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THE ULTIMATE U.S CITY GUIDE

for business travellers

The world has never been more connected.

Social media and mobile apps have connected businesses with partners and communities on the other side of the world.

With more and more business leaders reaching out to their industry peers across these channels, there has never been such a demand for networking opportunities, with more and more corporate events and business conferences popping up in every major city of the world.

As a result, you may well find yourself unfamiliar in your new surroundings, in a foreign city, at such a conference or perhaps meeting up with a new client. That's why we've started to compile our City Guides for Business Travellers. It's full of hints and tips on where to go for a bite to eat, things to do and see, and unique attractions to visit if you get the chance after-hours.

We'll be writing up more city guides every week in our blog and adding them periodically to this PDF over the coming weeks and months, so be sure to return and download again for a more comprehensive list of cities. And please get in touch if you have any particular cities you would like to see featured.

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"It is hopeless for the occasional visitor to try to keep up with Chicago. She outgrows his prophecies faster than he can make them." Mark Twain

Chicago, on Lake Michigan in Illinois, is a bustling, dynamic contemporary business center and one of the largest and most cosmopolitan cities in the U.S. Renowned for its bold architecture, the skyline rivals Manhattan with its densely packed skyscrapers; most notably, the iconic John Hancock Center. The city is home to many industries, most notably: auto manufacturing, bio-tech, fintech and food manufacturing.

This business hub promises and delivers first class hotels and dining; endless cultural activities and events; the city is also renowned for its jazz and blues scene.

Getting from the airport to the city centre

Chicago has two major airports: Chicago O'Hare (ORD) is the largest hub of United Airlines and the second-largest hub of American Airlines and the **fifth busiest airport in the world.**

Chicago Midway (MDW) is more popular with locals and domestic travelers. Both provide easy access into the city, but O'Hare is much larger. For everything you could wish to know about either airport, including transportation options, **here.**

O'Hare is connected to Chicago by train using the Blue Line of Chicago 'L'. It runs 24 hours a day. The transit time from Central Loop to O'Hare International airport is approximately 40 minutes. Chicago **Transit Authority** (CTA); **MetraRail**; and **Pace Suburban Bus.**

For a personal driver (taxi or limo), check [here](#). A taxi to downtown is approximately \$40 one way, plus tip.

Midway Chicago Transit Authority (CTA), or the Pace Bus. A taxi from Midway to downtown is about \$30. one way, plus tip. More Midway limo and taxi options, **here.**



Getting Around Chicago

The best way to see Chicago, also known as "The Windy City", is by the "L" train. The "L", as it is called, is actually an elevated train that runs throughout the city. You can buy fare cards and passes from vending machines, online at the Chicago Transit Authority (CTA) website, grocery stores and drugstores throughout the city and suburbs. For full fare information, schedule details, transit card retailers and maps, visit transitchicago.com.

The city of Chicago itself is too big to navigate by bike or foot; however, either mode is ideal for exploring the city's individual neighborhoods and this is something you definitely want to do after your work is done for the day and you are looking for a little local flavor. Chicago is laid out on an easy-to-navigate grid and the city's Divvy bike share system allows you to hop on a bike as needed. Divvy day passes cost \$7; learn more and register [here](#).

Uber and Lyft are car services operated by Chicago locals. You generally need to download the app first, so if you are interested in ride sharing, check out their web sites: [Uber](#) and [Lyft](#).



Local Eateries and Bar Hotspots

Chicago's Magnificent Mile offers visitors an enticing and delectable selection of places to dine. It's a literal and figurative melting pot of diverse international cuisine along the 13-block stretch of North Michigan Avenue that runs from the banks of the Chicago River to the south, to Oak Street to the north. Whether you are looking for fresh grilled steaks, organic fare, Indian, American, French, Latin, Asian, Italian, or fresh-caught seafood, you'll find it here. This area is also central to the business district, meaning you can leave your hotel, meet clients for dinner and enjoy evening entertainment, all within a district that extends a full square mile from North Michigan Avenue.

Odyssey Cruises offers an utterly unique experience for visitors to Chicago.

If you're looking to impress a new client, try a dinner and dance cruise aboard a yacht while cruising by the downtown skyscrapers twinkling and reflecting in the night sky. You can also book private events with Odyssey.

