



**ADVENTURES**  
IN GOOD COMPANY



## **AUTUMN ON CAPE COD**

### **TRIP SUMMARY**

#### **HIGHLIGHTS**

- Visiting Martha's Vineyard and Nantucket after the summer tourists have departed
- Exploring beaches, salt marshes, dunes, and freshwater ponds by foot and kayak
- Biking on the extensive array of bike trails on the islands
- Learning about the human and natural history of this fascinating area
- Visiting the Provincetown at the very tip of the Cape

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## TRIP AT A GLANCE

<b>Location:</b>	Cape Cod, Martha's Vineyard and Nantucket
<b>Activities:</b>	Multisport
<b>Arrive:</b>	anytime on Day 1 at our Hyannis Hotel
<b>Depart:</b>	You can leave any time after breakfast on the last day

### TRIP OVERVIEW

Autumn on Cape Cod is spectacular! The whales and birds are migrating, the air is crisp and clear, and the hordes of summer tourists have left. In addition to offering endless opportunities for outdoor adventure - we'll be hiking, kayaking, and biking - both the human and natural history of this remarkable area is fascinating. We start our adventure with two days each on Martha's Vineyard and Nantucket, two well-known islands that couldn't be more different in their feel. We then travel up the Cape to Provincetown, the town at the tip of Cape Cod that has been drawing writers, artists, and outdoor enthusiasts for years. In addition to all our planned activities, we'll make sure you have enough free time to explore the variety of enchanting small towns the area is known for.

Maximum group size: 12

### RATING

This trip is appropriate for any active woman who walks regularly for exercise and wants a vacation that mixes being active in the outdoors with historical and cultural exploration. No previous experience in any of the activities is needed. Although, if it has been awhile since you have been on a bicycle, we would recommend you do some bike riding or attend a spin class to get used to a bicycle again. **Rating** 1 [2](#) 3 4 5

### WHAT'S INCLUDED

- 1 - 2 experienced AGC guides based on group size
- All activities on the itinerary, including the kayak tours, naturalist walks and bicycle rental
- Three ferry rides: Hyannis to Martha's Vineyard, Martha's Vineyard to Nantucket, and Nantucket to Hyannis
- All meals from dinner the first night through breakfast on the last day except for two lunches
- Seven nights lodging
- Transportation during the trip

**Not included:** Transportation to and from Hyannis, alcoholic beverages, two lunches, optional activities in Provincetown, i.e. whale watch, guide gratuities and trip insurance.

## OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

### DAY 1

Our trip starts at 5 p.m. at our hotel in Hyannis. We'll start getting to know each other and review our plans for the trip before sharing our first dinner. If you're driving, you'll be able to leave your car at the hotel during the trip. If you are flying into Boston's Logan Airport, there is a bus that leaves every hour from the airport. It takes approximately 2 hours from the airport to Hyannis Transportation Center from there it is an easy cab ride to the hotel. More details will be included in your Pre-Departure document.

Overnight: Hyannis (D)

### DAY 2

We start our day with a 55-minute ferry ride to Martha's Vineyard. Aggressive land conservation has kept much of it unspoiled and the opportunities for outdoor recreation are endless. Our ferry arrives in Oak Bluffs, one of the 6 towns dotted around the island and our home base for the next couple of days. We'll rent bikes for the day and cycle to Edgartown, 7 miles away. From here we can take the 10-minute ferry across to Chappaquiddick Island and either leave our bikes at the ferry landing or continue our cycle to the Japanese garden (Mytoi Gardens). After walking through the gardens we'll return on our bikes to Edgartown. We'll walk our bikes through town, past its stately white Greek Revival houses that were built by whaling captains. Hopping back on our bikes we'll return to Oak Bluffs. If you prefer not to bike, you can ride in the van to MyToi and back.

Biking between 14 - 20 miles. Overnight: Martha's Vineyard (B, L, D)

### DAY 3

This morning we'll go to the Felix Neck Wildlife Sanctuary, owned and run by Massachusetts Audubon Sanctuary. We'll explore the area from the vantage point of a kayak with a local naturalist and learn about the three ecosystems here: ocean, saltmarsh, and freshwater. After our kayak we'll learn about the forest and shore on a walk through the sanctuary. In the afternoon we'll travel out to Gay Head Cliffs, steep ocean side cliffs known for their colorful striations and for a lighthouse that has been moved several times to prevent it from toppling into the water. We'll stay long enough to watch the sunset and enjoy a picnic at the cliffs: when the weather is good, the dark sea is offset by skies full of vivid pink and orange.

Hiking: approximately 2-3 miles. Kayaking: 2 hours. Overnight: Martha's Vineyard (B, L, D)

## DAY 4

Depending on the schedule of the inter-island ferry, we have the morning free for one more adventure. Our hike at Cedar Tree Neck Sanctuary has it all: woods, beach, salt marsh, and kettle ponds and is a wonderful wrap-up to our time at Martha's Vineyard. In early afternoon we bid a fond farewell to Martha's Vineyard and take the ferry across to Nantucket. Although sharing a similar history and only an hour away, Nantucket has a completely different feel to it. Smaller and more compact, there is only one town - and that town is charming. There are cobblestone streets, historic homes, interesting stores, and an historic whaling museum all worth visiting. We will stop by and get measured for our bikes that will be delivered to our hotel and ready for us tomorrow. We will meet our local guide downtown and have a walking tour of Nantucket Town, learning its history while exploring its nooks and crannies. We will stay in Nantucket for dinner before check-in into the hotel where our luggage awaits.

