

APOGEE ADVENTURES

2023 Cape Cod & the Islands

Summarized Itinerary

Trip Begins: Falmouth, Massachusetts (flights into Boston, MA)
Trip Ends: Boston, Massachusetts
Mileage: 8 to 25 miles per day (averaging about 15 per riding day)

- Day 1:** Our group will meet in Falmouth, Massachusetts this afternoon. After reviewing responsible-riding techniques both individually and as a group, we will load up our bicycles and make the short trip to a local campground. Our first day together will be spent getting to know one another, playing games, and talking about our trip.
- Days 2-3:** The next morning, we will ride the Shining Sea Bikeway to Woods Hole where we'll take a ferry to the island of Martha's Vineyard. Here, we will spend three nights at a campground located near Vineyard Haven. There will be plenty of time to explore villages like Oak Bluffs and Edgartown, swim at island beaches, and ride the many bicycle paths that cover the island. We will also spend the better part of a morning on the Vineyard volunteering with a local farm.
- Day 4:** Today, we'll take the inter-island ferry from Martha's Vineyard to Nantucket, where we'll spend the day exploring the charming town, riding the island's scenic network of bike trails, and swimming at Jetties Beach. After a full day of island exploration, we'll ferry back to our Martha's Vineyard campground where we'll get prepped to head back to the Cape tomorrow.
- Days 5-7:** On the morning of Day 5, we'll ferry from the Vineyard to Hyannis. From Hyannis, we'll follow backroads and the scenic Cape Cod Rail Trail to a campground in Brewster. On Day 6, we'll bike over to the town of Orleans and pick up our boards – stand-up paddleboards, that is! We'll have a morning out on the water learning to paddleboard with professional instructors before having an afternoon to relax, perhaps pick up an ice cream treat, and head back to our campground in Brewster. On Day 7, we'll continue our journey up the Cape on the rail trail, stopping for the night in the village of Wellfleet.
- Days 8-10:** On Day 8, we'll leave Wellfleet and follow backroads to Provincetown where we'll spend our last night on the Cape. The next day, we'll take a ferry into downtown Boston, and after a short walk through the city, we'll arrive at the youth hostel where we'll spend our final night together. In Boston, we will put our bicycles away and explore Newbury Street, Faneuil Hall, Boston Commons and Gardens by foot. This evening will be spent at a fun Boston restaurant for a celebratory dinner before saying our goodbyes the next morning!

Please note that all itineraries are subject to change.

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