

THINGS TO DO IN BOSTON

Thank you to the Annual Meeting Committee for putting together this list of recommendations for eating, drinking, exercising, and exploring while in Boston for the 2024 ISTSS Annual Meeting (Sept. 25th-28th). Note that recommendations are not endorsements.

Looking to get around town? Boston's public transportation system includes a subway (\$2.40 fares) and bus routes (\$1.70 fares). Bluebikes are also available for rental through the Metro-Boston Bikeshare Program

| | |
|--|----|
| Coffee/Hot Chocolate/Cafes..... | 2 |
| Food..... | 3 |
| Local Restaurant Favorites (vegetarian options)..... | 3 |
| Other great options..... | 4 |
| Late Night..... | 5 |
| Performance Spots..... | 6 |
| To do/To see..... | 7 |
| Movement/Exercise..... | 9 |
| Museums..... | 10 |
| Tours..... | 11 |



Coffee/Hot Chocolate/Cafes:

L.A. Burdick Chocolates - (Amazing hot chocolate and French patisserie, adorable building) Back Bay, Boston Chocolate Shop & Café | L.A. Burdick Chocolates

Milk Street Café (Also, amazing hot chocolate) - CAFE | Milk Street Cafe

Flour Bakery and Café (.3 miles) - Wonderful spot for breakfast and lunch. Yummy baked goods, salads, and sandwiches. welcome to flour bakery + cafe

Blank Street Coffee

Central Perk Café – Friends themed!

Blue bottle Coffee Blue Bottle - Prudential Center



International Society
for Traumatic Stress Studies



Food:

Local Restaurant Favorites - All have vegetarian options:

Clover Food Lab - (next door in Prudential Building). Delicious, quick, and casual vegetarian food: Locations & Hours – Clover Food Lab

Sweetgreen - (next door in in Prudential Building). Salads and bowls for vegetarians and meat eaters alike: sweetgreen | Inspiring healthier communities

Dirty Water Dough - (.3 miles). For a quick slice of delicious pizza. Dirty Water Dough

Union Park Pizza - (.4 miles). Another option for pizza by the slice. Union Park Pizza

Krasi - (.4 miles walk). Greek Meze and Wine Bar for a fancier dinner. Greek Meze Dinner Menu - Krasi Boston

Lolita Cocina & Tequila Bar - (.3 miles). Higher-end delicious Mexican Food. Lolita Mexican | Mexican Restaurant in MA

RedWhite Ramen - (.5 miles). Vegan ramen spot. Really delicious and creative options. Plant-Based Ramen Restaurant | REDWHITE BONELESS RAMEN

Pho Basil - (.5 miles) Huge portions of very flavorful Vietnamese and Thai food: All day menu – phobasilboston

Life Alive Organic Café - (.5 miles). If you want a vegetable heavy meal. Juices, smoothies, salads, bowls

Eataly - (next door in Prudential Center) Eataly Boston: restaurants and private dining | Eataly

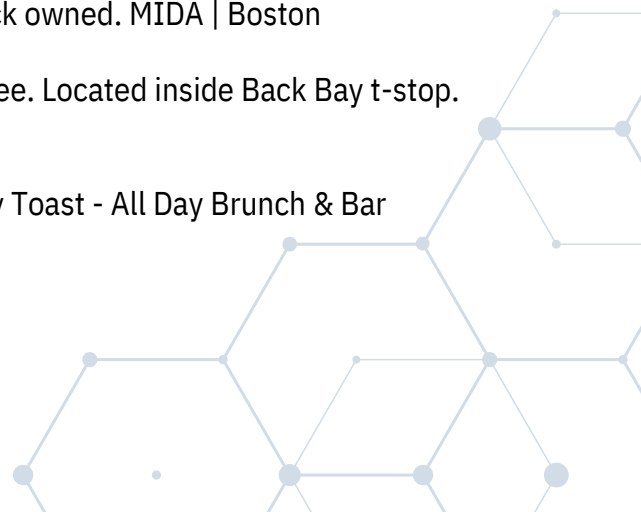
Earls - (next door in Prudential Center, Rooftop bar!!) Vegan options. Earls Prudential | Earls Boston, MA Restaurants

MIDA Boston - (1 mile) – Excellent sit-down Italian restaurant. Black owned. MIDA | Boston

Jugos - (.3 mi) - Latine owned. Smoothies, sandwiches, salads, coffee. Located inside Back Bay t-stop. Vegan options.

