THE HEIGHTS
HOTEL

A place to stay.
A coast to explore.

YOUR GUIDE TO FALMOUTH HEIGHTS



263 GRAND AVENUE / FALMOUTH, MASSACHUSETTS

BEACHFRONT DAYS · LOCAL FAVORITES · A LITTLE HISTORY

WELCOME

Your place in Falmouth Heights

Just across Grand Avenue from the beach, a Cape Cod stay begins at the water.



Falmouth Heights Beach and the oceanfront neighborhood viewed from above.

Welcome to The Heights Hotel. Start the morning with a walk beside Vineyard Sound, find a favorite table at Shipwrecked downstairs, then explore the villages, gardens and harbors that make Falmouth special. Whether you have a full itinerary or no plans at all, this guide is here to make your stay easy.

THE BEST PART IS JUST OUTSIDE YOUR DOOR

Beach, good food and a remarkable seaside neighborhood are all within easy reach.

START HERE

The essentials, at a glance

Save this page. It has the information you are most likely to need during your stay.

FRONT DESK

508-540-4120

GUEST SERVICES & AFTER HOURS

508-258-9163

CHECK-IN

3:00 PM · Follow the arrival and room-access instructions sent with your booking.

CHECK-OUT

11:00 AM · Review your departure instructions and take all belongings.

FIND US

263 Grand Avenue, Falmouth, MA 02540. The beach is across the road.

NEED HELP?

For a hotel issue, use Guest Services. In an emergency requiring police, fire or medical aid, call 911.





FIND YOUR WAY

Inside this guide

A little practical help first, followed by places we love around Falmouth.



YOUR STAY 05-07

RIGHT OUTSIDE YOUR DOOR 08-10

EXPLORE FALMOUTH 11-18

MARTHA'S VINEYARD & TRANSPORT 19-20

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FOUR SEASONS & NEXT TIME 23-24

In the PDF: use the links for current menus, ferry schedules and local information.



The Heights Hotel and Shipwrecked on Grand Avenue.

YOUR STAY

Arrive with ease

A good beginning leaves more time for the beach.



The courtyard seating area, with shade sails and a view toward Vineyard Sound.

01

BEFORE YOU ARRIVE

Review your confirmation and the private check-in instructions sent to you.

02

PARKING

Use the designated hotel-guest spaces noted in your arrival information. Other parking areas follow separate rules.

03

YOUR ROOM

Check-in begins at 3:00 PM. Follow the room-access instructions provided with your reservation.

04

ARRIVING LATE?

Call Guest Services & After Hours at 508-258-9163 if you need assistance.

YOUR STAY

The comforts of your room

Simple details for a relaxed stay. Room features and layouts differ by accommodation.





Ocean-facing and guest-room details from The Heights Hotel.

TEMPERATURE

Adjust your room's thermostat to your comfort. If you need assistance, contact the hotel team.

TELEVISION

Guest-room televisions do not support Netflix or personal gaming consoles. Contact Guest Services if you need assistance with your television.

TOWELS & HOUSEKEEPING

For towels, toiletries or service requests, please contact Guest Services.

PERSONAL BELONGINGS

Secure valuables when you leave your room. Ask the team about using the in-room safe.

GUEST WI-FI

Network: ShipWrecked_Guest. No password is required.

NEED ICE?

The ice station is in the courtyard beneath The Wreck Shop sign.

YOUR STAY

Make yourself at home

The Heights is an easy base for both beach days and slow days.



A ROOM OF YOUR OWN

Some accommodations include kitchenettes, shared decks or private outdoor space. Your booked room description lists the amenities that apply.

A LIVELY NEIGHBORHOOD

Shipwrecked is an active restaurant below the hotel. Courtyard activity and occasional music may be audible in some rooms.

COURTESY & QUIET

Please be considerate of fellow guests, especially during the overnight quiet period of 10:00 PM–8:00 AM.

ACCESSIBILITY

Entrances, layouts and accessibility features vary. Contact the team for information about your specific room and available assistance.

THE NEIGHBORHOOD

Just outside your door

A few of the places that give Falmouth Heights its distinctive character.





Life at The Heights, and a view of Falmouth Heights along Vineyard Sound.

THE HEIGHTS HOTEL

Your beachside home base at 263 Grand Avenue, with Guest Services a phone call away.

