

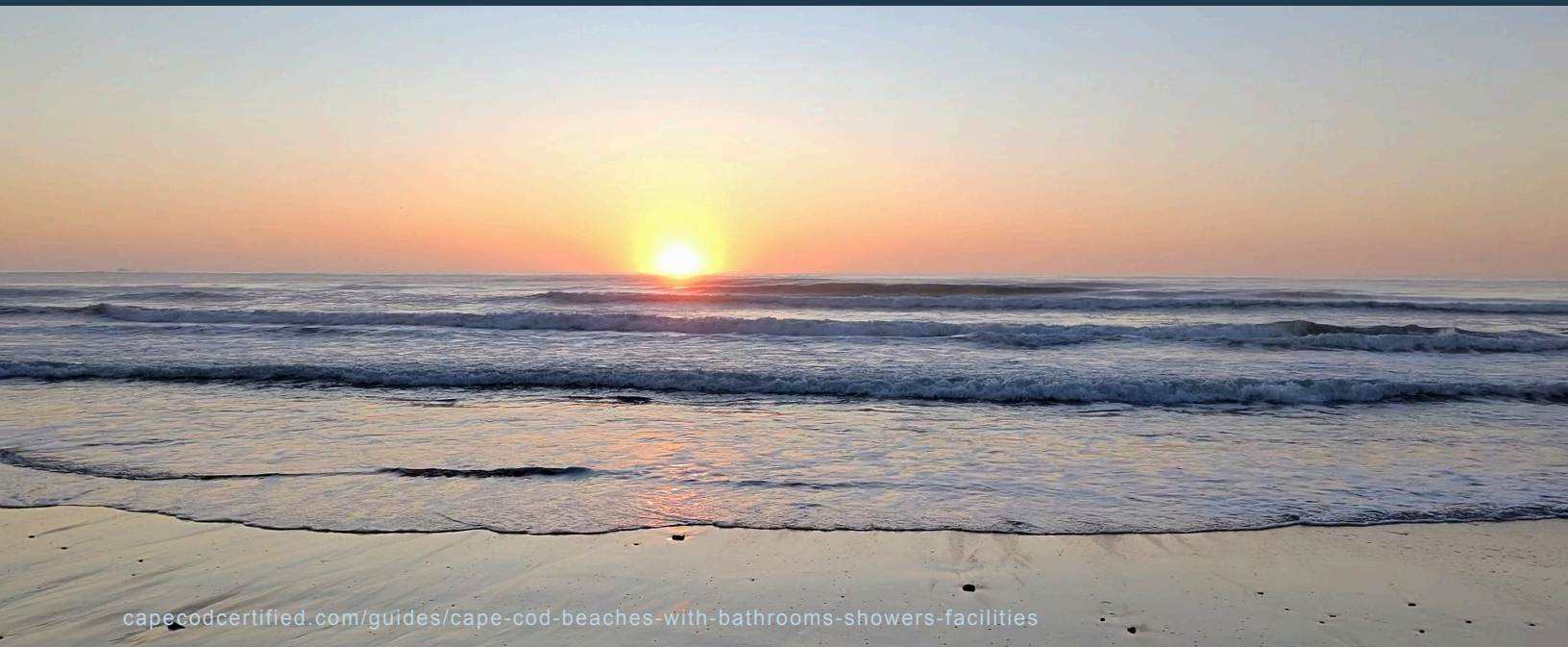


CAPE COD CERTIFIED

VISITING CAPE COD

Cape Cod Beaches with Bathrooms, Showers, and Facilities: What to Expect Before You Park

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



capecodcertified.com/guides/cape-cod-beaches-with-bathrooms-showers-facilities

This is the question nobody talks about until they're standing in a packed parking lot with two kids who need a bathroom immediately: does this beach actually have facilities?

Cape Cod has more than 100 public beaches across 15 towns. Some have full bathhouses, outdoor showers, concession stands, and accessible parking. Others are a sign, a path through the dunes, and whatever you brought with you. The difference matters enormously when you're planning a full-day beach trip with a family.

This guide covers which beaches have the real facilities — and what that actually means at each one.

