

Family Fun on the Upper Cape & Beyond

Low cost /no cost things to do for kids of all ages
Presented by the Sandwich Partnership for Families



No Cost

Cape Cod Canal Visitor Center 60 Ed Moffitt Drive Sandwich, MA

Visitor Center features include a retired 41-foot US Army Corps of Engineers patrol boat, a 46-seat theater showing continuous DVD presentations on Canal History, Canal Critters, and Canal Wild-flowers, real time radar and camera images of the waterway as well as a variety of interactive exhibits for all ages. Children's summer programs are offered starting in July.

Open 10 a.m. - 5 p.m.

May 1-Oct. 29

508-833-9678

www.capecodcanal.us

Cape Cod Canal

Service roads, which parallel both sides of the Canal, are available for bicycling, jogging and walking. Each service road is approximately seven-miles long. Benches are placed along the service roads for the enjoyment of our visitors. The Canal provides a unique, close-up view of ocean going ships and tugs underway as they utilize the canal route between Cape Cod Bay and Buzzards Bay.

Plymouth County Sheriff's Farm and Petting Zoo 74 Obery Street, Plymouth, MA

(off exit 5 on route 3)

Kids young and old enjoy visiting the petting zoo. Meet Mary the

cow, Beak the chicken, Franco the tortoise and more.

508-830-6810

Waquoit Bay Estuary Reserve 149 Waquoit Highway, Waquoit, MA

You may access short nature trails from the center. During the summer months, they offer a full schedule of programs for families. *Open 10 a.m. - 4 p.m. seven days a week in July and August*

508-457-0495

www.waquoitbayreserve.org

Spohr Garden 45 Fells Rd. Falmouth, MA

Go for a stroll in five acres of garden gracefully wrapped around Oyster Pond. This place provides a perfect setting for May-June stroll. With more than 50 species of flowers, 75 types of trees and 100 Varieties of shrubs, this lovely locale is in perpetual bloom.

508-548-0623

www.spohrgardens.org

Scorton Creek/Talbot Point Conservation Land 518 Route 6A, E. Sandwich, MA

Take a dip in the water of the marsh or go crabbing at low tide. Explore various trails along the marsh or in the woods, some are baby jogger friendly. Cross the bridge to Talbot Point and walk along the cranberry bogs. Map of trails is posted on sign just follow main trail from the lot.

Shining Sea bike Way Falmouth, MA

Curly 10.5 miles past woodlands, marshes, salt ponds and seascape, the Shining Sea Bikeway is the only bikeway on Cape Cod to skirt the shore. Also called the Shining Sea Bike Path, the paved trail extends from County Route 151 in Falmouth to the Woods Hole Steamship Authority's site in Woods Hole, a historical seaside fishing village and home to an internationally known scientific community.

Boyden Farm Conservation Land Sandwich Conservation Trust

Cotuit Rd south of Farmerville Rd
Come enjoy a walk through woods, by a grassy meadow and you may get glimpse of Cape Cod Wildlife such as deer, wild turkey or a fox.

Sandwich Fish Hatchery 164 Route 6A Sandwich, MA

Learn about and see local fresh water fish. Food to feed the fish can be purchased from coin-operated vending machines. 25 cents.

Hours: 9 a.m. - 3 p.m.
508-888-0008

Ellisville Harbor State Park Route 3A Plymouth, MA

*(Exit 2 right to Route 3A.
Follow signs. Approx 2 mi.)*
Come visit this unique coastal property, including beach front salt marsh, rolling meadows,

and red pine forest. It's also one of the most scenic spots on the South Shore coastline, where you can see small fishing boats, a barrier beach, and sphagnum bog, forested upland and open meadows. Recreation activities include, walking, bird watching, beach combing and sightseeing. In fall and winter, harbor seals can be seen just off shore. 508-866-2580

Sandwich Town Band Beale Ave., Sandwich, MA

Concerts start June 29 through August. Come join the music, do the bunny hop and march to the beat! Thursday nights at 7:30 pm at the bandstand located at Wing School field.