SHIPWRECKED

Casual coastal dining, drinks and The Wreck Shop on the property.

THE LIGHTHOUSE

A convenient spot for quick bites, coffee and ice cream when operating seasonally.

THE OLD CASINO

A historic seaside dining landmark across the street. Check current availability before visiting.

FALMOUTH HEIGHTS BEACH IS JUST ACROSS GRAND AVENUE

EAT & DRINK

Shipwrecked, downstairs

For lunch after the beach, an evening with friends, or a drink near the water.





Something for everyone

Browse today's food, sushi and drinks online.

A gathering at Shipwrecked, and a casual favorite from the menu.

Shipwrecked is the lively, easygoing restaurant on the hotel property, with views toward Falmouth Heights Beach. Look for seafood, sushi, burgers, seasonal drinks and family-friendly options. Menus, special events and kitchen hours change throughout the year.

EXPLORE CURRENT MENUS & HOURS

shipwreckedfalmouth.com
Dining: 508-540-9600
Find apparel & keepsakes at The Wreck Shop.



EAT & DRINK

Two more neighborhood favorites

Different ways to gather around the table, all close to the hotel.



The Old Casino

A historic Falmouth Heights landmark with remarkable views of Vineyard Sound. A special setting for dinner or a celebration when it is operating. Always check its current opening dates, hours and reservation details.

THEOLDCASINO.COM

The Lighthouse Snack Bar

For a coffee, snack, quick lunch or sweet treat between beach trips, The Lighthouse offers a convenient on-site stop. Offerings and operating hours are seasonal.



For up-to-date choices, ask the hotel team or visit the dining section of the hotel website.

EXPLORE

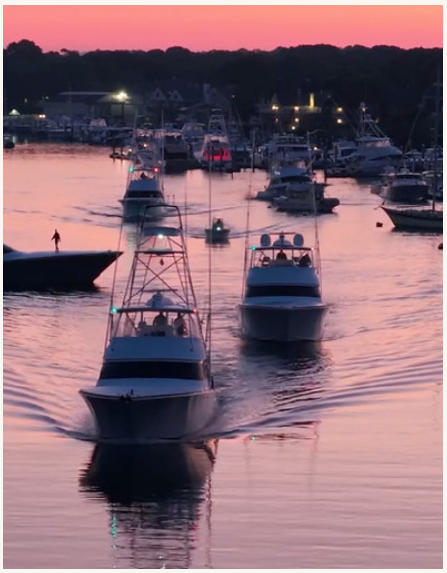
A few places we love

A day around Falmouth can be as active or as unhurried as you like.



Main Street

Shops, cafés, galleries and independent local favorites.



The harbor

Boats coming and going, and classic Cape Cod coastal life.



Woods Hole

Marine science, waterfront village streets and the island ferry.

MAKE IT YOUR OWN

Some of the best days include one destination and plenty of time for the unexpected. Take a short drive to downtown Falmouth, walk the shoreline, or follow a trail toward Woods Hole. The destinations on the next pages are favorites, not a checklist.

THE WATERFRONT

Your beach day starts here

Falmouth Heights Beach is just across Grand Avenue from the hotel.



Falmouth Heights Beach and Vineyard Sound.



A place to linger

Choose a morning walk by the water, a peaceful afternoon with a book, or the pleasure of watching boats out on the Sound. Swimming, lifeguard coverage and beach facilities vary by season.

Please check posted signs and local beach rules before heading out.

TOWN BEACH INFORMATION

MAKE A DAY OF IT

The first 24 hours

Three easy ideas for finding your own rhythm on the Cape.



01 / MORNING

The shore

Start with a stroll beside the beach and a little quiet time taking in Vineyard Sound.



02 / AFTERNOON

The village

Explore Main Street, browse local shops and galleries, or find a long lunch in downtown Falmouth.



03 / EVENING

Back to the Heights

Return for an easy evening near the hotel. Check which restaurants are open before making plans.

EXPLORE

Coastal views & landmarks

Three favorite Falmouth perspectives, each with a character of its own.



The Knob

A picturesque walk toward broad water views. Plan for changing weather, footing and daylight.



Nobska Light

A classic Cape Cod lighthouse above the water near Woods Hole. Check public access before visiting.



