

Cape Cod

Fun & Accessible Activities

Bike Paths & Trails

- Cape Cod Rail Trail – Brewster
Ride, walk or run through 6 Cape Cod towns as you follow the Cape Cod Rail Trail. There's plenty to experience along the 22-mile trail.
<https://www.mass.gov/locations/cape-cod-rail-trail> (Website)
<https://www.mass.gov/doc/cape-cod-rail-trail-trail-map/download> (Trail map)
- Cape Cod Canal Bike Path – Bourne
The paved bikeway runs on both sides of the canal. There are 7 miles of path on the north side and 6.5 miles on the south side. The path is flat and wide and it connects to several recreation areas along the Cape Cod Canal.
<https://www.savebuzzardsbay.org/places-to-go/cape-cod-canal-bikeway/> (Web)
https://www.savebuzzardsbay.org/wp-content/uploads/2016/03/map_cape-cod-canal-bikeway.pdf (Trail map)
- Shining Sea Bikeway – Falmouth
Enjoy Buzzards Bay as you ride, roll, walk or run on this bike path that goes through four of Falmouth's villages: North Falmouth, West Falmouth, Falmouth Village and Woods Hole.
<https://www.savebuzzardsbay.org/places-to-go/shining-sea-bikeway/> (Website)
https://www.savebuzzardsbay.org/wp-content/uploads/2016/05/map_shining-sea-bikeway.pdf (Trail map)

Please note: These Web links are being offered only as informational resources.
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Cape Cod Fun & Accessible Activities (continued)

Bike Paths & Trails (continued)

- Nickerson State Park Bike Trails – Brewster
A 1,900-acre State Park located in Brewster, MA on Cape Cod. An 8-mile bike path connects you to the 22-mile Cape Cod Rail Trail, a paved trail through 6 Cape Cod towns. Nickerson also has plenty of wooded trails and ponds to explore, and it also offers more than 400 campsites.
<https://www.mass.gov/locations/nickerson-state-park> (Website)
<https://www.mass.gov/doc/nickerson-state-park-trail-map/download> (Trail map)
- Bike Trails Cape Cod National Seashore
The federally designated Seashore, a large piece of land on the Outer Cape, has three main paved bike trails.
<https://www.nps.gov/caco/index.htm> (Website)
<https://www.nps.gov/caco/planyourvisit/upload/Final2008bikerevise.pdf> (Trail map)
 - Nauset Marsh Trail – Eastham
<https://www.nps.gov/caco/planyourvisit/nauset-marsh-trail.htm>
 - Head of the Meadow – Truro
<https://www.nps.gov/caco/planyourvisit/hombiketrial.htm>
 - Province Lands Trail – Provincetown
<https://www.nps.gov/caco/planyourvisit/province-lands-bike-trail.htm>

Cape Cod Beaches

Accessing the beautiful beaches of Cape Cod can be challenging for some individuals who may have mobility issues. For individuals who use wheelchairs or who have trouble walking the uneven surfaces of the sand, and the steep cliffs, here is a list of the most handicapped accessible beaches and their amenities.

Keep in mind that generally lifeguards are only on duty and restrooms/snack bars open from Memorial Day to Labor Day. Lifeguards usually need to be contacted to use the Mobi-chairs:

- **Veterans Park Beach:** Ocean Street, Hyannis, 508-790-9885; lifeguards; handicapped-accessible restrooms/bathhouse; snack bar; picnic area; Mobi-chairs.

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Cape Cod Fun & Accessible Activities (continued)

Cape Cod Beaches (continued)

- **Kalmus Beach:** At the end of Ocean Street in Hyannis, 508-790-9884; wooden boardwalk; lifeguards; handicapped-accessible restrooms/shower facilities; snack bar; Mobi chairs.
- **Sandy Neck Beach:** Sandy Neck Road, West Barnstable, 508-362-8300; lifeguards; handicapped-accessible restrooms; snack bar; wheelchair access; Mobi-chair and beach wheelchair available, please call 508-362-8300 to reserve.
- **Craigville Beach:** Craigville Beach Road in Centerville; lifeguards; handicapped-accessible restrooms/shower facilities; snack bars across the street; Mobi-chairs.
- **Smugglers (Bass River) Beach:** South Shore Drive, Yarmouth, 508-398-2231; lifeguards; handicapped-accessible restrooms; wheelchair accessible; snack bar; Mobi-chair and beach wheelchair available, please call ext. 1520 to reserve.
- **Sea Gull Beach:** South Shore Drive, Yarmouth, 508-398-2231; deck to the beach; large parking area; lifeguards; handicapped-accessible restrooms/showers; sand dunes; snack bar; Mobi- chair and beach wheelchair available, please call ext. 1520 to reserve.
- **Beachwood (Parkers River) Beach:** South Shore Drive, Yarmouth, 508-398-223; handicapped-accessible restrooms/showers; snack bar; pavilion; Mobi-chair and beach wheelchair available, please call ext. 1520 to reserve.
- **West Dennis Beach:** Off Lighthouse Inn Road, West Dennis, 508-760-6159; lifeguards; handicapped-accessible restrooms; snack bar, wheelchair accessible ramps; Mobi-chair available, please call 508-760-6240 to reserve.
- **Old Silver Beach:** Off Route 28A and Quaker Road, North Falmouth, 508-548-8623; lifeguards; handicap restrooms/bathhouse; food; ramp to the beach; Mobi-chair and beach wheelchair available, please call to reserve.

