



CAPE COD CERTIFIED

VISITING CAPE COD

Best Restaurants Along the Cape Cod Rail Trail: Where to Eat Before, During & After Your Ride

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



capecodcertified.com/guides/restaurants-along-cape-cod-rail-trail

The Cape Cod Rail Trail drops you within a half-mile of some of the best clam shacks, breakfast spots, and seafood restaurants on the Outer Cape — and most cyclists ride right past them without knowing. The 25-mile trail runs from South Dennis to South Wellfleet through five towns, and the food landscape along its length is genuinely good: not tourist-trap mediocre, but the kind of place where the owners grew up here and the lobster rolls are worth stopping for.

This guide is organized by mileage and town so you can plan fuel stops around where you'll actually be on the trail — not just a generic list of Cape Cod restaurants.

How This Guide Is Organized

The Rail Trail runs roughly southwest to northeast: Dennis → Brewster → Orleans → Eastham → Wellfleet. If you're doing a one-way ride with a shuttle, most riders start in South Dennis and finish in Wellfleet (or reverse). This guide follows that direction. Distances are approximate from the South Dennis trailhead at Old Bass River Road.

For a full overview of the trail itself — parking lots, access points, rental shops — see our [Cape Cod Rail Trail complete guide](#).

South Dennis & Dennis: Miles 0–4

Fueling Up Before You Roll

The South Dennis trailhead (off Old Bass River Road) has a small parking area but no food nearby. Plan to eat before you arrive or grab something in Dennis village a short detour off the trail.

What to know: The Dennis trailhead area is residential. Do not count on finding coffee or a breakfast sandwich within walking distance of the parking lot. Load up in town before you park.

Dennis village (Route 6A, short detour north): Route 6A through Dennis has bakeries and breakfast spots worth the short side trip if you're starting your ride at a reasonable hour. This part of the trail is mostly connector mileage; save your appetite for Brewster.

Brewster: Miles 4–12

Brewster is the best-stocked town on the trail for mid-ride eating. Route 6A runs parallel to the trail here, and several businesses are close enough to reach with a short detour off the path. The Brewster trailhead off Underpass Road has a large parking lot, restrooms, and bike racks — this is where a lot of day-trippers start, which means the restaurants nearby are used to cyclists.

Cobie's (Route 6A, Brewster)

Cobie's is a seasonal clam shack on Route 6A that has been open since 1948. It's within easy cycling distance of the trail and serves fried clams, fish and chips, lobster rolls, and soft-serve ice cream. It is cash-friendly and does not take reservations. Lines form fast on summer afternoons — come before noon or after 2pm if you want to move quickly. Check ahead for current seasonal hours; it typically opens Memorial Day weekend.

Best for: Mid-ride lunch, post-ride ice cream

Brewster Fish House (Route 6A, Brewster)

A sit-down seafood restaurant, the Brewster Fish House is a quieter option if you want a proper meal rather than a fried-food stop. The menu leans toward fresh local fish, chowder, and grilled preparations. It's popular with locals who live in Brewster year-round, which is a reliable signal. Not the place to roll in sweaty from a 15-mile ride expecting quick table service — but worth knowing about for a relaxed lunch if you have time.

Best for: Slower lunch, local seafood

The Brewster Store (Route 6A, Brewster)

Not a restaurant, but worth including: the Brewster Store is a 19th-century general store stocked with sandwiches, snacks, penny candy, and drinks. It's a reliable trail-side fuel stop and one of those genuinely historic Cape stops that isn't manufactured. Grab a sandwich and eat on the porch. Check current hours; it opens daily in season.

Best for: Quick snacks, drinks, sandwiches to go

Guapo's Restaurant (Brewster)

A Mexican restaurant near the Brewster town center, Guapo's is a practical option if you want something different from fried seafood. Burritos and tacos travel reasonably well if you're eating outside. Check ahead for hours — it has historically been closed on certain weekdays.

Orleans: Miles 12–16

Orleans sits at the elbow of the Cape and serves as the natural midpoint of many rail trail rides. The trail passes through town with easy access to Route 6A and the town center. Orleans has the best concentration of year-round dining of any town on the trail — this is where you find breakfast spots that actually open early and lunch options that don't shut down in October.

Hole in One (Route 6A, Orleans)

Hole in One is the breakfast and lunch stop cyclists talk about. It opens early, serves pastries, breakfast sandwiches, and bagels, and is reliably busy on weekend mornings. The line moves fast. If you're starting a ride early, this is the Orleans-area answer to pre-ride fuel. They also have a Brewster location on Route 6A. Check current hours before planning around it.

Best for: Early breakfast, pastries, coffee

The Barley Neck Inn (East Orleans)

A short ride from the trail into East Orleans, the Barley Neck Inn is a full-service restaurant with a local following. More of a lunch and dinner destination than a quick stop. Worth considering for a post-ride meal if you're ending your ride in Orleans.