Walking and hiking: approximately 5.5 miles. Overnight: Nantucket (B, D)

## DAY 5

After a hearty breakfast, we hop on our bikes and head out on one of the many bike trails in Nantucket. We'll cycle on bike paths and bike-friendly roads out to the eastern part of the island. On our way we will stop to overlook the Nantucket Moors and then the picturesque town of Siasconset (pronounced Sconset). We continue around the island past the red and white striped Sankaty Head Lighthouse and stop for a break to explore an organic cranberry bog. You'll then have the rest of the afternoon free to pursue what interests you most. Nantucket is known for its museums, shops, scenic location, and street life. We'll meet up for dinner before returning to the Inn.

Biking: approximately 15 miles. Overnight: Nantucket (B, D)

## DAY 6

We leave Nantucket this morning and return to Hyannis where our van awaits. Our destination is our kayak trip, which will encompass a salt marsh, barrier beach, and pine woodlands. Where exactly we go will be dependent on the winds and tides. Our trip will be the perfect introduction to the ecology of Cape Cod, which shares some similarities but is also quite different from either island. After a full afternoon of kayaking we will head back Hyannis.

Kayaking: approximately 2 hours. Overnight: Hyannis (B, L, D)

## DAY 7

Provincetown Day! Provincetown is the site of the Mayflower landing in 1620. It has a rich maritime history and for many years along with Nantucket was a center of New England whaling. It is now better known for its eclectic galleries and shops. Today you have many choices, you can go for a whale watch, (additional cost), hike with your guide along a salt marsh to Race Point Lighthouse (tide dependent) or take the day to explore the town on your own. If you decide to go on the whale watch, we go with Dolphin Fleet. Their whale-watching boat is a scientific ship, and your fees support ongoing programs to help us understand and protect the wildlife. We hope to see Humpback, Right, and Minke whales during our tour. The Cape is listed as one of the top ten whale-watching spots in the world, and the whale-watchers are 99.8 percent successful in spotting whales here. No matter what you chose to do for the day there will be time to explore the vibrant Commercial Street area before we head back to Hyannis for our final dinner together celebrating all we've learned about the island and the Cape and the camaraderie we've shared over the past week.

Overnight Hyannis (B, D)

## DAY 8

Is it really time to leave? Sadly yes. We will share one last breakfast before we say good-bye. If you are flying out of Boston (Logan Airport), there is a bus from the Hyannis bus terminal approximately every half-hour starting at 6:30 a.m. The trip from Hyannis to Logan Airport takes approximately 2-3 hours. We recommend that you book flights after 1 p.m.

# ADDITIONAL TRIP INFORMATION

## GETTING THERE

Logan Airport (BOS) in Boston is the closest major airport that has an easy shuttle to get to Hyannis. There is regular bus service between Logan airport and the bus station in Hyannis. Travel time is approximately 2 hours. On weekends buses depart Logan at 6:15 a.m. and 8:15 a.m. and then every hour at 45 minutes after the hour from 9:45 a.m. until 7:45 p.m.

Busses depart from each airline terminal on the lower level outside the baggage claim areas. You can get details and the latest schedule at: [Plymouth & Brockton](#) The current fare is \$26.00 one-way and \$47.00 round trip.

The bus terminal in Hyannis is located at: 215 Iyannough Rd., 0.4 miles from the hotel. Cabs are available and there is a sidewalk between the terminal and the hotel. A list of everyone's travel plans will be sent out 4 weeks before the trip and you may want to coordinate with others about sharing a taxi.

Another option is flying into Hyannis it has a small airport, Barnstable Airport. Cape Air, Island Airlines, JetBlue, Nantucket Airlines fly into it.

## GETTING HOME

The trip ends in Hyannis hotel which has easy access to the bus terminal. If you plan to take the bus back to Logan it departs from the Hyannis bus terminal every 30 minutes after the hour from 6:30 a.m. to 4:30 p.m., with the last two buses at 6:30 p.m. and 8:30 p.m. By bus it will take approximately 2-3 hours on the bus to return to Logan airport. We recommend flying out after 1 p.m.

## AIRFARE

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exitto Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exitto, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

## ACCOMMODATIONS

We are staying in a variety of lodging. We will start and end in a hotel in Hyannis. On Martha's Vineyard we will stay at the [Madison Inn](#) in Oak Bluff. This is nestled in the town of Oak Bluff. While on Nantucket we will stay at the [Nantucket Inn](#). This is a lovely hotel outside of town, they have a frequent shuttle in and out of town.

All rooms will have two beds and an ensuite bathroom. Rooms are double occupancy; we will pair you with another traveler unless you request a specific roommate. There are 2 single rooms available for an additional cost. You will see the availability of room types on your registration form.

## TRAVEL INSURANCE

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit [www.travelexinsurance.com](http://www.travelexinsurance.com) or call 1-800-228-9792 and reference location number 06-0331.

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## **CANCELLATION POLICY**

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

[Click here for our Cancellation & Payment Policies and Booking Terms & Conditions.](#)