Murkwood Conservation Land Route 6A E. Sandwich, MA

(East on Route 6A, parking lot is on left after E. Sandwich fire station)

This short and easy walk explores a beautiful woodland just north of Route 6A and adjacent to Scorton Creek. The creek is bordered by an extensive salt marsh, and views of the marsh are available.

Sandwich Conservation Trust
508-888-7629





Shawme Crowell State Forest
42 Main Street, on Route 130
Sandwich, MA

More than 15 miles of roads and trails provide hiking and equestrian access to over 700 acres of pitch pine and scrub oak landscape. You may also access trails across from main entrance to Heritage Museum and Gardens on Pine Street.

Skunknett River Wildlife Sanctuary
Bumps River Road,
Barnstable, MA

Walking the tree-lined trails at Skunknett River, you can witness nature reclaiming former mill sites and explore a fragrant Atlantic White Cedar swamp. The name Skunknett comes from an Algonquin word that means a fishing place for eel; American eels may be seen in the sanctuary's waterways.
www.massaudubon.org
508-362-7475

Cape Cod Potato Chip Factory
100 Breed's Hill Road in Hyannis

Take a self-guided tour through the factory to see how Cape Cod Potato chips are made. The tour is

short but you get a free bag of chips when you are done.

Open Mon.-Fri. 9 a.m. - 5:00 p.m.
Open in July and August
508-4575-3358

Barnstable Great Marsh
Wildlife Sanctuary
West Main St., Route 6A
Barnstable, MA 02630

A short 1.5 mi. walk through the woodlands will bring you to the edge of the salt marsh. Enjoy the ever-changing beauty of one of the most productive ecosystems on earth.

508-362-7475
www.massaudubon.org

Pairpoint
851 Sandwich Rd, Sagamore, MA

Come on in and view a glass blowing demonstration. It is a place to watch the magic of glass blowing.

Open Mon-Friday 10 a.m. - 4 p.m.
508-888-2344

The Knob

With magnificent views of Buzzards Bay and Quissett Harbor, The Knob is a treasure to locals and the lucky visitors who have discovered it. Cornelia L. Carey left these 12 acres to Salt Pond Areas Bird Sanctuaries in the early 1970s in the hopes that the public would enjoy such an accessible and visually striking nature preserve. The Knob is open to the public from dawn to dusk for bird watching, strolling,

beach combing, and swimming. There is no lifeguard on duty. *To reach The Knob, follow Woods Hole Road south from Falmouth center for about two miles. At the traffic lights, turn right onto Quissett Harbor Road and follow until its end by the docks. Limited parking is available along the road.*

Low Cost/ Donations

Green Briar Nature Center & Jam Kitchen 6 Discovery Hill Rd. East Sandwich MA

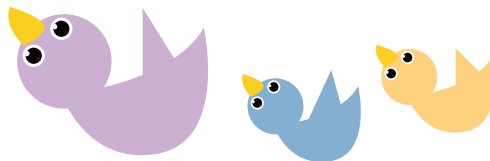
Located on the shores of Smiling Pool and adjacent to the famous Briar Patch of Thornton Burgess's stories, Green Briar offers interpreted nature trails and a spectacular wild flower garden. Admission by suggested donation. *Adults: \$5, Children: \$3
Open Mon-Sat, 10 a.m. - 4 p.m.
Sunday 12- 4 p.m.
Variety of summer programs at low cost. For more info:
www.thorntonburgess.org*

National Marine Life Center of Buzzards Bay 120 Main Street Buzzards Bay, MA

The Discovery Center will amaze, entertain and educate kids, *Open Memorial Day through Labor Day 10 a.m. - 5 p.m.
(Members \$3, Non-members \$5)
508-743-9888
Various drop in educational programs. For more info:
nmlc@nmlc.org or call
508-745-9888*

