



CAPE COD CERTIFIED

VISITING CAPE COD

A Perfect Day in Falmouth, Cape Cod: Beaches, Vineyard Ferry & Local Eats

A free field guide from the people who actually live here.



capecodcertified.com/guides/perfect-day-falmouth-cape-cod

Falmouth is the Cape town that does the most without making a fuss about it. You can bike ten miles through salt marsh to a working oceanographic village, catch a ferry to Martha's Vineyard before lunch, swim in some of the warmest bay water on the peninsula, and still make it back for dinner on a town green that looks like it came from a New England postcard.

Morning: Ride the Shining Sea Bikeway

Start early on the **Shining Sea Bikeway**, a 10.7-mile paved path that runs from Falmouth Village south to Woods Hole along the western edge of the Cape. Rent bikes near the Falmouth Village trailhead. The ride to Woods Hole takes roughly 45 minutes at a casual pace.

When you get there, you are in a genuinely unusual place: a small working village that houses the Woods Hole Oceanographic Institution (WHOI) and the Marine Biological Laboratory. The WHOI Ocean Science Exhibit Center is open to the public and worth a half-hour stop.

Woods Hole also has Nobska Lighthouse sitting on a bluff above the sound, with views back toward the Vineyard and across to the Elizabeth Islands.

Midday: **Martha's Vineyard day trip** (Optional but Worth It)

If you want to add the Vineyard, the Steamship Authority and Island Queen both depart from Woods Hole. The crossing is 45 minutes, which means you can be on the island by late morning, explore Vineyard Haven or Oak Bluffs for a few hours, grab lunch on-island, and be back in Falmouth by mid-afternoon.

Afternoon: Old Silver Beach

Old Silver Beach in North Falmouth is a Buzzards Bay beach facing west. The sand is wide, the water is genuinely warm by Cape standards, and the shallow flats make it excellent for families with young kids. Parking here requires a town beach sticker or day-use fee.

Evening: Falmouth Village and Sunset Over the Sound

Head back to **Falmouth Village** for the evening. The town green anchors a downtown that has held on to its independent-business character better than most Cape towns its size.

For sunset, Old Silver Beach faces west over Buzzards Bay — the sun drops into the water from late afternoon through evening.

Practical Notes

- **Parking at Old Silver Beach:** Falmouth resident sticker required in summer. Non-residents should arrive before 9am or check current day-use options.
- **Bikes:** Multiple rental shops operate near the Falmouth Village end of the Shining Sea Bikeway. Reserve ahead in peak season.

- **Ferry timing:** Island Queen runs seasonally. Steamship Authority runs year-round but walk-on passenger space on summer weekends goes fast. Book ahead.
- **Best season:** July and August for warm water and full ferry schedules. Late June and September offer smaller crowds.

Certified Local Businesses in Falmouth

Cape Cod Certified recommends these verified local spots:

- **Maison Villatte** — 4.7★ (1160 Google reviews)
- **Liam Maguire's Irish Pub** — 4.5★ (1175 Google reviews)

♦ CERTIFIED LOCAL BUSINESSES

Who the locals trust for this

Real, vetted Cape Cod businesses — hand-picked by Cape Cod Certified. No pay-to-play, no fake reviews. Scan any code to find them.

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Frankie's Barber Shop

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Bellezza Salon Medspa

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Plymouth Rock Cruises · Plymouth

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