Mac's Seafood (Route 6A, Orleans)

Mac's has multiple locations across the Outer Cape, including presence in Orleans. Known for raw bar, clam chowder, and lobster rolls. A reliable choice for seafood and casual fast-service dining. Hours and specific locations vary — check their current operation before visiting.

Best for: Lobster rolls, raw bar, quick seafood

Rock Harbor Area (Orleans)

Near Rock Harbor — the town's bay-side marina — there are local market and deli options for cyclists who want to grab something and eat by the water. Orleans' bay side is beautiful and a worthy short detour if you have time.

Eastham: Miles 16–21

Eastham is where the trail transitions from busy to genuinely beautiful — the National Seashore begins here, and the landscape opens up. The town is less commercially dense than Orleans, but it has a few anchor stops worth knowing.

Arnold's Lobster & Clam Bar (Route 6, Eastham)

Arnold's is one of the best fried seafood restaurants on the Outer Cape, full stop. It's a seasonal outdoor clam shack near the trail corridor on Route 6. Fried clams here are the real thing — locally sourced, freshly fried, not from a bag. The lobster roll is generous. It is not cheap and lines can be long in July and August, but it earns both. Arrive before the lunch rush or in the early evening. Cash and card accepted; check current seasonal hours as it typically operates late spring through early fall.

Best for: Post-ride blowout meal, the best fried clams on this section of the trail

Sundae School Ice Cream (Eastham)

A well-regarded ice cream shop in Eastham with a loyal following among cyclists and beachgoers. Good ice cream is non-negotiable infrastructure for a summer bike ride, and Sundae School delivers. The portions are large. Seasonal operation — check hours.

Best for: Mid-ride or post-ride ice cream

Salt Pond Visitor Center Area (Eastham)

The Salt Pond Visitor Center (National Seashore) is a great stop for restrooms and exhibits but does not serve food. Plan accordingly for this stretch — the Visitor Center access point is a popular trailhead, and the area right around it has no food vendors.

Wellfleet: Miles 21–25

Wellfleet is the destination end of the trail and one of the best eating towns on the Cape, period. The town has a disproportionately strong food scene for its size — oysters grown in its harbor, a long-running arts community that attracted good chefs, and a summer crowd that expects more than fried food. The trail ends at South Wellfleet, about 2 miles south of the town center. A short ride into town is worth it.

Mac's Shack (Wellfleet)

Mac's Shack is a Wellfleet institution — raw bar, lobster rolls, fish tacos, and a casual patio that fills fast in summer. The Wellfleet oysters are grown locally and served here; this is the right place to eat them. It's a quick-service setup, not a sit-down restaurant, which makes it workable for cyclists who don't want to change clothes before eating. Seasonal — check current hours.

Best for: Wellfleet oysters, lobster rolls, beer after the ride

The Bookstore & Restaurant (Wellfleet)

A waterside restaurant near Wellfleet Harbor with a full bar and a menu built around local seafood. The view is worth the stop, and the restaurant has been operating long enough to know what it's doing. More of a sit-down experience; a good choice if you're ending your ride and want a real meal.

Best for: Post-ride sit-down dinner, harbor views

Winslow's Tavern (Wellfleet)

A well-regarded tavern-style restaurant in Wellfleet village with a strong local following. Better for lunch or dinner after a ride than a quick mid-trail stop. Menu leans classic American with good local fish. Check seasonal hours — it is not year-round.

PB Boulangerie Bistro (Wellfleet)

A French bakery and bistro in Wellfleet that punches well above what you'd expect in a small Cape town. Pastries, bread, and bistro lunch are all excellent. Worth a detour for cyclists who want something lighter than a fried plate. Tends to sell out of pastries early — arrive by mid-morning if you want full selection.

Best for: Coffee, pastries, a lighter lunch option

Best Time to Go

Late May through mid-June: The sweet spot. Trail is not crowded, most restaurants are open for the season, and you won't wait in lines. Weather is mild and unpredictable — bring a layer.

July and August: Peak season. Every restaurant on this list will have lines at peak lunch hours (noon–2pm). Arrive before 11:30am or after 2:30pm for shorter waits. The trail itself is crowded on weekends, particularly in Brewster and the Salt Pond Visitor Center area. Weekday rides are significantly calmer.

September and early October: The local favorite time of year. Crowds drop by 60–70% after Labor Day, temperatures stay pleasant for cycling (typically 60s–70s), and most restaurants are still open. Some places begin closing or cutting hours in October; call ahead.

Late October onward: Many of the seasonal spots close. Arnold's, Cobie's, Mac's Shack, and most ice cream shops will be done for the year. The year-round restaurants (Brewster Fish House, Hole in One) remain open, but selection thins significantly. The trail itself is quiet and beautiful in fall — just plan your food stops more carefully.

