Welcome! This Handbook is intended to serve as a reference for all things MBL and Woods Hole. Included here are MBL policies and procedures, information on transportation, local eateries, activities, events, and more. You’ve chosen to come to a very special community. Your time here should be one of exploration, learning, growth, and making new friends!

About the MBL

The Marine Biological Laboratory (MBL) is dedicated to scientific discovery – exploring fundamental biology, understanding biodiversity and the environment, and informing the human condition through research and education. Founded in Woods Hole, Massachusetts in 1888, the MBL is a private, nonprofit institution and an affiliate of the University of Chicago.

The MBL’s oldest and most singular strength is our convening power, attracting the world’s leading scientists and students to Woods Hole. Well over 500 scientists and faculty are involved annually in our research and educational programs – some based at MBL full-time in our research division, some coming to the MBL for portions of the year, and some leading or lecturing in our broad range of research courses.

With a steady flow of students, scientists, and faculty participating in research projects throughout the year, enrolling in one of our research-based courses or thematic workshops, or spending an entire semester here, the special convening power of MBL is making our campus an increasingly vibrant and dynamic location year-round.

MBL Scientists and Staff
The MBL has approximately 250 year-round employees, about half of which are scientists and scientific staff. These are joined each year by more than 500 scientists, summer staff, and research associates from hundreds of institutions around the world, as well as a large number of faculty and students participating in MBL courses.

Affiliation with the University of Chicago
The MBL and the University of Chicago formed an affiliation on July 1, 2013, that enhances both institutions’ missions of leadership and innovation in scientific research and education. The affiliation builds on shared values and historical ties between Chicago and the MBL, which was led by University of Chicago faculty members for the first four decades of its existence. The MBL is an independent 501(c)3 in the Commonwealth of Massachusetts. More information on the affiliation and the MBL-UChicago relationship can be found here.
Major Research Areas

Research at the MBL – carried out by full-time MBL faculty as well as hundreds of the world’s leading scientists who are attracted by the MBL’s unique resources and strengths each year – focuses on a number of distinctive themes, including:

- new discoveries emerging from the study of novel marine organisms, encompassing research in regenerative biology, neuroscience, sensory physiology, and comparative evolution and genomics;
- the study of microbiomes and microbial diversity and ecology in a variety of ocean and terrestrial habitats;
- cutting-edge imaging and computation, making the unseen visible to illuminate cellular function and to explore biological mechanisms; and
- organismal adaptation and resilience in the face of global climate change and rapidly changing ecosystems.

Educational Programs

The MBL offers a range of courses, workshops, conferences, and internships throughout the year. Central to the MBL’s identity are its more than 20 advanced, discovery-based education programs and courses. The focus of these world-famous graduate-level courses ranges from physiology and embryology to neurobiology and microbiology and to imaging and computation integrated with biological research.

Each year, MBL courses attract almost 600 of the best and brightest students in the world, from more than 400 institutions and over 40 countries. Course directors and faculty are leaders in their fields, drawn from leading universities and research institutions around the world. The courses also benefit from partnerships with many commercial developers and vendors, who share the very latest technology in advanced imaging and other scientific equipment each year.

In addition, the MBL hosts dozens of workshops and conferences—accommodating more than 2,600 participants from around the world, as well as courses for undergraduate and graduate students from the University of Chicago and other colleges and universities. Like the more advanced courses, undergraduate programs, research internships, and our High School Science Discovery Program emphasize immersive, discovery-based learning.

Resources

The Marine Resources Center is an advanced facility for maintaining, culturing, and providing aquatic and marine organisms essential to biological, biomedical, and ecological research.

The National Xenopus Resource breeds and maintains Xenopus (African clawed frog) genetic stocks; and provides training in Xenopus husbandry, cell biology, imaging, genetics, transgenesis, and genomics.

