



# Summer Guide

## 2026



Cape Cod  
INSTITUTE

# Basics

## GROCERY STORES

|                     |                                                                                                    |
|---------------------|----------------------------------------------------------------------------------------------------|
| <b>Orleans</b>      | Stop & Shop<br>Shaws Market                                                                        |
| <b>Eastham</b>      | Eastham Superette Basic Groceries<br>sandwiches, and liquor store on Route 6                       |
| <b>Wellfleet</b>    | Wellfleet Marketplace on Main Street<br>Full line grocery store plus take-out dinners & sandwiches |
| <b>Provincetown</b> | Stop & Shop                                                                                        |

## FISH MARKETS

|                     |                                                                                                                                                                                                                                                          |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Orleans</b>      | <a href="#"><u>Nauset Fish and Lobster Pool</u></a> – on Route 6A – also own Young's Fish Market & Sir Cricket's Fish'N Chips                                                                                                                            |
| <b>Eastham</b>      | <a href="#"><u>Clearbrook Oyster</u></a> – oysters, little necks, & scallops fresh from the farmers<br><a href="#"><u>Mac's Seafood</u></a> – Outdoor seating, great to-go options and party-size spreads                                                |
| <b>Wellfleet</b>    | <a href="#"><u>Hatch's Fish Market on Main Street</u></a> – behind Town Hall<br><a href="#"><u>Catch of the Day Seafood Market &amp; Grill</u></a> – also a restaurant<br><a href="#"><u>Mac's Seafood</u></a> – outdoor seating at Mac's Pier next door |
| <b>Truro</b>        | <a href="#"><u>Cape Tip Truro</u></a> – same owners as Orleans Seafood Market                                                                                                                                                                            |
| <b>Provincetown</b> | <a href="#"><u>Mac's Seafood</u></a>                                                                                                                                                                                                                     |

## PRODUCE & SPECIALITY MARKETS

|                |                                                                                                                                                                                                                                                                                                                               |
|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Orleans</b> | <a href="#"><u>Main Street Wine and Gourmet</u></a> – specialty cheese and food products<br><a href="#"><u>Nauset Farms on Main Street</u></a> – has a to-go counter<br><a href="#"><u>Friends Marketplace</u></a> – has online to-go ordering<br><a href="#"><u>Orleans Whole Food Store</u></a> – natural and organic foods |
| <b>Eastham</b> | <a href="#"><u>Mac's Seafood</u></a> – sells some vegetables and food to prepare along side their fish                                                                                                                                                                                                                        |
| <b>Truro</b>   | <a href="#"><u>Salty Market</u></a> – on Highland Ave in North Truro – specialty groceries, deli, and full liquor store                                                                                                                                                                                                       |

**Provincetown**    [Angel Foods on Commercial Street](#) – gourmet options, speciality sandwiches, and prepared foods  
[Far Land Provisions](#) – bakery, deli, good sandwiches

## HEALTH SERVICES

### Walk-in Outpatient

[Cape Cod Healthcare](#) – Urgent care in Orleans

[Outer Cape Health Services](#) (outpatient)

### Harwich

[Fontaine Outpatient Center](#) (508) 430-3330

Hours: Weekdays 8:00 a.m. - 6:00 p.m.

Saturday/Sunday 8:00 a.m. - 4:00 p.m.

### Provincetown

[Provincetown Community Health Center](#) (508) 487-9395

Hours vary – Please call or visit website

### Hospital

[Cape Cod Hospital in Hyannis](#) – Exit 7 off Route 6 (508) 771-1800

### AA Meetings

[Find info here](#)

### NA Meetings

[Find info here](#)

### [OuterCape Health Services Pharmacies](#)

### Harwich

Port Pharmacy: Route 28 (774) 237-9000

### Orleans

CVS Pharmacy: 110 Route 6A (508) 240-2759

CVS Pharmacy: 9 West Road (508) 255-0570

Rite Aid: 130 Route 6A (508) 255-5931

Stop & Shop: Cranberry Cove Plaza (508) 255-3851

### Wellfleet

Route 6 (508) 214-0187

### Provincetown

Harry Kemp Way (774) 538-3333





## Beaches

Every Cape Cod town offers a variety of beaches on the ocean, bay, and fresh water ponds.

