

2017 BEST OF CAPE COD TOUR ITINERARY

One of the largest barrier “islands” in the world, the eastern-most arm of Massachusetts is known for its pristine beaches, captivating history, and old-fashioned charm. Pedal through tidy villages, past gray-shingled cottages, and along the Cape Cod Rail Trail, whose paved surface and gentle terrain are ideal for leisure cyclists. This tour encompasses the best of Cape Cod’s unique landscapes and seaside character. A diversity of scenery, cycling routes, and distinctive accommodations allow you to experience “The Cape” in comfort and style. Explore the lovely town of Chatham—one of New England’s hidden gems—where you will enjoy a two-night stay at the renowned Wequassett Resort on Pleasant Bay. Venture off the beaten path to visit lighthouses and cranberry bogs, explore seaside villages, and bask in the expanse of the undeveloped Atlantic-facing beaches that make up the Cape Cod National Seashore. Follow a bike path through the incredible dunes of Provincetown, at the outermost point of the Cape, and visit the Old Harbor Lifesaving Museum. Your accommodations in the quiet West End are perched high above town and offer spectacular views over the harbor. The location provides easy walking access to Provincetown’s narrow lanes, harborside shops and galleries. Return by passenger ferry from Provincetown to Boston.

Sunday—Day 1: Yarmouth to East Harwich – This morning, a private coach will transfer you from Boston’s Marriott Long Wharf to the start of your first ride in the town of Yarmouth. The route winds along quiet streets lined with the classic gray-shingled homes so characteristic of Cape Cod’s seaside towns. Your tour leaders will provide a delicious picnic lunch along the paved Old Colony Trail toward Pleasant Bay and your lodging for the next two evenings at Cape Cod’s only member of *Preferred Hotels & Resorts Worldwide*—the acclaimed Wequassett Resort. Named by the native Wampanoag for the land upon which it is situated, “Wequassett” means crescent on the water. Nestled in a quiet cove with two expansive private beaches, this elegant property seamlessly blends 100 years of history with the finest of contemporary amenities. Enjoy east facing views across Pleasant Bay to the Atlantic Ocean from the resort’s swimming pools, spacious terraces, gardens and dining venues. Following a welcome reception, dinner this evening will be in a private dining room overlooking the bay.

Lodging: Wequassett Resort East Harwich, MA

508-432-5400

www.wequassett.com

Cycling Options: 17 miles

Monday—Day 2: Chatham Village and Pleasant Bay – Begin your morning with a sumptuous breakfast as the sun casts its rays upon the bay. Today’s ride winds through the town of Chatham, whose abundant coastline at the Cape’s secluded elbow, makes it one of New England’s hidden gems. Ride along quiet lanes lined lovely homes and visit Monomoy National Wildlife Refuge Visitor Center before continuing to Chatham Lighthouse. Browse shops and galleries in the village center or return to the

resort to relax by the pool. This afternoon, gain a different perspective of the area during a private cruise across Pleasant Bay and into Chatham Harbor. In the winter of 1987, a powerful nor'easter unexpectedly broke through the lower end of Nauset Beach allowing the Atlantic Ocean to surge into Chatham Harbor. The "Chatham Break" is now a growing channel and constantly changing the once protected waters of Pleasant Bay. Due to the safety of large sandbars formed by the channel, upwards of 1500-2000 gray and harbor seals frequent the waters of Chatham and can often be viewed basking on the sandbars at low tide. It's quite likely that you will get an up close glimpse of seals during your cruise this afternoon. Enjoy dinner on your own in town this evening or at one of the resort's restaurants.

Lodging: *Wequassett Resort East Harwich, MA 508-432-5400 www.wequassett.com*

Cycling Options: 23 or 32 miles

Tuesday—Day 3: The Cape Cod Rail Trail – Wind your way out of town to connect with the Cape Cod Rail Trail. This wonderful, paved bike path passes through pine forest, past cranberry bogs and a number of the Cape's unique kettle ponds. Stop for a snack at a popular coffee shop in Orleans or visit the bike shop as you make your way to Eastham, often referred to as the gateway to the Cape Cod National Seashore. At the Salt Pond Visitor Center you will learn about the unusual geologic features of Cape Cod as well as the history of the National Seashore. In 1961, Cape Cod National Seashore was established by the late President John F. Kennedy to protect the unspoiled beauty of the eastern shore of Cape Cod along a nearly 40-mile expanse of seashore. You might enjoy following the network of walking trails that commence from the visitor center and offer expansive views over salt marshes. Built in 1870, the Inn at the Oaks is a handsome Queen Anne Victorian a short distance from the visitor center. A former sea captain's mansion, the inn retains its prominence as an architectural centerpiece. This evening, join your fellow travelers for dinner at a popular restaurant featuring fresh local products.

