



# Three Days in Boston

By Antionette Rollins

The historic city of Boston is a treasure that is best experienced in person. Beantown is on our travel wish list not only for its culture, but for its access to many chiropractic conferences and seminars. The famous landmarks, amazing restaurants and tourist-friendly attractions all make Boston the perfect destination for any vacation, whether it's for business or pleasure. From its charming neighborhoods to its lively educational atmosphere, this walking city has plenty to offer everyone.

## DAY ONE: A WALK THROUGH TIME

One of the things that makes the capital of Massachusetts so unique is its rich history. The town was founded by Puritans fleeing religious persecution in 1630 and it officially became a city in 1822, making Boston one of America's oldest cities. Many important historical events have taken place in this much-loved city, including the infamous Boston Tea Party, the Battle of Bunker Hill during the American Revolutionary War and the Boston Massacre. This amazing sense of

history becomes apparent when one witnesses all of the classical landmarks that make Boston one of the country's most unique gems.

As one of the nation's first historic walking tours, **The Freedom Trail** gives visitors and locals alike the opportunity to witness first-hand some of the Boston sites that fill countless pages of American history books. The 2.5-mile tour provides a nice workout to those interested in seeing 16 nationally relevant landmarks that collectively tell the amazing story of the American Revolutionary War.

Start the trail off in America's oldest park, better known as **Boston Common**. The Common, as locals refer to it, is the site where British troops camped prior to the start of the American Revolution and where many famous figures such as Martin Luther King, Jr., and Pope John Paul II have given speeches.

One of the sites on the Freedom Trail, the **Paul Revere House**, is the oldest home in downtown Boston. Paul Revere is most famous for his role in the American Revolution, when he rode to



Paul Revere Statue

Photos courtesy of Greater Boston Convention & Visitors Bureau



Marker at Freedom Trail

## Boston at Your Fingertips

- Freedom Trail, (617) 357-8300; [thefreedomtrail.org](http://thefreedomtrail.org)
- Boston Common, Tremont, Beacon, Charles, Park and Boylston Streets; (617) 357-8300; [thefreedomtrail.org/visitor/boston-common.html](http://thefreedomtrail.org/visitor/boston-common.html)
- Paul Revere House, 19 North Square; (617) 523-2338; [paulreverehouse.org](http://paulreverehouse.org)
- Bunker Hill Monument, Monument Square, Charlestown; (617) 242-5641
- Empire Garden Restaurant, 690 Washington St.; (617) 482-8898
- Hei La Moon, 88 Beach St.; (617) 338-8813
- Winsor Dim Sum Café, 10 Tyler St.; (617) 338-1688
- The Juice Bar, 40-44 Harrison Ave.
- Hing Shing Pastry, 67 Beach St.; (617) 451-1162
- Eldo Cake House, 36 Harrison Ave.; (617) 350-7977
- Ho Yuen Bakery, 54 Beach St.; (617) 426-8320
- Fenway Park, 4 Yawkey Way; (877) REDSOX9; [boston.redsox.mlb.com](http://boston.redsox.mlb.com)
- Newbury Street, Newbury St., [newbury-st.com](http://newbury-st.com)
- Boston Duck Tours, 800 Boylston St.; (617) 267-3825; [bostonducktours.com](http://bostonducktours.com)
- Top of the Hub, 800 Boylston St. No. 52; (617) 536-1775; [topofthehub.net](http://topofthehub.net)



Boston Common

Lexington from his home in the dead of night to inform John Hancock and Samuel Adams that the British were coming. Today, the house serves as a museum which features interesting must-sees such as a 900-pound bronze bell.

After viewing parks, museums, churches and other marvels, conclude your history lesson as the Freedom Trail ends at the **Bunker Hill Monument**. Located in Charleston, just outside of Boston, this 221-foot tall monument lies on the site of the American Revolution's first major battle, the Battle of Bunker Hill. Those brave and energetic enough can walk up the 294 steps, which lead to the pinnacle.

### DAY TWO: BOSTON'S CHINATOWN

Boston boasts the third largest **Chinatown** in America. Located downtown near the financial and theater districts, this culturally rich neighborhood is beloved for its amazing Chinese, Japanese, Korean, Thai and Vietnamese restaurants, charming stores and spectacular festivals, such as the August Moon Festival and the annual Oak Street Fair, which is held in the fall.

No trip to Chinatown is complete without stopping for a bite to eat at one of the many restaurants. Taste some authentic dim sum, a popular Chinese cuisine usually served with tea, at **Empire Garden Restaurant**, located on Washington Street. Other great restaurants to try dim sum are local favorites **Hei La Moon** and **Winsor Dim Sum Café**.