The Library in the MBL’s iconic Lillie Building is run jointly with the Woods Hole Oceanographic Institution and houses one of the world’s foremost print and electronic literature collections in the biological, biomedical, ecological, and oceanographic sciences.
Traveling to and from the MBL…

Airport & Bus Information

Boston, MA – Logan International Airport:  [www.massport.com/logan-airport](http://www.massport.com/logan-airport)

Providence, RI – TF Green Airport:  [www.pvdairport.com/](http://www.pvdairport.com/)

Peter Pan Bus:  [www.peterpanbus.com](http://www.peterpanbus.com)

Green Shuttle:  [www.gogreenshuttle.com](http://www.gogreenshuttle.com)


What to Pack…

Dress at Woods Hole and the MBL is casual. Bring clothing you can layer and that you don’t mind getting dirty or spilled on while working in the lab or field. The following is a list of some recommended items to pack for different times of the year:

- Photo ID
- Sweatshirt and/or jacket
- Rain Jacket and/or umbrella
- Other clothing – long and short-sleeved tops, jeans, pants and shorts
- One “nice” outfit for anything special that may come up
- Comfortable shoes.  *Remember…you are required to wear close-toed shoes in the labs*
- Sleepwear
- Toiletries – shampoo, soap, toothbrush, deodorant, etc.
- Mud boots if your course or research requires field work in salt marshes and estuaries
- Blanket – You will be provided with a blanket in your dorm room but you may want an extra one for chilly nights
- Beach Towel – You will be provided with white bath towels that are not allowed out of the dorm room. Your beach towel should be any color other than white so it does not get mixed in with the bath towels.
- Bathing Suit
- Sunscreen
- Hat/Sunglasses
- **Insect & Tick repellent**
- Laptop
- Camera
Checking in for your stay at the MBL…

Check-in Time for all MBL Housing is 2:00 PM on the date of arrival.

Guests may check in at the front desk, located on the first floor of the Swope Center. The Swope office is fully staffed Monday-Friday, 7 am to 10 pm, Saturday, 7 am to 9 pm and Sunday, 9 am to 7 pm. You will pick up your dorm key and ID upon check-in.

After Hours Check-In

If you arrive after office hours and find the door locked, use the call box at the front door and the security staff will assist you with check-in. Due to high demand for housing, individuals arriving prior to their registration arrival date must make other housing arrangements.

Departures – Occupants of all MBL housing must vacate their accommodations by 10 AM on the date of departure.

Dormitory Information…

- Single beds are provided and bathrooms are shared
- Sheets, towels, a blanket and a pillow are provided
- Fresh sheets are provided weekly
- Fresh towels are provided twice a week
- **LAUNDRY** – Credit/Debit Card operated laundry facilities are available in multiple buildings. It is suggested that you bring your own detergent but coin-operated detergent vending machines are located in the laundry room. Change is available at the main desk in Swope
- The burning of candles or incense is prohibited in any MBL housing facility
- Furnishings provided by the MBL are to be kept in the dorm room in which they were found upon arrival. Except for normal wear and tear on facilities, occupants are responsible for losses and damages incurred to dormitory rooms.
- Room Decorations – You are encouraged to decorate your living area in ways that will make you comfortable during your stay. However, we ask that you refrain from damaging the paint or plaster, displaying anything that may be offensive to your roommate or any member of the MBL community, or hanging any cloth material from the ceiling or walls.
• For the safety of all, the propping open of outside doors in the housing facility is strictly prohibited.
• Trash Removal – Trash is removed by the housekeeping staff as needed.
• Recycling – The MBL has an active recycling program that includes electronic equipment, paper, packaging materials, glass, and plastic. Recycling containers are positioned and throughout the campus.
• Windows and screens are not to be removed at any time nor should any materials be hung or suspended on the outside of a window. Entering or exiting through a window is strictly prohibited. Broken windowpanes and screens should be reported to the Housing Office immediately.
• Electrical appliances – The use of open coil cooking appliances such as toasters, toaster ovens, hot plates, etc. is not permitted in the dormitories. The following electrical appliance is permitted: hot pots for heating water only. Irons are permitted in designated laundry rooms only.
• Smoke detectors are installed in all buildings and fire evacuation directions are posted in each hallway.
• **Loss of Personal Items** - The MBL is not responsible for the loss of personal effects and recommends the use of lockable luggage.