Falmouth Harbor

A lovely place to watch the movement of boats and the working waterfront.

GO A LITTLE FARTHER

Beyond the beach

Paths, harbor villages and an easy afternoon in town.



Shining Sea Bikeway

This scenic 10.7-mile path travels through marshes, woodlands and waterfront stretches from North Falmouth to Woods Hole. Walk or ride a short section.



Woods Hole

Explore working harbors, local shops and cafés in this compact village, home to renowned ocean research and island ferry departures.



Mashpee Commons

An easy shopping and dining excursion with boutiques, known retailers and restaurants arranged along walkable streets.

A SLOWER PACE

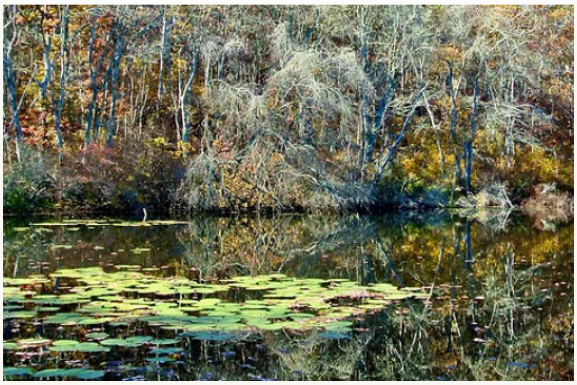
Gardens, trails & hidden gems

A change of scenery can be as simple as a quiet path or an afternoon among flowers.



Highfield Hall & Gardens

Historic estate grounds, gardens and changing art exhibitions; nearby trails make an easy pairing. 56 Highfield Drive, Falmouth.



Beebe Woods

Explore wooded trails, stone walls, glacial hills and the memorable Punch Bowl pond. Check trail conditions before visiting.



Spohr Gardens

Six acres of quiet garden paths and seasonal flowers beside Oyster Pond. 45 Fells Road, Falmouth.

LOCAL FAVORITES

A taste of local life

The moments that make Falmouth feel like more than a summer destination.



Falmouth Farmers Market

A seasonal gathering for fresh produce, flowers and locally made goods. Check current dates and locations before visiting.



Falmouth Commodores

Watch the Falmouth Commodores at Guv Fuller Field in a classic Cape Cod Baseball League summer tradition. Check the game schedule.



Museums on the Green

Explore historic homes, changing exhibitions and local walking tours. Begin at the Hallett Barn Visitor Center, 55 Palmer Avenue.

DISCOVER

Arts, science & discovery

Good places to learn something new, whatever the weather.



Ocean Science Discovery Center

Discover ocean technology, shark research, the Titanic and the Alvin submersible. 15 School Street, Woods Hole. Seasonal hours apply.



Falmouth Art Center

Browse exhibitions or find a creative class during your stay. 137 Gifford Street, Falmouth.



Golf on Cape Cod

Local public-access options include Falmouth Country Club and Cape Cod Country Club. Confirm tee times and course access directly.

AN ISLAND DAY

Martha’s Vineyard, your way

Compare the mainland departure point, island arrival and season before booking.







Ferries sailing between Cape Cod and Martha’s Vineyard. Photographs are illustrative.

FALMOUTH–EDGARTOWN FERRY

falmouthedgartownferry.com

Falmouth Inner Harbor / Edgartown

Seasonal passenger service · approximately 45 minutes

ISLAND QUEEN

islandqueen.com

Falmouth Harbor / Oak Bluffs

Seasonal passenger-only service · approximately 35 minutes

STEAMSHIP AUTHORITY

steamshipauthority.com

Woods Hole / Vineyard Haven & Oak Bluffs

Year-round service to Vineyard Haven; seasonal Oak Bluffs · approximately 45 minutes

Before you go: verify both outbound and return sailings, terminal locations, parking arrangements, current fares and weather advisories directly with the operator.

PLAN THE JOURNEY

Getting around Falmouth

An easy route depends on where you want to go.



Shipwrecked shuttle

A seasonal, on-demand shuttle is advertised by Shipwrecked. Guest eligibility, stops, hours and weather limitations must be confirmed before relying on it.