Practical Tips for Eating Along the Trail

Lock your bike. Not every restaurant has a rack. Carry a cable lock — most cyclists underestimate how long a “quick” lunch stop turns into.

Carry cash. Seasonal clam shacks sometimes have card minimums or cash-preferred policies. Arnold's, Cobie's, and similar spots handle high volume fast; having cash speeds things up.

Don't plan on eating at the Wellfleet or Eastham trailheads. Both terminus areas lack food vendors. If you're being shuttled, sort out your post-ride meal plan before your driver picks you up.

Mid-week vs. weekend: Arnold's and Mac's on a Saturday in August are a different experience than a Tuesday in September. If you have schedule flexibility, weekday rides make eating easier at every stop.

Water: Bring more than you think you need. The trail has limited water access between parking areas, and summer heat on the unshaded sections can be brutal.

Frequently Asked Questions

Are there restaurants directly on the Cape Cod Rail Trail? No restaurants are directly on the paved trail — the trail is protected rail-to-trail path. But several restaurants in Brewster, Orleans, and Wellfleet are within a half-mile of trail access points, reachable by a short ride or walk off the path. The closest stops to the trail surface are in Brewster (Cobie's, Brewster Store) and Orleans (Hole in One).

What's the best place to stop for a mid-ride lunch on the rail trail? For most riders doing the full trail, Orleans is the natural midpoint and has the most reliable options: Hole in One for a quick breakfast-style stop, and Mac's Seafood for a faster seafood lunch. If you can time your arrival before noon, you'll avoid the worst of the lines.

Is there food near the Salt Pond Visitor Center in Eastham? The Salt Pond Visitor Center (National Seashore) is a great stop for restrooms and exhibits but does not have food service. Arnold's Lobster & Clam Bar is the closest substantial food option in Eastham, a short ride south on Route 6. Bring snacks if you're riding through without a dedicated stop planned.

Do the restaurants along the rail trail accommodate cyclists? Broadly yes — this is Cape Cod in summer, and the clam shack model is designed for shorts-and-sneakers dining. Most of the spots on this list are counter-service or casual enough that you can walk in from a bike ride without hesitation. The Brewster Fish House and Barley Neck Inn are a notch more formal; use judgment about arriving in bike gear at dinner.

When do most rail trail restaurants close for the season? Most seasonal operations (Arnold's, Cobie's, Mac's Shack, Sundae School) close around mid-October, with some running through Columbus Day weekend. Year-round options are primarily in Orleans and Brewster. Always call ahead if you're visiting in September or October to confirm hours.

Find More Along the Trail

The Cape Cod Rail Trail towns — Dennis, Brewster, Orleans, Eastham, and Wellfleet — have far more to offer than what's listed here. Explore the [Cape Cod Certified directory](#) for verified business listings across all five towns, including seafood markets, coffee shops, bike rentals, and experiences worth building a ride around. Every listing in the directory has been field-verified — no paid-to-play rankings, no manufactured reviews.

For related reading, see our guides to [things to do in Brewster](#), [exploring Wellfleet](#), and [the Cape Cod National Seashore](#).

♦ 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.

CERTIFIED LOCAL

Larsen's Fish Market

Chilmark · Restaurant / Food & Drink

A Cape Cod Certified local — restaurant.



Scan to visit

CERTIFIED LOCAL

Marshland 3A

Plymouth · Restaurant / Food & Drink

A Cape Cod Certified local — restaurant.



Scan to visit

CERTIFIED LOCAL

Jetty Beach House

Oak Bluffs · Restaurant / Food & Drink

A Cape Cod Certified local — restaurant.



Scan to visit

CERTIFIED LOCAL

Ice Cream & Candy Bazaar

Edgartown · Restaurant / Food & Drink

A Cape Cod Certified local — restaurant.



Scan to visit

CERTIFIED LOCAL

Martinis Bar and Grill

Plymouth · Restaurant / Food & Drink

A Cape Cod Certified local — restaurant.



Scan to visit

CERTIFIED LOCAL

Mad Martha's Ice Cream

Tisbury (Vineyard Haven) · Restaurant / Food & Drink

A Cape Cod Certified local — restaurant.



Scan to visit

◆ THINGS TO DO

Make a day of it

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

BOOK · FROM \$105

Lobster Legends and Coastal Bites History Tour

Cape Cod Food Tours · Provincetown

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



Scan to book

BOOK · ~\$80

Hyannis Food Tour

Cape Cod Foodie Tours · Hyannis

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



Scan to book

BOOK · VARIES

Cape Cod Rail Trail Bike Rentals

Idle Times Bike Shop · Orleans

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 →](#)



Cape Cod Certified · capecodcertified.com/guides/restaurants-along-cape-cod-rail-trail · 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