What “Full Facilities” Means on Cape Cod

Not every beach that lists “restrooms” delivers the same experience. Here's the range:

- **Full bathhouse:** flush toilets, changing rooms or stalls, rinse showers, sometimes coin-operated outdoor showers
- **Seasonal facilities:** portable toilets or basic restroom buildings open only in summer
- **Outdoor rinse showers only:** common at smaller town beaches; no flush toilets
- **Nothing:** access point only — walk-in beaches, conservation land access, and many smaller town beaches have no facilities

For families, the practical standard is: flush toilet + rinse shower = usable. Portable toilet only = manageable but unpleasant in July. Nothing = plan accordingly.

National Seashore Beaches: The Most Reliable Facilities

The Cape Cod National Seashore beaches have the most consistent, best-maintained facilities of any beaches on the Cape. They're operated by NPS with federal budget, which means the facilities are substantial.

Race Point Beach (Provincetown)

Facilities: Full bathhouse with flush toilets, changing areas, and outdoor rinse showers. Large paved parking lot. Concession stand (seasonal — verify operating status for current season). **ADA access:** Yes — accessible parking, accessible pathways, and beach wheelchairs (mobi-chairs) available for loan at no charge. Confirm current availability at the bathhouse. **Fee:** NPS vehicle fee (\$25/day; verify current rate). America the Beautiful pass accepted. **Notes:** The parking lot is large and can handle peak summer crowds better than most NPS beaches. Race Point is also the best NPS beach for solitude — the beach stretches far in both directions from the facilities area.

Herring Cove Beach (Provincetown)

Facilities: Full bathhouse with flush toilets and outdoor rinse showers. Large parking lot. This is the sunset beach — faces west-southwest. Concession stand (seasonal). **ADA access:** Yes — accessible parking, accessible pathway to beach, mobi-chairs available. **Fee:** NPS vehicle fee. Same pass accepted. **Notes:** Herring Cove has a more protected feel than Race Point — Bay-facing, calmer water, more popular with families with young children. Often less crowded than Race Point despite similar facilities.

Nauset Light Beach (Eastham)

Facilities: Bathrooms (flush) and outdoor rinse showers. Smaller parking lot. **ADA access:** Accessible parking available. Beach access path has some grade — mobi-chair availability may vary; call ahead. **Fee:** NPS vehicle fee. **Notes:** The parking lot here fills early in peak season. Arrive before 9am or after 3pm to reliably get a spot.

Coast Guard Beach (Eastham)

Facilities: Bathrooms at the main beach area. In summer, the primary access lot is small and visitors park at the Little Creek satellite lot (off Doane Road) and take the free shuttle to the beach. **ADA access:** Shuttle is accessible. Call ahead regarding beach wheelchair availability. **Fee:** NPS vehicle fee at Little Creek lot. **Notes:** One of the highest-ranked beaches in the US. Coast Guard Beach has a long stretch of open Atlantic and excellent facilities, but the shuttle logistics are a real consideration for families with a lot of gear. Confirm current shuttle schedule before visiting.

Marconi Beach (Wellfleet)

Facilities: Bathrooms and rinse showers. Smaller parking lot. No concession stand. **ADA access:** Accessible parking. The beach access is steep stairway down bluffs — not accessible to the sand itself for mobility-limited visitors. **Fee:** NPS vehicle fee. **Notes:** Marconi is primarily a hike-down-the-bluff experience. The overlook is excellent and accessible; the beach requires stairs.

Head of the Meadow Beach (Truro)

Facilities: A note about Head of the Meadow: there are two lots — one operated by NPS and one by the Town of Truro. Verify which lot has current facilities for the 2026 season, as the situation has changed in recent years. **Fee:** NPS vehicle fee for NPS lot; town fee for Truro lot.

Town Beaches with Full Facilities

Not all town beaches are created equal. Here are the best-equipped:

Craigville Beach (Barnstable/Centerville)

Facilities: Full bathhouse with flush toilets, changing areas, and outdoor showers. Large parking lot. Concession stand. This is one of the most fully-equipped town beaches on the Cape. **Water:** Warm, protected — Nantucket Sound side. Very popular with families. **Fee:** Non-resident parking fee. Verify current rates with the Town of Barnstable. **Notes:** Craigville is a social beach — packed in July and August. The facilities are excellent but the crowd is real. Arrive early or accept that you'll be parking and waiting.