The bay, in contrast with the ocean, has less wind, warmer water, and is shallow during low tide. When the air is still, we recommend that you bring insect repellent to both bay and pond beaches and that you check [Cape Tides](#) for daily tide reports!

The National Seashore operates 6 beaches on the ocean. All are available to visitors for a [parking fee](#).

Some National Seashore beaches offer shuttle buses when parking lots are full. These will be clearly marked.

Each town has beaches that are accessible to visitors who purchase a parking sticker directly from the town. These stickers are not valid at the National Seashore beaches. Most towns offer a daily, three-day, or weeklong rate. Please note, the fee at some town beaches may be a few dollars more than at the National Seashore and may restrict day visitor usage.

Many beaches offer marsh walks and other recreational activities. Beaches are crowded during the season, so consider walking or bicycling to ensure entrance. If you plan to drive, try arriving between 12:30 and 1:00 p.m. as some may leave for lunch, or later in the afternoon.

The following chart summarizes the beaches in the area. Although all beaches are pleasant, we have asterisked those that we recommend. The Institute is conveniently located near the National Seashore Salt Pond visitor Center located on Rt. 6. (Open daily 9:00 a.m. – 4:30 p.m.).

## National Seashore

*Large parking lots, minimal fees, access to all*

## Beaches

*Small parking lots, varying fees, some with access only to residents with stickers*

|                                                                       |                                                                               |                                                                                                                                                                                                                                           |
|-----------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Orleans</b><br><a href="#">more info</a>                           |                                                                               | Nauset Beach (ocean)<br>Pilgrim Lake (pond)<br>Skaket Beach (bay)                                                                                                                                                                         |
| <b>Eastham</b><br><a href="#">more info</a>                           | Nauset Light (ocean)*<br>Coast Guard (ocean)-<br>wheelchair access            | Campground (bay)*<br>Cooks Brooke (bay)<br>First Encounter (bay)<br>Great Pond (pond)<br>Salt Pond (pond)<br>Sunken Meadow (bay)<br>Thumpertown (bay)<br>Wiley Pond (pond)                                                                |
| <b>Wellfleet</b><br><a href="#">more info</a>                         | Marconi (ocean)*                                                              | Cahoon Hollow (ocean)*<br>Duck Harbor (bay)*<br>Great Pond (pond)<br>Gull Pond (pond)*<br>Indian Neck (bay)<br>Lecount (ocean)*<br>Long Pond (pond)<br>Maguire's (ocean)<br>Mayo (bay)<br>Newcomb Hollow (ocean)*<br>White Crest (ocean)* |
| <b>Truro</b><br><a href="#">more info</a><br><a href="#">stickers</a> | Head of the Meadow<br>(ocean)*                                                | Ballston (ocean)*<br>Corn Hill (bay)*<br>Fisher (bay)*<br>Great Hollow (bay)<br>Long Nook (ocean)*<br>Pond Village (bay)<br>Ryder (bay)*                                                                                                  |
| <b>Provincetown</b><br><a href="#">more info</a>                      | Race Point (ocean)* - great sunset!<br>Herring Cove (bay) - wheelchair access |                                                                                                                                                                                                                                           |





## Dining Guide

These restaurants have received favorable mention by both participants and staff. Many restaurants recommend dinner reservations.

### BREWSTER

[The Brewster Fish House](#) – Voted “best seafood restaurant” by Cape Cod Life Magazine in 2018. Get there early, as they don’t accept reservations. Can accommodate vegetarian/gluten free.

