



Tour: **Harbor to Habitat**
Specialization: Biology, Ecology, History & Culture
Itinerary: 7-days / 6-nights
Availability: Year-round (some aspects such as whale watching may not be available during winter months and may require substitution)

HARBOR TO HABITAT

Boston & Cape Cod, Massachusetts

	Morning	Afternoon	Evening
1	Travel to Boston, Massachusetts; transfer to Hotel & check-in		Welcome, Safety & Orientation
2	New England Aquarium & 3D Theatre Experience	Whale Watching Cruise	Welcome Dinner
3	Broad Institute of MIT & Harvard OR Arnold Arboretum of Harvard University	Harvard Museum of Natural History + STEM Master Class	Freedom Trail Walking Tour
4	Boston Museum of Science & Planetarium Show	Harvard University Campus Tour	Quincy Market & Faneuil Hall with Local Dinner
5	Cape Cod Museum of Natural History Marsh Hike with a Naturalist	Transfer to Cape Cod	Boston Harbor Dinner Cruise
6	Woods Hole Oceanographic Institution, OceanQuest Research Vessel Cruise, & Marine Bio Lab	Cape Cod Center for Coastal Studies & Marine Master Class	Cape Cod Hotel Check-in & Local Dinner
7	Transfer to Boston; depart for Home		The Atlantic White Shark Conservancy
			Local Dinner
			Farewell Dinner & Reflection Discussion



As with all sample itineraries, please be advised that this is an 'example' of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



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Boston... Boston is a city where history, innovation, and coastal ecology meet. As one of America's oldest cities and a global hub for science and education, it offers students a living classroom that stretches from the harbor to the halls of Harvard and MIT. Here, they'll explore how centuries of maritime trade shaped the region's culture and environment, while modern research institutions continue to push the boundaries of discovery. From the New England Aquarium and whale-watching expeditions to hands-on STEM master classes and historic walking tours, Boston invites students to connect the past, present, and future of science and sustainability. It's the perfect starting point for a journey that moves from harbor to habitat—linking urban innovation with the natural wonders of Cape Cod.



Did you know?

- › Boston built America's first subway in 1897. The Tremont Street Tunnel is still in use today.
- › Boston Common is the nation's oldest public park, established in 1634.
- › Known as "the Athens of America," Boston is home to over 100 colleges and universities — including the first public school and first college in the U.S.
- › "Beantown" got its nickname from a colonial tradition of slow-cooked baked beans with molasses.
- › St. Patrick's Day was first celebrated in North America right here in Boston in 1737.
- › Boston has one of the highest concentrations of Irish heritage in the United States.
- › The Fig Newton was named after nearby Newton, Massachusetts — first baked in 1891.
- › Boston Harbor favorites include clam chowder, lobster rolls, and steamed clams — all best enjoyed fresh from the docks.
- › The first telephone call was made in Boston by Alexander Graham Bell in 1876.
- › The Boston University Bridge is the only place in the world where a boat can sail under a train, under a car, under a plane!

Day 1

Dinner Voucher

Groups participating in our 'Boston & Cape Cod Science' will generally arrive in Boston in the afternoon. After check-in, we'll have our Welcome, Safety & Orientation Meeting, and then get ready to experience Boston!



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Sample Hotel – Fairfield Inn Boston-Woburn/Burlington: This hotel is located in the historic Woburn community and offers all the comforts to maintain your balanced routine during your stay. Relax in spacious rooms with complimentary Wi-Fi, plush bedding, and mobile workstations. Stay active with cardio equipment and free weights in the hotel fitness center and unwind in the refreshing seasonal outdoor pool. Additional amenities include a sundries market, lobby business station, in-room coffee & tea, onsite laundry, mini-fridges and hair dryers. Continental breakfasts are included at your hotel. Students generally sleep 2 or 4 to a room in rooms with 2 queen beds. Staff generally sleep 2 to a room.