Blackbird is a west side restaurant that draws the city's power brokers and movers and shakers. James Beard award winning Chef Paul Kahan draws on both local producers and the world for ingredients, meaning an ever changing, seasonal array of appetizers, crisp salads and unique main courses, such as miso-cured pork collar with salsify, black trumpet mushrooms, buckwheat and grapefruit. This spot gets crowded, but it's all part of the energy and vibe. Private dining room for special events accommodates up to 48 diners. Reservations a must.

Located just off Michigan Avenue, **Morton's the Steakhouse** is a world renowned Chicago-born and -bred steakhouse that demands a reservation and patience in getting that reservation, but proves infinitely worth the wait. Sure, the steaks are to-die-for-delicious, but the chopped salad is also a meal on its own and of course there are seafood options and enough other delicacies to satisfy even the most finicky eater. The establishment features over 4,000 square feet of private dining space in six private dining rooms for client entertainment.

Evening Entertainment

Your after dinner options in this city are staggering. Live theater, Broadway shows, comedy clubs, opera, and ballet are but a few, but most of all, live music that will have you wondering whether you are in the French Quarter in New Orleans, or perhaps New York. Sultry blues bars and sizzling smooth jazz clubs await. You can choose from big name performers, or talented locals, but if you even think you might like jazz and blues, this is the place to try it. Buddy Guy's downtown Legends is gritty and oozing with talent. You may be lucky enough to see him perform live, or meet him at the bar while he oversees his operation.

Kingston Mines, located in Lincoln Park is a club with an unusual setup: two different bands in two different rooms on two different stages, with MC Frank Pellegrino keeping things moving at all times. Wild, fast and fun. This is where to take your client after that serious dinner.

Rosa's Lounge, located in a West Side neighborhood, is family-run, owned by talented local drummer Tony Mangiullo and his mother, after whom the place is named. The schedule mixes local musicians (including a weekly jam) with rising out-of-town acts.



For the Health and Fitness Conscious

Chicago is a fabulous city for walking because there is so much ground to cover and so much to see and do. **A Nature Lover's Guide to Lincoln Park** is a walk well worth taking. Along Lake Michigan's bucolic shores, green fields are dotted with lagoons, a zoo and conservatory, historic buildings, playgrounds and cultivated gardens with plenty of park snacks available, in addition to local bars and restaurants.

If you want to get your exercise running through the windy city, **mapmyrun.com** offers hundreds of running routes with maps, elevations and distances, so you can plan, track, analyze and share your journey. Download the free app today!

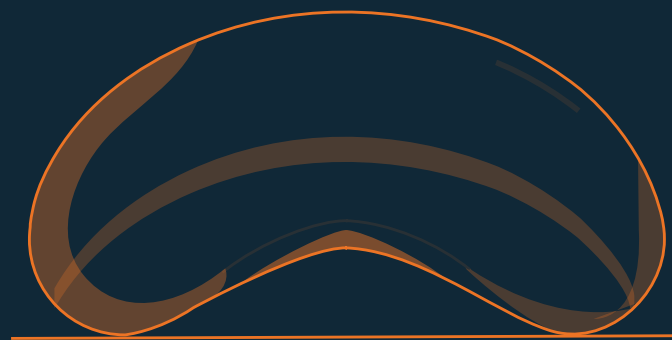
Retail Therapy

Let's be frank: You're going to need to buy another suitcase! Shoppers might begin on the Magnificent Mile, the cosmopolitan section of Michigan Avenue that bustles with shopping opportunities from towering shopping centers, trendy designer studios, unique specialty retail shops, iconic department stores, luxurious boutiques and trendy favorites.

Chicago's Loop has been a shopper's paradise for more than a century. Anchored by State Street, located in the heart of downtown, iconic "Great Street," features tremendous variety with designer luxury brands alongside bargain finds. Stroll through the legendary Macy's that's part retail mecca, part history museum.

If you're looking for quality consignment, try **eDrop-Off** on North Halsted Street for authentic, new, and gently used luxury clothing, shoes, and accessories, as well as one-of-a-kind private collections from high-end brands (such as Chanel). Le Thrift, 1821 West Chicago Avenue, features a mix of contemporary luxury, name-brand, and vintage clothing and accessories. For more consignment stores: **Refinery29**.

