

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

Canal Visitors Center is currently closed for the season but restrooms and outdoor programs are being held. Visit their website for more information- <https://www.nae.usace.army.mil/missions/recreation/cape-cod-canal/>

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.spohgardens.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, walk-

ing, 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**

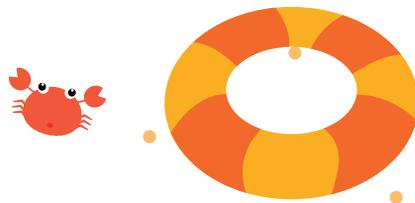
(East on Route 6A, parking lot is on left after E. Sandwich fire station)

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.

Cooks Farm Conservation Area Route 130 Sandwich, MA

This is a great loop trail that runs 1.5 miles in total. Very easy walking for all ages. It runs through the woods and by the Upper & Lower Shawme Ponds, on over 40 acres of conservation land. Keep an eye out for an old tractor and rock foundation, both remnants of Old Quail Hollow Farm.

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 tours 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.
Ceeek 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 Pond and adjacent to the famous Briar Patch of Thorton Burgess, Green Briar offers interpreted nature trails and wild flower gardens. New Green Meadow Forest Children's Exhibit opening this summer. For more information on times and cost www.thortonburgess.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 in-

cludes 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.who.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, balance 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.

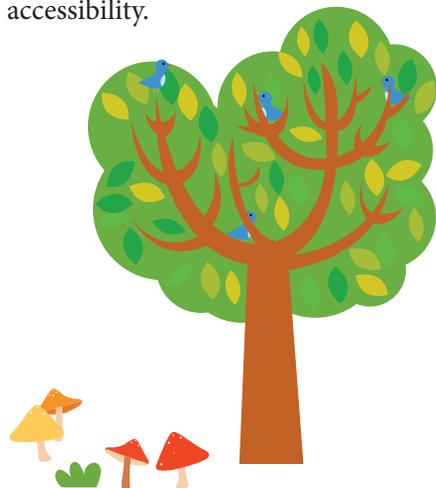
Heritage Memorial Park Route 130, Mashpee, MA

This park contains three distinct playgrounds:

- The Edward C. Tiger playground features state of the art equipment and the artificial grass surfac makes it safe for younger children.
- The Mashpee Splash Pad is a small facility that gives young children a place to cool down those hot summer days.
- The third playground isn't as new but it is conveniently located near the soccer fields and baseball fields for additional fun racing around!

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.

Shawme Crowell State Forest Playground 42 Main Street, Sandwich, MA

The playground is located by a pavilion and restrooms. When you enter the forest, just follow the signs to the pavilion. Enjoy a forest themed playground that fits naturally into the surroundings. It comes complete with rocks, logs, a frog and a garden snake (but it doesn't bite). This playground is great for older children but can be difficult for young children to access and maneuver safely.

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; Summer memberships available for \$75 for unlimited visits 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/>

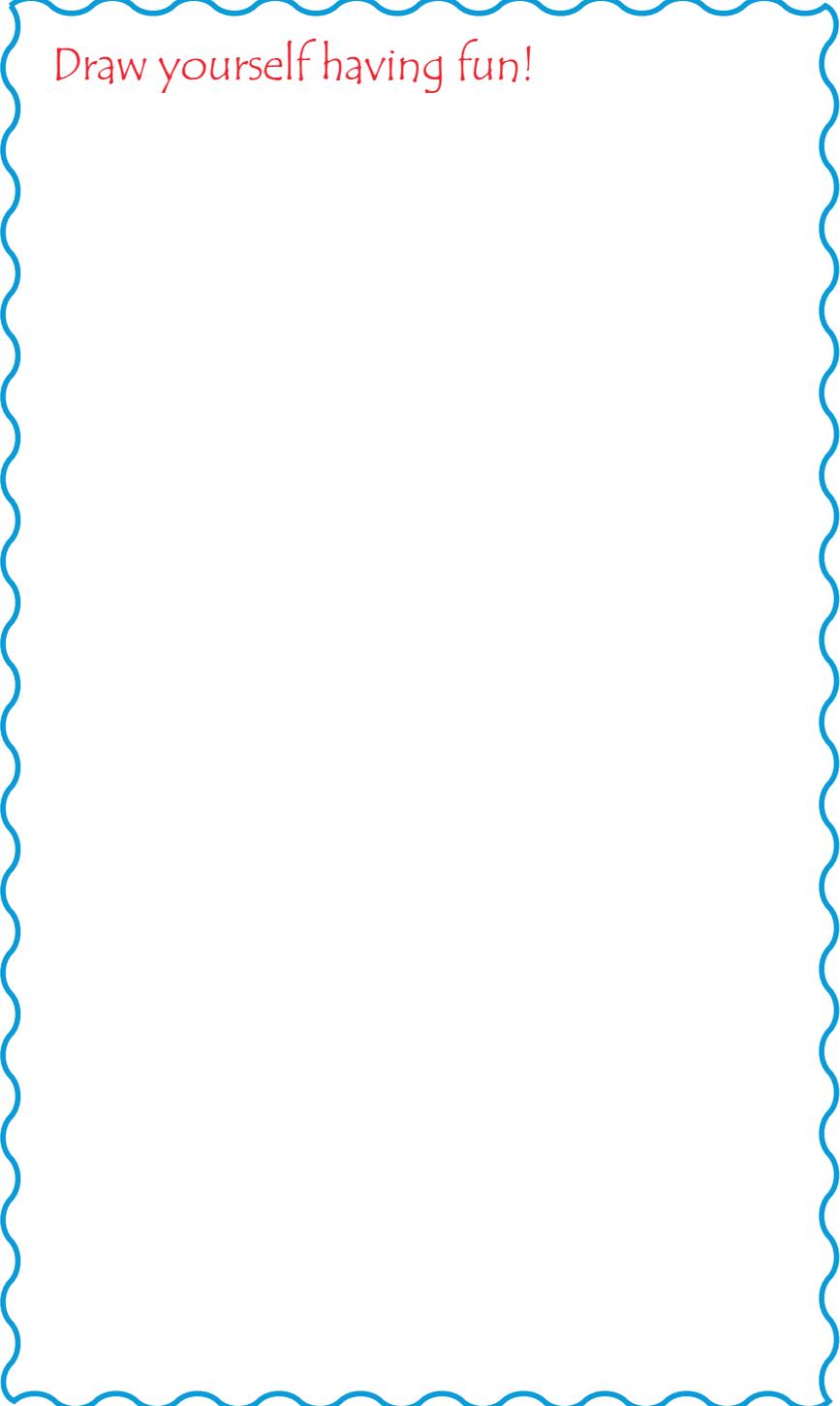
Introduction to Geocaching Adventure Game

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

Nature Art

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





Draw yourself having fun!

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 Fund for Sandwich*