Accommodation Note: Groups will generally stay outside of the city center to save unnecessary costs, however if you desire a city-center hotel, please let us know and we'll be happy to resource a city property.

If you find you arrive early and want to include an activity today, just say the word! Some possible options are shown near the rear of this itinerary overview.

Day 2

Breakfast & dinner included; lunch on own

Today's activities include:



The New England Aquarium, Marine Bio Master Class & Theatre Experience -

Students explore ocean ecosystems at the New England Aquarium through hands-on labs and close encounters with marine life. Highlights include the Giant Ocean Tank, interactive touch tanks with rays and sharks, and exhibits on climate change and biodiversity. A guided Marine Biology Lab session lets students examine live specimens and practice real-world science. The visit wraps with an immersive theatre film that brings the underwater world to life.



Whale Watch Cruise - Students set sail on an unforgettable Whale Watch Cruise from the New England Aquarium, venturing into the rich feeding grounds of Stellwagen Bank National Marine Sanctuary. Guided by expert naturalists, they observe humpback, finback, and minke whales in their natural habitat while learning about marine conservation and ocean ecosystems. The cruise offers a rare opportunity to witness whale behaviors - like breaching and tail slapping - up close, reinforcing classroom science with real-world encounters. It's a thrilling and educational highlight that leaves students inspired by the wonders of the sea.



Freedom Trail Walking Tour - The walking tour offers students a dynamic journey through Boston's revolutionary past, tracing a 2.5-mile red-brick path that links 16 historic sites. Led by engaging guides, you'll explore places like Boston Common, the Massachusetts State House, the site of the Boston Massacre, and Faneuil Hall - each revealing powerful stories of courage, protest, and nation-building. The experience brings history to life as students stand where patriots once gathered, debated, and shaped the future of the United States. It's an



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inspiring and interactive way to connect with the founding ideals of democracy and civic action.



Quincy Hall and Faneuil Marketplace - Quincy Market and Faneuil Hall offer students a lively taste of Boston's culture, history, and local flavor. As part of the city's original marketplace dating back to the 18th century, Faneuil Hall served as a meeting place for revolutionaries and continues to host public events today. Just steps away, Quincy Market buzzes with food vendors, street performers, and artisan shops, giving students a chance to explore regional specialties like clam chowder and lobster rolls. This stop blends historical significance with modern-day fun, making it a favorite for both learning and leisure.

Day 3

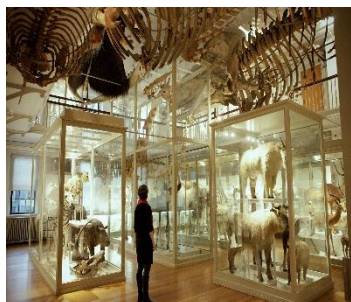
Breakfast & dinner included; lunch on own

Today's activities include:



The Broad Institute of MIT & Harvard – At the Broad Institute, students embark on a guided tour through one of the world's leading centers for genomic and biomedical innovation. They'll explore how scientists use advanced technologies to investigate the molecular basis of diseases and develop new diagnostic tools and treatments. A highlight of the visit is a personal interview with a Broad scientist, where students can ask questions, hear real-world research stories, and discover what it's like to work at the intersection of science and medicine. This experience offers an inspiring glimpse into the future of healthcare and the collaborative spirit driving scientific breakthroughs.

OR groups may opt for a tour at the **Arnold Arboretum of Harvard University**.



The Harvard Museum of Natural History - At the Harvard Museum of Natural History, students explore dazzling exhibits that span everything from sparkling minerals to rare fossils and mounted wildlife from around the globe. Highlights include the world-famous Glass Flowers collection and displays that illuminate Earth's biodiversity and evolutionary history. During their visit, students also participate in a STEM-focused Master Class led by museum educators, where they engage in hands-on scientific inquiry and deepen their understanding of natural systems. This experience blends academic rigor with visual wonder, sparking curiosity and critical thinking in a world-class setting.



