 540-4132  
Seafood.

**☛ Paul's Pizza**

14 Benham Road  
Falmouth, MA  
(508) 540-5838  
Pizza, pasta and seafood.

**Peking Palace**

452 Main Street  
Falmouth, MA  
(508) 540-8204  
Chinese.

**Pie in the Sky Bakery**

10 Water Street  
Wood Hole, MA  
(508) 540-5475  
Coffee shop, bakery and sandwiches.

**Quarterdeck Restaurant**

164 Main Street  
Falmouth, MA  
(508) 548-9900  
Lunch and dinner. Seafood, pasta, sandwiches, salads and entrees.

**Seafood Sam's**

356 Palmer Avenue (Route 28)  
Falmouth, MA  
(508) 540-7877  
Lunch and dinner, family, seafood.

**Sol Café**

281 Main Street  
Falmouth Village, MA  
(508) 495-4085

**Village Café**

188 Main Street  
Falmouth, MA  
(508) 540-5234  
Casual, breakfast and lunch.

**Winston's Neighborhood Restaurant**

97 Spring Bars Road  
Falmouth, MA  
(508) 548-0590  
Lunch and dinner. Casual, homey atmosphere. Sandwiches, salads, burgers, seafood, meats, pasta.

**99 Restaurant & Pub**

30 Davis Straits (Route 28)  
Falmouth, MA  
(508) 457-9930  
Casual, American, family.

Throughout the Guide Book,  
wherever you see a "☛"  
indicates it is one of our  
"guest favorites."

## Amusements for the Family

### 👉 Adventure Isle

Route 28

Bourne, MA

(508) 759-2636

Go karts, bumper cars, mini golf, driving range, giant slide, arcade, laser tag, snacks and more.

### Leary Family Amusement Center

23 Town Hall Square

Falmouth, MA

(508) 540-4877

Bowling and arcade

### Trade Center Bowl & Amusement

Falmouth, MA

(508) 548-7000

Bowling, pool, video games and snacks.

### Water Wizz of Cape Cod

Route 6 & 28

Wareham, MA (near Buzzards Bay)

(508) 295-3255

Water park with giant flumes.

## Baseball

### Falmouth Commodores Baseball

Gus Fuller Field

(behind the Falmouth Inn)

Gus Canty Recreation Center

Main Street, Falmouth, MA

(508) 564-7640, X104

www.falcommodores.com

The team is part of the Cape Cod Baseball League and plays during June, July and August. The League is made up of college baseball players from across the U.S.

## Beaches

See map of Falmouth on page 25 for beach locations.

### Bristol Beach

Go east along Grand Avenue away from Falmouth Heights into Marivista where you'll see several beaches along Nantucket Sound, including Bristol Beach.

### Chapoquoit Beach

Chapoquoit, often referred to by residents as "Chappy," used to be an island and is still sometimes referred to as such. It is located off Route 28A in West Falmouth beyond West Falmouth Harbor. It is roughly 500 feet long. This is the most popular beach for windsurfers after regular beach hours. Many dog-walkers and dune-explorers enjoy the entertainment of the windsurfers. This beach has a wonderful view for sunsets since it is so open and panoramic. There are no amenities and a resident parking sticker is required in season.

### 👉 Falmouth Heights Beach

Just to the east of Falmouth Inner Harbor facing Martha's Vineyard is Falmouth Heights Beach, located at Falmouth Heights Road and Grand Avenue. Situated in the Heights area of Falmouth and just a five-minute walk (3/10 of a mile) from The Cape House, the beach is a glorious stretch of white sand, great views and lots of summer fun. Across the street there are large fields with basketball courts, a baseball diamond and plenty of room for a soccer game or kite flying. The beach is just a short stroll from nearby restaurants and bicycle rental shops. Metered parking is available in limited supply.

## Menauhant Beach

Off Route 28 and Central Avenue East Falmouth, MA. One of Falmouth's largest beaches. The beach wraps around both sides of the channel entrance to Bournes Pond and extends east to the entrance of Eel Pond. A lovely sand beach interspersed with large smooth rocks. On a clear day, you can see all the way to the Nobska Light House. The beach is roughly one mile long and 50 feet at its greatest width. Note that the beach drops off quickly into the ocean. Lifeguards are on duty during the summer. This beach has plenty of parking, restrooms, changing rooms, and a concession stand. *\$10 parking.*

## Old Silver Beach

Located in North Falmouth off of Route 28A, Old Silver Beach features perhaps the softest sand in Falmouth, a snack shop, and is divided into separate areas for residents and non-residents. Old silver is a popular beach and its parking lots, which are available to visitors and residents, fills quickly on weekends. The beach is divided into three sections. The north side is in front of the resident-only parking lot and abuts the Sea Crest Resort. The south side, where the beach is the widest, loops into a lagoon, where a creek separates the south side from the middle section. The creek is a favorite spot for young children and with a gently sloping entry into Buzzards Bay, it is often described as a child-friendly beach. There are many watersports offered on the beach side closest to The Sea Crest Resort. Concession stands, restrooms and changing rooms are available. *\$10 parking.*

## Surf Drive Beach

On Surf Drive off Main and Shore Streets in Falmouth. Accessible from Shining Sea Bikeway. Roughly three-quarters of a mile long. The beach is best described by an array of activity along the road and in Vineyard Sound waters. Close proximity to the bike path and downtown Falmouth makes the beach a great spot for many local events. Surf Drive Beach is a favorite spot for vacationers and visitors to the Cape and Falmouth. Note that the beach drops off quickly into the ocean, However, there is a shallow area identified with floats for children to play and swim in. Concession stand, showers, beach house, restrooms. Life guards on duty. Pay-per-day parking. *\$10 parking.*

## Wood Neck Beach

One of the most rustic and serene beaches of Falmouth. Tucked away in Sippewisset, just between a large salt marsh and Buzzards Bay. Wonderful sunsets. Falmouth's rockiest public beach. It has the charm of a giant saltwater aquarium that families and children can explore. There are two sides to the beach: the rock-covered main shore on Buzzards Bay and the creek side where the ocean water circles around a small beachfront and flows into Little Sippewisset Marsh. Tides determine the width of the beach as well as parking. Children enjoy Wood Neck because they can explore the sea life as well as play in the sand. Bring a chair instead of a towel. No amenities.

