



Tour: **Harbor to Habitat**
Middle School Edition
 Specialization: Science, History & Culture
 Itinerary: 6-days / 5-nights

HARBOR TO HABITAT - MIDDLE SCHOOL EDITION

Boston & Cape Cod, Massachusetts

Day	Morning	Afternoon	Evening
1	Travel to Boston, Massachusetts; transfer to Hotel & check-in		Welcome, Safety & Orientation Boston Welcome Dinner
2	Harvard Museum of Natural History + STEM Workshop	Boston Museum of Science, IMAX & Planetarium Show	Freedom Trail Walking Tour Quincy Market & Faneuil Hall Exploration with Dinner Vouchers
3	New England Aquarium & 3D Theatre Experience	Transfer to Cape Cod	Cape Cod Museum of Natural History & Marsh Hike with a Naturalist Cape Cod Hotel Check-in & Local Dinner
4	Cape Cod Center for Coastal Studies & Marine Master Class		The Atlantic White Shark Conservancy Refresh & Local Dinner
5	Monomoy National Wildlife Refuge	Woods Hole Oceanographic Institution, Research Vessel & Marine Science Experience	Return to Boston Farewell Dinner
6	Reflection Circle	Return travel Home	



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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A Message From Our Team

At STEM Study Tours, we believe students learn best when they're immersed, engaged, and inspired. Every program is built with intention - blending hands-on discovery, academic depth, and meaningful experiences that help students see the world (and themselves) in new ways. Our goal is for each itinerary to spark curiosity, build confidence, and create moments students carry long after the trip ends. We're honored to partner with schools who share that vision and to help bring learning to life beyond the classroom.

— Michele & The Hammock Expeditions Team

Why Travel With Hammock Expeditions & STEM Study Tours

Schools choose us because we design programs that are organized, intentional, and built around real learning. Our itineraries combine strong academics with smooth logistics, giving teachers confidence and giving students opportunities to explore, ask questions, and grow. We partner with trusted local experts, communicate clearly, and support groups every step of the way so educators can focus on their students - not the logistics.

What Sets Us Apart

- **Purpose-Driven Itineraries** - Students actively participate in meaningful, real-world learning.
- **Safety, Structure & Professionalism** - From 24-hour support to vetted partners and clear communication, we ensure teachers can focus on their students while we handle the logistics.
- **Hands-On, High-Impact Learning** - Our programs emphasize field science, conservation, and experiential learning - the kind that sticks with students long after the trip ends.
- **Student-Centered Design** - We balance learning with fun, reflection with adventure, and structure with flexibility. Every day is crafted to keep students engaged, energized, and supported.
- **A Team That Travels With Purpose** - We're educators, planners, naturalists, and travel professionals who care deeply about student growth. Your goals become our goals.

Our Commitment to You

When you travel with us, you gain a partner who understands your vision, anticipates your needs, and delivers an experience your students will remember for years to come. We're here to support your school, empower your students, and make every moment meaningful.

We want to be your educational partner. Let us know how we may serve you.

Michele, Christina, Izzy, Dana, Taylor, and the Team



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From bustling city streets to windswept shores, this journey connects students to the living story of New England's coast. Over six days, they'll explore how science, history, and conservation intertwine - from Boston's world-class museums and research institutions to Cape Cod's marine habitats and wildlife sanctuaries. Each experience invites curiosity and discovery, helping students see how innovation and stewardship shape the world around them. It's a hands-on adventure that transforms classroom lessons into real-world connections - where every stop reveals a new layer of learning, leadership, and wonder.

Boston... Boston sets the stage for exploration and inspiration. As one of America's oldest cities and a global hub for education and innovation, it offers students a dynamic blend of history and science. From the Harvard Museum of Natural History and the Boston Museum of Science to the Freedom Trail's landmarks, each experience brings the city's legacy of discovery to life. Here, students walk in the footsteps of visionaries and inventors, uncovering how ideas born in Boston helped shape the nation—and continue to spark curiosity today.



Did you know?

- > Boston built America's first subway in 1897 — and it's still running today!
- > Boston Common is the oldest public park in the U.S., created way back in 1634.
- > Known as "the Athens of America," Boston is packed with colleges — including the first public school and first University in the country.
- > "Beantown" got its name from a favorite colonial dish: baked beans cooked with molasses.
- > St. Patrick's Day was first celebrated in North America right here in Boston in 1737.
- > Boston has one of the highest Irish-heritage populations in the United States.
- > The Fig Newton cookie was named after nearby Newton, Massachusetts — first baked in 1891.
- > Boston Harbor favorites include clam chowder, lobster rolls, and steamed clams - all the best enjoyed fresh from the docks!
- > The first telephone call ever made happened in Boston in 1876, thanks to Alexander Graham Bell.
- > 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 — seriously!



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Day 1

Dinner Voucher

Upon arrival, your group will be greeted by your Tour Director and escorted to your motorcoach for the short transfer to the hotel. After settling into rooms, students will gather for a Welcome, Safety & Orientation Meeting where we review expectations, daily schedules, and trip highlights. This first meeting sets the tone for a smooth, fun, and well-organized adventure, giving everyone a chance to meet the team, ask questions, and get excited for the days ahead. Groups arriving early can feel free to add on extra activities or just relax and refresh before tonight’s welcome dinner.