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**Dining at the MBL…**

• The main dining room is located on the second floor of the Swope Building
• If you are on the meal plan, you will swipe your MBL One Card ID for each meal
• Food Allergies – You may have provided food allergy information on your registration form. However, it is a good idea to inform your servers of any allergies or dietary needs you may have. If you have any questions regarding food allergies or dietary needs, please contact Erin Hummetoglu, Dining General Manager, 508-289-7164, ehummetoglu@mbl.edu.

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**Dining Hall Hours**

- Breakfast: 7 am to 9:30 am
- Lunch: 11:30 am to 1:30 pm
- Dinner: 5 pm to 7:30 pm
**MBL IDs…**

MBL ID Cards and lanyards are handed out at check-in. They are for MBL registered guests and employees. IDs MUST be worn at all times for identification purposes, entry into buildings and labs, and to attend meals. Please swipe them slowly as you are entering the building as the machines are sensitive. **Please remove your ID when visiting restaurants and bars outside of MBL.**

**Keys…**

Keys to the housing facility are distributed at check-in and collected at check-out. Residents are responsible for their keys. Please lock your door and carry your keys whenever leaving your room. Failure to return your key at check-out will result in a $60 charge.

**Parking…**

On-Campus parking is extremely limited and regulated. All individuals who wish to park on campus, 7 am – 4 pm, Monday-Friday, must obtain special permission. For all others with cars, the MBL maintains an off-campus parking lot approximately 1 ½ miles from campus at 300 Oyster Pond Road in the Devil’s Lane Parking Lot and the MBL provides scheduled shuttle service to and from the main campus throughout the day. Click [HERE](#) for a shuttle schedule. If you will have a car with you during your stay, you may obtain a parking permit for the Devil’s Lane lot at the main desk in Swope upon your arrival. Parking on campus is available after hours and on weekends. Please note that cars parked at meters on the street between 2 am and 6 am on any day will be towed.

**Wireless Access…**

The **MBL-GUEST** wireless network is an easy access encrypted wireless network designed to provide access to the internet. Please refer to wireless access signs posted throughout the campus for additional connectivity information.

**MBL Library…**

The MBL/WHOI Library is located on the 2nd floor of the Lillie Building. It is staffed and open to the public Monday – Friday, 8 am to 5 pm. The library is closed from 11 pm to 7 am every day.

**Printing & Photocopying…**

Students have access to a copy machine located on the 2nd floor lobby of Lillie outside the Library. The copier photocopies, scans and prints for free.

**Mail…**

To receive mail at the MBL, you must register upon arrival in the Mail Room, located in the basement of Lillie. Your address will be: Your name, Marine Biological Laboratory, 7 MBL Street, Woods Hole, MA 02543.

**MBL Exhibit Center & Gift Shop…**

The MBL Gift Shop opens beginning in May. Click [HERE](#) for more information.
Campus Maps…

Click [HERE](#) for a Google Map of the MBL Campus
Respect and Responsibility…

It is the policy and the practice of the Marine Biological Laboratory to treat all persons associated with our community in a fair and equitable manner and to select employees, faculty, and students without discrimination on the basis of their race, color, national origin, ancestry, gender, sexual orientation, religious beliefs, mental or physical disability, age, genetic predisposition, military status, or participation in a harassment complaint.

MBL is committed to promoting a diverse population among its employees, visiting scientists, faculty members, and students. We believe that the prominence and integrity of MBL is best served by employing and educating individuals from diverse backgrounds and cultural heritages. It is our goal to provide a community that fosters an attitude of respect and inclusion for everyone and one which recognizes the positive results that come from learning from one another.

The Marine Biological Laboratory has been a proud member of the Woods Hole Diversity Initiative since 2004. For more information visit the [Woods Hole Diversity](#) website.
Harassment
Harassment, whether discriminatory or sexual, is unlawful under both federal and state law and, as such, will not be tolerated by MBL. Any MBL employee, investigator, faculty, student, or visitor who harasses a member of the MBL community shall be subject to disciplinary action that may include termination. Further, any retaliation against an individual who has complained about harassment or who has cooperated in an investigation of harassment is also illegal and will not be tolerated. The definition of illegal discriminatory harassment is any verbal or physical conduct which has the intent or effect of unreasonably interfering with an individual’s work or academic performance or which creates an intimidating, hostile, or offensive work or educational environment, when such conduct is based upon age, ancestry, color, disability, gender, genetic predisposition or carrier status, national origin, participation in discrimination complaint-related activities, military status, race, religion, or sexual orientation. Prohibited behavior includes slurs or other derogatory comments, objects, pictures, cartoons, or demeaning gestures connected to one’s membership in a protected group.