[Chillingsworth](#) – Gourmet French “nouvelle cuisine”. Reservations online or 508-896-3640

### ORLEANS

#### Sit Down

[3 Fools](#) – Pizza & sandwiches. Dine-in, take-out, and delivery.

[The Barley Neck](#) – Casual dining.

[The Beacon Room](#) – Casual yet elegant dining. Lunch 5 days -Thursday thru Monday.

[Land-Ho](#) – Local crowd, casual dining, great atmosphere, centrally located.

[La Bella Vita](#) – Unique fusion of Italian-inspired cuisine

[Las Chidas](#) – A surfy, edgy, rock n roll, tattooey, taco-centric, hangout spot.

[Lost Dog Pub](#) – Family friendly, pub food, live music, late night pizza (gluten free option), and no reservations.

[Mahoney’s](#) – Good dinner, good bar, centrally located. Does not accept reservations- inquire about large parties. Kitchen closes by 9:30 p.m.

**Navillus** – high-end tastes in a comfortable, casual atmosphere.

**Rock Harbor Grill** – Eclectic menu, great food for whole family, pizza oven! Limited reservations available for all size tables. They reserve 70% tables for walk in (expect to wait)!

**Yardarm** – Bar with good hearty food & local atmosphere.

## **Quick Bite, Breakfast/Lunch, & Take Out**

**Corner Store** – Freshly made burritos, fresh, fast, & fun. Also have a location in Chatham.

**Cottage St. Bakery** – Homemade breakfast and lunch offerings (soups, salads, sandwiches). Great bakery-custom cakes. Small tables.

**Hole in One Bakery** – Quick breakfast. Try the cinnamon donuts! Line moves quickly.

**Hot Chocolate Sparrow** – Excellent coffee & sweets, local hangout, started as a candy shop.

**Jo Mama's** – Good NY bagels, sandwiches, fast and friendly. Vegan cream cheese, bacon, GF bread. Location in Chatham as well.

**the Knack** – “Road side stand” at rotary on route 6. Take out burgers, lobster roll. Locally sourced “fast” food.

**The Rail** – Brunch, breakfast till 3:00, lunch at 11:00 a.m.

**Sir Cricket** – Inexpensive, GOOD fish and chips and fish sandwiches, good for takeout (small tables inside and one outside).

**SUNBiRD** – Open seating (some shared tables), cafe layout, eclectic breakfast and lunch. Fun atmosphere and good Sunday brunch. Expect to wait for a table.

**Viv's Kitchen** – Breakfast and lunch, smoothie bar, homemade and healthy soups and salads. Special Brazilian dishes. Vegan and gluten free options. Prints from local artist on the walls.

## **Ice Cream**

**Ice Cream Café** – Homemade scooped ice cream. Non-dairy ice cream and soft serve options. Order online to avoid the line.

## **E A S T H A M**

### **Sit Down**

**Basco Grill** – Eat in or take out. Casual dining.

**Caroline's Bar & Grill** – Serving lunch in dinner.

**Casa del Cabo** – Diverse menu with traditional New England and Latin inspired cuisine

**Brickhouse Restaurant** – American cuisine meets bold Caribbean flavors. Family friendly.

**Fairway** – Great breakfast, serves dinner, gluten free options.

**The Friendly Fisherman** – Casual, excellent roadside seafood off of route 6. Usually no lines, outdoor seating

**Local Break** – Casual American fair. Local craft beer. Good for groups.

## **Quick Bite, Breakfast/Lunch, & Take Out**

**Hole in One Bakery** – Next to fairway. Quick breakfast. Try the cinnamon donuts! Line moves quickly.

**Laura and Tony's Kitchen** – Excellent home cooked breakfast buffet. Fresh ingredients. Fun and funky atmosphere.

**The Red Barn** – Pizza and more! Indoor and outdoor seating.

**Sam's Deli** – Tasty sandwich specials for takeout. Wine store. A few outdoor tables for quick eating. Close to the school. Ask for gluten free bread.

