



MetroWest Boston offers an enormous range of indoor and outdoor activities for families, from toddlers to grandparents. We recommend the following as one amazing itinerary:

Family Adventure Tour

DAY 1:

Start the day with hiking, biking, or snowshoeing at **Assabet River National Wildlife Refuge**, a unique opportunity to immerse yourself in nature with acres to explore and wondrous species to observe, followed by a delicious lunch at **Chill Kitchen & Bar**. In the afternoon, take the kids to paint their own pottery at **Plaster Fun Time**. Check in to your hotel, the **Residence Inn by Marriott Boston Marlborough**, a great **all-suite hotel** that offers expansive rooms with full kitchens, perfect for families.



Day 2:

Spend the whole day at the Apex Entertainment Center complex with their indoor amusement park, where the kids can go wild with **go karts**, **laser tag**, **bumper cars**, **a ropes course**, **bowling**, **mini golf**, **sports simulators**, **an obstacle course**, **inflatables**, **a ball pit**, and more! And with a wide menu that appeals to even the pickiest eaters, you don't even have to leave to find lunch. Plus, in the same complex is a **trampoline park**, **axe throwing**, and an **escape room**.

Day 3:

Make the short drive to **Nashoba Valley Ski Area** in Westford for a full day of fun year-round. In winter, **ski**, **snowboard**, and hang on tight as you **tube** down the mountain. In summer, the **Sunset Tiki Bar** offers a sand beach with **swimming in the lake**, **games**, and **live music** in the outdoor restaurant. A fun day for the whole family!





DAY 4:

Take a one-of-a-kind kids' aerial class at [Earth & Aerial Yoga](#) in Hudson, followed by lunch at [Railtrail Flatbread](#), where the food is great and the ambiance is eclectic. After lunch, try your hand at an escape room at [PuzzleEscape](#), which has creative different rooms from entry level to advanced and for various ages. Work fast, and you may even be able to fit in some shopping at Hudson's [charming boutiques](#) before dinner. Worked up an appetite? Don't miss [Firefly's BBQ](#) for dinner...it's fantastic!

DAY 5: Start the day with a round of mini golf. In warm months, head to [Putts & More](#), an award-winning family fun center offering a mini golf course, jumping pillow, splash pad, and snack bar. In winter, try the indoor mini golf at [Trombetta's Farm](#), an 18-hole course that's challenging enough to entertain all ages and is surrounded by beautiful plants, 2 waterfalls and a pond. In the afternoon, go to [Hopkinton Center for the Arts](#), one of the region's largest performing and visual arts centers. HCA includes a rotating gallery of regional work, a wealth of art classes, workshops and special events, engaging lectures and educational programs, and indoor and outdoor performances for all ages. Afterwards, stop by [Start Line Brewing](#) for a flight of their craft beer, a great burger, and some live music.



Want to extend your stay in MetroWest? Find more indoor and outdoor fun in the region on our website, including seasonal [fairs, festivals and special events](#)!

Come see what we have to offer in the heart of Massachusetts!
For other itineraries, events calendar, links to venues, and more,
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