Nauset Beach (Orleans)

Facilities: Bathhouse with flush toilets and changing areas, outdoor rinse showers, concession stand. Large parking lot. **Water:** Open Atlantic — surf, bigger waves, cooler water than Bay side. **Fee:** Non-resident parking fee. Verify current rates with the Town of Orleans. **Notes:** Nauset Beach is a long barrier beach and one of the best-equipped town beaches on the Cape. The concession stand is a local institution.

Skaket Beach (Orleans)

Facilities: Seasonal restrooms and outdoor rinse showers. Concession stand (verify current operating status — has been intermittent in some seasons). **Water:** Cape Cod Bay, tidal flats, warm and calm. **Fee:** Non-resident parking fee. **Notes:** Primarily known for sunsets and tidal flats. Facilities are more modest than Nauset Beach but adequate for most visitors.

Old Silver Beach (Falmouth)

Facilities: Full facilities including bathrooms and showers. Concession stand. Large lot. **Water:** Buzzards Bay — warm water, calm, very popular for families. **Fee:** Non-resident parking fee. One of the higher-priced town beaches;

verify current rate. **Notes:** One of the most popular beaches in the mid-Cape area. Fills extremely early in peak season. Arrive by 8am or expect a wait.

ADA-Accessible Beaches: Where Beach Wheelchairs Are Available

The Cape Cod National Seashore offers mobi-chair (beach wheelchair) rentals at no charge at Race Point and Herring Cove. These are large-wheeled chairs designed for sand. First-come, limited supply — call ahead to confirm availability.

Some town beaches also offer beach wheelchairs or beach mats. Confirm directly with the specific beach before planning a trip around this.

NPS beach wheelchair contact: 508-771-2144 (Cape Cod National Seashore main number).

Quick Reference: Facilities by Beach

Beach	Flush Toilets	Showers	Concession	ADA	Fee Type
Race Point (Provincetown)	Yes	Yes	Seasonal	Yes	NPS
Herring Cove (Provincetown)	Yes	Yes	Seasonal	Yes	NPS
Nauset Light (Eastham)	Yes	Yes	Limited	Partial	NPS
Coast Guard Beach (Eastham)	Yes	Yes	No	Shuttle	NPS
Marconi (Wellfleet)	Yes	Yes	No	Overlook only	NPS
Craigville (Barnstable)	Yes	Yes	Yes	Yes	Town
Nauset Beach (Orleans)	Yes	Yes	Yes	Partial	Town
Skaket (Orleans)	Seasonal	Yes	Intermittent	Partial	Town
Old Silver (Falmouth)	Yes	Yes	Yes	Partial	Town

What to Bring Anyway

Even at fully-equipped beaches, there are gaps:

- **Beach cart or wagon** — parking-to-beach distances at NPS beaches can be 200–400 yards on packed sand. A cart with wide wheels makes a huge difference.
- **Dry bags** — for electronics and valuables; no lockers at Cape Cod beaches
- **Extra towels** — rinse showers are cold and low-pressure; towels dry faster than wet kids waiting in line
- **Snacks and extra water** — concession lines in peak season can be 15–20 minutes; kids don’t wait well
- **Portable sunshade** — very few beach facilities include covered areas; bring your own shade
- **Cash** — some parking lots are cash-only; confirm payment options before arriving

◆ THINGS TO DO

Make a day of it

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

BOOK · FROM \$50/PERSON

Cap'n Kids Fishing Adventures

Cap'n Kids Fishing Adventures · Harwich Port

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



Scan to book

BOOK · FROM \$13

Martha's Vineyard Venture Scavenger Hunt

Let's Roam · Martha's Vineyard

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



Scan to book

BOOK · VARIES

Windsurfing & SUP Lessons at Old Silver Beach

Cape Cod Windsurfing Academy · Falmouth

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.

[Explore Cape Cod Experiences →](#)



Cape Cod Certified · capecodcertified.com/guides/cape-cod-beaches-with-bathrooms-showers-facilities · 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