



CAPE COD CERTIFIED

CAPE COD DAY TRIPS WITH KIDS

A Free Cape Cod Family Morning + Afternoon Paddle (Splash Pad to Tidal Creek)

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



capecodcertified.com/guides/free-cape-cod-family

Dad-tested, kid-approved. Some of the best Cape Cod days with kids are the free ones. This is our go-to template: a free splash-pad-and-playground morning, then a calm, scenic family paddle in the afternoon. Low cost, low stress, big memories.

Morning (free): Sandy Pond, Yarmouth

Playground + splash pad + a calm freshwater pond — shade, picnic tables, and the kids can run and splash for hours. We took all three. *[verify exact village (West/South Yarmouth) + splash-pad season/hours + parking/sticker]*

Pack: swimsuits, towels, snacks, sunscreen, a change of clothes.

Midday: lunch + reset

Picnic at the pond or grab lunch nearby, dry off, and recharge before the paddle.

Afternoon (family paddle): Scorton Creek, East Sandwich

A gentle tidal salt-marsh creek — calm, protected water that's ideal for a relaxed family paddle. Put in, drift through the marsh, and watch for herons, crabs, and ospreys. It's the restorative half of the day after a high-energy morning. *[verify launch + parking; go on an incoming/higher tide for the easiest paddle]*

Bring your own kayaks or SUPs — or rent. *[Rockaway: confirm what this is (rental / launch / shuttle) and ADD it to our directory so we can link + tag it; Matt has footage of the kayak put-in]*

Why this combo works

The free morning burns the kids' energy; the afternoon paddle is calm and restorative for the parents. Two ends of the Cape, one easy, inexpensive day.

Tips

- Best paddle window = **incoming/high tide** (more water, less mud).
- Life jackets on the kids, always; water shoes for the muddy launch.
- Bug spray for the marsh.

◆ THINGS TO DO

Make a day of it

Bookable experiences that pair perfectly with this guide. Scan any code to reserve.

BOOK · VARIES

Kayak, SUP & Pedal Boat Rentals

Cape Cod Waterways · Dennis



A hand-picked Cape Cod experience to pair with this guide — book direct.

Scan to book

BOOK · ~\$60

Kayak & SUP Rentals + Bass River Tour

Inland Sea Kayak & SUP · Dennis

A hand-picked Cape Cod experience to pair with this guide — book direct.



Scan to book

BOOK · FROM \$37/PERSON

Kayak & Paddleboard Rentals — Mashpee

RideAway Adventures · Mashpee

A hand-picked Cape Cod experience to pair with this guide — book direct.



Scan to book



Headed to the Cape with friends? Share this guide.

Every share helps a real local business get found — and keeps Cape Cod guides free. Scan to send it along.

[Plan the day in Yarmouth & Sandwich →](#)



Cape Cod Certified · capecodcertified.com/guides/free-cape-cod-family-morning-afternoon-paddle · Real guides, real local knowledge. Verify seasonal details before you go.



FOR CAPE COD BUSINESSES

This is what being Cape Cod Certified looks like.

You just read a guide that travelers and locals download, keep, and share. The businesses inside it were chosen on merit — real vetting, real local knowledge, never pay-to-play.

Own a Cape Cod business? Get Certified and earn your place in guides like this one — in front of the exact people planning their trip and their spend.



Get Certified → capecodcertified.com/join