WALKING	Falmouth Heights Beach and the immediate neighborhood are nearby. Use designated crossings and allow for traffic.
DRIVING & RIDESHARE	Useful for downtown Falmouth, Woods Hole and neighboring communities. Parking regulations differ by destination.
PUBLIC TRANSPORT	Cape Cod Regional Transit Authority serves portions of the town and wider Cape. Check its current schedules.

A PLACE WITH A PAST

The story of the Heights

More than 150 years of summer memories—and many stories before that.





Historic Tower Hotel and an archival image from the Falmouth Road Race era.

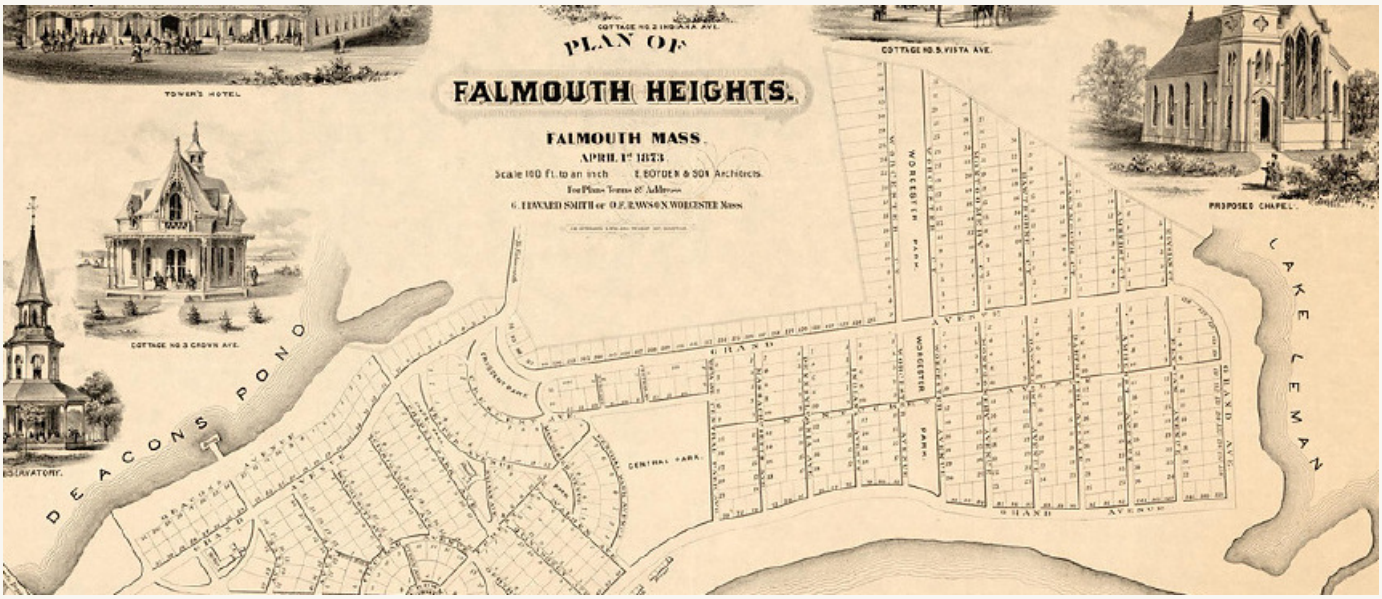
Long before the first summer cottages, this shoreline lay within the ancestral homelands of the Wampanoag people, whose communities and traditions continue today. In 1872, Worcester investors envisioned a resort community overlooking Vineyard Sound. Architect Elbridge Boyden prepared its plan, and an 1873 map shows the neighborhood's original streets and cottage lots taking shape.

The Tower Hotel and a separate hilltop observatory were early Falmouth Heights landmarks. Since 1973, the seven-mile Falmouth Road Race has finished here, bringing runners and spectators together each August.

THEN & NOW

A neighborhood through time

Different centuries. The same extraordinary position beside the water.



1873 · A historic plan of Falmouth Heights as a resort community.



Today · Beachfront streets, cottages, the ball field and views across Vineyard Sound.

RETURN AGAIN

Every season has a story

Come for the beach; return for all the things you discover along the way.



SPRING

Gardens in bloom and quiet coastal walks.



SUMMER

Long beach days, harbor boats and baseball nights.

