



A Healthy Day in BOSTON

Don't feel guilty if you let the 115th annual Boston Marathon pass you by April 18. Instead, discover one of Boston's many fitness adventures that are more your speed

MORNING: WALK THE EMERALD NECKLACE

Boston is known as America's Walking City because of its compact, easy-to-navigate design. The new Emerald Necklace Visitor and Volunteer Center is your gateway to the 1,000-acre park system designed by Frederick Law Olmsted, the landscape architect behind New York's Central Park.

"This is a nice time to see things beginning to blossom," says Jeanine Knox of the Emerald Necklace Conservancy. "We offer guided walks from one hour to 90 minutes."

Walk yourself fit and experience the history of the gardens, including H.H. Richardson-designed bridges and Olmsted's freshwater ponds, and take time to



Clockwise from top left: Swan boating in the Emerald Necklace; the dining room at Henrietta's; and the Emerald Necklace park system.

stop and smell the Kelleher Rose Garden, which features some 200 species. emeraldnecklace.org

LUNCH: EAT REAL AT HENRIETTA'S

When it's time to refuel, pull up a chair at Henrietta's Table.

"It's farm-fresh, sustainable cuisine and a lot of New England favorites," says Stacy Shreffler from the Greater Boston Convention and Visitors Bureau. And you won't have to guess where your food comes from because Chef Peter Davis tells you: spinach salad with native blueberries and Westfield Farm's goat cheese with spicy maple pecan vinaigrette; Wolfe's Neck Farm's organic sirloin steak; and Giannone Farm's chicken breast. Sides include roasted carrots, native squash and wilted greens. No genetically modified products. Just real, good food. henriettastable.com

AFTERNOON: GET BACK IN THE SADDLE

Urban AdvenTours offers customized bicycle tours to experience Boston like never before.

"City View is our most popular tour," says Urban AdvenTours' Danielle Tarloff. "It's like Urban Cycling 101." You'll learn how to navigate city streets while taking in the sites on a mode of transportation some of us haven't used since childhood.

"Our favorite stories are when people say they took our tour and went home and took the bike out of the garage," Tarloff says. "And now they commute to work." urbanadventours.com

—Michael Hammett