CHICAGO



Fancy Something a Bit Different?

There's no question about it: If you have any downtime you must go to the Art Institute. Why? For starters, there are more than 300,000 artworks and artifacts from all over the world and every era from antiquity to the present. Popular pieces include the Japanese prints, fragments of local buildings by Frank Lloyd Wright and the Thorne Miniature Rooms. Renzo Piano's light-filled Modern Wing will take your breath away and is an idyllic spot to savor the Art Institute's architecture and design collection, modern and contemporary art, and spectacular views of Millennium Park.



Dallas is big, brash and bold, just like Texas. A modern metropolis in north Texas, Dallas is the commercial and cultural epicenter of the region. When we think of Dallas, we think of big oil, football, cook outs, beef, the Bush family, and big business. And not necessarily in that order!

The “Big D” is a wealthy city promising great weather, a first-class dining scene and plentiful cultural attractions if you have some down-time on your trip.

Getting from the airport to the city centre

Dallas/Fort Worth International Airport (DFW) is the primary international airport serving the Dallas–Fort Worth area and the largest hub for American Airlines. DFW offers a number of airport transportation options, from limos and town cars, rentals and more. Check out the options here.

Expect a taxi to cost you approximately \$50. one way, plus tip; a further breakdown here of fares to different areas of the business core. DART (Dallas Area Rapid Transit) includes, trains, trolleys and buses. More information: **DFW Public Transportation**. DFW Town Cars gives you a luxury ride from the airport, or anywhere else your trip to Dallas takes you.



Getting Around Dallas

Hands down, to be amongst the best amenities and central to the action, the best area to stay in Dallas is in the downtown area. This has all you could wish for in terms of top class restaurants and steakhouses and you'll be within easy walking distance of shopping areas like the Dallas Farmer's Market.

Getting around this area is easy thanks to the DART (Dallas Area Rapid Transit) which includes, trains, trolleys and buses. While taxis are easy enough to find, the city offers so many inexpensive, if not free transportation options, why take a cab?

The M-Line trolley's air-conditioned and heated restored vintage trolleys run 365 days a year, providing safe, clean, reliable and convenient public transportation free of charge in Uptown and the Dallas Arts District.

D-Link is a special service from DART that lets you explore the Downtown districts and historic Oak Cliff for free.

Discover eclectic neighborhoods such as South Side, The Cedars, and the Bishop Arts.

The Art Cart provides transport from venue to venue. During the weekday lunch rush, the Art Cart will take you from the offices downtown to the restaurants in One Arts Plaza, while after work, it provides an easy and convenient way to get from dinner to your performance and back.

For more Dallas transportation options, including Tre Rail, pedicabs and e-frogs, visit [here](#).

Uber and Lyft are car services operated by Dallas locals. You generally need to download the app first, so if you are interested in ride sharing, check out their web sites: Uber and Lyft.

DALLAS

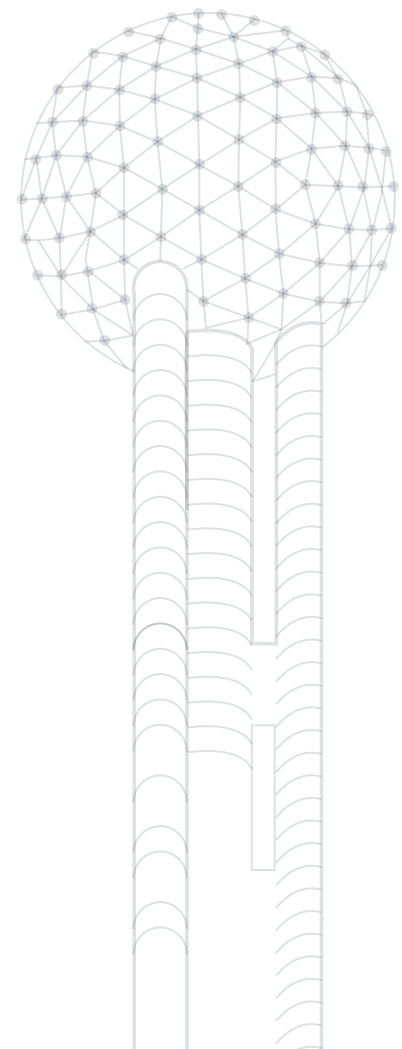
Local Eateries and Bar Hotspots

Dallas used to be known for Tex-Mex and steakhouses, but in recent years, the culinary scene has vastly expanded its repertoire. Business visitors will discover a truly impressive roster of eateries for both after work and to entertain clients, whether it's cocktails and appetizers, or a five-course dinner.