## Beach Parking Stickers

A parking sticker is required during the summer months to park your car at Falmouth area beaches. The price of a seasonal sticker for a non-resident is \$200.00. Weekly stickers are available for \$60.00. A two-week sticker will cost \$70.00, a three-week sticker \$80.00; and a four-week sticker \$90.00.

Parking stickers can be purchased at the Ellen T. Mitchell Bath House on Surf Drive in Falmouth.

For more information, call the Falmouth Town Hall at (508) 548-8623.

## Bicycle rentals

### Corner Cycle Cape Cod

115 Palmer Avenue  
Falmouth, MA  
(508) 540-4195

### ☛ Holiday Cycles

465 Grand Avenue  
Falmouth, MA  
(508) 540-3549  
A short walk from The Cape House.

### Shining Sea Bike Tours

25 Mullen Way  
Falmouth, MA  
(508) 495-0180  
Guided tours available including  
Martha's Vineyard, Upper Cape  
Cod and Falmouth.

## Bike trails

### Cape Cod Canal

[www.capecodcanal.com](http://www.capecodcanal.com)  
(508) 759-4431  
13 miles (round trip). This level and paved trail runs along the Cape Cod Canal from Bourne to Sandwich on the Cape side. Access Buzzard Bay recreation area west of the Bourne Bridge.

### Cape Cod Rail Trail

A scenic 25-mile route through the towns of Dennis, Harwich, Brewster, Orleans, Eastham and Wellfleet. One of the oldest and most popular rail trails in the country. Its paved surface, few hills and well-marked automobile crossings make it ideal for cyclists of all ages. The trail begins at Route 134 in South Dennis. There is free parking. For more information, contact Nickerson State Park at (508) 896-3491 or go online at [www.mass.gov/massparks](http://www.mass.gov/massparks).

### Shining Sea Bike Path – Falmouth to Woods Hole

Winding by breaking surf and quiet woodland, Falmouth's 7.2 mile paved bike trails begins at Locust Street and Mill Road near downtown Falmouth and ends at Railroad Avenue in Woods Hole, with access points at Elm Road and Oyster Pond Road. Benches are located at scenic stops along the trail. There is ample parking opposite the entrance on Locust Street and highly limited parking at the Steamship Authority parking lot. Restrooms are available at the Steamship Authority Terminal.

Bike routes connect with the Shining Sea Trail at Oyster Pond and head along roads North and East. The northerly route traverses Quissett, Sippewissett, West Falmouth, Old Silver Beach and North Falmouth. The easterly route follows the water's edge from Falmouth Beach to Menahant Beach and Central Avenue.



# Bike tours

## Bike route from The Cape House to Woods Hole Ferry

<b>Distance</b>	<b>Directions</b>
0.0	Turn right out of The Cape House driveway onto Harbor Avenue, then right onto Falmouth Heights Road.
0.3	Left onto Robbins Road traveling along the harbor and following the bike route sign.
0.4	At the end of Robbins Road, go left at the stop sign onto Scranton Avenue, following the bike route sign.
1.0	At the end of Scranton Avenue (by the Clam Shack), take a right onto Clinton Avenue following the bike route sign.
1.4	At the end of Clinton Avenue, take a left at the stop sign, following the bike route sign onto Shore Street, which becomes Surf Drive.
1.7	The Surf Road Beach and Bath House is on your left.
2.7	Follow Surf Drive. The road intersects the Shining Sea Bike Path. Turn left onto the bike path and follow to the end, which will take you through a parking lot for the Steamship Authority Ferry in Woods Hole. Follow the signs to the ferry terminal.

*End of trip. The total trip is approximately 7 miles.*

## Cape Cod Half Century Bike Tour

This ride is for the ambitious cyclist who wants to bike the scenic Cape Cod Canal Bike Path. Total distance is 52 miles. It starts and ends at The Cape House, (508) 548-2872. Please use caution, wear a helmet and obey all traffic laws.

### Distance    Directions

- 0.0      Turn RIGHT out of the driveway, then RIGHT onto Falmouth Heights Rd.
- 0.3      LEFT onto Robbin Rd., following the Bike Route sign.
- 0.5      At the end of Robbin Rd., LEFT at the stop sign onto Scranton Ave., following the Bike Route sign.
- 1.1      At the end of Scranton Ave., RIGHT onto Clinton Ave., following the Bike Route sign.
- 1.5      At the end of Clinton Ave, LEFT at the stop sign, following the Bike Route sign onto Shore St., which becomes Surf Dr.
- 2.1      RIGHT onto Mill Rd.
- 2.8      At the end of Mill Rd., BEAR LEFT at the anchor monument, then LEFT at the stop sign, following the Bike Route sign onto Locust St., which becomes Woods Hole Rd.
- 4.2      RIGHT at the traffic light onto Quissett Harbor Rd., following the Bike Route sign.
- 4.3      RIGHT onto Sippewissett Rd.
- 7.1      LEFT at the end of Sippewissett Rd., at the stop sign onto Palmer Ave. (Rt. 28A North), following the Bike Route sign.
- 7.9      LEFT at the flashing red signal onto Rt. 28A North, following the Bike Route sign.
- 8.7      BEAR LEFT at the flashing yellow signal to stay on Rt. 28A North. Do not go right onto Brick Kiln Rd.
- 9.4      In West Falmouth, LEFT onto Old Dock Rd., following the Bike Route sign.
- 9.6      Just after crossing the railroad tracks, RIGHT onto Nashawena St., following the Bike Route sign. Nashawena St. becomes Quaker Rd.
- 11.3     Silver Beach on the left. Rest rooms and refreshments available during the beach season.
- 12.3     BEAR LEFT to stay on Quaker Rd. Do not go right onto Curley Blvd.
- 13.0     Continue STRAIGHT at the stop sign across Wild Harbor Rd. onto Chester St.
- 13.9     At the end of Chester St. (library & playground on your right), STRAIGHT across County Rd. at the stop sign onto Garnet Ave. Don't take the dead end street on the extreme left. Garnet Ave. becomes Megansett Rd.
- 14.9     At the end of Megansett Rd., LEFT onto Squeteague Harbor Rd., which becomes Red Brook Harbor Rd. after crossing Scraggy Neck Rd.
- 16.0     LEFT at the stop sign onto the unmarked Shore Rd., which soon goes under a railroad bridge.
- 17.4     STRAIGHT across Barlos Landing Rd to stay on Shore Rd.
- 19.3     Just after the abandoned railroad station on your left, RIGHT then immediate LEFT to stay on Shore Rd. Nice ice cream shop on your right across from the railroad station.

