

# Wellbeing TRAVEL GUIDE Boston

With its Victorian townhouses, soaring skyscrapers and green spaces, Boston mixes a rich history with elegant modernity and the great outdoors. Charming and compact, discover the best of its superb seafood, shopping and strolling.



## to stay

### Langham Hotel Boston

This grandiose building – formerly the Federal Reserve Bank – has been a hotel since 1865. Located in the heart of Downtown, next to the Norman B. Leventhal Park, it has great access to all areas of the city, including Faneuil Hall and the harbour. Despite being in the urban bustle, it maintains an air of calm and quiet. Rooms are tasteful and elegant, and all boast views over the park or skyline – particularly if you're in one of the suites. You'll find thoughtful welcoming treats (such as pink macaroons) upon arrival, as well as all the usual luxuries you'd expect. Dining at Café Fleuri is a light, bright, white table-clothed affair, with seasonal modern food. There's a swimming pool and the wonderful Chuan Body+Soul spa. The hotel is undergoing renovations at the end of March, so check the website for reopening dates.

[langhamhotels.com/en/the-langham/boston](http://langhamhotels.com/en/the-langham/boston)



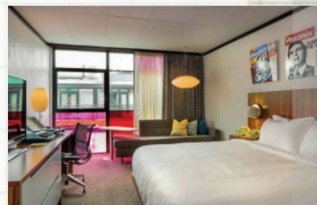
### The Verb Hotel

Bold, bright colours, vintage music memorabilia and retro furnishings greet you when you arrive at this quirky,

modern hotel. It's definitely one for music and sports-lovers: the hotel itself boasts an extensive vinyl collection and in-room record players, and outside – a hop and skip away – is Fenway Park, home of the Boston Red Sox. But even if you're just after a stay in an affordable, funky hotel with good transport links, then this is a great shout. It also has

a heated saltwater pool, which some of the bedrooms look out on to through coloured glass. Perfect as the city moves into its milder months.

[theverbhotel.com](http://theverbhotel.com)







Life Alive

## to eat



### Life Alive Café

A cool, colourful café with wellbeing at its heart. Serving fresh, organic food with an emphasis on plant-based produce, its menu is divided into grains, greens and broths (we loved the gut-friendly kimchi ramen). Add to that a selection of vibrant, healthful juices, and you've got yourself the perfect spot to recharge your batteries.  
[lifealive.com](http://lifealive.com)

### Island Creek Oyster Bar

Bostonians call it ICOB and that's because it's a local favourite. Sitting within a short walk of Fenway, it's certainly worth combining a trip here with your stadium tour. Its second-to-none oyster selection is as fresh as it comes, and there's a great array of traditional dishes, as well as those with a modern twist. And if you're after a New England classic, may we point you towards the clam chowder – rich, creamy, luxurious and packed full of clams. Be aware that it can get busy on Fridays and weekends.

[islandcreekoysterbar.com](http://islandcreekoysterbar.com)

### Neptune Oysters

An established part of the Boston food scene, this small bistro is frequently dubbed one the best places for oysters. The array of fresh oysters on ice is a sight to behold, but you'll have to join the back of the queue first, because they're in hot demand. A wet Tuesday in April may be just the time to chance it, though.

[neptuneoyster.com](http://neptuneoyster.com)



### Flour Bakery and Café

Heady aromas fill this warm and welcoming café. We're still dreaming about the cinnamon cream brioche with dark, sticky caramel and toasted pecans.

[flourbakery.com](http://flourbakery.com)



### EVOO

This relaxed eatery is passionate about sourcing local, mainly organic ingredients. From beef to beets, it even credits local farmers on the menu, so you know exactly where everything on your plate has come from. Providence at its finest! The menu changes daily, but you can be sure to expect punchy, flavourful food at a reasonable price.  
[evoorestaurant.com](http://evoorestaurant.com)



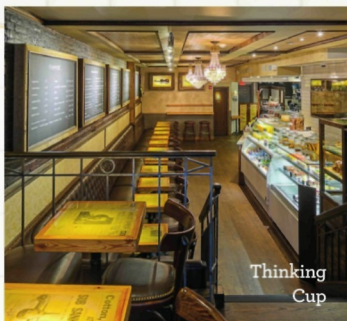
Flour



## TO DRINK

### Thinking Cup

Enjoy an unbeatable cup of coffee and bite to eat at this well-known favourite on distinguished Newbury Street. We love the multi-grain sandwiches with aged Manchego, caramelised onions, roasted mushrooms and applewood smoked bacon. [thinkingcup.com](http://thinkingcup.com)



### The Landing at Long Wharf

One of the most popular watering holes in the city, The Landing is a bustling, outdoor patio bar only steps from the docks. The ideal spot to mingle with fellow city dwellers after a waterside wander. [bostonharborcruises.com/the-landing](http://bostonharborcruises.com/the-landing)

### Blossom Bar

Mimicking the rosiest of seasons in Boston, this cool and chic restaurant and bar specialises in Sichuan cuisine. Expect adventurous flavours and exotic cocktails served in style. The Caracas Express cocktail with Santa Teresa, Lustau Solera Gran Reserva, brown butter banana and lime is a must-try. [blossombarbrookline.com](http://blossombarbrookline.com)



## TO DO

### Jazz at The Beehive

*This underground hotspot in South End is – true to its name – a hive of activity. Drop in for Bohemian decor, generous food, delicious cocktails and world-class live music every day of the week.* [beehiveboston.com](http://beehiveboston.com)

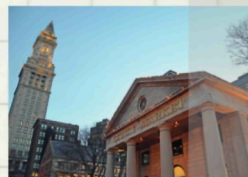
## to shop

### Newbury Street

Located in the Back Bay neighbourhood, it's easy to spend an afternoon exploring this beautiful tree-lined avenue, with its brownstone boutiques, cafés and high-end shops. Pop into Mother Juice for The Cure – a cold-pressed beet juice – before marching along to Ball and Buck for impeccable menswear. [newbury-st.com](http://newbury-st.com)

### Faneuil Hall Marketplace

The place Bostonians protested the 1764 Sugar Act, establishing the revolutionary motto – 'No taxation without representation'. Faneuil Hall is dripping with history. Today, locals congregate here to pick up a tasty morsel from the stalls and pushcarts that gather daily.