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Cape Cod Fun & Accessible Activities (continued)

Cape Cod Beaches (continued)

- **Surf Drive Beach:** Surf Drive, off Main and Shore streets, Falmouth, 508-548-8623; lifeguards; handicapped-accessible restrooms/bathhouse; food; Mobi-mat to the beach; Mobi-chair and beach wheelchairs available, please call to reserve.
- **Menauhant Beach:** Menauhant Road, East Falmouth 508-548-8623; lifeguards; handicapped-accessible portable toilets/bathhouse; snack bar; Mobi-mat to beach; Mobi-chairs and beach wheelchairs available, please call to reserve.
- **Cape Cod National Seashore:** Coast Guard Beach in Eastham and Herring Cove Beach in Provincetown, 508-771-2144; paved parking lot; handicapped-accessible restrooms/changing rooms/showers; lifeguards; Mobi-chair and beach wheelchair accessible. Note if you need to reserve a Mobi-chair before June, call 508-255-6751 for Coast Guard Beach, call 508-255-2100 for Herring Cove. After July 1st, please see the lifeguards at the beaches.
- **Nauset Light Beach (Cape Cod National Seashore):** Ocean View Drive, Eastham, 508-771-2144; lifeguards; handicapped-accessible restrooms; wheelchair accessible.
- **Skaket Beach:** Skaket Beach Road, Orleans, 508-240-3775; lifeguards; handicapped-accessible restrooms; food; wheelchair accessible; Mobi-chair and beach wheelchair available on site, first come first serve.

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Artists Shanties at Harbor Overlook – Hyannis

Mid-May through the end of September each year, browse among the seven colorful shanties featuring a variety of local artists who work and sell their wares right from their “seaside studios”. Artwork varies from week to week and includes painting, jewelry, sculpture, glass, ceramics, mariner knot work, wood carving, and much more! Each week features 7 to 10 artists. In July and August participate in FREE family nature crafts and activities as well as enjoy live music several days a week.

Shanties are open Friday-Sunday, 11-5PM weekends in May/June, seven days a week 11AM-8PM the last week of June through day before Labor Day. 11AM - 5PM, Labor Day through last weekend in September. Information on the program and participating artists is available on line at Artists Shanties at Harbor Overlook – Hyannis.

<https://artsbarnstable.com/hyarts-shanties/>

Woods Hole Science Aquarium

166 Water St, Woods Hole, MA 02543, 508-495-2001

The Woods Hole Science Aquarium displays approximately 140 species of marine animals found in Northeast and Mid-Atlantic U.S. waters. The Aquarium is designed for self-guided tours of the main exhibits and a behind-the-scenes look at Aquarium operations. It is wheelchair accessible. Open 11AM-4PM, Currently closed to public due to COVID-19. No off street parking, metered street parking.

<https://www.fisheries.noaa.gov/new-england-mid-atlantic/outreach-and-education/visiting-woods-hole-science-aquarium> (Website)

Water Taxi Adventure

83 Seagull Road, Chatham, MA 508-945-2030

Outermost Harbor provides shuttles, tours, Seal Cruises and Fishing Charters

<https://outermostharbor.com/services/beach-shuttle/> (Website)

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Johnny A. Kelley Recreation Area Braille Trail

Corner of Bob Crowell Road & Old Bass River Road, South Dennis, MA
The Dennis Braille Trail features a guide rope with discs to indicate places to stop along the trail and reach out to locate Braille signs for information or directions. Visitors who are visually impaired are encouraged to listen, smell and feel their way along the trail to enjoy the natural features.

Free Music Events www.capecodmusic.com

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Please also see MCB/DDS Partnership "Focus" resources:
<https://www.focusonvisionandvisionloss.org/recreation.html>

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