*Cape Cod Half Century Bike Trail continued on next page.*



## Cape Cod Half Century Bike Tour (continued)

<b>Distance</b>	<b>Directions</b>
20.5	BEAR RIGHT at the intersection with Monument Neck Rd. to stay on Shore Rd.
21.0	Canal parking area. Restrooms and picnic area to the left. Go through the parking area on your right, then carry your bike across the tracks to the bike path.
27.6	Bike path ends. There are restrooms and picnic tables here. Exit the parking area onto Freezer Rd. (To avoid traffic on Rt. 6A, you may return via the bike path. Rejoin the route at mile 34.0 by leaving the bike path at the Bourne Bridge (2nd highway bridge you pass under) then RIGHT onto Sandwich Rd.)
27.9	Cross two sets of railroad tracks, then at the end of Freezer Rd., RIGHT onto Tupper Rd.
28.8	At the end of Tupper Rd., RIGHT onto Rt. 6A.
29.2	BEAR RIGHT at the sign for Sagamore Village to stay on Rt. 6A, following Bike Route 1.
29.4	BEAR LEFT to stay on Rt. 6A. Do not go right onto Pleasant St.
33.1	BEAR RIGHT onto the unmarked Sandwich Rd toward Monument Beach.
34.0	At the end of Sandwich Rd., STRAIGHT at the red flashing signal onto County Rd., following Bike Route 1.
35.8	STRAIGHT at the intersection with Beach St to stay on County Rd.
37.4	STRAIGHT at the traffic signal across Barlows Landing Rd to stay on County Rd.
37.9	BEAR RIGHT to stay on County Rd. Do not go left onto Old County Rd.
40.3	At the flashing red signal, BEAR RIGHT onto Rt. 28A south, following Bike Route 1.
40.7	BEAR LEFT to stay on Rt. 28A , following Bike Route 1.
41.4	LEFT at the traffic signal onto Ellis Hwy (Rt. 151 East). Moderate climb for approximately 1-1/2 miles.
43.0	RIGHT onto Boxberry Hill Road.
44.5	STRAIGHT at the golf course to stay on Boxberry Hill Rd., following sign to Cape Cod CC.
45.6	At the end of Boxberry Hill Rd., RIGHT at the stop sign onto Sandwich Rd.
46.1	LEFT onto Carriage Shop Rd.
46.3	BEAR RIGHT onto Meetinghouse Rd.
47.6	BEAR LEFT at the unmarked road to stay on Meetinghouse Rd.
47.8	LEFT at the stop sign at the bottom of a small hill. Cross the bog, then RIGHT to stay on Meetinghouse Rd.
48.0	RIGHT at the stop sign to stay on Meetinghouse Rd. Do not go left onto Crocker Rd.
48.5	STRAIGHT at the traffic signal to cross Rt. 28 onto Davisville Rd.
50.3	At the end of the pavement on Davisville Rd., RIGHT at the stop sign onto Menauhant Rd.
50.8	Just after crossing Green Pond Bridge, continue STRAIGHT to stay on Menauhant Rd. (Do not turn left onto Bridge St.) This road follows the shoreline and becomes Ocean Ave., then Grand Ave.
52.5	Opposite the Town Beach and just before the ball field, RIGHT onto Central Park Ave.
52.7	Third LEFT onto Harbor Ave. The Cape House is on the right at the end of the block.

*End of trip.*

## Scenic Harbors Bike Tour

This route takes you by scenic harbors and ponds on a lightly traveled designated bike routes. It may be combined with a side trip to Woods Hole.

Total distance is 25 miles. It starts and ends at The Cape House, (508) 542-2872. Please use caution, wear a helmet and obey all traffic laws.