## **Ice Cream**

**Nauset Ice Cream** – Busy, low-dairy options

## **WELLFLEET**

### **Sit down**

**Beachcomber** – Raw bar, on the beach (ocean), music venue at night, fun atmosphere, sometimes need to pay for parking. Expect to wait for a table.

**Bookstore & Restaurant** – Beautiful view of Wellfleet Harbor. Breakfast, lunch, dinner. Patio bar music. Good parking.

**Chez Chloe Bistro** – High-quality food, welcoming atmosphere, and outstanding service.

**C-Shore** – American style cuisine with a southern influence, outdoor seating, fire pit. Good ambiance and parking. Reservations suggested for parties 6 or more.

**Flying Fish** – Delicious gluten free baked goods. Breakfast, Lunch, Dinner with Caribbean flavors.

**Mac's Shack** – Excellent sushi, and seafood. Serving lunch and dinner. Very popular so expect to wait.

**Mac's On the Pier** – If you want great clams and don't want to wait- take out and sit outside here.

**Moby Dick's** – Good seafood and nice staff. Gluten free options. BYOB!

**Pearl** – Waterfront dining. Across from town pier. Casual, live music, outdoor seating with a view. Park across the street.

**Wicked Oyster** – Eclectic menu, casual atmosphere, reservations online or at 508. 349. 3455. local art on walls, parking in back.

**Winslow's Tavern** – Lunch and dinner in downtown Wellfleet



## Quick Bite, Lunch, & Take Out

[The Blue Willow](#) – Breakfast, lunch, and pastries

## TRURO

### Sit Down

[Blackfish](#) – Upscale food, rustic atmosphere, casual fine dining. Call (508) 349-3399 for reservations.

### Quick Bite, Lunch, & Take Out

[Savory & the Sweet Escape](#) – Known for both their sweets and their pizza! One-stop shopping. Try the scones!

## PROVINCETOWN

### Sit Down

[Bubala's By the Bay](#) – Outdoor dining on commercial street. Free parking & live music.

[The Canteen](#) – Outdoor seating and bar.

[Front Street](#) – Fine dining in an intimate space. Call for reservations (508) 487-9715.

[Liz's Cafe & Anybody's Bar](#) – Breakfast/brunch, lunch, dinner, & drinks.

[The Lobster Pot](#) – Family dining on the wharf, pull-up-your-sleeves and eat lobster. Another P'town landmark.

[Macs Fish House](#) – Excellent sushi and seafood. Serving lunch and dinner. Very popular.

[The Mews](#) – Elegant waterfront dining, good Sunday brunch. Make reservations on their website.

[Patio American Grill](#) – Outdoor café dining, a Commercial street classic.

[The Red Barn Inn](#) – Waterfront dining. Raw Bar Happy hour. Great for a drink outside on the water. Free parking. Live Jazz Sunday brunch. Built in 1805! Reservations by phone: (508) 487-7334.

[Ross' Grill](#) – At Whaler's Wharf on the second floor. Great water view. Bistro fare. Reservations through website or open table.

[Victor's](#) – Intimate and warm dining experience while offering a wide selection of small plates and a vibrant happy hour and raw bar.

### Quick Bite, Lunch, & Take Out

[Provincetown Portuguese Bakery](#) – Around since 1900, baking up a taste of Portugal

[Rosie's Cantina](#) – Mexican

[Spiritus Pizza](#) – Great pizza and ice cream. Open late, a P'Town landmark. Cash only!



# Live Music, Night Life, Theaters, Entertainment, Activities!

## HARWICH

[CranFest in the Courtyard](#) – Live music, Thursday's at 6:30. Check website!

## CHATHAM

[Chatham Squire](#) – Landmark on main street. Weekly music events and Karaoke!

## BREWSTER

[The Woodshed](#) – Nightly events and music!

## ORLEANS

[The Barley Neck](#) – Check the website for live music schedule!