The Friendly Toast - (.4 mi) – Breakfast all day! Menu - The Friendly Toast - All Day Brunch & Bar

Café Landwer - (.3 mi) - Mediterranean classics. Vegan options.



Duozo Sushi - (.3 mi) – Sushi/Japanese. Vegan options: Douzo Sushi, Best Sushi in Boston Back Bay

My Thai Vegan Café - (1.2 miles, in Chinatown) – Vegan menu. Menu 1 – My Thai Vegan Cafe

Beatnic - Vegan American Food

Beehive Restaurant - (0.6 miles, in South End) – fantastic food. Live jazz on some evenings. Some Vegetarian/Vegan options. May need a reservation, especially on weekends.

Myers and Chang - (0.8 miles, in West End) – Joanne Chang’s very tasty “Asian-inspired small plates” restaurant. Likely need a reservation.

Buttermilk & Bourbon - (.4 mi) – New Orleans Creole: Menus | Buttermilk & Bourbon in Boston, MA

Mooncusser - (.5 mi) – Classic Boston seafood in lower restaurant, pre-fix multiple course meal in upstairs restaurant: Mooncusser Fish House | Seafood Restaurant in Boston, MA
(mooncusserboston.com)

Sweet Cheeks Q - (1.5 miles, off of Green line). Excellent BBQ. LGBTQ+, women Owned. Sweet Cheeks Q

Saltie Girl - (Newbury Street) Saltie Girl Seafood Bar | Boston | Los Angeles | London

Darryl’s Corner Bar & Kitchen - (.9 mile) - Black Soul food. Jazz Brunch on Sundays. Black owned.

Wen's Yunnan Noodle & Ramen 云南米线 - (0.3 miles, on Newbury St near Copley Square) – Tasty noodle house, not too pricey, usually quick, good for lunch: Japanese ramen miso ramen shoyu ramen broth ramen



Late Night:

Joe's on Newbury - (.3 mi, open until 11 pm) - Joe's On Newbury | New American Restaurant | Boston, MA

Pinky's - (.4 mi) - Pinky's Cocktails & Dreams | Cocktail Bar & Restaurant | Newbury St. Boston

Lolitas - (.3 miles, open until 1 am) - Lolita Mexican | Mexican Restaurant in MA

Oak Long Bar & Kitchen - (open until Midnight) - Oak Long Bar + Kitchen | Contemporary Restaurant in Boston, MA

City Table/City Bar - (open until 2 am) - Dinner

Carrie Nation Cocktail Bar - Carrie Nation Restaurant and Cocktail Club

Beantown Pub - (open until 2 am) Beantown Pub (Only place in the world where you can drink a cold Sam Adams while viewing a cold Sam Adams!)

Delux Café - (.7 mi, open until 1 am)- kitschy bar with Elvis memorabilia and good food - The Delux





Performance Spots:

Wally's Café Jazz Club – Oldest Jazz club in Boston! Live Jazz every night! Wally's Cafe Jazz Club
– The Oldest Family Owned & Operated Jazz Club in the World

Carrie Nation – Drag Brunch on Sundays

See a show - Citizens Bank Opera House

Boston Symphony Orchestra - BSO | 2023-24 BSO Season Performances

Boston Ballet - Home - Boston Ballet

Boston Theater - Broadway Shows, Musicals, Plays, Concerts in 2024/25



ISTSS

International Society
for Traumatic Stress Studies

To do/To see:

Try the original Boston Cream Pie - Boston Cream Pie | Delivery | Omni Parker House

Eat a cannoli - Home of the Cannoli – North End, Harvard Square, Assembly Row – Boston, MA | Mike's Pastry

Union Oyster House, Boston, MA - Seafood and History at America's Oldest Restaurant – Historic Landmark & Restaurant