### Distance    Directions

- 0.0      Turn RIGHT out of the driveway, then RIGHT onto Falmouth Heights Road.
- 0.3      LEFT onto Robbin Rd. following the Bike Route sign.
- 0.5      At the end of Robbin Road, LEFT at the stop sign onto Scranton Ave., following the Bike Route sign.
- 1.1      At the end of Scranton Ave., RIGHT onto Clinton Ave. following the Bike Route sign.
- 1.5      At the end of Clinton Ave., LEFT at the stop sign, following the Bike Route sign onto Shore St., which becomes Surf Dr.
- 3.1      RIGHT onto Oyster Pond Rd., following the Bike Route sign.
- 3.7      Oyster Pond Rd., ends at the traffic light. STRAIGHT across Woods Hole Road onto Quissett Harbor Rd.
- 3.8      RIGHT onto Sippewissett Rd. (To visit Woods Hole, turn left onto Sippewisset Rd., which becomes Quissett Ave., then School St. To rejoin the route, leave town via School St. This adds approximately 4 miles to the tour.)
- 6.7      LEFT at the end of Sippewissett Rd. at the stop sign onto Palmer Ave (Rt. 28A North), following the Bike Route sign.
- 7.5      LEFT at the flashing red signal onto Rt. 28A North, following the Bike Route sign.
- 8.3      BEAR LEFT at the flashing yellow signal to stay on Rt. 28A North. Do not go right onto Brick Kiln Rd.
- 9.0      In West Falmouth, LEFT onto Old Dock Rd., following the Bike Route sign.
- 9.2      Just after crossing the railroad tracks, RIGHT onto Nashawena St., following the Bike Route sign. Nashawena St. becomes Quaker Rd.
- 10.9     Silver Beach on the left. Rest rooms and refreshments available during the beach season.
- 11.9     BEAR LEFT to stay on Quaker Rd. Do not go right onto Curley Blvd.
- 12.6     Continue STRAIGHT at the stop sign across Wild Harbor Rd. onto Chester St.
- 13.5     At the end of Chester St. (library & playground on your right), RIGHT at the stop sign onto County Rd.
- 13.7     At the red flashing signal, STRAIGHT across Main St. to stay on County Rd. (Bike shop on the left.)
- 14.0     At the traffic signal, STRAIGHT across Rt. 28A onto Ellis Hwy (Rt. 151 East). Moderate climb for approximately 1-1/2 miles.
- 15.6     RIGHT onto Boxberry Hill Rd.
- 17.1     STRAIGHT at the golf course to stay on Boxberry Hill Rd., following sign to Cape Cod CC.
- 18.2     At the end of Boxberry Hill Rd., RIGHT at the stop sign onto Sandwich Rd.
- 18.7     LEFT onto Carriage Shop Rd.
- 18.9     BEAR RIGHT onto Meetinghouse Rd.
- 20.3     BEAR LEFT at the unmarked road to stay on Meetinghouse Rd.
- 20.4     LEFT at the stop sign at the bottom of a small hill. Cross the bog, then RIGHT to stay on Meetinghouse Rd.
- 20.7     RIGHT at the stop sign to stay on Meetinghouse Rd. Do not go left onto Crocker Rd.
- 21.1     STRAIGHT at the traffic signal to cross Rt. 28 onto Davisville Rd.
- 22.9     At the end of the pavement on Davisville Rd., RIGHT at the stop sign onto Menauhant Rd.
- 23.4     Just after crossing Green Pond Bridge, continue STRAIGHT to stay on Menauhant Rd. (Do not turn left onto Bridge St.) This road follows the shoreline and becomes Ocean Ave., then Grand Ave.
- 25.1     Opposite the Town Beach and just before the ball field, RIGHT onto Central Park Ave.
- 25.3     Third LEFT onto Harbor Ave. The Cape House is on the right at the end of the block.

*End of trip.*

## Silver Beach Outing and Bike Tour

Silver Beach is located on a lovely cove off Buzzards Bay. It is noted for its powdery white sand. There are restrooms, changing rooms and refreshments. There is a charge for car parking and the parking lot is often full. However, you can enter for free on bicycle, making this an excellent destination for a short ride. Let everyone else stew in traffic while you enjoy the fresh sea air and sunshine on your trusty bicycle. Don't forget to pack your swimsuit and beach accessories!

These directions will get you there without having to venture onto busy Route 28. It is only 18 miles round trip, so you can enjoy plenty of time on the beach. It starts and ends at The Cape House, (508) 548-2872. Please use caution, wear a helmet and obey traffic laws.

### Distance Directions

0.0	Turn RIGHT out of the driveway, then RIGHT onto Falmouth Heights Road.
0.3	LEFT onto Robbin Rd., following the Bike Route sign.
0.5	At the end of Robbin Rd., LEFT at the stop sign onto Scranton Ave., following the Bike Route sign.
1.1	At the end of Scranton Ave., RIGHT onto Clinton Ave., following the Bike Route sign.
1.5	At the end of Clinton Ave., LEFT at the stop sign, following the Bike Route sign onto Shore St., which turns right and becomes Surf Drive.
2.1	RIGHT onto Mill Rd.
2.9	At the end of Mill Rd, BEAR LEFT at the anchor monument, then LEFT at the stop sign, following the Bike Route sign onto Locust St., which becomes Woods Hole Rd.
3.9	RIGHT onto Ransom Rd.
4.1	At the end of Ransom Rd., BEAR RIGHT at the stop sign onto Sippewissett Rd.
6.7	LEFT at the end of Sippewissett Rd. at the stop sign onto Palmer Ave., following the Bike Route sign.
7.5	LEFT at the flashing red signal onto Rt. 28A North, following the Bike Route sign.
8.3	BEAR LEFT at the flashing yellow signal to stay on Rt. 28A North. Do not go right onto Brick Kiln Rd.
9.0	In West Falmouth, LEFT onto Old Dock Rd., following the Bike Route sign.
9.1	Just after crossing the railroad tracks, RIGHT onto Nashawena St., following the Bike Route sign. Nashawena St. becomes Quaker Rd.
10.8	Silver Beach on the left. Enjoy your day at the beach!

### To return to the Cape House

10.8	RIGHT out of the parking lot onto Quaker Rd., which becomes Nashawena St.
12.5	At the end of Nashawena St., LEFT at the stop sign onto Old Dock Rd., following the Bike Route sign.
13.4	LEFT at the yellow flashing signal onto Brick Kiln Rd., following the Bike Route sign.
15.1	At the traffic signal ,RIGHT onto Gifford St.
17.0	At the traffic signal, LEFT onto Jones Rd.
17.6	At the traffic signal, STRAIGHT across Rt. 28 onto Worcester Ave. Good opportunity to do some shopping.
18.2	At the flashing red signal, Worcester Ave. becomes a divided street. RIGHT then immediate LEFT to stay on Worcester Rd.
18.4	RIGHT at the stop sign onto the unmarked Jericho Path.
18.5	LEFT onto Central Park Ave. as Jericho Path curves to the right.
18.7	Second RIGHT onto Harbor Ave. The Cape House is on the right at the end of the block.