[Hog Island](#) – Casual atmosphere, outdoor seating, and games. Live music & Good local beer!

[Land-Ho](#) – Local watering hole. Bands!

[Lost Dog Pub](#) – Live music. Check website!

[Town Cove Tap House](#) – A family friendly Beer Garden focused on serving unique and high quality craft beer, wine, and a variety of other offerings.

[Nauset Beach Concert Series](#) – Monday's 6:30-8:30 at Nauset Beach, family friendly, **FREE MUSIC!**

## EASTHAM

**Cape Cod Chamber Music Festival** – Events throughout August in Wellfleet, Chatham, Dennis. Ticket office in Eastham or buy online.

**Windmill Concerts on the Green** – Samoset Road at Route 6. Monday Evenings start at 7:00 p.m. in July, at 6:00 p.m., in August. **FREE MUSIC!**

## WELLFLEET

**Beachcomber** – Turns into a concert venue at night. Grab dinner and stay for music.

**Harbor Stage Company** – Artist-run theatre group located in downtown Wellfleet on the water.

**Hog Island** – Casual atmosphere, outdoor seating, and games. Live music & good local beer!

**Saturday Night Gallery Openings** – Stroll through the village and enjoy gallery openings Saturdays 6:00-8:00 p.m. in July and August. A listing of galleries can be found on website.

**Wellfleet Drive-In Theatre** – Family friendly old-fashioned drive in. Traditional indoor theatre offerings nearby.

**Wellfleet Cinemas** – Advanced tickets sold online for indoor movies.

**Wellfleet Preservation Hall** – Not your average community center. Art shows, music, workshops, and more!

**Square Dance on the Town Pier** – July and August- Wednesdays 7:00-9:30. Grab a partner! Fun for the whole family! **FREE MUSIC!**

## TRURO

**Payomet Performing Arts Center** – Summer concerts series! Circus Camp for kids 7-14 (4 day and 2 day options).

**Truro Center for the Arts at Castle Hill** – Extensive program of workshops and classes! Some afternoon offerings. Gallery openings & Artist Talks every Thursday from 4:00 - 6:00 in the summer. Special events/dinners!

**Truro Summer Concerts** – Thursdays at 6:30, on the lawn behind the library, **FREE MUSIC!**

**Truro Vineyards** – Wine and spirit tastings every half hour. Open until 5:00 p.m. Summer Sundays starting June 29th—extended hours & food trucks. Wednesday wine & dine events.

## WOODS HOLE

**Woods Hole Oceanographic Institution** – Center for Marine research, education, exploration and an interesting place to visit. Discovery museum that is great for the whole family.



## Provincetown

P'Town as some call it, is an amazing place to spend time. There are two major streets in town, which parallel the shoreline: Commercial and Bradford Streets.

Pick up a [free Provincetown Magazine](#) for up to date listings of what's happening.

There are so many great activities and entertainment in P'Town! Here are a few of our favorites:

### Night Life

**Boat Slip** – Famous for its Tea Dance Party every afternoon from 4:00-7:00 p.m. Internationally renowned destination for LGBTQ travelers.

**Crown & Anchor** – Restaurant, cabaret, several bars, tea dance, drag shows.

**Far Land on the Beach** – Sunset music on the Beach on Wednesday evenings.

**Governor Bradford** – R&R, blues, reggae. Star-studded drag karaoke!

**Provincetown Brewing Company** – PBC is passionate about brewing quality craft beer and evoking a sense of community.

**Provincetown Town Hall** – Located in the middle of Commercial street!

**Post Office Cabaret** – Restaurant downstairs and Cabaret upstairs! Popular breakfast, late night dining with entertainment.

**The Art House** – Films, a variety of shows, & food!

**The Squealing Pig** – Irish pub, live bands!

**Waters Edge Cinema** – Catch the latest releases as well as indie and documentary films. Located on the mezzanine of Whalers Wharf.