Sexual harassment includes unwelcome sexual advances; requests for sexual favors; and any printed, verbal, or physical action of a sexual nature. These actions are considered harassment when: 1) submission to or rejection of such advances, requests, or conduct is made either explicitly or implicitly a term or condition of employment or as a basis for employment or academic decisions; or 2) such advances, requests, or conduct have the purpose or effect of unreasonably interfering with an individual’s work performance by creating an intimidating, hostile, humiliating, or sexually offensive work or academic environment. Prohibited behavior includes unwelcome physical touching; sexual epithets, jokes, written or verbal references to sexual conduct; gossip regarding one’s sex life; comments about an individual’s body or sexual activity; displaying sexually suggestive objects, pictures, cartoons; unwelcome leering, whistling, or sexual gestures; suggestive or insulting comments; discussing one’s own or inquiring into another’s sexual activities. Any person who feels they have been harassed is strongly urged to call upon MBL’s EEO Coordinator for advice regarding appropriate action to be taken. The EEO Coordinator is located in Homestead 105, 508-289-7378 or eeo@mbl.edu. Prompt, professional, and confidential-to-the-extent-possible attention will be given to all complaints. If at any time you feel you are being stalked by someone in Woods Hole, from your cell phone call 508-289-7911 or dial x7911 from an on-campus phone to reach MBL Security who will come escort you.

Violence Prevention
MBL is committed to working with all employees, investigators, faculty, students, and visitors to maintain an environment free from violence, threats of violence, persecution, intimidation, and/or other disruptive behavior. Acts or threats of violence include conduct that is sufficiently severe, offensive, or intimidating to alter employment or learning conditions or to create a hostile, abusive, or intimidating environment for one or more members of the MBL community. In addition, the possession or use of any potentially dangerous item or material is strictly forbidden in all buildings or on campus. Violations of this policy will lead to disciplinary action up to and including discharge and/or legal action as appropriate. Threats or assaults that require immediate attention should be reported to MBL Security at x7911 from an on-campus phone or dial 911 from your cell phone or on-campus phone for a direct line to local emergency services, police, fire and medical emergencies. Please inform MBL Security if local 911 services are called.

Respecting Personal Property
All members of the MBL Community are expected to be respectful of personal property belonging to others. This respect includes not trespassing onto private property when outside of MBL’s campus.

Alcohol Policy
Individuals under the age of 21 are strictly prohibited from the consumption or possession of alcoholic beverages. The consumption or possession of alcoholic beverages on MBL property is regulated by policy to ensure the safety of the community and uphold the MBL’s reputation. No public consumption is allowed anywhere on MBL property. Individuals are prohibited from reporting to work or to courses under the influence
of alcohol, and persons with positions that require driving as part of their duties may be removed from such position if found to have been driving under the influence of alcohol whether on or off duty. Violation of the policy will lead to disciplinary action.

**Smoke-Free Environment**
In keeping with the MBL’s commitment to the promotion of health, which includes the prevention as well as investigation of diseases, MBL provides a smoke-free environment for all employees, investigators, faculty, students, and visitors. As such, smoking is prohibited in the interiors of all MBL facilities, including housing, all vehicles, and all exterior doorways.

**Drug-Free Environment**
As a precondition of receiving federal grant and contract funds, MBL is responsible for providing a drug-free workplace. As such, the MBL prohibits the unlawful manufacture, distribution, dispensing, possession, or use of a controlled substance by all members of the MBL Community. All members are required to adhere to this policy as a condition of participating in activities and of occupying laboratory or library space at the MBL. Any student who violates this policy will be asked to leave the MBL immediately without refund of fees and with the possibility of a ban from future attendance at or use of MBL facilities.

