

Falmouth, Cape Cod
2 Days / 2 Nights

Sample Itinerary

Day One – From “Sea to Shining Sea” Heritage Tour

MORNING

Step back in time at the Woods Hole Historical Museum featuring the Bradley House, the 19th Century Yale Workshop and the Small Boat Museum. Built around 1803, the Bradley House was bought by Captain William H. Bradley at auction in 1821 for \$339. It was restored and made into a museum in 1976. Bradley House contains two galleries with exhibits including a permanent scale model of Woods Hole, circa 1895. The Small Boat Museum was built in 1877 by E. E. Swift for \$80.71 and includes a variety of traditional Cape Cod boats from the 19th and early 20th centuries, and many boat models and maritime artifacts. The Yale Workshop, circa 1892, recreates the domain of a 19th century Renaissance man who summered in Quissett of Falmouth. Leroy Milton Yale, Jr. was a pediatrician by profession. He was an accomplished fly fisherman who made his own rods and tied his own flies. He wrote articles for Scribners Magazine on sporting subjects. He was a photographer and a well-known artist who founded the New York Etching Society. He was an expert woodworker. The shop contains a display of artifacts including books, maps, nineteenth century tools, equipment, etchings and artifacts appropriate to Dr. Yale's interests.

Then take a group photo at historic Nobska Lighthouse and enjoy the cliff paths for a magnificent view of Martha’s Vineyard and Vineyard Sound.

LUNCH

Experience Coonamessett Farm, a beautiful working farm featuring tours of hydroponics & aquaculture greenhouses, dining pavilion & cafe overlooking fields of pick-your-own fresh vegetables & fruits, General Store, Ice Cream Stand and live sheep, roosters, ducks, miniature donkeys and beautiful Alpacas born and raised on the farm!

Day One – From “Sea to Shining Sea” Heritage Tour
(continued)

AFTERNOON

Explore the *Falmouth Museums on the Green*, located on a two-acre complex in the heart of historic Falmouth village. Two 18th-century houses showcase period furnishings, china, toys, vintage clothing (including a “laundry room” filled with Victorian underwear), fine art and heritage quilts. Special exhibits capture the excitement of Falmouth’s 19th-century whaling industry, the “science” of pre-Civil War medicine (you’ll be happy you live today!) and the life of Katharine Lee Bates, Falmouth-born author of *America the Beautiful*. The grounds feature three different gardens – a Colonial-style flower garden, an herb garden and a naturalized Memorial Park. The reconstructed *Hallett Barn* completes the trio of historic buildings on the Museum property. This hand-pegged structure houses hands-on exhibits, try-on costumes from Colonial and Victorian times, a working antique hand loom, a sleigh that was used on the property in the early 19th century and activities designed for the young and young-at-heart. The *Museum Store* offers distinctive collectibles; jewelry, books, and note cards that provide visitors with terrific gifts and wonderful souvenirs.

Then head up to *Highfield Hall* a magnificent gem of a building that literally sits in a high field overlooking Falmouth. Surrounded by hundreds of acres of woods, *Highfield* was one of two enormous summer estates built by the Beebe family of Boston in the 1870s. Today *Highfield* is the town’s cultural center, providing an elegant setting for corporate and private parties, weddings, and special events. Community programs are offered throughout the year including musical performances, art shows, special exhibitions, and educational series for all ages.

Afterwards, discover an authentic Cape Cod vineyard and winery just off *Sandwich Road* in Falmouth. *Cape Cod Winery* offers wine tasting and sales from May through October and vineyard tours in July and August.

DINNER

After a day on the sea, relax at one of nearly 50 restaurants in any of Falmouth’s eight distinctive Villages for traditional Cape Cod Cooking, savory multi-ethnic foods or contemporary coastal cuisine. Be sure to also check-out restaurant row along Falmouth’s historic *Main Street* - a quintessential village featuring one-of-a-kind shops and boutiques culminating at Falmouth’s *Village Green*.

Day Two – Village of Woods Hole, a World Center of Discovery

MORNING

Discover the Woods Hole Oceanographic Institution Exhibit Center (WHOI) where visitors learn about the Institution's ocean science research and the vessels and tools developed by WHOI engineers and scientists for use in that research. Short videos provide an introduction to WHOI, show a day in the life of the deep submersible *Alvin*, and highlight the 1985-1986 discovery and exploration of the wreck of the Titanic. Visitors can step inside a full-size model of the inner sphere of *Alvin* and imagine life at the ocean floor while watching vivid footage taken at deep-sea hydrothermal vent sites. An interactive exhibit features whale and dolphin research and explores the roles sound and hearing play in the lives of marine mammals.

Explore the research lab fish tanks at the Marine Biological Laboratory (MBL) Marine Resources Center, a highly advanced facility for maintaining, culturing, and providing aquatic organisms essential to advanced biological, biomedical, and ecological research. Why do scientists spend valuable research time studying the biology of simple marine organisms while devastating diseases like cancer and AIDS assault our species? How can primitive sea creatures help us solve human medical problems? Biologists value marine organisms because they serve as excellent models: simple versions of more complex organisms. Studying life processes in marine animals, scientists learn how the same events occur in the human body -- and how they go awry when disease strikes. Few people realize that research on simple marine organisms has led to some of our greatest medical advances. Studies of the sea urchin, for example -- many of which were carried out at the MBL -- laid the scientific foundation for such advanced reproductive technologies as test tube fertilization.

Visit America's oldest continuously operating research aquarium, the Woods Hole Science Aquarium, owned by the federal government and operated jointly by the National Oceanic and Atmospheric Administration (NOAA) and the MBL. Here you will observe approximately 140 species of fish and invertebrates common to the continental shelf off Northeast and Middle Atlantic states. The aquarium is also home to harbor seals that were rescued as pups and cannot be released for health reasons, as well as sea turtles for rehabilitation and released in late summer – Aquarium is open to the public, and admission is free and welcome donations.

Day Two – Village of Woods Hole, a World Center of Discovery (continued)

LUNCH

Grab a sandwich to go at one of several cafes and sandwich shops and relax on the lawn or seawall at Waterfront Park & Sundial. The park is a free WiFi Hotspot!

AFTERNOON

Explore the living ocean with *OceanQuest, Hands-On Discovery Cruises*. Each 2-hour cruise will have all ages actively participating in learning oceanography through first-hand observations of natural phenomena and data collection. Discover the wonders of ocean science aboard a fully certified and equipped research vessel. As "guest" scientists, you will rotate from station to station with professional scientists, educators and mariners. Collect samples of seawater and learn how the weather affects sampling; sample bottom communities using traps, trawl or dredge and collect surface organisms with plankton nets. A great way to learn more about Cape Cod's ecological systems!

DINNER

Enjoy a savory meal featuring seafood, burgers & steaks or vegetarian entrees on the waterfront at one of several restaurants on Water Street in Woods Hole, just a short walk from WHOI, MBL and the NOAA aquarium.

After dinner, choose from a variety of evening activities and performances offered by one of several theatre companies, music ensembles and family amusements and attractions. A complete list of arts & cultural attractions as well as a Calendar of Events may be found in the "Official Guide to Falmouth" which is available at the Falmouth Chamber of Commerce & Visitor Center and in the lobbies of many restaurants and accommodations. Please visit us on the web to learn about these activities and many more attractions at www.FalmouthChamber.com