

2016 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 much of the Cape Cod Rail Trail, whose paved surface and gentle terrain are ideal for 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. 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 route. Follow 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. The resort features swimming pools, tennis, boating, and several dining venues. Following a welcome reception, dinner this evening will be overlooking the bay.

Lodging: Wequassett Resort East Harwich, MA

508-432-5400

www.wequassett.com

Cycling Options: 18 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, make it one of New England’s hidden gems. Ride past lovely homes and visit Monomoy National Wildlife Refuge Visitor Center before continuing to Chatham Lighthouse and into town. Browse the shops and galleries in the village center or return to the resort

for a dip in the pool. This afternoon, gain a different perspective of the area during a private cruise across Pleasant Bay and into Chatham Harbor. In January 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 being created 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. Enjoy dinner on your own in town this evening or at one of the resort's own restaurants.

Lodging: *Wequassett Resort East Harwich, MA*

508-432-5400

www.wequassett.com

Cycling Options: *22 or 31 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 the 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. Inn at the Oaks is just a short distance from the visitor center from which you might enjoy following walking trails that offer expansive views over salt marshes. Built in 1870, the Inn at the Oaks is a handsome Queen Anne Victorian. 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: *21 or 36 miles*

Wednesday—Day 4: Wellfleet and Truro Vineyards – Follow the Cape Cod Rail Trail through pine barrens to its terminus in Wellfleet where you can pop to sample the goodies at renowned PB Boulangerie Bistro. Relax over a delicious French pastry or rich espresso before continuing your ride. Wind your way 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 for a delicious picnic lunch hosted by your tour leaders. Following lunch, the route continues along Cape Cod Bay to Provincetown's 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. Land's End Inn sits atop one of the highest points in Provincetown and its 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 its wonderful restaurants.

Lodging: *Land's End Inn Provincetown, MA*

508-487-0706

www.landsendinn.com

Cycling Options: *29 or 37 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 the Province Lands Visitor Center where you can learn more about the region's original native inhabitants and the constantly changing landscape of the dunes of the Outer Cape. Continue to the fascinating Old Harbor Life Saving Station or

walk the beach to Race Point Lighthouse. This afternoon you will have the opportunity to explore town on your own. Climb the Pilgrim's Monument for incredible views over the entire Outer Cape. In 1620 when they first landed in the New World, the Pilgrims stopped in Provincetown for five weeks before continuing on to Plymouth where they ultimately settled. The 252' tall monument—the tallest all granite structure in the US—offers sweeping views over the Outer Cape and across Cape Cod Bay to Boston. Wander through numerous 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. If you want 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 lined with period architecture, taking advantage of the late day light for photos. Join your fellow travelers for a final dinner together at a favorite restaurant just a short walk from the inn.

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 or visit the Pilgrim Monument 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.

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 bag, map case, water bottle, t-shirt. Bring clipless pedals, seat, or helmet for custom 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 2016 Tour Dates	Per Person DBL Occupancy	Single Room Supplement
June 19-24	\$2,695.00	\$895.00
September 4-9	\$2,695.00	\$895.00
September 11-16	\$2,695.00	\$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