



THE UNIVERSITY OF CHICAGO

**MARINE BIOLOGICAL
LABORATORY**

MBL & Community Resources Guide



Traveling to and from the MBL – Airport & Bus Info...

Airport: Boston, MA – Logan International Airport: www.massport.com/logan-airport

Bus Lines: Peter Pan Bus: www.peterpanbus.com

Plymouth & Brockton Bus Line:

<https://www.p-b.com/schedules/wh-to-bsn-lgn-web-schedule/>

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



Download the MBL App! Stay connected to the Marine Biological Laboratory no matter where you are with MBL Mobile, the official Marine Biological Laboratory app. Find your way around campus with maps and shuttle schedules, access dining hours and menus, check out news and events, and quickly look up people in the online directory. Gaze over Woods Hole waters via the webcam or check weather and tides. Available for free on [Google Play](https://play.google.com/store/apps/details?id=com.marinebiologicallaboratory) and the [Apple App Store](https://apps.apple.com/us/app/mbl-mobile/id1444444444).

Important MBL 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

Education Staff

Linda E. Hyman, Burroughs Wellcome Director of Education
lhyan@mbl.edu, 508-289-7993

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Jennifer Martin, Education Budget Analyst
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Sung Bin Park, SES Coordinator
spark@mbl.edu, 508-289-7777

Maia Theophanis, Laboratory Operations Manager
mtheophanis@mbl.edu, 508-289-7272

Human Resources
humanres@mbl.edu

Homestead Building, x7422, 508-289-7422

Laboratory Safety – Eric Jensen, ejensen@mbl.edu, 508-289-7424



IT Helpdesk – helpdesk@mbl.edu, Broderick House, 508-289-7654

Housing Office – housing@mbl.edu
Swope Center First Floor, 508-289-7431

Healthcare...

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

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

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

Walgreens 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



Mental Health Services...

Helen Malinowski, LICSW
Beacon of Hope Counseling
56 Highfield Drive Unit 2C
Falmouth, MA 02540
Phone: 617.548.6966



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



Activities...

Biking...

Everyone staying at the MBL is encouraged to bring or ship their own bike or rent from [Corner Cycle](#) in Falmouth. There are plenty of bike racks around the MBL campus, Woods Hole, and Falmouth Center.

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.



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



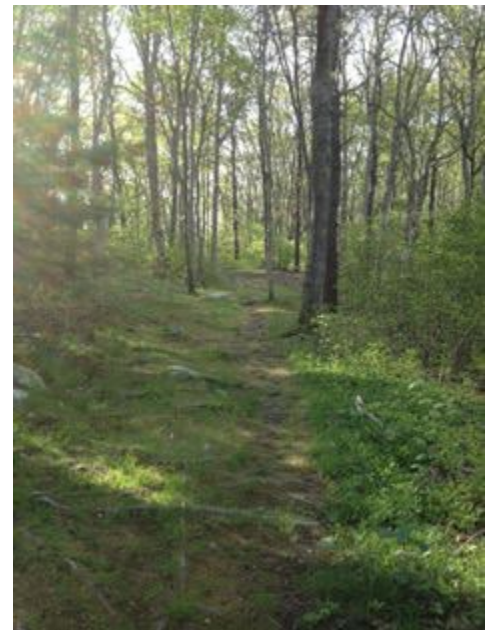
The Knob

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!



Restaurants, Coffee Shops & Ice Cream Shops*

Due to COVID-19, many shops and restaurants have amended their opening schedules and capacities. It is advised that you check with any given establishment regarding their dining hours and guidelines.

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:



[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...



[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



[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



[Woods Hole Market & Provisions](#)

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...



[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.



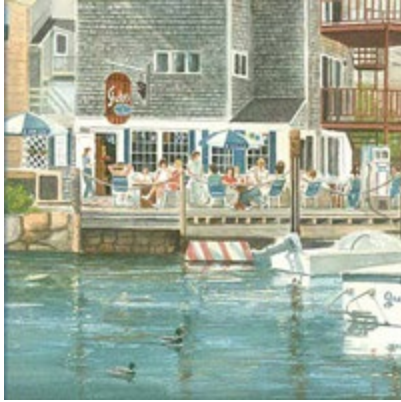
[Jimmy's Sandwich Shop](#)

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!



[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. 56 Water St.



[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



[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, (508) 548-1758

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.