Built in a glorious old residence, **The Rosewood Mansion** on Turtle Creek is an American icon, long renowned for its world-class ambience and French cuisine served in an elegant dining room or outdoor patio. Reservations are essential; this menu is for those looking to make a serious statement.

Descending to **Dakota's Steakhouse** in a glass elevator is the first indication you are entering a unique establishment. The menu features premiere steak and seafood in addition to Scottish Salmon and tender Colorado Lamb. Set 18-feet below street level, French doors reveal natural light; art-deco accents punctuate the luxe ambience. A recessed patio, cascading waterfalls and an outdoor fire pit ensure this is the place to bring your most treasured client, or to celebrate that recently signed contract.

The Place at Perry's is an award winning local treasure, recognized nationally for both its food and service by guides like Zagat's. This establishment attracts a business clientele with its ideal setting for intimate dinners and a private dining room available for special events. It also has a popular weekday happy hour from 2pm-7pm serving highly regarded wines at half prices as well as complimentary appetizers.





Evening Entertainment

For the perfect blend of art, music and food, visit one of Dallas's three House of Blues for live rock and blues, po' boys & jambalaya.

The evening entertainment options this city offers are incredible; consult this Dallas Entertainment Guide to review all the shows this glorious city has to offer and book tickets.

Downtown Dallas has undergone huge redevelopment to become the main business district, perfect for daily rental of office space for client meetings. It also is home to restaurants and bars to decompress with clients after the business is done. Check it out [here](#).

For the Health and Fitness Conscious

Take a walk, jog, rollerblade, or bike along the Katy Trail, the iconic picturesque pedestrian trail that runs through the heart of Dallas. After your trek, cool off at the Katy Trail Ice House with a cold Texas beer on the patio.

If you want to run off some of those nachos, mapmyrun.com offers hundreds of running routes with maps, elevations and distances, so you can plan, track, analyze and share your journey. Download the free app today because it covers just about anywhere your trainers will take you!

Retail Therapy

Dallas and shopping are to Texas, rather like nachos and cheese are to salsa. They just go together! Dallas offers some truly breathtaking retail shopping opportunities. A great place to start your shopping adventure is the epitome of upscale shopping: the Galleria Dallas. Iconic for shopping, it also offers entertainment - such as a skating rink - hotels, and incredible dining.

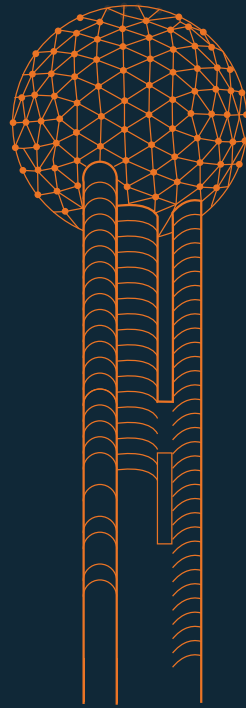
If you'd like to combine a little culture and history with your shopping, the downtown Neiman Marcus store is the flagship; a **Recorded Texas Historic Landmark** and the last of the original department stores still serving downtown Dallas.

Outlet shopping is treated seriously by Texans and with good reason: It's amazing! Located 20 minutes southwest of downtown Dallas, **Grand Prairie Outlet Stores** features 97 outlet stores. Headed in the other direction? 25 miles northwest of downtown Dallas, Grapevine Mills hosts 84 outlet stores for your shopping pleasure.

Dolly Python is known as a madcap vintage store, but don't let that dissuade you. Home to 16 dealers ("brocanteurs") who restock their wares daily, the store stretches 2,600-square-foot house and is pure business. This is the place to find that pair of secondhand vintage cowboy boots you so desperately need!