*End of trip.*

## Boat launches

### Fiddler's Cove

No parking, sand launch.

### Green Pond

In Davisville, paved launch.

### Harrington Street

At Great Pond, paved launch.

### Seapit Road

In Waquoit, paved launch.

### Spring Cove Dock

No parking, paved launch.

### Town Dock

At Woods Hole, paved launch.

## Festivals, fairs and special events

### Annual Arts & Crafts Street Fair

Main Street

Falmouth, MA

(508) 548-1191

Fair is held in July.

### Barnstable County Fair

Barnstable Fair Grounds

Route 151/Hatchville

Falmouth, MA

(508) 563-3200

Fair is held in July.

### Christmas By The Sea

Village Green

Falmouth, MA

(508) 548-8500

Includes caroling, Victorian Christmas, holiday fairs and bazaars, tree lighting on the Green, parade and more. First weekend in December.

### Falmouth Road Race

7.1 mile run along scenic coastline of Falmouth. Starts in Woods Hole and ends in Falmouth Heights. Call (508) 540-7000 for information.

Race goes right by The Cape House.

**The 33rd annual Falmouth Road Race will be held on Sunday, August 14, 2005.**

### Lighthouse Cruises

Woods Hole Historical Museum

Woods Hole, MA

(508) 548-7270

Cruises in May

### The Cape Cod Marathon

The Village Green

Falmouth, MA

(508) 540-4641

October 31, 2004

### Woods Hole Film Festival

311 R. Main Street, Suite 33

Falmouth, MA 02540

(508) 495-3456

Film festival is held July 30 – August 6, 2005.

## Fitness centers

### Balanced Health & Fitness

133 East Falmouth Highway

East Falmouth, MA

(508) 540-8896

1-, 3- and 7-day passes available.

Equipment and classes, Pilates, yoga, kick boxing, step aerobics, stability ball.

### Curves

769 East Falmouth Highway

East Falmouth, MA

(508) 540-9800

### Falmouth Sports Center & Health Club

33 Highfield Drive

Falmouth, MA

(508) 548-7384

Day-passes available.

Nautilus, Body Master, Keiser machines, weight room, cardio equipment and classes.

### Lifetime Health & Fitness

634 Holly Park Plaza


Route 28A

North Falmouth, MA

(508) 563-1100

Short-term passes available.

Equipment and classes.

Throughout the Guide Book, wherever you see a  indicates it is one of our "guest favorites."

## Golf courses

### **Ballymeade Country Club**

125 Falmouth Woods Road  
East Falmouth, MA  
(508) 540-4005  
www.ballymeade.com  
18 Holes, par 72

### **Cape Cod Country Club**

48 Theater Drive  
Hatchville, MA  
(508) 563-9842  
www.capecodcountryclub.com  
18 Holes, par 71

### **Falmouth Country Club**

630 Carriage Shop Road  
East Falmouth, MA  
(508) 548-3211  
www.falmouthcountryclub.com  
9 and 18 Holes, par 72

### **Joe's Driving Range**

221 Teaticket Highway  
East Falmouth, MA

### **Paul Harney Golf Club**

74 Club Valley Drive  
East Falmouth, MA  
(508) 563-3454  
18 Holes, par 59

### **Woodbriar Golf Club**

339 Gifford Street  
Falmouth, MA  
(508) 540-1600  
9 Holes, par 28



## Historical societies and organizations

### **Falmouth Historical Society Museum**

Locus Street & Mill Road  
Falmouth, MA  
(508) 548-4857  
Walking tour of Falmouth's past.

### **Falmouth Artists' Guild**

311 Rear Main Street  
Falmouth, MA  
(508) 540-3304

## Horseback riding

### **Boxberry Hill Farm**

407 Boxberry Hill Road  
Hatchville, MA  
(508) 564-6648  
Open daily, English or Western lessons; boarding; summer camp for ages 5 and up.

### **Fieldcrest Farm**

774 Palmer Avenue  
Falmouth, MA  
(508) 540-0626  
Open Tuesday - Sunday. English style riding lessons; boarding and training; indoor ring; tack shop.

### **Haland Stable**

Route 28A  
West Falmouth, MA  
(508) 540-2552  
Trail rides, horse drawn carriage tours and lessons. Weddings and special occasions.

## Ice skating

### **Falmouth Ice Arena**

9 Skating Lane  
Falmouth, MA  
(508) 548-7080

## Kayaking and windsurfing

---

### Cape Cod Kayak

1270 Route 28A  
Cataumet, MA  
(508) 563-9377  
Guided kayak tours and rentals.

### Cape Cod Windsurfing & Water Sports

350 Quaker Road  
North Falmouth, MA  
(508) 801-3329  
Rentals and lessons.

### Waquoit Kayak Company

Route 28 at Edwards Boatyard  
1209 East Falmouth Highway  
(508) 548-2216  
www.waquoitkayak.com

## Library

---

### Falmouth Public Library

123 Katharin Lee Bates Road  
Falmouth, MA  
(508) 457-2555



## Lighthouses

---

### Nobska Light House

Nobska Point, Surf Drive,  
Falmouth, MA (near Woods Hole).  
Overlooking Woods Hole Harbor.

## Movies and videos

---

### Falmouth Mall Movie Theater

Falmouth Mall  
Teaticket Highway  
Falmouth, MA  
(508) 540-2169

### Blockbuster Video

96 Davis Straits  
Falmouth, MA  
(508) 457-4373

### Video Paradise

882 Main Street  
Colonial Plaza  
Falmouth, MA  
(508) 457-1388



# Museums and cultural attractions

## Cape Cod Central Railroad

252 Main Street  
Hyannis, MA  
(888) 797-RAIL; (508) 771-3800  
www.capetrain.com  
Two-hour scenic train rides through  
cranberry bogs and seaside villages.

