



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 suitable for groups:

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 **The Farmer's Daughter**, a farm-to-table restaurant. In the afternoon, take everyone to the **Discovery Museum**, where **hands-on fun blends science, nature, and play**. The museum and its Discovery Woods accessible outdoor nature playscape and treehouse feature the best of STEAM learning on a beautiful 4.5 acre campus perfect for families. Alternatively, visit the **Christa McAuliffe Center**, which offers a world-class planetarium, the Challenger Learning Center's immersive space mission simulation program, and engaging hands-on science exhibits, only for groups.



Day 2:

Spent the whole day at the Apex Entertainment Center complex with their indoor amusement park, where kids (and adults!) 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**, all of which are happy to host groups!

Day 3:

Spent the day with some outdoor fun! In warmer months, discover **Ward Park**, with numerous offerings to appeal to everyone, including **pickleball and tennis courts, a playground, wading pool, skate park, and BMX trails**. Or visit **Tougas Family Farm** where you can **pick your own apples and pumpkins**, visit the barnyard, indulge in an **apple cider donut (a fall staple in New England!)** or other goodies from the farm store, play on the playground, and take a wagon ride around the orchard. In the afternoon, let your group challenge each other at **Boston Paintball**, the newest, most versatile movie-set style paintball facility on the East Coast, with both indoor and outdoor fields open year-round.





DAY 4:

Take a one-of-a-kind aerial class (available for both kids and adults!) 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 [PuzzlEscape](#), 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. Alternatively, book a behind-the-scenes tour at [Goodnow Farms Chocolate](#), the most decorated chocolate maker in North America, to see how they make their award-winning flavors. 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 [Urban Air](#) trampoline park or [Southwick's Zoo](#), the largest zoo in New England. Afterwards, stop by [CraftRoots Brewing](#) for a flight of their craft beer, live music, and something tasty from a local food truck.



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, please visit us online at www.metrowestvisitors.org. For help coordinating your group tour, contact Executive Director Stacey David at sdavid@metrowestvisitors.org