For a little vintage magic, visit **Ahab Bowen**, a house that's been registered as a historical landmark, there are plenty of funky offerings here, including a fantastic collection of vintage shoes, handbags, jewelry, and sunglasses.





Fancy Something a Bit Different?

Besides clubs and bars, Dallas also offers a host of country/western dance halls that can be entirely appropriate for business clientele, depending on your clientele! To try your foot at line dancing, check out one of Dallas' best-known country-western venues, Cowboys Red River. Novices should drop in Thursday or Friday evening for some free two-step instruction. There are also five full bars, pool tables and dart games to ensure your whole entourage is entertained.

After your business is done, why not take your inner cowboy/girl for some line dancing?



San Francisco is a magical cosmopolitan city; known popularly as the city by the bay, it has evoked songs, poems and popular sayings. Rich in cultural attractions, it is both liberal bastion and commercial hub with tech-hot Silicon Valley reaching north and embracing the city with global headquarter giants like Twitter, Pinterest, and Salesforce. Think Napa Valley, the Golden Gate Bridge, Ghirardelli Square, North Beach, Alcatraz and it's easy to become overwhelmed. You need to plan ahead!

Getting from the airport to the city centre

San Francisco has two major airports - **SFO** (San Francisco International) and **Oakland** International (OAK). SFO has more international flights, but OAK is not as far away as you may think. If your destination in San Francisco is the Financial District or Union Square, OAK is only 3 or 4 miles further away from where you are going than SFO and with OAK, flights prices tend to be more competitive and the airport parking is cheaper. If it's just you and your carry-on, consider flying in and out of OAK.

BART is the fast, easy, inexpensive way to get to San Francisco. Trains arrive at the SFO International Terminal every 15 minutes and it's just 30 minutes to downtown San Francisco. The BART station at SFO is located in the International Terminal and a one-way ticket from SFO to downtown is \$8.65; arriving visitors can pre-purchase an SFO BART Voucher to make it even easier.

A taxi will set you back about \$75. but you can check out **GoSFO** for the best deal, or try **Uber**.

The Oakland Airport BART station is located just across from the Terminal 1 baggage claim area and a short walk from Terminal 2. An adult fare between OAK BART and downtown San Francisco is currently \$10.20 one way. **More information** about trains between OAK and San Francisco.

If Silicon Valley is on your itinerary, SFO is located just north. From SFO, if you are driving, head south on 101, or take a taxi or CalTrains to reach the environs of the Valley.

Getting Around San Francisco

San Francisco is a city made for your pedometer-toting tush. The sprawling hills provide a fabulous and scenic walking workout and the city is so charming and filled with so much to see, you will want to put on your comfiest shoes and hit the streets. Moscone and Embarcadero Convention Centers are within the city environs as are most of the major hotels, so you can anticipate walking, hopping in a taxi, or taking the bus to attend city conventions.

If you have any spare time and want to live like a local, rent a bike and cycle across the Golden Gate Bridge. This is the way to see one of the most world's famous landmarks up close and personal. However, a warning: the scenery is spectacular, so pay attention! For rentals, try **Blazing Saddles** or San **Francisco Bicycle Rentals**; they will outfit you with all you need from helmets, to locks and maps. Once there, you have earned yourself the perfect end to a perfect day. Cycle over to the **Buena Vista** at Hyde and Beach for an Irish coffee. After this adventure, you will understand why beloved local columnist Herb Caen said: "One day if I do go to heaven, I'll look around and say, it ain't bad, but it ain't San Francisco."



MUNI

MUNI/San Francisco Municipal operates buses, trains, cable cars and the F-line heritage streetcar. Be sure to pack your sense of adventure because bus stops might be small bus shelters, yellow paint on street poles, or white paint on streets. Metro stops can be found on an island in the middle of the street and stations. Use this [**Metro Map**](#) nearest to find stops near your locations.

Cable Cars

Yes, just like in the movies, San Francisco features historical cable cars and street cars and you need to hop aboard at least once to round out your SF adventure. You can pay the conductor on board or purchase tickets at multiple locations.

Uber and Lyft are car services operated by San Francisco locals. You generally need to download the app first, so if you are interested in ride sharing, check out their web sites: [**Uber**](#) and [**Lyft**](#).