The Peabody Museum of Archaeology & Ethnology - Located on Harvard's campus, the Peabody Museum offers students a fascinating look into human history through its vast collection of artifacts, photographs, and cultural items from Indigenous communities and societies around the globe. Guided by Harvard student educators, the tour highlights how objects are studied, preserved, and sometimes repatriated, sparking thoughtful conversations about heritage and ethics. This immersive experience encourages students to consider the connections between archaeology, anthropology, and contemporary cultural understanding.



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Harvard University Campus Tour - On this tour, students walk through the storied grounds of America's oldest college, founded in 1636. Guided by knowledgeable student ambassadors, they explore iconic landmarks like Harvard Yard, the John Harvard statue, and Memorial Hall, while learning about the university's academic traditions, student life, and historic impact. The tour offers a glimpse into collegiate culture and inspires students to envision their own educational journeys. It's a memorable experience that blends history, aspiration, and the energy of one of the world's most renowned institutions.



Boston Harbor Dinner Cruise – Students unwind and celebrate aboard a Boston Harbor dinner cruise enjoying panoramic views of the city skyline from the water. As the ship glides past landmarks like the USS Constitution and Bunker Hill Monument, students dine, dance, and reflect on their week of discovery. The cruise offers a festive atmosphere with music, entertainment, and photo-worthy moments, making it a memorable highlight in Boston portion. It's the perfect blend of relaxation, camaraderie, and celebration to cap off a brilliant day in their educational adventure.

Day 4

Breakfast & dinner included; lunch on own

Today's activities include:



Boston's Museum of Science & Planetarium Show - At the Boston Museum of Science, students engage with interactive exhibits that span physics, biology, engineering, and space exploration—all designed to spark curiosity and hands-on learning. A highlight of their visit is the immersive planetarium show, where cutting-edge visuals and narration transport them across galaxies, deep into the cosmos, and back to Earth with a renewed sense of wonder. From live science demonstrations to robotics and renewable energy displays, the museum offers a dynamic environment where STEM comes vividly to life. It's a captivating experience that blends education, imagination, and discovery.



Cape Cod: A Coastal Laboratory for Aspiring Scientists

Cape Cod is a living classroom for biology students, offering direct access to diverse coastal ecosystems, marine wildlife, and active conservation efforts. From salt marshes and tidal flats to barrier beaches and estuaries, the region provides a rich variety of habitats ideal for studying ecological relationships, species adaptation, and environmental change. Students can observe migratory birds, explore intertidal zones, and investigate the impact of climate change on fragile coastal systems - all within a compact, accessible area.

What makes Cape Cod especially compelling is its blend of hands-on science and real-world relevance. Institutions like the Cape Cod Museum of Natural History, the Center for Coastal Studies, and the Atlantic White



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Shark Conservancy offer expert-led programs that connect students with working scientists and current research. Whether tagging horseshoe crabs, analyzing water samples, or learning about shark conservation, students gain practical skills and a deeper appreciation for marine biology and environmental stewardship. It's an unforgettable destination where science comes alive at the edge of the sea.



Salt Pond Visitors Center on Cape Cod National Seashore with Guided Ranger Hike – At the Salt Pond Visitors Center, students immerse themselves in the natural and cultural history of Cape Cod through interactive exhibits, panoramic views, and ranger-led programming. Their visit includes a guided hike along scenic trails that showcase the region's unique coastal geology and ecosystems, plus a stop at the nearby whaling museum to explore Cape Cod's maritime heritage. A short film on the creation of Cape Cod offers a dramatic look at how glaciers shaped the land and how the environment continues to evolve. This experience blends outdoor exploration with scientific storytelling, making it a memorable and educational highlight of the Cape.