Day 2

Breakfast & dinner included; lunch on own

Today’s activities include:

Harvard Museum of Natural History + STEM Workshop – Students step inside one of the nation’s most fascinating science museums, where dazzling gems, towering dinosaur fossils, and the world-famous Glass Flowers bring natural history to life. As they explore the galleries, they’ll discover how scientists study evolution, ecosystems, and the changing planet through real specimens and hands-on observation. Their visit continues with a STEM Workshop led by Harvard educators, giving students the chance to investigate scientific questions, analyze data, and experiment like real researchers. This experience blends curiosity, creativity, and discovery - showing students how science connects to the world



around them and to their own future possibilities.

Boston Museum of Science, IMAX & Planetarium Show – Students dive into one of the country’s most exciting science museums, where hands-on exhibits, live demonstrations, and interactive galleries spark curiosity at every turn. From engineering challenges to lightning shows, the Museum of Science invites students to experiment, explore, and think like real scientists. Their visit continues with a giant-screen IMAX film that brings science to life in breathtaking detail, followed by a Planetarium show that launches them into the stars. Together, these experiences blend discovery, imagination, and big-screen wonder—making science feel larger than life.



Freedom Trail Walking Tour – Students step back in time as a costumed guide leads them along Boston’s iconic Freedom Trail, bringing the stories of the American Revolution to life through character, humor, and vivid storytelling. As they visit landmarks such as the Old State House, Faneuil Hall, and the site of the Boston Massacre, students learn how ordinary citizens sparked extraordinary change. The period dress and immersive narration help them imagine what the city looked and felt like in the 1700s, making history



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tangible, memorable, and fun. It's an energetic walk through the birthplace of American independence - perfect for curious middle school minds.

Quincy Market & Faneuil Hall – Students explore one of Boston's most iconic gathering places, where history, food, and street-side energy come together. At Faneuil Hall - known as the "Cradle of Liberty" - they'll stand where early patriots once debated independence and helped shape the nation's future. Just steps away, Quincy Market offers a lively maze of food stalls, local treats, and performers that capture the spirit of modern Boston. It's the perfect blend of past and present, giving students time to discover, sample, and soak in the atmosphere of this historic marketplace district.

Day 3

Breakfast & dinner included; lunch on own

Today's activities include:

New England Aquarium & 3D Theatre Experience – Students dive into the underwater world at the New England Aquarium, home to sea turtles, penguins, stingrays, and the towering Giant Ocean Tank filled with hundreds of tropical reef species. As they explore, they'll get an up-close look at marine science in action—watching feedings, observing animal behaviors, and discovering how conservationists protect ocean ecosystems. Their visit continues at the Aquarium's Simons Theatre, where a giant-screen 3D film immerses them in ocean exploration with stunning visuals and surround sound. Together, these experiences spark curiosity, deepen understanding, and bring marine biology to life in unforgettable ways.



Cape Cod... Cape Cod invites students into a world of sandy shorelines, salt marshes, and wildlife-rich habitats shaped by wind, waves, and time. Here, science comes alive outdoors as students explore tidal ecosystems, observe coastal species, and discover how the Cape's unique landscape was formed. From hands-on field experiences with naturalists to quiet moments along the shoreline, Cape Cod offers a blend of adventure, curiosity, and environmental discovery. It's the perfect setting for middle schoolers to connect with nature, build teamwork, and see how conservation and science play out in the real world.

Cape Cod Museum of Natural History & Marsh Hike with a Naturalist – Students begin their experience inside the Cape Cod Museum of Natural History, a small but dynamic museum designed to spark curiosity. From marine life and bird species to coastal habitats and local geology, the exhibits help students understand how Cape Cod's ecosystems work and why they're so unique. Interactive displays and



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real specimens make the science feel accessible and exciting, giving students a strong foundation before they head outdoors.

Their adventure continues on a **guided Marsh Hike** led by a naturalist who brings the landscape to life through hands-on exploration. As students walk through the salt marsh, they'll observe crabs, fish, birds, and plant life up close while learning how tides, weather, and wildlife shape this ever-changing environment. It's an immersive field experience that blends movement, discovery, and environmental science - perfect for engaging middle school learners and connecting classroom concepts to the natural world.

Day 4

Breakfast & dinner included; lunch on own

Today's activities include:

Cape Cod Center for Coastal Studies & Marine Master Class -

Students spend the day with working marine scientists at the Cape Cod Center for Coastal Studies, an internationally respected research organization dedicated to protecting marine ecosystems. Inside the lab, students learn how scientists study whales, monitor water quality, and track changes in coastal environments. They'll explore real research tools, examine specimens, and discover how data collected on Cape Cod contributes to conservation efforts around the world. The experience gives students a behind-the-scenes look at marine science as a career and shows how local research can have global impact.