**Parties/Gatherings**
Gatherings of more than 10 people in dormitories is not allowed. This is necessary to keep noise levels down and be respectful of other dormitory occupants. We also ask that you be respectful of those who will use the space after you. Please clean up after your gatherings by placing trash/recycling in their respective receptacles and returning furniture to the original locations.

**Noise**
Noise ordinance is 10 pm. The MBL houses large numbers of people with varying schedules and needs in close quarters. The need for sleep, study, and research supersedes all other activity. While at the MBL, please be a good neighbor to other MBL guests and our neighbors in the surrounding community. Please monitor your noise level at all times and lower your noise level when asked to do so by any member of the MBL or Woods Hole Community.
Campus Safety…

- **Campus Security** provides 24-hour security services for the MBL Campus and MBL Community. Members of the department are committed to conducting their work in a respectful and dignified manner while providing a safe environment for those who live, learn, and work in our community.
  - Campus Security is located on the first floor of the Swope Building
  - Dial 508-289-7217 to reach security 24/7
  - In an emergency, dial 508-289-7911 for Campus Security or x7911 from campus phones or 911 for Police, Fire or Medical Emergencies
  - Residents of MBL housing must carry their MBL ID at all times
  - Please report any suspicious activity to Campus Security at 508-289-7217
  - Propping Outside Doors – For the safety of all, the propping open of outside doors in the housing facility is strictly prohibited
  - Blue Light Emergency Call Boxes can be found in the front lobby of Ebert Hall, in front of CSF by the MRC, outside the Rowe building and at the front door of the Swope Building.

- **MBL Alert** is the Laboratory’s high-speed, automated emergency notification system. Students, faculty, visiting researchers and staff registered in the MBL One Card system are automatically enrolled in the MBL Alert system. In an emergency that requires immediate action from our community, authorized personnel will use MBL Alert to send MBL community members short messages via email, SMS text messages and/or automated phone calls to provide vital information quickly. For additional information, please refer to the [MBLAlert FAQ](#).

- **Fire Safety**
  - Smoke detectors have been installed and fire evacuation directions are posted in each hallway. Fire extinguishers have been placed in all hallways and housekeeping units and are checked on a regular basis. Tampering with any fire safety equipment is strictly prohibited and will be reported to the appropriate authorities.
  - If a fire alarm sounds, you must evacuate the building immediately. First feel the back of your door with the back of your hand to determine if there is heat. Then open your door and follow the escape route that is posted in the hallway of your building or go to the nearest exit. If there is smoke in the hallway, crouch down as smoke rises. If you see flames outside of your room, go back into your room and place a wet towel at the base of your door and call for help.
Lab Safety…

All students will be required to attend a Lab Safety Orientation, but here are a few things to keep in mind…

- Wear the proper footwear – Open toed shoes are strictly prohibited
- Wear the proper personal protective equipment that your principal investigator or course director deems appropriate, e.g. glove, safety goggles, lab coat
- DO NOT wear the gloves or lab coat outside of the lab area
- NO EATING OR DRINKING IN THE LAB. Keep all food and drink in the break areas.
- If the fire alarm goes off, evacuate immediately out to the Quad
- Remember the location of the nearest eyewash
- Remember the location of the nearest emergency shower
- Please be mindful that the laboratory sinks and safety showers are not for rinsing sand off your feet. The safety showers should only be used for emergencies as these showers are not designed for routine use.
- Material Data Safety Sheets can be found on the website
Tick Safety Tips

The following information is from the Centers for Disease Control Website, https://www.cdc.gov/ticks/index.html

While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active. On Cape Cod, if we have a mild winter, with little snow and temperatures rarely going below freezing, ticks can still be active. However, Spring, Summer & Fall are the most active time for ticks in this region.

Avoid Direct Contact with Ticks

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.

Repel Ticks on Skin and Clothing

- Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.
  - Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.
- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.
- The Environmental Protection Agency (EPA) has an online tool to help you select the repellent that is best for you and your family.

