

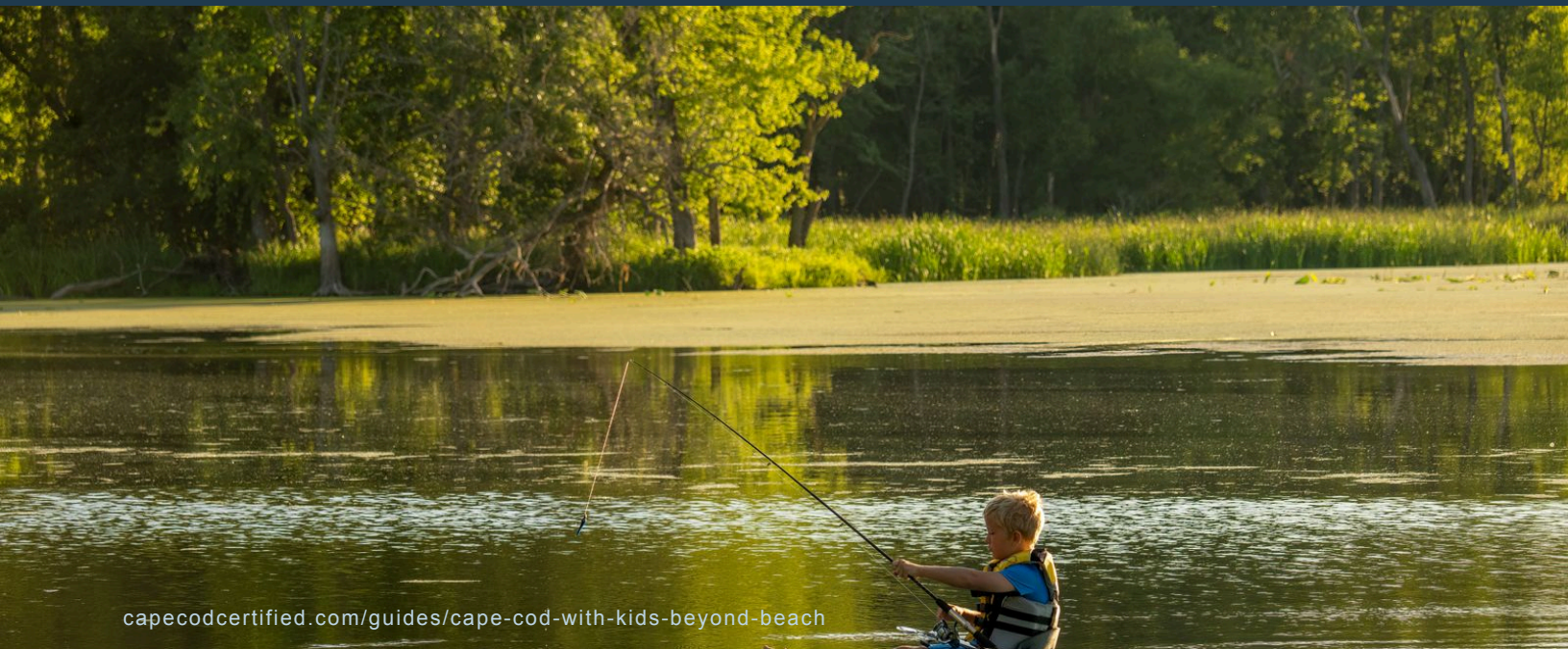


CAPE COD CERTIFIED

CAPE COD DAY TRIPS WITH KIDS

Cape Cod with Kids Beyond the Beach: 15 Hands-On, Educational & Memorable Family Activities

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



capecodcertified.com/guides/cape-cod-with-kids-beyond-beach

The beach is the headline of a Cape Cod family trip, and rightly so. But anyone who's spent a week here with kids knows the truth: you need a Plan B. Rainy days happen, sunburns happen, and even the most devoted little beach-goer needs a break from the sand by Wednesday. The good news is that the Cape is loaded with non-beach activities that kids genuinely love — and a lot of them sneak in real learning while everyone's having fun. Here are 15 to build your Plan B around.

The 15, by category

Get on the water (differently)

1. **Whale watch from Provincetown** — a real, jaw-dropping wildlife encounter; humpbacks breaching feet from the boat.
2. **Seal-watching boat tour from Chatham** — hundreds of seals, a naturalist, and the Cape's wild side.
3. **Kayak or paddleboard a calm pond or salt marsh** — Cape ponds are warm, flat, and toddler-friendly.

Learn something (without knowing it)

4. **Woods Hole Science Aquarium** — free, hands-on, local sea creatures and a touch tank.
5. **Cape Cod Museum of Natural History (Brewster)** — live animals plus marsh trails.
6. **Atlantic White Shark Conservancy (Chatham)** — turn shark-fear into shark-fascination.
7. **Sandwich Glass Museum** — the live glassblowing demo genuinely wows kids.

Run around (burn the energy)

8. **Heritage Museums & Gardens (Sandwich)** — antique carousel + treetop adventure trail + gardens.
9. **Cape Cod Rail Trail by bike** — flat, paved, ice-cream stops built in.
10. **Best playgrounds & splash pads** — every town has one; great for the pre-nap or post-lunch reset.
11. **Mini golf** — a Cape summer institution; there's a course near almost every beach town.

Classic Cape fun

12. **Cape Cod Baseball League game** — free, family-friendly, future big-leaguers under the lights.
13. **A drive-in movie (Wellfleet)** — one of the last drive-ins in the country; magical for kids.
14. **Pick-your-own & farm stands** — berries in summer, apples and a corn maze in fall.
15. **A lighthouse climb** — Nauset, Highland, or Chatham light; history plus a view kids remember.

How to match the activity to the day

The situation	The move
Rainy day	Children's museum, aquarium, glass museum, indoor play
Too-hot midday	Museum, splash pad, ice cream + rail trail shade
Restless evening	Baseball game, drive-in movie, mini golf
Big-wow day	Whale watch or seal tour
Toddler day	Splash pad, calm pond, Children's Museum, carousel

Tips that save family trips

- **Have a Plan B ready before you need it.** Know your rainy-day museum and your energy-burn playground *before* the meltdown, not during it.
- **Free wins:** the aquarium, baseball games, playgrounds, and beaches (parking aside) keep a family trip affordable.
- **Time it around tides and heat** — flat-water paddling and tidal-flat exploring are best at the right tide; museums are best at midday heat.
- **Book the big-wow tours ahead** — whale watches and seal tours fill in summer.

Don't miss: a Cape Cod Baseball League game on a summer evening. It's **free**, it's relaxed, kids can chase foul balls and get autographs from future major-leaguers, and it's the most quintessentially Cape Cod family night there is — no sand required.

◆ THINGS TO DO

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