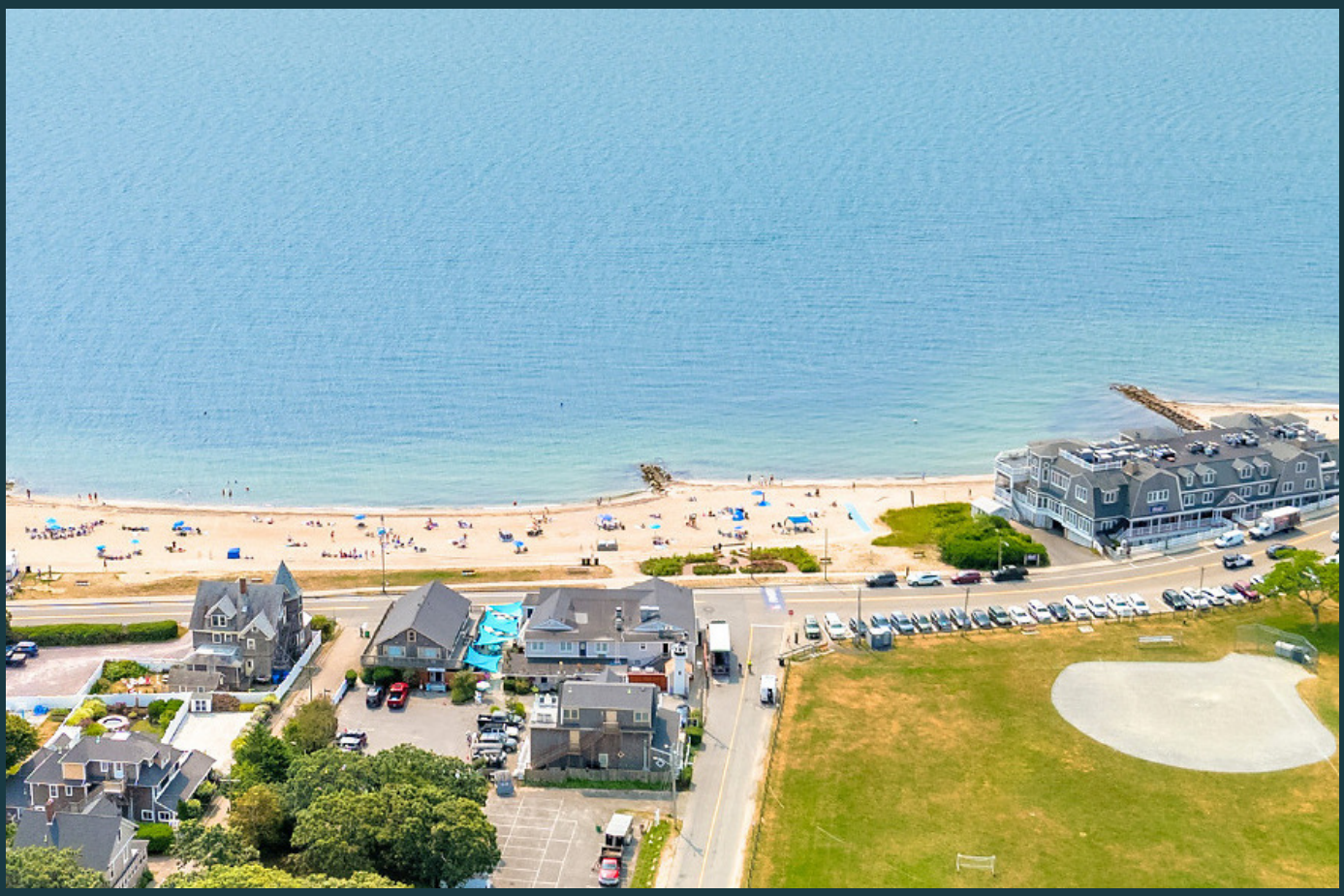


AUTUMN

Warm light, crisp air and woodland trails.

UNTIL NEXT TIME

Thank you for making The Heights part of your Cape Cod story. We hope the shoreline, the neighborhood and a few favorite moments stay with you.



THE HEIGHTS
HOTEL

The shore is always here.

263 GRAND AVENUE · FALMOUTH, MA 02540

FRONT DESK
508-540-4120

GUEST SERVICES & AFTER HOURS
508-258-9163

THEHEIGHTSFALMOUTH.COM

WE LOOK FORWARD TO WELCOMING YOU BACK.