Find and Remove Ticks from Your Body

- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.
  - If the clothes are damp, additional time may be needed.
  - If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks effectively. If the clothes cannot be washed in hot water, tumble dry on low heat for 90 minutes or high heat for 60 minutes. The clothes should be warm and completely dry.
Community Resources and Information

Healthcare…

**Falmouth Hospital** (4.6 Miles from MBL), 508-548-5300, 100 Ter Huen Drive, Falmouth

**Cape Cod Healthcare Urgent Care** (5.8 Miles from MBL), 508-495-8000, 273 Teaticket Highway, Route 28, Falmouth

**Convenient MD Urgent Care** (5.5 Miles from MBL)
774-255-3010
40 Davis Straits, Falmouth, MA 02540

**Rite-Aid Pharmacy** (4.6 Miles from MBL)
508-495-2991
520 Main Street, Falmouth

**CVS Pharmacy – 24 Hours** (5.3 Miles from MBL)
508-540-4307
105 Davis Straits, Falmouth

Banks/ATMs in Woods Hole…

**Martha’s Vineyard Savings Bank** (Walk 0.3 miles up Water Street from the MBL)
2 Water Street, Woods Hole

There’s also an ATM next to the Woods Hole Market at 87 Water Street

Markets…

**Woods Hole Market** (right up the street)
508-540-4792
87 Water Street, Woods Hole

**Windfall Market** (5 Miles from MBL)
508-548-0099
77 Scranton Avenue, Falmouth

**Super Stop & Shop** (5.3 Miles from MBL)
508-540-7481
20 Teaticket Highway, Falmouth

**Shaws Supermarket** (5.5 Miles from MBL)
508-548-4033
137 Teaticket Highway, Falmouth
Getting Around the Area…

Biking…

The use of bicycles is encouraged around the MBL campus and the Woods Hole and Falmouth community.

Outdoor bike racks at the MBL are located in the following areas:

- Behind Candle House
- MBL Street (between Rowe and Loeb)
- Entrance into Swope
- Back of Loeb parking lot
- Back of Lillie Building

MBL Bicycle storage:
Bicycles are not permitted in MBL buildings except for the indoor bicycle storage area available in the basement of Ebert Hall. Bicycles may not be stored in dormitories. More information is available at the main desk in Swope.

The MBL is not responsible for bicycles parked on MBL premises. Parking in the MBL bicycle storage area, Devil’s Lane Parking Lot storage space, and outdoor racks around the MBL campus is at the owner’s risk.

Any accidents, problems or mishaps are to be reported to the Security Office at x7217.

Shining Sea Bike Path

The Shining Sea Bikeway (SSB) was named for a line in the song “America the Beautiful”, written by Falmouth, MA native Katharine Lee Bates. It’s a beautiful and nearly level 10.7 mile path that runs from the Steamship Authority parking lot in Woods Hole to County Road in North Falmouth. Parts of the path hug the coast, pass through Sippewissett Marsh and overlooks Chapoquoit Beach.

Bike Shop & Rentals

**Corner Cycle**
508-540-4195
115 Palmer Avenue, Falmouth
Activities…

Stony Beach

Stony Beach is just a short walk from the MBL campus. Guests must provide their own beach towel. Lifeguard services are provided during the summer months. Please contact the Swope Front Desk for directions and more information. A valid MBL parking sticker is required to park at the beach. All Falmouth beaches close at 10 PM. Keep in mind that the MBL has installed an outside spigot and hose on the back side of Ebert Hall to rinse off your feet after returning from the beach.

Hiking Trails Nearby

The Knob

If you feel like walking 2 ½ miles to get to this beautiful trail, The Knob is well worth it! It offers spectacular views of Quisset Harbor and Buzzards Bay. On a clear day, you can see the entrance to the Cape Cod Canal to the north and the Elizabeth Islands to the south. Take a rest and catch some rays on the sandy beach before heading back to the MBL.
Beebe Woods

You may want to bike it to this trail or find another means of transportation because it’s about 4 ½ miles from the MBL campus. But again, it’s worth it. Beebe Woods hosts an extensive network of walking trails that cover miles of varied terrain, exploring wooded ridges and steep-sided hollows, and encircle the picturesque pond known as the “Punch Bowl” that lies deep within the Woods. The trails also connect at the southern end of Beebe Woods to Peterson Farm.

