



**THE UNIVERSITY OF CHICAGO**

**MARINE BIOLOGICAL  
LABORATORY**

## **MBL & Community Resources Guide**



## 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. The MBL draws a unique mix of researchers ranging from early-career scientists to Nobel Laureates, and students at levels from high school to postdoctoral. Their interactions have led to multiple, transformative breakthroughs in our understanding of biology. Once largely a feature of summers at the MBL, this convening power is now evident year-round. Well over 500 scientists and faculty are involved annually in our research and educational programs – some based at MBL full-time, 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.



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

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

**Bus Lines:** Peter Pan Bus: [www.peterpanbus.com](http://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
- Beach Towel – You will be provided with white bath towels that are not permitted to be taken 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



## **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**

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**Maia Theophanis**, Laboratory Operations Manager  
[mtheophanis@mbl.edu](mailto:mtheophanis@mbl.edu), 508-289-7272

**Human Resources**  
[humanres@mbl.edu](mailto:humanres@mbl.edu)

Homestead Building, x7422, 508-289-7422

**Laboratory Safety** – Eric Jensen, [ejensen@mbl.edu](mailto:ejensen@mbl.edu), 508-289-7424



**IT Helpdesk** – [helpdesk@mbl.edu](mailto:helpdesk@mbl.edu), Broderick House, 508-289-7654

**Housing Office** – [housing@mbl.edu](mailto: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



## TOWN OF FALMOUTH

Woods Hole is a village within the Town of Falmouth, MA. There are lots of shops and restaurants located in the town which is a little over four miles from Woods Hole.

Transportation to and from Falmouth: In the summer, you can board the [WHOOSH Trolley](#) from the Woods Hole Ferry Terminal to the Center of Falmouth. At other times of the year, you can take the [Sealine Bus](#) from the Woods Hole Ferry Terminal to Falmouth Center and all the way to Hyannis, MA.



# Local Activities...

## Biking...

Everyone staying at the MBL is encouraged to bring or ship their own bike, purchase one while here, or rent locally through our partnership with **Rideaway Adventures** at this link: <https://www.mbl.edu/about/campus-facilities-resources/bicycle-rentals>. The MBL does not provide bikes. There are many 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.

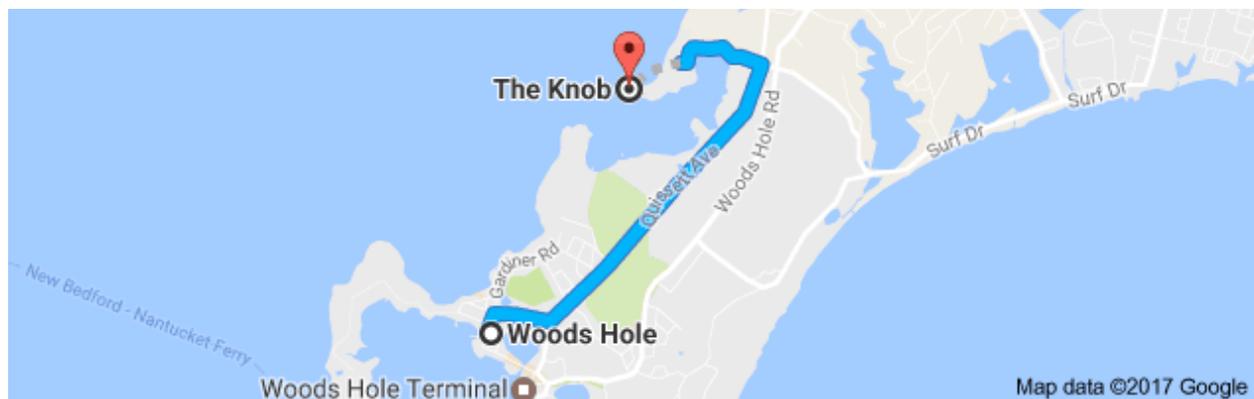


## Hiking Trails Nearby



### 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!



# Woods Hole 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](mailto:coffeeo@capecod.net)



### [Quahog Republic Leeside Pub](#)

Located at 29 Railroad Ave., right across from the Martha's Vineyard Ferry Terminal. The Leeside Pub is a great spot to grab a lobster roll, burgers, clam chowdah and more! Locally sourced seafood with an ocean view.



### [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 day.



### [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.



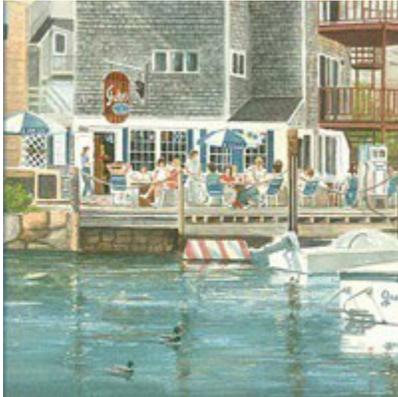
### [Jimmy's Sandwich Shop](#)

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.