Dexter's Grist Mill Water St, Sandwich, MA

The mill is not just a picturesque landscape attraction. It is still a working mill! You can go in and see the wooden mill mechanism at work grinding corn, and you can buy bags of fresh cornmeal the same day its ground. *Adults: \$5, Children 12 and under: \$3. 8 and under: Free. Ticket includes Hoxie House Tour.
Open June 28 - Oct. 14
Mon-Sat. 11a.m. - 4:30 p.m.
Sunday 1-4:30 p.m.
Sandwich Recreation Dept
508-888-4361*



Ocean Science Exhibit Center
15 School Street
Woods Hole, MA

Visitors to WHOI's Ocean Science Exhibit Center will learn about the Institution's ocean science research, vessels and tools developed by WHOI engineers and scientists for use in that research. Visitors can step inside a full-size model of the inner sphere of Alvin and imagine life on the ocean floor while watching vivid footage taken at deep-sea hydrothermal vent sites.

Participate in "Splash Lab" hands on activities for all ages.

Wednesday & Thursday 1-3 p.m.

Mon - Fri, 8 a.m. - 4:30 p.m.

Sat & Sunda in July & August:

11:00 a.m.-4 p.m.

508-289-2663

www.whoi.edu

Woods Hole Aquarium
166 Water Street Woods Hole, MA

This small public aquarium is the country's oldest aquarium (1875) and operated by NOAA fishery service. It displays about 140 species of marine animals found in Northeast Middle Atlantic U.S Waters. Seal feedings are at 11 a.m. and 4 p.m. most days.

Open: Tues - Sat., 11a.m. - 4p.m.

(Admission: Free/donations welcome.)

508-495-2001

www.aquarium.nelsc.noaa.gov



Long Pasture Wildlife
Sanctuary Mass Audubon Society
45 Bone Hill Road
Barnstable, MA

Visitor center open most days with resident goats, sheep and wildlife. Variety of Trails to hike, kayaking opportunities. Explore Nature's play area, crawl through hollow "stump tunnel", climb tall branches, balance on balance beam and branch bridge. Members: free, Nonmembers: \$4 adults (13+) \$3 children (2-12) and seniors. They offer a variety of programs for all ages for additional cost.

508-362-7475

www.massaudubon.org

Cape Cod Museum
of Natural History
869 Main St., Brewster, MA

There are two floors of exhibits about the flora and fauna of Cape Cod including exhibits on whales, indigenous birds, and coastal change. Other displays include several aquariums holding different species of crustaceans, mollusks, fish, frogs, turtles and snakes. Several interactive displays geared towards children and special exhibits enhance the permanent collection. Three nature trails meander through woodland, salt marsh and the shore of Cape Cod Bay. Guided field walks are offered year round, daily in summer. *Adults \$15, Senior \$10, Ages 3-12 \$6, Under 2: Free*

508-896-3867 ext. 138

www.ccmnh.org

Taylor Bray Farm
108 Bray Farm Road
Yarmouthport, MA

Explore a farm and visit with animals. No admission fee, although donation for care of animals and maintenance of rounds appreciated
www.TaylorBrayfarm.org

Playgrounds

Sandwich Marina Playground
Ed Moffitt Drive, Sandwich MA

This playground is fenced in with a gate to keep little wonders in. It has swings, a climbing structure, slide, a bow of a boat. As well, as stand up and spin for the older kids.

Adventure Playground
260 Quaker Meeting House Rd.
Sandwich MA

Renovated in 2014 with new features and it is now fenced in for safety. There are three play structures two specifically for toddlers and one for older kids. You can keep an eye on all your kids while they climb, slide, and crawl through tunnels and lots more.

Mullen Hall School Playground
130 Katherine Lee Bates Rd.
Falmouth, MA

A playground for all ages. It has climbing wall, slides, swings, bal-

ance beams, monkey bars plus additional structures for imaginative play; a light house, small rowboats, tug boats and lots more. There is a separate toddler section with many of the same features as the big kids section but better sized for little hands and feet.

Heritage Memorial Park
Route 130, Mashpee MA

This Park has two playgrounds one can be seen from road surrounded by a fence. This playground is newly renovated 2014 with some new features, as well as plenty of same climbing and sliding equipment as in years past.