The learning continues outdoors as students participate in a hands-on Marine Master Class led by the Center's educators. Through field sampling, species identification, and coastal observation, they'll investigate how tides, weather, and human activity shape the shoreline. Students work together to collect data, make predictions, and draw conclusions—practicing the same skills used by professional scientists. It's an engaging, inquiry-based experience that builds confidence, curiosity, and a deeper understanding of the fragile coastal ecosystems they've come to explore.

The Atlantic White Shark Conservancy - Students dive into the world of shark science with the Atlantic White Shark Conservancy, an organization at the forefront of research and conservation along the Cape. Through interactive exhibits and real-world data, they'll learn how scientists track shark movements, study behavior, and protect these apex predators and the ecosystems they support. The Conservancy's educators break down complex marine biology concepts into hands-on, student-friendly learning that sparks curiosity and dispels common myths.



During their program, students explore how technology - like satellite tags, drones, and underwater cameras - helps researchers understand shark populations and keep both wildlife and beachgoers safe. They'll analyze real tracking maps, examine shark adaptations, and discover why Cape Cod has become one of the most important



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white shark habitats in the world. It's an eye-opening experience that blends science, conservation, and coastal ecology, giving students a deeper appreciation for one of the ocean's most misunderstood species.

Day 5

Breakfast & dinner included; lunch on own

Today's activities include:

Monomoy National Wildlife Refuge - Students explore one of Cape Cod's most remarkable natural habitats at Monomoy National Wildlife Refuge, a protected landscape shaped by tides, wind, and shifting sands. As they walk along the shoreline and dunes, they'll discover how barrier islands form, how salt marshes support coastal life, and why this refuge is such an important stopover for migrating birds. The scenery alone - wide-open beaches, tidal flats, and endless sky—makes this experience unforgettable.



Guided by naturalists, students observe wildlife in its natural environment, from shorebirds and seals to the tiny invertebrates that keep the ecosystem thriving. They'll learn how scientists monitor species, protect fragile habitats, and respond to the challenges facing coastal environments today. It's a hands-on, field-based experience that blends exploration, environmental science, and real-world conservation—helping students see how every part of the coastline is connected.

Woods Hole Oceanographic Institution, OceanQuest Research Vessel & Marine Science Experience – Students step into the world of real ocean exploration at Woods Hole Oceanographic Institution, one of the most respected marine research centers in the world. Their experience begins aboard the OceanQuest Research Vessel, where they join marine educators for hands-on field science. Using oceanographic tools, students collect water samples, measure salinity and temperature, observe plankton, and learn how scientists study the health of the ocean in real time. Being out on the water gives them a front-row seat to the science of currents, tides, and marine ecosystems - turning the Cape's coastline into a living laboratory.



Back on land, students continue their learning in a classroom-based Marine Science Lab led by WHOI educators. Here, they examine specimens, analyze data collected on the vessel, and explore how technology - from ROVs to deep-sea submersibles - helps scientists study the ocean's most mysterious places. The combination of fieldwork and lab investigation gives students a complete picture of how oceanographers ask questions, test ideas, and uncover new discoveries. It's an inspiring, STEM-rich experience that shows students how marine science connects to real careers and the future of our planet.

In the late afternoon, we return to Boston for our final evening and get ready to head home on the following day.



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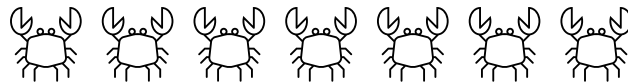


Day 6

Breakfast (dependent upon hotel breakfast hours)

Reflection Circle - Before heading to the airport, students gather for a final reflection on their week - a chance to celebrate everything they've learned, experienced, and accomplished together. From hands-on STEM labs to behind-the-scenes discoveries, they look back on the moments that challenged them, inspired them, and brought the group closer. It's a warm, meaningful pause in the day where students share highlights, thank their leaders, and recognize how much they've grown. With new confidence, new friendships, and a deeper understanding of the world around them, the group begins their journey home - carrying memories that will stay with them long after the trip ends.

As your program comes to a close, we hope you leave feeling proud of what you've explored, learned, and experienced together. From new discoveries to shared moments with friends and teachers, these days were designed to spark curiosity and confidence that will carry into whatever comes next. We wish you safe travels home and the very best in the adventures ahead—may this trip be just one of many that inspire you to keep learning, exploring, and seeing the world with curiosity and wonder.



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Middle School Edition

Boston & Cape Cod, Massachusetts

Minimum Booking Numbers: 20 students

What's Included: Roundtrip flights or motorcoach transfers
5-nights' accommodation: 3-nights Boston, 2-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
Harvard Museum of Natural History with STEM Master Class
The Peabody Museum of Archaeology & Ethnology
Boston Museum of Science with IMAX & Planetarium Show
Freedom Trail – Historical Walking Tour
Quincy Market & Faneuil Hall experience
New England Aquarium with 3D Theatre experience
Cape Cod Museum of Natural History with Naturalist Marsh Hike
Center for Coastal Studies & Marine Master Class
Atlantic White Shark Conservancy
Monomoy National Wildlife Refuge
Woods Hole Oceanographic Institution & marine Science Master Class
OceanQuest Marine Research Vessel Cruise with Scientific Study
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 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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