Lodging: *Inn at the Oaks Eastham, MA 508-255-1886 www.innattheoaks.com*

Cycling Option: 22 or 32 miles

Wednesday—Day 4: Wellfleet and Truro Vineyards – Follow the Cape Cod Rail Trail through pine barrens to its terminus where you can stop to sample the wealth of baked goods at renowned PB Boulangerie Bistro. Relax over a delicious French pastry or rich espresso before continuing your ride past lighthouses, through small fishing villages, and along lightly traveled roads that overlook expansive beaches to the charming village of Wellfleet. Continue to family-owned Truro Vineyards where you will relax on the lawn while sampling local wines over a delicious picnic lunch served by your leaders. Continue along Cape Cod Bay toward Provincetown, and the charming and upscale West End. The West End is just a short walk from the heart of the commercial district's shops, galleries, and restaurants, yet feels worlds removed and Land's End Inn sits in the heart of it, atop one of the highest points in Provincetown. The inn's elegant rooms are surpassed only by its stunning views over the bay. The evening is yours to explore the vibrant downtown area and dine at one of many wonderful restaurants.

Lodging: *Land's End Inn Provincetown, MA 508-487-0706 www.landsendinn.com*

Cycling Options: 33 miles

Thursday—Day 5: Provincetown & the Outer Cape – This morning, enjoy a ride along the National Seashore's bike paths and roadways that wind among the dunes. Visit Province Lands Visitor Center where you can learn more about the region's native people and the constantly changing landscape of

the dunes of the Outer Cape. Visit the historic Old Harbor Life Saving Station or walk the beach to Race Point Lighthouse which marks the northern most point of Cape Cod. This afternoon you might climb the Pilgrim’s Tower, browse shops and galleries in town, or join a whale watch to nearby Stellwagen Bank— one of the world’s richest marine habitats and a favored feeding ground for large numbers of whales. The 252’ tall Pilgrim’s Monument offers sweeping views over the entire Outer Cape and across Cape Cod Bay to Boston. In 1620 when the Pilgrims first landed in the New World, they stopped in Provincetown for five weeks before continuing on to Plymouth where they ultimately settled. If you prefer to put a few more miles on your bike, venture to the bayside highlands of North Truro. This evening, stroll along Provincetown’s narrow streets which are lined with period architecture, and take advantage of the late day light for photos. Join your fellow travelers for a final dinner at a favorite restaurant in town.

Lodging: *Land’s End Inn Provincetown, MA* 508-487-0706 www.landsendinn.com

Cycling Option: 12 or 20 miles

Friday—Day 6: Cruise Across Cape Cod Bay – Following a leisurely breakfast this morning, do some last-minute shopping in town before making your way to MacMillan Wharf for the ferry crossing to Boston. It is a 90-minute trip to Boston where, upon arrival, those departing from Logan International Airport can take a water taxi (ten-minute trip) directly from the ferry dock to the airport. For those planning to remain in Boston, water taxis are available to a variety of locations throughout the city.

TRAVEL & TOUR QUICK FACTS

Tour Start	9:00am Day 1 – Meet at Boston Marriott Long Wharf .
Tour Conclusion	12:00 noon Day 6 – Arrive by ferry at Seaport/World Trade Center Boston. Departure flights should not be scheduled prior to 2:00pm
Travel To/From Tour	Fly into Boston’s Logan International Airport (BOS). Parking is available at Logan Airport. Water taxis are readily available to and from Logan Airport.
Days/Nights	6 days/5 nights
Included Meals	All meals included except for three lunches and two dinners.
Rating	Easier. 18 – 36 miles/day over mostly level terrain.
Activities	Cycling, walking, tennis, options for golf and boating.

STANDARD INCLUDED ASPECTS

Equipment	Computer-equipped road or hybrid bike, helmet, rear light, seat bag for road bike or rack bag for hybrid, map case, water bottle, t-shirt. Bring clipless pedals, seat, or helmet for a more personalized fit.
Van Support	Rides supported by a Sojourn van as well as a tour leader on a bicycle.
Tour Leaders	Two experienced tour leaders guide each trip from start to finish.
Ride Nourishment	A selection of snacks and refreshments are supplied throughout all rides.
Ride Information	Detailed route directions, maps, and a daily briefing are provided.
Office Support	At your service 9:00am – 6:00pm EST, Monday – Friday. 800-730-4771
Detailed Information	A full complement of detailed trip and travel information will be provided upon confirmation of reservation.

DATES & PRICING

Best of Cape Cod 2017 Tour Dates	Per Person DBL Occupancy	Single Room Supplement
June 18-23	\$2,795.00	\$895.00
September 10-15	\$2,795.00	\$895.00

WEATHER

Boston	Jun	Jul	Aug	Sep	Oct
Ave High	75	80	80	72	65
Ave Low	58	62	62	59	54

Cape Cod	Jun	Jul	Aug	Sep	Oct
Ave High	65	71	69	63	59
Ave Low	57	63	62	56	49

Degrees in Fahrenheit