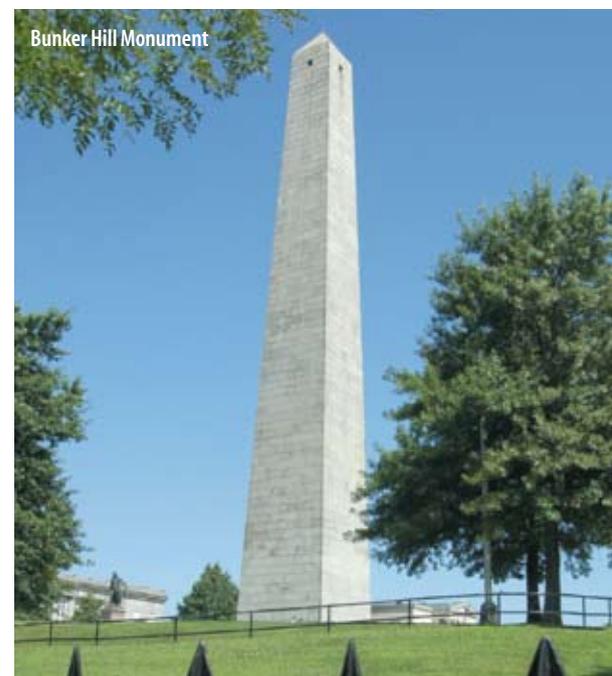
After treating your taste buds to some amazing delicacies, head over to **The Juice Bar** to quench your thirst with freshly made juices and smoothies. You can try favorites, such as piña coloda or be daring and order more exotic drinks

like bubble milk tea and watermelon juice. Not only are these drinks tasty, they are also made with fresh ingredients, making them a more healthy indulgence.

Satisfy your sweet tooth at one of the many bakeries in Chinatown. Try shops like **Hing Shing Pastry**, **Eldo Cake House** and **Ho Yuen Bakery** for savory, authentic pastries and baked goods.

### DAY THREE: FENWAY PARK AND NEWBURY STREET

Make your way to the stadium where baseball hall of famers such as Babe Ruth and Jim Rice made history. **Fenway Park**, the home of Bos-



Bunker Hill Monument



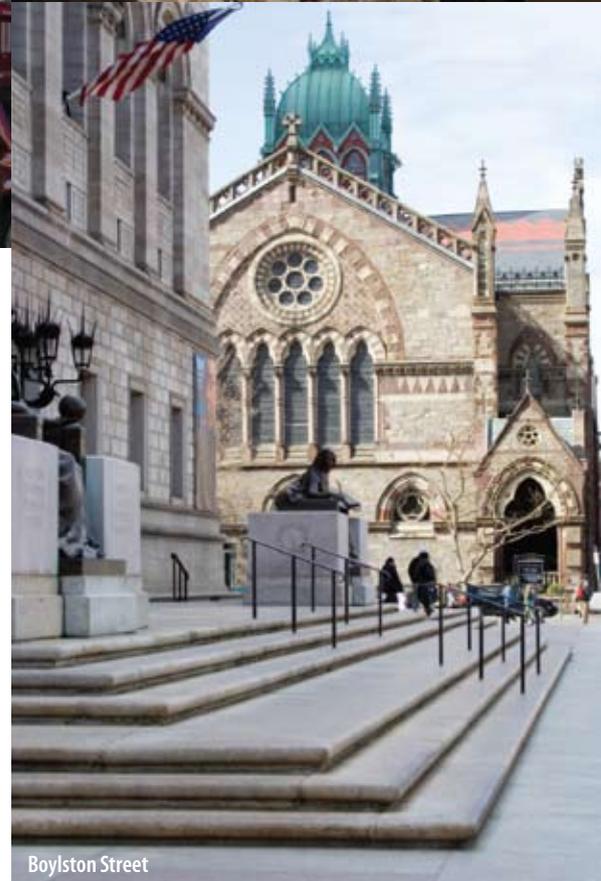
Chinatown



Top of the Hub



Newbury Street



Boylston Street

## Upcoming Chiropractic Events

Neurology and Its Practical Application  
Oct. 24-25

Westwood Family Chiropractic  
(610) 565-2360; icpa4kids.com

How to Incorporate Low Tech Rehab  
Nov. 21-22

Hilton Boston/Dedham  
(781) 329-7900; footlevelers.com

until three hours prior to the start of the game).

If you're in the mood for shopping, the eight blocks of **Newbury Street** offer specialty stores, boutiques, art galleries, restaurants, bars and salons that anyone is sure to enjoy.

The stretch now known as Newbury Street has an interesting history. Until the 1800s, the street was actually underwater, belonging to the Boston Harbor. Today, two miles worth of stores, including high-end department stores like Neiman Marcus, Saks Fifth Avenue and Barney's New York, as well as restaurants offering French, Mediterranean and Spanish cuisines, line the street.

Those interested in seeing a little more of the city should cross over to **Boylston Street**, which runs parallel to Newbury. Here you will find the beginning of the **Boston Duck Tour**, a unique adventure that takes you through Boston aboard what is known as a Duck, a World War II style landing vehicle. Be prepared to ride the waves, as the Duck splashes through water for an exciting part of the tour.

End your day with a delicious meal and a marvelous view at the popular, upscale restaurant **Top of the Hub**. Located atop the Prudential Tower, Top of the Hub offers the opportunity to watch the sunset over the beautiful Boston skyline while enjoying incredible dishes prepared by top chefs. There is also a jazz lounge open every night with no cover charge.

With all of the wonderful sites that Boston has to offer, there is no doubt that you will want to visit this great city again. **TCL**

Newbury Street photo courtesy of Greater Boston Convention & Visitors Bureau

ton's beloved Red Sox since 1912, is a legendary landmark that every tourist and baseball fan must see before leaving the city. To get the most out of Fenway Park, be sure to sign up for a 50-minute tour, held every day on the hour from 9 a.m. until 4 p.m. (Tours on game days are held