Luke's Love Playground
2377 Meetinghouse Way
West Barnstable, MA

This is a “boundless” playground. There are varieties of swings, slides, climbing structure with ramps for accessibility.



Bourne/Buzzards Bay Splashpad by Buzzards Bay Park, MA

Located at Railroad bridge at the beginning of the Cape Cod Canal. The Splashpad will be open 10 a.m.-12:30 p.m. (Closed Thursdays and then 2 p.m.-6:30 p.m. daily! The park will have monitors on hand for safety of the children

Goodwill Park Playground 416 Gifford St, Falmouth, MA

Newly renovated in 2016, this playground is nestled in the park's 86 acres. Visitors may choose to play volleyball, horseshoes and other lawn games, or go picnicking, kayaking and canoeing at freshwater public beach.

Nelson Memorial Park 235 Water Street, Plymouth, MA

This park has a bike path, picnic area, playground and a "Splash Pad" where children can cool off during the hot summer days. There are restrooms and concessions. Open dawn to dusk.

Bourne Inclusive Playground Main Street, Buzzards Bay, MA

Relaxing woodland setting. New playground with rubberized surface. Designed for all children, those in wheelchairs, and those with disabilities. Sway fun glider with wheelchair access, zip lines, numerous musical activities. Access to Cape Cod Canal.

Great Finds

Coonamessett Farms 227 Hatchville Road, East Falmouth, MA

Coonamessett Farm is a twenty-acre farming and research enterprise. Visit the farm for a day, pick, purchase fresh vegetables, and visit with the farm animals. Their alpacas, sheep, goats, donkeys, chickens and ducks always welcome company. Call for more info at 508-563- 2560. Day pass cost: \$8 per person (3 and over).
www.coonamessettfarm.com

Cape Cod Children's Museum 577 Great Neck Road South, Mashpee MA

Nonprofit organization Cape Cod Children's Museum is a place where families can learn and play together. The museum feature many hands on activities, a pirate ship, an indoor planetarium, Puppet Theater, toddler play area and daily programs that come with price of admission. *Members: Free; Non-members: ages 1-59 \$10, Seniors 60+ \$8, Under 1 Free.*
508-539-8788
info@capecodchildrensmuseum.org

Buttonwood Zoo
Hawthorn Rd New Bedford, MA

Come encounter animals from both at home and around the world. Take a journey through our Berkshires to the Sea.

Exhibits include black bears, mountain lions, river otters, bald eagles, and seals. Enter the world of Buttonwood Farm, where you will meet rare breeds of farm animals.

Open Apr - Oct. 9 a.m. - 5 p.m.

Cost: Adults \$10, Student/Senior \$8,

Ages 3-12 \$6, Under 3 Free

508-991-6871

www.bpzoo.org

Resources

Cape Cod Pathways
interactive map:

<http://www.capecodcommission.org/index.php?id=127&maincatid=27>

Fun Family Day Trips:

<http://www.funthingstodoincentralmass.com/2014/05/10-massachusetts-day-trips>

Free Fun Fridays:

highlandstreet.org/freefunfridays.html

Playgrounds on Cape Cod:

Includes playgrounds, types of equipment and play area. Maps, directions and parking locations.

capcodplaygroundsblogspot.com

Websites that provide ideas and/or free printables to explore the outdoors

Mass Audubon Society

<https://www.massaudubon.org/get-outdoors/young-explorers/explore-a-sanctuary/nature-bingo>

National Association for the Education of Young Children

<https://www.naeyc.org/our-work/families/ideas-exploring-outdoors>

Letterboxing Outside Adventure

<http://letterboxing.org/kids/>

Introduction to Geocaching Adventure Game

<https://www.lifewire.com/geocaching-with-kids-1683671>

Nature Art

<https://kinderart.com/blog/nature-art/>





Notes

The Sandwich Partnership for Families produced this book in honor of Beth Cranston-Dwyer, whose joyful love for children, families, and Sandwich will always be remembered.



*This booklet generously reprinted by our friends at
The Cape Cod Cooperative Bank*