



CAPE COD CERTIFIED

CAPE COD PURSUITS

Surfing Cape Cod: Where to Catch Waves, Lessons & What to Know

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

Most people think of Cape Cod as a place to swim, sunbathe, and eat lobster rolls. Surfers know better. The Outer Cape's Atlantic-facing shoreline intercepts North Atlantic swells with a consistency that surprises newcomers and keeps locals hooked year after year.

Why Cape Cod Has Real Surf

The elbow of the Cape juts directly into the Atlantic Ocean, and the beaches from Eastham through Provincetown face northeast — the direction from which North Atlantic storm swells travel. Outside of the Outer Banks in North Carolina, these are among the most consistent surf breaks on the East Coast.

The Best Surf Spots

Coast Guard Beach — Eastham

The starting point for most conversations about surfing Cape Cod. Long, consistent beach break with lifeguards on duty through summer. Park at Little Creek and take the free shuttle.

Nauset Light Beach — Eastham

Sits adjacent to Coast Guard Beach. Tends to run slightly less crowded. The iconic red-and-white lighthouse stands above the bluff behind you.

Marconi Beach — Wellfleet

Reliable beach break with dramatic cliff scenery. No lifeguards — better suited to experienced surfers.

Head of the Meadow — Truro

Quieter option with a local-leaning crowd. The break can be excellent when a good swell lines up.

Cahoon Hollow Beach — Wellfleet

Good beach break plus the Beachcomber at the top of the stairs — one of the few places on the East Coast where you can finish a surf session and walk to a bar without putting shoes on.

Race Point Beach — Provincetown

Catches swells from multiple directions. An experienced-surfer spot with dramatic dune scenery.

Shark Awareness: What You Must Know

The Outer Cape has an established white shark presence. Before every session, check the **SharkTivity app** from the Atlantic White Shark Conservancy. Do not surf near visible seal congregations. Avoid dawn or dusk sessions. Stay in groups.

Surf Lessons and Rentals

Surf Cape Cod in the Wellfleet area is among the most established. Boards available from shops in Wellfleet and Eastham through summer — call ahead in peak season.

When to Go

Late June–August: Best for beginners. Smaller, forgiving swells. Lifeguards on duty.

September–November: Peak season for experienced surfers. Larger swells, fewer crowds, fall conditions.

◆ THINGS TO DO

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