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Sorry! There are no remaining departures for "One Day in Boston: Sunrise to Sunset Experience" (YNUBOS), [but here are some similar trips](#).



## **One Day in Boston: Sunrise to Sunset Experience**

1 day, Boston to Boston

Trip code YNUBOS

## What's included

- Your Wellness Moment: "Sunrise" Yoga, Boston
- Your Discover Moment: Boston Harborwalk, Boston
- Your Foodie Moment: Chinatown Food Tour, Boston
- Guided bike tour and sunset cruise on board a schooner

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing August 28th, 2020 and onwards

# Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Boston

Boston is a city of neighborhoods, waterfronts and surprises. On this full-day journey, discover it the G Adventures way, filled with unique moments.

We'll start the day with a Wellness Moment and take part in yoga session at the Commons. After an hour of rejuvenating stretches, we make a quick pit stop so those who want, may opt to fuel up with coffee and treats from a hometown favorite in Beacon Hill.

To learn more about local history, next we follow part of the Black Heritage Trail in honour of 19th century African-American communities who made their home in this part of the city, before a visit to the Holocaust Memorial.

We then make our way to the North End, before jumping onto a guided bike tour that will take us along the Charles River and through the famed grounds of Cambridge and MIT. Stop by a local farmers market to see what's in season.

We'll visit the Rose Kennedy Greenway, then head to Chinatown for your Foodie Moment – we're sure you've worked up an appetite! With a delectable selection of sweet and savory treats, learn more about Chinatown's history and cuisine on a three-hour food tour.

Finally, we make our way along the beautiful Boston Harborwalk, and end our day on a classic schooner for a memorable sunset cruise.

This tour ends at approximately 8:00 pm.



### Meals included

Breakfast | Lunch



### Today's Activities

#### ACTIVITY

With a 7:30 am start, we may have passed sunrise, but yoga in any form is a beautiful way to begin the day. Get ready to practice your sun salutations with a one-hour yoga session. After, gather to grab some coffee, tea and some muffins or croissants at Tatte on Charles Street.

Walk the Black Heritage Trail via Beacon Hill

Boston

Our walk from the Commons to the North End will take us via Beacon Hill and the Boston Holocaust Memorial. Along the way, see some of the most prominent sites along the Black Heritage Trail.

Boston Bike Tour

Boston

2h45m

Starting from the historic North End of the city, get acquainted with your bike and gear with a safety briefing before rolling out. Hop on and head out across the Charles River to the Cambridge bike path. We will wind our way up through the MIT campus and through the bustling and vibrant Central Square until we get to the Harvard Campus, with a quick stop at a local farmer's market. We'll cross another bridge and return to Boston along the south shore of the Charles River bike path and esplanade for fantastic views and perspectives of the city.

Walk along the Rose Kennedy Greenway

Boston

Leave your bike behind and head over to Chinatown Gate along the Rose Kennedy Greenway. The Greenway has become a very popular spot among office workers, but there are interesting tidbits that even locals stand to discover.

#### ACTIVITY

Discover Chinatown's history and cuisine. Boston's Chinatown has a unique story that may surprise even the most knowledgeable Bostonian. We will discover 6 eateries and enjoy 3 savory dishes, 3 sweet treats and some cocktails, all while learning about their origins.

#### ACTIVITY

The Boston Harborwalk was started in 1984 and extends from Quincy to East Boston. While we are only walking a small section of the trail, it's one of the best ways to get from South Station to the Aquarium and onto the North End. Enjoy some great city views along the way.

Sunset Clipper Harbor Cruise

Boston

2h

Boston is best seen from the water, and the best time to see it is during sunset. Time to board a classic schooner and raise the sails with new friends! Watch the sun go down behind the city and bathe in the colors of Boston's skyline as it starts to sparkle in the twilight.

## What's included

- Your Wellness Moment: "Sunrise" Yoga, Boston
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## How large will the group be?

Max 16, avg 12.

## What meals are included in this trip?

1 breakfast, 1 lunch

## What are the meals like on this trip?

At this time, the foodie tour of Boston is unable to accommodate a gluten-free experience.

## What are the modes of transportation on my trip?

Biking, walking, sailing schooner.

## What are the joining instructions?

This tour begins at 07:30 am. The starting point for this tour is:

139 Tremont St

Boston, MA 02108

Boston Commons - Soldiers and Sailors Monument

Your CEO will have a purple flag at the starting point.

## What should be on my packing list?

### Day Tour:

- Cash, credit and debit cards
- Comfortable walking shoes
- Day Pack
- Insurance info (With photocopies)
- Layered Clothing
- Rain jacket or poncho
- Reusable water bottle
- Small travel towel (Optional)
- Sunblock
- Sunglasses

### Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.) Note: Plan for the weather with layers and clothes in which you can comfortably participate in all the activities. Sanitized yoga mats and bike helmets will be provided.

## What activities are optional on this trip?

- No optional activities

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## **Are international flights included in this trip?**

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## **What should LGBTQ+ travellers know about safety and travel considerations on this trip?**

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

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## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.