### Follain

One for beauty lovers, this boutique beauty brand is in high demand across the US due to its all-natural offerings. From sustainably sourced soap to chemical-free cosmetics, it's a pampering paradise for anyone after dewy skin (who isn't?). [follain.com](http://follain.com)







## *Boston Symphony Orchestra*

Or should we say listen? With more than 250 shows annually, there's always something to enjoy at Boston's stunning Symphony Hall. [bso.org](http://bso.org)

## *Boston Common*

A green oasis in the middle of this bustling city, this is the perfect place to rest weary feet and watch the people and city go by. The spot changes markedly with the seasons, and a spring visit will see the park coming to life with pink blossoms after a long winter. If you do get caught in some April showers, there's a number of lovely independent coffee shops nearby, like Boston Brewin Organic Coffee.

## *Beacon Hill*

This historic and picturesque neighbourhood has many a wonderfully windy cobbled street to potter around. For a taste of the local delicacies, head to Wine & Gourmet, Savor's Market and Charles Street Liquors. And if you're looking for a treat to take home, be sure to pop into Black Ink (a charming crafts and stationery store) or Rainbows Pottery Studio.

## ESCAPE THE CITY Harvard Square, Cambridge

A 20-minute drive from Boston city centre, Cambridge is home to the world-famous Harvard University. But you don't have to be a student or esteemed academic to savour this neighbourhood. You'll find art museums on Harvard's campus, boutiques like Grolier Poetry Book Shop (the oldest in the country) for books and keepsakes, and restaurants like Alden & Harlow and Giulia. [massholiday.co.uk](http://massholiday.co.uk)



## TO DO

### *The Spa at Mandarin Oriental*

Truly an urban oasis, Mandarin Oriental's facilities are the perfect place to unwind after a morning on your feet. We loved the Digital Wellness Escape – concentrating on the head, eyes, neck, shoulders, hands and feet. This restorative treatment tackles the strains and pains that result from frequent use of digital devices. [mandarinoriental.com](http://mandarinoriental.com)

### *Walk the Freedom Trail*

No trip to Boston would be complete without walking the 2.5-mile Freedom Trail. This red-brick walk (guided or self-guided) winds through Downtown Boston, stopping at 16 significant historical sites, including notable churches, meeting houses and burial grounds. It's a great way to explore the city while immersing yourself in the history. [thefreedomtrail.org](http://thefreedomtrail.org)

### *Explore the harbour*

If you really feel like stretching your legs, there's a 50-mile waterside walk that will take you through vast swathes of maritime Boston. But if time and energy levels are limited, focus on the Downtown and North End sections to enjoy the city's bustling waterfront – perfect for people-watching locals and tourists alike! If you're unlucky with the spring weather, there's plenty of cafés and watering holes to escape from the elements, too.







The Spa at  
Mandarin  
Oriental

## ONE MORE THING...

*For a tailor-made itinerary to Boston, including flights, transfer and a three-night stay in a luxury hotel, check out the Inspiring Travel Company – specialists in luxury travel experiences across the world. [inspiringtravelcompany.co.uk](http://inspiringtravelcompany.co.uk)*

### GETTING AROUND

Boston is very walkable and best enjoyed on foot if you can. If your feet need a rest, however, you can always hop on the 'T' – the public transport system. See [bostonusa.com](http://bostonusa.com)

### GETTING THERE

Flights are available direct to Boston Airport from many UK airports. During March/April, flights range from £280 to £350.

## to see

### Fenway Park

Home to the Boston Red Sox since the 1950s, and the oldest baseball park in Major League Baseball, for many, Fenway is the beating heart of Boston. Even if you're not an avid sports buff, it's still worth a visit for its fascinating social and sporting history. The baseball season runs from late March to October, and teams play several times a week, if you want a glimpse of the action. There's also plenty of great bars on its doorstep to enjoy a pre- or post-game drink. [mlb.com/redsox/ballpark](http://mlb.com/redsox/ballpark)

### Museum of Fine Arts

The city's oldest gallery and museum is home to over 450,000 works of art, so you'll need the best part of a day to enjoy it in all its glory. There are regularly changing exhibitions, ranging from paintings, artefacts, antiquity, photography, jewellery and textiles, that sit alongside some of America's most impressive full-time displays – including the greatest Monet exhibition outside of Europe. It also hosts regular events such as yoga and live music performances. [mfa.org](http://mfa.org)



Brattle Book Shop

### Brattle Book Shop

If you head Downtown, you'll find one of America's oldest and largest antiquarian book shops. A Boston institution, it's been selling used books since 1825 and is a prized browsing spot for any bibliophile. From good-quality reads to prized rare editions, we dare you to try and leave without at least one 'new' book to add to your bookshelf back home.

[brattlebookshop.com](http://brattlebookshop.com)