Explore Martha’s Vineyard

Hop the ferry right up the street at the Steamship Authority Terminal. It’s about a 45 minute trip, dock to dock. You may take your bicycle on the ferry or rent one on the island. You can also rent a moped or just hop on a Vineyard Transit Authority bus to go town to town or beach to beach. Visiting MV is a great way to spend a beautiful day!

Other Activities…

Woods Hole Science Aquarium
http://aquarium.nefsc.noaa.gov/
Paddleboard and Kayak Rentals
http://www.capecodwindsurfing.com/

Ryan Family Amusements in Falmouth
Bowling & Arcades
http://ryanfamily.com/locations/bowling/falmouth/
508-540-4877
23 Town Hall Square
Falmouth, MA

Falmouth Sports Center Health Club
http://www.falmouthsportscenter.com/aboutus.html
508-548-7384

Movie Theater: http://www.falmouthcinemas.com/

Pizza Places: http://www.divinepizza.com/
http://www.stevespizzeriaandmore.com/
Restaurants, Coffee Shops & Ice Cream Shops*

Tipping guidelines for wait staff and bartenders…

In the U.S., wait staff and bartenders typically make less than the minimum hourly wage – sometimes significantly less. Therefore, tipping by patrons is routine. Generally speaking, at a sit-down restaurant, you should leave 15 – 20% of your (pre-tax) bill. Bartenders should receive an average of $1-$2 tip per drink or, again, 15-20% of the bill. If you are dissatisfied with your service, you may leave less of a tip. However, you should communicate your dissatisfaction to the wait staff, maître d, or manager on duty.

There are quite a few eateries in and around Woods Hole. Here’s a list of the ones within walking distance of the MBL. Source: http://woodshole.com/eat/, Woods Hole Business Association:

Water Street Kitchen and Public House

Take in spectacular waterfront views from this intimate candlelit perch over the Eel Pond Channel, where the menu is prepared entirely from scratch and driven by the ever-changing supply from local fishermen, farms, and gardens. Chef/Owner John Wilson and skilled bartender Chelsea Doohan, strive to create food and drink that are up-to-the-minute and on par with that of a more cosmopolitan milieu. Water Street Kitchen is adored for their radiant dishes, distinctive cocktails, and house-made daily bread. While the food is sophisticated, the atmosphere is one of casual elegance, with vintage details redolent of a glamorous bygone era. 56 Water Street.

The 4170

The waterside restaurant strives to push New England cuisine to the forefront of regional American. In the casual eatery—reminiscent of an old ship’s hull—chefs Brandon Baltzley and Laura Higgins present an esthetically impressive interpretation of Cape Cod classics. Through the use of native ingredients and traditional techniques, guests will taste the time and place where they are dining: Forty-One North, Seventy West. Open 11 a.m. – 10 p.m. Monday to Friday and 9 a.m.- 10 p.m. Saturday and Sunday 71 Water Street Woods Hole, MA 02543 (508) 457-3100
Jimmy’s Sandwich Shop

In the heart of Falmouth’s scenic “Woods Hole”, Jimmy’s sits directly across from the Martha’s Vineyard ferry terminal and the end of the “Shining Sea” bicycle trail. To generations of locals and visitors alike, a trip to Jimmy’s has been a cherished tradition since 1969. Try our mouth watering “Jimmy Burger”, French fries, Chicken fingers, Sandwiches, Subs, Fried Seafood, Lobster Rolls, Kids meals and of course 26 flavors of premium ice cream made fresh at a local dairy. You haven’t experienced all that Woods Hole has to offer until you’ve experienced “Jimmy’s” of Woods Hole! “Food on the run for […]

Shuckers World Famous Raw Bar & Café

A casual, affordable waterfront eatery located right on the dock, specializing in fresh local seafood, beef, chicken, abundant appetizer list and many salads. Lobster is the specialty of the house. Our raw bar features fresh native Boutique Oysters, Littlenecks, Cherrystones and Shrimp. Sit right on the dock inside or out or on our vessel the “Song of Eel Pond” for lunch or dinner served 7 days a week in season (May to October). Affordably priced dinner specials. Kids plates are always available. 91a Water Street P.O. Box 246 Woods Hole, MA 02543 (508) 540-3850 thequake@aol.com » Website