## Cape Cod Children's Museum

577 Great Neck Road  
Mashpee, MA  
(508) 539-8788  
Mon - Sat 10:00 a.m. - 5:00 p.m.  
Sun 12:00 noon - 5:00 p.m.

## Cape Cod Winery

681 Sandwich Road  
East Falmouth, MA  
(508) 457-5592  
(See directions on page 9)

## Falmouth Historical Society Museums and Colonial Garden

55-65 Palmer Avenue  
Falmouth, MA  
(508) 548-4857  
www.falmouthhistoricalsociety.com

## Heritage Museums & Gardens

67 Grove Street  
Sandwich, MA  
(508) 888-3300  
www.heritageplantation.org  
*May - October:*  
Daily from 9 am - 6 pm  
Sunday noon - 6 p.m.  
Wednesday 'til 8 pm  
*November - December:*  
Wednesday - Saturday 10 am - 4 pm  
Sunday noon - 4 pm  
*January - April:*  
Call for information.  
Stroll or ride through 100 acres of  
award-winning Dexter  
Rhododendrons and gardens. Visit  
one of the world's finest antique  
auto collections housed in historic  
Shaker Round Barn houses. Mill  
grain at the 200 year old historic  
East Windmill. Ride the hand-  
carved carousel in the art museum.  
Visit the Cape Cod Baseball League  
Hall of Fame at the American  
History Museum. Enjoy the sounds  
of the well-known American artists  
at the Summer Concert Series. Call  
for other events and activities  
throughout the year.

## John F. Kennedy Museum

397 Main Street  
Hyannis, MA  
(508) 790-3077  
A multimedia exhibit designed to  
explore the days JFK spent on  
Cape Cod.

## Katharine Lee Bates Birthplace

16 Main Street  
Falmouth Village Green  
Falmouth, MA  
Homestead of author of "America  
the Beautiful." **Not open to the  
public.**

## National Marine Life Center

120 Main Street  
Buzzards Bay, MA  
(508) 743-9888  
www.nmlc.org  
Whale, dolphin, seal and sea turtle  
exhibits.

## Ocean Quest Marine Education

Water Front Park, Water Street  
Woods Hole, MA  
(508) 385-7656, 800-376-2326  
www.oceanguestonline.org  
Kids participate in marine research  
aboard a converted 60' vessel.  
Hands-on learning of basic  
oceanography. Seasonal. Call for  
dates.

## National Marine Fisheries Aquarium

National Marine Fisheries Service  
Albatross and Water Streets  
Woods Hole, MA  
(508) 495-2001  
Great for kids! Outside seals, Cape  
Cod sea life, touch tank, laboratory  
and aquarium.

## Plimoth Plantation

137 Warren Avenue  
Plymouth, MA  
(508) 746-1622  
Includes historic 1627 Plimoth  
village located 3 miles south of  
downtown Plymouth and the  
Mayflower II located on the  
Plymouth waterfront. Open from  
late March through November.

## **Sandwich Glass Museum**

129 Main Street  
Sandwich, MA  
(508) 888-0251  
Glass blowing demonstrations daily.  
Learn about glass-making techniques used by the Boston and Sandwich Glass Company of the 19th century. The museum houses a collection of blown, pressed, cut and decorated glassware. Gift shop. Open daily 9:30 am - 5 pm.

## **Thornton Burgess Museum & Green Briar Nature Center**

4 Water Street  
Sandwich, MA  
(508) 888-6870  
www.thorntonburgess.org  
Home of the renowned children's author of Peter Rabbit and the Briar Patch.

## **Woods Hole Historical Collection**

Wooden Boat Museum  
Woods Hole, MA  
(508) 548-7270  
Tues - Sat 10:00 a.m. - 4:00 p.m.  
Sun 12:00 - 4:00 p.m.

## **Woods Hole Historical Museum**

579 Woods Hole Road  
Woods Hole, MA  
(508) 548-7270

## **Woods Hole Oceanographic Institution Exhibit Center**

15 School Street  
Woods Hole, MA  
www.whoi.com  
(508) 289-2252  
Mon - Sat 10:00 a.m. - 4:00 p.m.  
Sun 12:00 - 4:30 p.m.

# **Nature and wildlife centers**

## **Beebe Woods**

Cape Cod Conservatory  
Depot Avenue  
Falmouth MA  
387 acres of marked walking/biking trails with path access at the top of Depot Avenue.

## **Crane Wildlife Area**

Route 151  
Hatchville, MA  
For a map of the area, visit the Massachusetts Fisheries & Wildlife Management website.  
This 1,907 acre expanse of woods and open fields offers year-round recreation for a variety of outdoor enthusiasts. Crane is a favorite spot for hunting, bike riding, horseback riding, cross-country skiing, and fishing on Ashumet Pond. The wildlife area is open for bird watching, dog walkers and other who want to explore the paths that criss-cross the woods and open fields. There are several entrances to Crane – one way to access the Crane Wildlife Area and parking is on Ashumet Road between Sandwich Road and Route 151. Check the web for a map and more information.

## **Coonamessett Farm**

277 Hatchville Road  
East Falmouth, MA  
(508) 563-2560  
Visit with animals, pick vegetables, herbs, berries and flowers. Eat homemade foods at the cafe. Rent a canoe and row Coonamessett Pond. Browse the farm stand, general store, and gift shop.

## **Marine Mammal Visitors Center**

120 Main Street  
Buzzards Bay, MA  
(508) 759-8722  
The National Marine Life Center's future home for stranded marine animals. It offers exhibits, activities, gifts, souvenirs and more. Free admission.