Black Heritage Trail - Virtual Black Heritage Trail® Tour - Boston African American National Historic Site

Karaoke Station Bistro & Ktv)

Hidden Arcade/Grilled Cheese - Roxy's Central Sq. & ARCADE – Roxy's Grilled Cheese | Food Trucks | Brick and Mortar)

Vilna Shul Cultural Center - The Vilna Shul | A Place for Everyone to Connect with Jewish Culture

Sam Adams Brewery

Bully Boy Distillers/Boston Harbor Distillery

Boston Winery

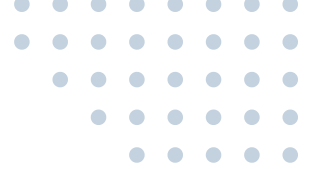
Boston Public Library – Copley Location (free entrance) - Library Tea - The Catered Affair

Beacon Hill Books & Cafe

Boston Common/Public Garden - Public Garden | Boston.gov

Jamaica Plain Pond - Jamaica Pond - The Emerald Necklace Conservancy





Harvard Arboretum - arboretum.harvard.edu (take the Orange Line T to Forret Hills)

Charles River Esplanade - The Esplanade Association (EA) | Boston's Charles River Esplanade

Franklin Park Zoo - www.zoonewengland.org (take the Orange Line T to Stony Brook)

Havana Club – Latin Dance club w/ lessons Bachata and Salsa Dancing and Lessons in Boston with Havana Club

Faneuil Hall - Faneuil Hall Marketplace | Boston, MA

Red Sox - Fenway Park: Home of the Red Sox | Boston Red Sox

Prudential Building - Next door to conference venue. Multiple restaurants, including quick casual options (e.g., Sweet Green, Clover Food lab) and fancier options (e.g., Earls Kitchen; Del Frisco Grill restaurants). Eataly has a variety of restaurant options as well as take away options (salads, sandwiches, bakery).

Newbury Street - Great location close by that has a variety of restaurants and shopping. If you are looking to take a walk, this would be a great street to stroll around. Boston Commons (first public park in the United States) is located at the end of Newbury Street.



ISTSS

International Society
for Traumatic Stress Studies

Movement/Exercise:

Back Bay Yoga Union - (.6 miles walk from hotel): Queer owned business. Studio owner won Best of Boston award. For a physically challenging class that incorporates a strong mindfulness practice and humor, choose: Tim Kelleher or Caitlyn Visconte. Back Bay Yoga Union

Boston Urban Hike

Rent a Blue bike to explore the city- Bluebikes: Metro-Boston Bikeshare Program | Bluebikes Boston

ISTSS

International Society
for Traumatic Stress Studies



Museums:

Museum of Fine Art - MFA First Fridays | Museum of Fine Arts Boston

Isabella Stuart Gardner Museum - Thursdays at the Gardner | Isabella Stewart Gardner Museum

Museum of Science - www.mos.org

Institute of Contemporary Art - Home - ICA Boston

Boston Tea Party Ships & Museum - #1 Best Patriotic Attraction

Museum of African American History - Museum of African American History - Boston | Nantucket



Tours:

The 15 Best Boston Tours

Tours - The Freedom Trail

Fenway tour -Tours of Fenway Park | Boston Red Sox

Faneuil Hall - Faneuil Hall - Boston National Historical Park (U.S. National Park Service) (nps.gov)

Duckboat tours - Boston Duck Tours | Boston's Best Sightseeing Tour

Boston Foodie Tours - Walking Food Tours of Boston

Off the Eaten Path Tours - Tours in Boston, MA

Many thanks to our Boston Organizing Committee, who developed these suggestions!

Anne Banducci
Thomas Crow
Kelly Harper
Alexandria Miller
Anica Pless Kaiser
Denise Sloan
Nicole Weiss



International Society
for Traumatic Stress Studies

**40th
Annual Meeting**

From Bench to Bedside and Beyond:

Advancing Translational Science in Traumatic Stress Studies

September 25-28, 2024

Boston Marriott Copley Place
Boston, Massachusetts, USA



www.istss.org
#ISTSS2024