Coffee Obsession Cyber Cafe

Open daily 6:30am to 7:30pm, with increased hours late spring & summer. 38 Water Street Woods Hole, MA 02543 (508) 540-8130 coffeeo@capecod.net

Quicks Hole Tavern

The new Quicks Hole Tavern is located at 29 Railroad Avenue, across the street from the Martha’s Vineyard ferry terminal. Open year round, seven days a week for lunch and dinner, the Tavern offers new American cuisine with a full bar. Come try our pig candy, charcuterie boards, gourmet grilled cheese, fresh salads and more. Catching a ferry? Please rely on our pub menu served in the first floor bar area. 29 Railroad Ave Woods Hole, MA 02543 (508) 495-0048 » Website
Pie In The Sky

Located in historic Woods Hole, at the end of the Bike Path, just a 1 minute walk from the Martha’s Vineyard ferry terminal, Pie in the Sky Bakery and Internet Cafe is open 7 days a week, 364 days a year, from at least 5 am–10 pm. We feature a delicious assortment of handmade croissants, pies, cookies, and bread, all baked from scratch. Our coffee, espresso, and cocoa drinks are made from freshly ground, 100% Organic Deans Beans. Our hearty made to order sandwiches together with our homemade soups and salads make the perfect addition to any adventure, from a […]

Quicks Hole Taqueria

Quicks Hole Taqueria is the hottest new joint in Woods Hole. Discover our lobster tacos, grilled cod burritos and wicked fresh salads. Ride to the end of the Shining Sea bike path and enjoy a Cape Cod Beer or a pitcher of our house-made red sangria. Quicks Hole is part of the farm-to-table movement and sources from local farms and fisherman. Conveniently located across from the ferry, Quicks Hole has an outdoor deck for enjoying your chips and guacamole as the sun sets over the harbor. 6 Luscombe Avenue Woods Hole, MA 02543 (508) 495-0742 » Website

Landfall Restaurant

A Woods Hole destination since 1946. Come and let our fantastic staff serve you the best in native seafood, steaks, chicken, pasta and more while enjoying the unmatched view of the Woods Hole waterfront. Or, sit on our deck and watch the ferry come and go while sipping one of Rob’s famous margaritas. Located next to the Martha’s Vineyard Steamship Authority. We are open April through November for lunch and dinner. Click the link above and visit our website to learn more about us. Luscombe Avenue P.O. Box 107 Woods Hole, MA 02543 (508) 548-1758, fax (508) 548-6930 Landfall46@aol.com » […]

Captain Kidd Restaurant & Bar

Set against a picturesque Cape Cod backdrop of sun-kissed docks and surrounded by timeless boats, The Captain Kidd Restaurant and Bar is a century old eating and drinking establishment located in the charming village of Woods Hole, Massachusetts. During the in-season summer months, relax and enjoy spectacular views of Eel Pond Harbor from any one of the comfortable indoor or outdoor dining areas. Sample something from our extensive wine list, and delight your palate with some of Chef Frank Belfiores creative dishes, including the freshest sea food from the raw bar. Select one of our 12 beers on tap […]

87 Water Street Woods Hole, MA 02543 (508) 540-4792 Woods Hole Market & Provisions is located just over the one-man operated drawbridge and on picturesque Eel Pond in the heart of Woods Hole village. Giving a nod to our famous scientific community, look for the Octopus and Blue Striped awning and you will be glad you made the crossing. Carrying on as the only store for generations in this salty, nobel-prize winning throwback, we pride ourselves as a market that offers the community a place where locals can depend on customer service like the good old days. Our […]

*Source: woodshole.com, Woods Hole Business Association*
**Important Contact Information**

**Campus Security**
Dial 508-289-7217 to reach security 24/7

In an emergency, dial x7911 from an on-campus phone or 508-289-7911 from your mobile phone or dial 911 for local Police, Fire or Medical Emergencies

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