## **Massachusetts Audubon Society / Ashumet Holly & Wildlife Sanctuary**

Woody Mills, Sanctuary Director  
286 Ashumet Road (off Route 151)  
E. Falmouth, MA 02536  
(508) 563-6390  
Email: ashumet@massaudubon.org  
<http://www.massaudubon.org>  
Ashumet Holly & Wildlife Sanctuary is one of 22 sanctuaries owned and managed by the Mass. Audubon Society. Open daily sunrise to sunset. Admission \$3, children and seniors \$2. A 45-acre sanctuary of nature trails where you'll find holly, exotic trees, shrubs and rare wildflowers. Bird checklist and self-guiding trail map available at admissions gate.

## **Nature's Circle**

P.O. Box 186  
Woods Hole, MA 02543  
(508) 540-2408  
Email: naturecircle@hotmail.com  
<http://www.capecod.net/naturescircle>  
Nature's Circle provides classes and field walks as well as information about clean water, recycling, and land management may appreciate, care for and enjoy nature better. Field walks in botany, birding, butterflies, and coastal dynamics are scheduled every week. See the schedule in the newspapers and on the website.

## Salt Pond Areas Bird Sanctuaries

881 Palmer Avenue  
Falmouth, MA  
(508) 548-8484

## ☛ Spohr's Garden (Waterfront)

45 Fells Road  
Falmouth, MA  
(508) 540-0623  
Six acre public garden offering thousands of plants and flowers. Overlooking Oyster Pond. Includes collection of anchors and other nautical artifacts.

## Waquoit Bay National Estuarine Research Reserve

East Falmouth  
Off Route 28  
(508) 457-0495  
2,500 acres of pine forest and saltmarsh. Special exhibits and programs are available.

## Bike route from The Cape House to Spohr Garden

Distance	Directions
0.0	Turn right out of The Cape House driveway onto Harbor Ave., then right onto Falmouth Heights Road.
0.3	Left onto Robbins Road traveling along the harbor and following the bike route sign.
0.4	At the end of Robbins Road, go left at the stop sign onto Scranton Ave., following the bike route sign.
1.0	At the end of Scranton Avenue (by the Clam Shack), take a right onto Clinton Avenue following the bike route sign.
1.4	At the end of Clinton Avenue, take a left at the stop sign, following the bike route sign onto Shore Street, which becomes Surf Drive.
1.7	The Surf Road Beach and Bath House is on your left.
2.7	Follow Surf Drive. The road intersects the Shining Sea Bike Path.
3.1	Take a right onto Oyster Pond Road following the bike route signs. Proceed along the road and bear right at the fork onto Fells Road. The main entrance to the gardens is on the right. Parking is on the left.

*End of trip.*

## Sunsets

---

### **Chapoquoit Beach**

West Falmouth

### **The Knob at Quissett Harbor**

Quissett

### **Old Siver Beach**

North Falmouth

## Tennis courts

---

### **Black Smith Shop Road**

Off Route 28A

West Falmouth, MA

### **Falmouth High School**

Gifford Street

(1/2 mile north of Brick Kiln Rd.)

Falmouth, MA

### **Falmouth Sports Center**

33 Highfield Drive

Falmouth, MA

(508) 548- 7433

### **Lawrence School**

Lakeville Avenue

Falmouth, MA

### **East Falmouth Elementary School**

Davisville Road

East Falmouth, MA

## Theatre and music

---

### **Cape Cod Melody Tent**

21 West Main Street

Hyannis, MA 02601

(508) 775-9100

www.melodytent.org

### **Cape Cod Theater Project**

P.O. Box 410

7 High Field Drive

Falmouth, MA

(508) 457-4242

### **College Light Opera Company at Highfield Theatre**

58 Highfield Drive

Falmouth, MA

(508) 548-0668

### **Falmouth Theatre Guild**

Depot Avenue

Falmouth, MA

(508) 548-0400

### **Falmouth Town Band Concerts**

Harbor Band Shell

Marina Park

Scranton Avenue

Falmouth, MA

Thursday nights in July & August,  
8:00 pm (FREE!)

### **Woods Hole Theater Company**

68 Water Street

Woods Hole, MA

(508) 540-6525

## Whale watching

### Dolphin Fleet Whale Watch

MacMillan Pier  
Provincetown, MA  
800-826-9300  
www.whalewatch.com  
Ticket office located in the Chamber of Commerce building.

### Hyannis Whale Watcher Cruises

Millway Marina  
Barnstable, MA  
(508) 362-6088 or  
888-WHALEWATCH

### Hy-Line Cruises

36 Ocean Street  
Hyannis, MA  
(508) 775-7185

### Portuguese Princess Excursions

MacMillan Wharf  
Provincetown, MA  
(508) 487-2651 or 800-442-3188  
www.princesswhalewatch.com  
Email: info@princesswhalewatch.com

### Captain John Boats Whale Watching

Town Wharf  
Plymouth, MA  
(508) 746-2643  
(800) 242-2469

## Bus service

### Bonanza Bus Terminal

59 Depot Avenue  
Falmouth, MA 02540  
(508) 548-7589

### Woods Hole Trolley (WHOOSH)

(800) 352-7155  
www.thebreeze.com  
Travels between the Falmouth Mall in Teaticket and the Steamship Authority docks in Woods Hole. From mid-June through Labor Day. Fares: \$1.00 for adults; \$.50 for youths (ages 6-17) and seniors; children (age 5 and under) ride free when with an adult. You can catch the bus on the Falmouth Village Green, Falmouth Mall, Falmouth library, Falmouth center, and the Falmouth Historic Society.

## Ferry service

### Falmouth-Edgartown Ferry on Cape Cod

278 Scranton Avenue  
Falmouth, MA  
(508) 548-9400  
www.falmouthferry.com  
60 minutes to Edgartown.

### Island Queen

Falmouth Heights Road  
Falmouth, MA 02540  
(508) 548-4800  
www.islandqueen.com  
30 minute ferry service to Martha's Vineyard (Oak Bluff); passenger and bicycle. 5-minute walk from The Cape House.