## Art, Sight Seeing, & Shopping:

Provincetown is known for its galleries, antiques, local craft shops, and sweet delights.

From [locally made fudge](#) to [hammocks](#), you are bound to find great treasures for friends and family and yourself.

**[Fine Arts Work Center](#)** – Non profit art community dedicated to encouraging the growth and development of the Provincetown art community. Extensive calendar of exhibitions and events!

**[Friday Night Gallery Openings](#)** – stroll down Commercial street to the east end to enjoy a glass of wine and art work as Galleries open their doors to debut new exhibits from 6:00 p.m. on.

**[Provincetown Art Association & Museum](#)** – 3,000 works by more than 700 artists (many called outer Cape Cod Home). Workshops/intensives. Morning & afternoon offerings. Beautiful building.

**[Province Lands Bike Trail](#)** – Loops around the Province Lands, passing through pine forests, sandy dunes, and low-lying cranberry bogs.

**[P'Town Monument and Museum](#)** – Spectacular views and interesting collection. Last climb to the top is at 4:30 p.m.

**[Whydah Museum](#)** – Check out the first pirate shipwreck to be identified!

**[The Third Eye](#)** – Tarot card readings, aura photos, and more! Near Whalers Wharf!





# Outdoor Activities, Sight Seeing, Tours & More:

## BIKING

Rent a bike and you can explore all that the Outer Cape has to offer by way of the [rail trail!](#) There are protected bike paths in Provincetown dunes, from Harwich to Marconi Beach and at the Head of Meadow. Nickerson State is also a great place to bike. Bike rentals near the institute:

[Idle Times Bike Shop Inc.](#) | [The Little Capistrano Bike Shop](#)

## DEEP SEA/SPORT FISHING

[HindSight](#) – Full service charter company specializing in sport fishing for giant bluefin tuna, school bluefin tuna, striped bass, and bluefish.

[Hy-Line Cruises](#) – Check website for special tours, deep sea fishing tours. Boats leave from Hyannis. Also offers ferries to Nantucket and Martha's Vineyard.

## GOLF

There are many great options. A full list of golf courses [can be found here](#). Best ones nearby: [Captain's Course](#) in Brewster and [Cranberry Valley](#) in Harwich.

## GYMS

[Willy's](#) – In Eastham. Pool, tennis, and classes.

## HIKING TRAILS

[Mass Audubon's Wellfleet Bay Wildlife Sanctuary](#) – *\*Join other CCI participants on Tuesday afternoon for a nature hike.* Check website for events, workshops, birding, accessible trails, and organized kayaking trips. Summer camp for kids! [Full trail map here.](#)

[National Park Service Trails](#) – Full listings on website. Great Island Trail, Fort Hill, and Nauset Marsh are favorites.

[Nickerson Park](#) – Walk around Cliff pond!

[Provinceland Trails](#) – In Provincetown (near Race Point Beach).

[Monomy National Wildlife Refuge](#) – Habitat for migratory birds. In Chatham. Hike Morris Island Trail for beautiful views.

## KAYAKING, SURFING, & MORE

[Jack's Boat Rental](#) – Wellfleet: Kayaks, Canoes, Stand Up Paddle Board rentals & more.

[Fun Seekers](#) – Wellfleet: Surf School, SUP, Windsurfing & Kiteboarding lessons.

## TENNIS

|                     |                                                                                |
|---------------------|--------------------------------------------------------------------------------|
| <b>Orleans</b>      | Eldredge Park (3 public outdoor courts)                                        |
| <b>Eastham</b>      | Nauset High School (outdoor)<br><a href="#">Willy's Gym</a> (indoor/outdoor)   |
| <b>Wellfleet</b>    | Baker's Field; <a href="#">Oliver's Red Clay Tennis</a> (reservations/lessons) |
| <b>Provincetown</b> | <a href="#">Provincetown Tennis Club</a> (7 outdoor courts)                    |

