

Cape May Itinerary

Wherever you're staying in Cape May, New Jersey, leave your digs and head to the [Mad Batter](#) for an early breakfast. It's got everything you want for the first meal of the day, whether you're a little bit hungry, starving, vegan, a meat-lover, a tippler, or a teetotaler.

After breakfast, take a left out the front door of the Mad Batter and head just a half a block to the beach. Before you can get onto the beach, you'll have to purchase a beach tag, which stinks but is the protocol at almost every beach in south Jersey. Head north or south, whichever direction strikes your fancy. Enjoy the sand between your toes and the sound of the surf as you walk off those breakfast calories. The beach is more crowded as the day goes on, so if you like a nice, quiet walk, this is the best time of day to go.

After your walk, put your shoes back on and head over to the [Emlen Physick Estate](#), located at 1048 Washington Street (book your tour in advance). You'll love everything about the Victorian estate: the architecture, the customs, the stories about the Emlen Physick family, the entertaining and highly knowledgeable docents, the free scavenger hunts, and the different experiences you can purchase at the estate, from magic & mystery tours to special holiday tours.

Hungry yet? It's time for lunch! I've got two suggestions: first, [Hot Dog Tommy's](#), located at 10 Jackson Street. It's got great hotdogs (including vegan versions!) and awesome toppings. If you're in the mood for some sit-down fare, try the [Blue Pig Tavern](#) located in [Congress Hall](#). If you go to the Blue Pig, you can take a quick tour of historic Congress Hall afterward. If you don't have time for that, you can at least read about the history of the place on the menu!

I don't want to rush you, but you've got stuff to do, so don't dawdle over lunch.

After lunch, take a turn around the outdoor [Washington Street Mall](#). The main mall is located along a few blocks of Washington Street and is closed to traffic except in a couple places, where you have to cross the street. The Mall has everything you could want if you're looking for souvenirs of your trip, whether it's low-end, high-end, or in-between. And there's ice cream, in case you didn't enjoy dessert at lunchtime. Don't forget to stop in at the little shops located on the streets surrounding the mall, too. There are some real gems.

Have you done enough shopping? Then you have a choice. I hate to make you choose, but you only have one day, so you've got to make it count and I don't know your personal preferences.

First, you could book yourself on a [trolley tour of Cape May](#). The trolleys are a comfortable way to learn about America's first seaside resort, and they'll give you a rest if you're tired of walking.

Second, you could take a horse-drawn carriage tour. This is another great way to see the town, and you get the bonus of hearing the clip-clop of horse hooves along the way, just as you might have a hundred years ago. Check out this [carriage tour company](#), or search online for a different one.

Third, you could hit a [winery](#). Or a [brewery](#). Or a [distillery](#). You pick your poison, so to speak.

Fourth, maybe birdwatching is your thing. Cape May is world-renowned as a spectacular place to spot your feathered friends. [This is the best article](#) I've come across about birding in Cape May, so I highly recommend you give it a read.

Whew! Whatever you chose to do this afternoon, you must be exhausted! But don't head back to your hotel or your rental just yet...there's more to do.

As the day winds down, head down to the [Cape May Lighthouse](#). On the way, if you want one more fun shopping experience, make a quick stop at the [West End Garage](#) for an eclectic selection of antiques, collectibles, vintage finds, and brand-new stuff. You can also get food there! It's my favorite place to shop in Cape May.

After you've visited the lighthouse, make a left onto the main road and continue down to Sunset Beach, where you'll probably want to hunt for sea glass and Cape May Diamonds before watching the sun set across the Delaware Bay.

Wow. What a day. Ready for dinner?

I've got two suggestions: the [Washington Inn](#), if you're looking for the Treatment and a stellar dining experience. Or, if you prefer it more low-key with a more energetic vibe, try the [Rusty Nail](#) (open seasonally). These are just two places out of about a million that serve dinner, so do some research before your trip and see what looks good.

If you're still rearin' to go, try this [TripAdvisor page for Cape May nightlife](#). Personally, I'm exhausted. I might enjoy a glass of wine back at the hotel, but you're welcome to try out any of these places!

I hope you've enjoyed your day in Cape May. If you've got more time, try out the things you missed on the list! The other thing I would recommend doing is visiting [Cape May MAC](#) or the online magazine [This Week in Cape May](#). There are all sorts of things to do around town!

See you on the beach!