### Patriot Boats

227 Clinton Avenue  
Falmouth, MA  
(508) 548-2626  
Fishing, sailing, sight seeing, Vineyard shuttle.

### Woods Hole Steamship Authority

P. O. Box 284  
1 Railroad Avenue  
Woods Hole, MA 02543  
(508) 548-3788  
Ferry service to Martha's Vineyard; passenger & auto. 45 minutes to Oak Bluff and Vineyard Haven.

## Taxi service

### Falmouth Taxi & Sapphire Limo

17 Walker Street  
Falmouth, MA  
(508) 548-3100



## Places of worship

### **Christ Lutheran Church**

485 Brick Kiln Road, Falmouth, MA  
(508) 548-5689

### **Falmouth Baptist Church**

60 Central Park Avenue  
Falmouth, MA  
(508) 548-3260

### **Falmouth Church of the Nazzarone**

292 Brick Kiln Road  
East Falmouth, MA  
(508) 540-2150

### **First Church of Christ Science**

175 Palmer Avenue  
Falmouth, MA  
(508) 548-4077

### **Falmouth Jewish Congregation**

7 Hatchville Road, East Falmouth, MA  
(508) 540-0602

### **First Congregational Church**

68 Main Street, Falmouth, MA  
(508) 548-3700

### **John Wesley United Methodist Church**

270 Guifford Street, Falmouth, MA  
(508) 548-3050

### **St. Barnabas Memorial (Episcopal) Church**

Main Street, Falmouth Green  
Falmouth, MA  
(508) 548-3863

### **St. Patrick's Roman Catholic Church**

511 Main Street, Falmouth, MA  
(508) 548-1065

### **Unitarian Universalist Fellowship**

840 Sandwich Road  
East Falmouth, MA  
(508) 457-0449

# Map of Falmouth



# Frequently asked questions

## Questions and Answers about The Cape House

### **Q. What time is check-in and check-out?**

Our regular check-in time is 3:00 p.m. and check-out time is 9:00 a.m. We are flexible in allowing guests to check in early and stay late providing we don't have any other guest or groups conflicting with your stay. Please inquire before your arrival.

### **Q. How do we get into The Cape House?**

The Cape House will probably be open upon your arrival. If not, there is a push-button combination lock on the front door. See your confirmation letter for the lock code.

### **Q. Where should we park our cars?**

Please only park in the backyard. Park on an angle and keep the middle section of the yard open. This will facilitate easy access for all guests.

### **Q. Do we need to bring our own linens?**

Blankets, pillows and spreads are provided at The Cape House. Guests do need to bring the appropriate linens for the beds and towels. Check the house layout to determine the types of beds provided.

### **Q. What kind of supplies are in the kitchen?**

The kitchen at The Cape House is stocked with an assortment of pots, pans, mixing and serving bowls, baking sheets, dishes, bowls, silverware, drinking and wine glasses, mugs, cooking utensils, knives, cutting boards and more. There is enough equipment to prepare for and serve 25-30 people. The kitchen has two full size refrigerators, electric range and oven, microwave oven, toaster and coffee makers. (There is an extra refrigerator in the garage.) We provide dishwashing soap and clean up supplies. Guests are expected to wash, dry and put away the dishes they use.

### **Q. Where do we find extra household supplies?**

Extra supplies such as toilet paper, paper towels, garbage bags, pump soap, dish washing soap and light bulbs are found in the outside storage shed and in the hall closet across from the half bath on the first floor.

### **Q. Is the house cleaned during our stay?**

The Cape House is cleaned before you arrive and again after your group leaves. There is a central vacuum system throughout the house. The hose and nozzle are located in the downstairs hall closet if you feel the need to touch up during your stay. The vacuum hook ups are located in the kitchen behind the dining room door, at the foot of the stairs and in the upstairs hallway.

### **Q. What do we do with trash and recyclables?**

Full trash bags should be stored in the barrels in the shed located in the back yard. Recyclables (plastic, tin and glass) should go in the blue recycling bin in the garage. Newspapers can be placed in paper bags and stacked alongside the recycling bin in the garage. Any deposit cans or bottles that are not taken with you should be placed in the barrel at the foot of the deck steps. If this barrel gets full, please remove the bag and store in the shed. Be sure to reline the barrel with another trash bag.

### **Q. Are table linens provided?**

We provide vinyl table clothes for the kitchen and dining room tables. They are kept in the drawers of the built-in hutch in the dining room. If you would like linen table clothes and napkins, you will need to rent or bring them.

### **Q. Does the Cape House have grills and can they be moved around?**

The Cape House has two large Webber gas grills. You never have to worry about running out of propane because these grills are hooked up to a master tank. As a result, the grills cannot be moved.

### **Q. Are there laundry facilities?**

There is a washer and dryer in the basement for guests to use.



**Q. What is the phone number of The Cape House?**

The phone number of The Cape House is (508) 548-2872. This is a restricted line. For any calls outside Falmouth, you will need to use a personal calling card. There is no answering machine on the phone to receive messages. You need to dial the 508 area code for each local call.

**Q. What about the neighbors and noise?**

The Cape House is located in a quaint neighborhood on a roomy one-acre lot. The front of the house stands across from a motel, while the back of the house is abutted by residential properties. Please be courteous of our neighbors and refrain from loud noise after 9:00 pm.

**Q. Are pets allowed?**

Because some future guests may be allergic, The Cape House has a strict no pet policy.

**Q. Is smoking permitted at The Cape House?**

Smoking is not permitted in the house, on the deck or on the front porch of The Cape House.

**Q. How far is The Cape House from the beach?**

The house is just 3/10 of a mile (about a 5 minute walk) to the Falmouth Heights Beach.

**Q. What should we do when we leave?**

Please turn off the lights, turn the thermostat down (if necessary), pick up excess trash, wash and put away the dishes and leave the place in an orderly, broom swept manner. If you use the portable heaters located in the upstairs bedrooms, be sure to turn off and unplug the units.