Day 5

Breakfast & dinner included; lunch on own

Today's activities include:



Cape Cod Museum of Natural History – Dive into the region's rich ecological story through interactive exhibits, nature trails, and hands-on science activities. You'll explore coastal habitats, observe live marine and freshwater species, and learn about local conservation efforts that protect Cape Cod's delicate ecosystems. Guided by museum educators, students participate in programs that highlight biodiversity, adaptation, and environmental stewardship. It's an engaging experience that connects classroom biology to the living landscape of Cape Cod.



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Marsh Hike with a Naturalist – Gear up and step into a dynamic coastal ecosystem teeming with life and scientific discovery. As you traverse boardwalks and winding trails through salt marshes and tidal flats, observe native plants, migratory birds, and marine invertebrates while learning how these habitats support biodiversity and protect shorelines. The naturalist guides students in identifying species, tracking environmental changes, and understanding the delicate balance between land and sea. It's an immersive, hands-on experience that brings biology to life in one of Cape Cod's most vital natural landscapes.



The Center for Coastal Studies & Marine Master Class - Explore the Center's groundbreaking work in ocean conservation, marine mammal research, and coastal ecology. Led by expert scientists and educators, a master class introduces students to real-world field methods such as water quality testing, habitat monitoring, and whale research techniques. Through interactive activities and behind-the-scenes insights, students gain a deeper understanding of ocean

literacy principles and the challenges facing marine ecosystems today. It's an inspiring opportunity to connect classroom biology with active research and stewardship in one of the world's premier coastal science hubs. Master Class topics may range from local seals to whales, tidal flats, water quality testing, marine animal disentanglement, plankton programs and more.



The Atlantic White Shark Conservancy - The Atlantic White Shark Conservancy facility has different exhibits, designed to engage students and teach them about white shark research, conservation, and natural history. The AWSC Shark Center offers an in-depth look at one of the ocean's most magnificent and misunderstood species: the Great White Shark. Through interactive exhibits, videos, and displays, the center offers many ways to learn about groundbreaking research and one of Cape Cod's most captivating residents.

Day 6

Breakfast & dinner included; lunch on own

Today's activities include:



Woods Hole Oceanographic Institution – A rare opportunity to explore one of the world's premier centers for ocean science and engineering! During their visit, school groups can tour the Ocean Science Discovery Center, where they'll encounter interactive exhibits, deep-sea exploration tools, and a full-scale model of the Alvin submersible. Students learn about groundbreaking research on topics like hydrothermal vents, marine robotics, and the discovery of the Titanic wreck. Guided by scientists and educators, the experience fosters curiosity about oceanography and introduces students to real-world careers in marine science.



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Photo Credit: Woods Hole Oceanographic Institution

Ocean Quest Discovery Cruise - The experience that transforms students into marine scientists for a day aboard a working research vessel. This 90-minute hands-on cruise invites students to collect water samples, haul lobster traps, and examine plankton under microscopes as they rotate through interactive science stations. Led by marine educators, the cruise introduces key concepts in oceanography, biology, and environmental science - all while cruising the scenic waters of Woods Hole. Each voyage is unique, offering students the chance to observe local marine life and apply scientific methods in a real-world setting.



Photo Credit: Woods Hole Oceanographic Institution

Woods Hole Marine Biology Workshop – In this workshop, students dive deeper into the study of marine ecosystems through immersive, lab-based learning. Offered by local institutions such as the Marine Biological Laboratory and WHOI-affiliated educators, these workshops guide students through topics like marine biodiversity, adaptation, and environmental change. Activities may include dissecting marine specimens, analyzing water chemistry, and using microscopes to study plankton and invertebrates. The workshop emphasizes inquiry-based learning and gives students a deeper appreciation for the complexity and fragility of ocean life

Farewell Reflection - End your adventure on a high note with an unforgettable Farewell Reflection. This isn't just your typical goodbye. It's a chance for students, faculty, and our team to come together and truly process their experiences. Through guided discussions, listening exercises, and thought-provoking questions, we'll unpack the amazing things you've seen, heard, and felt throughout the trip.