## PICKLEBALL

|                     |                                                                                                     |
|---------------------|-----------------------------------------------------------------------------------------------------|
| <b>Orleans</b>      | Eldredge Park (3 public outdoor courts)                                                             |
| <b>Eastham</b>      | <a href="#">Town Hall</a> (outdoor)<br><a href="#">Willy's Gym</a> (4 outdoor and 14 indoor courts) |
| <b>Wellfleet</b>    | Wellfleet Recreation Department (6 public outdoor courts)                                           |
| <b>Provincetown</b> | Jerome Smith Courts (outdoor public courts)<br>Motta Field Courts (4 outdoor public courts)         |

## SUNSETS

**Anywhere on Cape Cod Bay!** Including [Herring Cove](#) in Provincetown, **Duck Harbor** in Wellfleet, and **Rock Harbor** in Orleans.

## SEMI-PRO BASEBALL AND SOCCER

**Cape Cod Baseball League** – “Where the stars of tomorrow shine tonight”. Top College players compete in Orleans at Eldredge Park and at Veteran's park in Chatham. Non-profit league so games are free or donation based!

**Cape Cod Amateur Soccer League** – check schedule for locations

## TOURS

**Art's Dune Tours** – In Provincetown, a fan favorite! Try the sunset tour.

**Dolphin Fleet- Whale Watching** – *\*Join Cape Cod Institute Participants on Wednesdays for the 5:30 p.m. (July) / 5:00 p.m. (August) sunset tour.* Discount if you call (800) 826-9300 and mention you are a Cape Cod Institute participant. They also have a Senior Rate (\$60). Family and dog friendly (must be on leash).

**Hy-Line Cruises** – Check website for deep see fishing tours. Boats leave from Hyannis.

**Cape Cod Central Rail Road** – Ride and Dine on an old fashioned train. Leaves from Hyannis. Travel through sand dunes, salt marshes, and catch glimpses of the bay. Sunday Brunch trains!

**Stick'n Rudder Aero Tours** – Sightseeing and flight instruction! Leaves from Chatham. See seals, sharks and more from the air! Cessna and bi-planes.

## YOGA & PILATES

[Quiet Mind](#) – Wellfleet

[Orleans Yoga](#) – Orleans

## Kids On Cape

- Arcades** For video game enthusiasts who can't bear to be without, there is an arcade at the Red Barn Inn and at Ten Pin Eatery in Hyannis
- Bowling** [The Alley Bowling and BBQ](#) – Duck Pin Bowling in Orleans. Newly Renovated.  
[Ten Pin Eatery](#) – Arcade, food, and bowling alley in Hyannis.
- Mini Golf** [Cape Escape Adventure Golf](#) – Orleans at the rotary  
[Wellfleet Dairy Bar & Mini Golf](#)
- Children's Theatre** [The Cape Playhouse](#) – Youth programs/classes (week long or three day options).  
[Payomet](#) – Circus programs/classes (2 and 4 day options). Check their schedule for kids shows.
- Museums** [Atlantic White Shark Conservancy](#) – Family oriented center offers an in-depth look at one of the ocean's most magnificent and misunderstood species. Locations in Chatham and Provincetown.  
[The Museum of Natural History](#) – In Brewster! Field trips, lectures, films, and environmental programs for kids.  
[Whydah Museum](#) – Pirates! Provincetown
- Movies** Check out the [Wellfleet Drive-In Theatre!](#)

## CHILD CARE & CAMP

There are multiple day camps located nearby to the Institute. Many offer half and full day options for a wide range of ages.

[Mass Audubon Wellfleet Day Camp:](#)

Full day/half day options; ages 4-13

[Brewster Day Camp:](#)

Full day/full week options with early drop off; ages 5-12

[Laurel School:](#)

Full day/half day/2-3 day options; ages 15 months to grade 6

For a comprehensive look at family friendly offerings look at [Kids on the Cape](#) or [Cape Cod Summer Camps](#)