

# Explore New England

# BOSTON

FOR STUDENTS NEW TO THE AREA, THE GLOBE'S SUMMER INTERNS OFFER A PRIMER OF FAVORITE THINGS IN THE CITY AND BEYOND



ABBY MCINTYRE FOR THE BOSTON GLOBE

### A SEASIDE CATCH

Coming from the Midwest, I am continually shocked by how close together things are in New England. Especially from Boston, distances are short. So although my friend lives two states away in Maine, it was far from difficult to pop up to Portland for a visit. An easy two-hour drive up Interstate 95 or an equally quick train ride on Amtrak's Downeaster will get you to this bustling and bohemian seaside city. At the heart of it all is the Old Port, with its cozy cafes, swanky boutiques, abundant seafood, and tempting consignment stores, including Shopholists Boutique on Fore Street, where I scored an adorable and affordable knit dress.

When your stomach starts to grumble, choose from the plentiful vaunted restaurants. My friend and I ate lunch at the Merry Table Crêperie, tucked away on the cobblestones of Wharf Street. The charming spot serves a variety of sweet and salty crêpes and other French comfort food.

If you tire of strolling around the port, I suggest a jaunt south of town to Cape Elizabeth's Fort Williams Park, home to stunning sea vistas and the famed Portland Head Light. The views are so transcendent that I had trouble peeling myself away and returning to Boston.

Visitors bureau, 94 Commercial St., 207-772-5800, [www.visitportland.com](http://www.visitportland.com)  
Portland Head Light, 1000 Shore Road, Cape Elizabeth, 207-799-2661, [www.portlandheadlight.com](http://www.portlandheadlight.com)

ABBY MCINTYRE



DAVID KRUGMAN FOR THE BOSTON GLOBE

### A SNEAKY SECRET

Just like your friendly neighborhood corner store, Bodega is packed with the essentials: toilet paper, cereal, rat traps. But it's also got \$200 sneakers. It's a bodega and a novelty sneaker store, and you will always remember your first time there.

Four sneakers ago, I walked into the narrow shop, puzzled about where the sneakers were. I had been led to expect that, somehow, this cramped convenience store would transform into a sneaker boutique.

Suddenly, revelation. I dare not give away the secret, but trust me that you travel through a wormhole of sorts, arriving in a showroom with bamboo floors and a chandelier. No more laundry detergent or Coca-Cola lining the walls, just shirts, jackets, caps, and rows of neon sneakers.

A few hip attendants move about, asking if you need help. Once you do, and they fetch your size, you realize the sneakers you picked are nowhere as cool as theirs. But it's OK. On the outside you'll have the exclusive kicks — Bodega stocks mostly unusual, hard-to-find sneakers. They may set you back (\$45 to \$3,000; no, that's not a misprint, it's a collector's edition), but the toilet paper is still cheap: 75 cents.

6 Clarendon St., Boston, [www.bodega.store.com](http://www.bodega.store.com)

JACK NICAS



PATRICK G. LEE FOR THE BOSTON GLOBE

### A COLD BEER AND A BIG SCREEN

College move-in season always seems to bring with it sweltering weather, at least for the past three years that I've had to pack my life into a few boxes, lug them to my dorm room, and then unpack them in musty discomfort. After I'm done, my first stop is any place where I can relax and appreciate the marvel of air conditioning.

In Cambridge, my place of choice is the Somerville Theater, right off the Red Line at Davis Square. Besides air conditioning, the theater offers first-run blockbuster and concessions at some of the lowest prices in town. Weekend matinees cost \$7, and any evening showing is \$8. The theater also hosts concerts

and shows limited-release films.

Inside the auditoriums, dark, dramatic curtains flow down the walls and owl-light fixtures peer out at the audience before the lights are dimmed.

It's a classy and casual place to go on a date or to indulge yourself post-midterms. For those looking for a little more than moving pictures on a screen, fear not: The five-screen theater serves wine and beer. Just remember to bring identification — the staff is relentless about carding college-age folk.

55 Davis Square, Somerville; matinee prices before 6 p.m.

PATRICK G. LEE

### TRENDY TREAT

By summer's end, we have all had our fair share of ice cream. As great as the creamy treat may be, sometimes you just need something lighter and less calorie-filled, especially if you plan to presumptively fight off the freshman 15 pounds. BoYo, a fresh and fun frozen yogurt joint in the Beacon Hill area, offers the alternative. Opened last year, boYo, short for Boston Yogurt, serves great-tasting frozen yogurt, sorbet, and gelato, with a wealth of topping options, including fresh pineapple, raspberries, mango, caramel, and Nutella.