Day 7

Breakfast

After breakfast at the hotel, we'll formally check-out and load our luggage as we prepare to depart Cape Cod. For those flying, we'll head back to Boston; for coach travelers, we'll journey directly home.

As our team's mission is to expand minds through transformative travel, we hope that as you settle into your seat for the ride ahead, you carry with you a renewed sense of confidence, deeper knowledge, and greater understanding. May this experience spark a lasting curiosity - and a yearning for your next adventure.



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Activities for Extra Time

If you have extra time, please allow us to assist you in customizing your time with us, either on arrival or departure. Some areas of interest may include:

[Boston Tea Party Ships & Museum](#)

[Edward M. Kennedy Institute for the U.S. Senate](#)

[John F Kennedy Presidential Library & Museum](#)

[USS Constitution Museum](#) (Old Ironsides Frigate)

[Plimoth Plantation](#) (1+-hour from Boston)

[Peabody Essex Museum](#)

[Guild Hall Makerspace Workshop](#)

[iFly Boston & STEM Workshop](#)

[Museum of Medical History and Innovation at Massachusetts General Hospital](#)

University Campus Tours: [Boston University](#), [University of Massachusetts Lowell](#), [MIT](#)

[Bunker Hill Monument](#)

[Old Town Trolley Tour](#)

[Museum of Fine Arts Boston](#)

[Salem Witch Museum](#)

[The Old North Church](#)

[MIT Museum Workshop](#)

[Rock Spot Climbing](#)

[Top Golf Boston & Physics of Golf Workshop](#)



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HARBOR TO HABITAT

Boston & Cape Cod, Massachusetts

Minimum Booking Numbers: 20 students

What's Included:

- Roundtrip flights or motorcoach transfers
- 6-nights' accommodation: 3-nights Boston, 3-nights Cape Cod
- Breakfasts and dinners daily starting with dinner on arrival and ending with breakfast on departure (dependent upon flight times)
- Airport transfers and transportation as shown
- New England Aquarium with IMAX Film
- Whale Watch Cruise with a Naturalist
- Freedom Trail Walking Tour – Guided Experience
- Broad Institute of MIT & Harvard with Private Tour & Scientist Interview
OR Arnold Arboretum of Harvard University
- Quincy Market & Faneuil Hall
- Harvard Museum of Natural History with STEM Master Class
- The Peabody Museum of Archaeology & Ethnology
- Harvard University Campus Tour
- Boston Harbor Dinner Cruise
- Boston Museum of Science & Planetarium Show
- Salt Pond Visits Center on Cape Cod National Seashore
- Guided Ranger Hike at Salt Pond
- Cape Cod Museum of Natural History with Guided Marsh Hike
- Center for Coastal Studies & Marine Master Class
- Atlantic White Shark Conservancy
- Woods Hole Oceanographic Institution
- OceanQuest Marine Research Vessel Cruise with Scientific Study
- Marine Biology Master Class at Wood Hole Biology Lab
- Personal Tour Director
- 24-hour emergency cover

What's Not Included:

- Fully comprehensive insurance (**mandatory**)
- Baggage costs, pay directly to airline if required
- Baggage handling - everyone should be able to pull / load their own bag
- Transfers to/from home airport
- Lunches, snacks or beverages other than at designated mealtimes
- Meal selections other than ones provided for the entire group (we are generally able to cater for allergy conditions, vegetarians, halal and in some cases vegan)
- Cost of personal passports, visas or visa waiver fees
- Cost of inoculations or medication required for travel
- Sightseeing / Entertainment / Transport not shown in Itinerary
- Hotel incidental deposits & bills – mini-bar, movies, etc.
- Gratuities – drivers, hotel services, local guides, tour director
- Credit card fees if individuals wish to pay via credit card instead of ACH
- Additional taxes, fuel surcharges or fees levied by governments / suppliers

As always, our staff are always available to you to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.



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