On my visit, I chose raspberry frozen yogurt topped with diced kiwis and strawberries. The sweet yogurt combined with the tart fruit for an explosion of flavor that beats soft-serve any day. Enjoy your dessert in the colorful cafe — and benefit from free Wi-Fi — or take it to go and explore the historic neighborhood.

Cross Cambridge Street to the old-world streets of Beacon Hill. Discover the charming cobblestones of Acom Street, or marvel at Louisburg Square, where Senator John F. Kerry resides. These are some of the most expensive homes in Boston, but the streets still feel welcoming.

With the rich taste of boYo fresh on your palate, you may just feel right at home.

BoYo Natural Prozen Yogurt, 175 Cambridge Boston, 617-227-2626, [www.boyo.frog.com](http://www.boyo.frog.com)

ABBY MCINTYRE

### SCENIC BYWAY

Tucked into the suburbs northwest of Boston is an 11-mile stretch of heaven. The Minuteman Bikeway, constructed over the skeleton of train tracks built in 1846, runs from Cambridge's Alewife Station to Depot Park in Bedford and provides a shady, relatively flat corridor for bikers, inline skaters, joggers, and couples out for a leisurely stroll.

Many childhood memories are tied to this path, from hosting a lemonade stand with my brother to trying — and failing — to learn inline skating. But you don't need to be a resident to enjoy all the scenic spots along the way. Check out Spy Pond Park in Arlington, the farmer's market on Lexington Common every Tuesday, 183-acre Great Meadows in East Lexington, and the Freight House at the trailhead in Bedford — all without using a drop of gas.

The path isn't only a seasonal luxury — both Arlington and Lexington plow it during the winter. It does get crowded, especially on sunny weekends, so remember your bike etiquette and warn people when you're passing (always on the left).

If 11 miles isn't enough, I recommend hopping on the road at the end and continuing on into Bedford. Take Route 225 four miles west into Carlisle to Kimball Farm for some of the best ice cream — and biggest portions — in Eastern Massachusetts, then hike off the calories on your way back.

[www.minutemanbikeway.org](http://www.minutemanbikeway.org). To get there: Red Line to Alewife (bikes allowed on weekends and in off-peak hours on weekdays).



NATALIE SOUTHWICK



PATRICK G. LEE FOR THE BOSTON GLOBE

### LATE-NIGHT BROWSING

The sign high up on the building shouts "Cambridge Refrigeration Specialists," but those drawn to look under the awning will find something completely different: a vendor of "useful books."

Lorem Ipsum Books, a resale shop named after the nonsensical dummy text used in graphic design, is a cozy hideout I often go to late at night after a rowdy romp around town. It's open until midnight on Fridays and Saturdays, and the post-bar crowd from nearby Bukowski's Tavern often finds its way here.

But during the day, the Cambridge store — a 10-minute walk from the Red Line's Center Square stop — is as quiet and calm as a library, a safe haven where you can relax with a book and while away a few hours.

Bursts of air from an overworked fan welcome you into the store, where books are organized by category. Sometimes, the ordering on the display tables gets idiosyncratic, with a David Sedaris book piled next to "Treasure Island" and a how-to-knit guide.

Since the books are usually priced at about half of retail value, there's always a bargain to be found.

1299 Cambridge St., Inman Square, Cambridge; 617-497-7669, [www.loremipsum.books.com](http://www.loremipsum.books.com)

PATRICK G. LEE



PHOTOS BY NATALIE SOUTHWICK FOR THE BOSTON GLOBE (CARVE AND BELOW)

### CANNOLI CULTURE

As a discerning gourmand to choose between the cannolis at Modern Pastry and Mike's Pastry in the North End, you might be treated to 10-minute dissertations on the virtues of various pastry fillings. Located barely a block apart, these stalwarts have their loyalists — who, to be fair, are all rewarded. The shops let customers design their own cannolis, and offer gelato and other treats such as eclairs and mousse. Many Bostonians favor one shop, but for an educated opinion, you have to try both.

(And no, I won't say which I like better. Pick your own!)

Dessert is the main attraction, and I secretly love the post-dinner lines, which often stretch down the block. Maybe it's the vaguely European sensibility of the neighborhood, or the contagious contentment of so many well-fed diners, but the queues at Mike's and Modern feel like a scene from a Travel Channel show, where South End foodies rub elbows with tourists from Minneapolis, and everyone is united by their common craving for a sugar fix.

Modern Pastry, 257 Hanover St., 617-523-3783, [www.modernpastry.com](http://www.modernpastry.com)  
Mike's Pastry, 300 Hanover St., 617-742-3050, [www.mikespastry.com](http://www.mikespastry.com)

NATALIE SOUTHWICK