If you plan on really touring the area, check out Visitor Passports and CityPASS because they provide unlimited rides on Muni, Muni Metro, historic streetcars, and cable cars. There are [**multiple locations**](#) throughout the city to purchase tickets and day passes.

Local Eateries and Bar Hotspots

San Francisco is famous for much, but the city by this bay is literally worshipped by foodies and for good reason. You might ask a colleague: Do you prefer Chinese? Mexican? Well, you can and should ask the same of San Francisco because the answer will be: Take your pick! There is everything from Michelin-starred chic eateries, to trendy, nouveau cuisine (whatever is a la momento you will find in San Francisco), to street vendors serving first-class fare. There truly is cuisine for every palate and budget and if you are in meetings at Embarcadero or Moscone Convention Centers, these fabulous eateries are just a walk, or short taxi ride away.

If you crave fresh seafood, take a walk to Fisherman's Wharf where you can buy from local fishermen a paper cup spilling over with fresh caught shrimp. And while you're on the move, you should line up like a local to order your own uniquely made steaming cup of Philz famous coffee, available in six locations throughout the city.

San Francisco's Chinatown is the largest in North America, as famous for its local, often rustic fare, as much as a more upscale California-Asian influence. But, if a "truck stop" is more your style, the **El Gallo Giro Taco Truck & La Taqueria** at 969 Treat Avenue is purported to have the best carnitas and tacos and yes, they are sold out of a truck and purported to be divine!

Impress clients at chic and stylish Ghirardelli Square. Its newest restaurant, Waxman's, is by local celebrity chef Jonathan Waxman. With California and Italian inspired cuisine, the menu features local, fresh picked goods and a menu reflecting what Northern California farmers and purveyors have in season each day.

Another perfect spot for that important client dinner is **SF Eater**. This site keeps close tabs on what's new, hot and sizzling. It's updated regularly and includes maps, contact info and links to **OpenTable** and Foursquare for reservations.

SAN FRANCISCO



Evening Entertainment

There can be no other North American city that offers such a variety of nightlife and entertainment options as San Francisco. Dating back to the 60's and the Haight Ashbury District, the city was the very birthplace of the LGBT community and to this day, if it's wild, edgy and new, San Francisco offers it. Today, gay-friendly bars and clubs abound throughout the city, with **Castro**, **SoMa**, and **Polk Street** areas most popular. The city is rich with wine bars, sultry jazz bars, Happy Hours, karaoke and anything else your imagination might fancy.

Some of the top DJs, including Calvin Harris in the world have spun at **Ruby Skye**. This club and bar is located in the heart of downtown SF off Union Square and is a trendy upscale lounge that also hosts bands, fashion shows, dance nights, private events, and more. This is where you go if you are looking to gawk at celebrities!

The **Marina District** has a more urbane, business clientele - with plenty of wild served on the side - while the chic, artsy Mission district features everything from dive bar hopping to cozy, intimate dance space.

The evening entertainment options this city offers are simply staggering. Live theater, ballet, opera, Broadway shows, comedy clubs, and more. **Consult San Francisco Theater** to review all the shows this glorious city has to offer and book your tickets.

For the Health and Fitness Conscious

Every visitor to San Francisco should plan on power walking because not only is it great exercise, but it's an awesome opportunity to immerse yourself in the local culture. Whilst on your trek, make sure you see Lombard Street, affectionately known as "San Francisco's Crookedest Street"; it's a world famous tourist destination and features a labyrinthine walk featured on many postcards.

If you want to run through this enchanting city, mapmyrun.com offers hundreds of running routes with maps, elevations and distances, so you can plan, track, analyze and share your journey. Download the free app today because it covers just about anywhere your trainers will take you!

Gym facilities that offer day passes and discounts to visitors:

Studio Mix is a 30,000 square foot facility in the heart of the city on Van Ness Street. It offers a day pass for only \$20. with an endless variety of classes, chiropractic services, acupuncture, and almost anything your body beautiful desires.

Crunch is a famous chain with six locations in San Francisco, the favorite on Polk Street. Get a free 3-day pass online and enjoy the burn!



Retail Therapy

The shopping in San Francisco is simply breathtaking. What you seek, you shall find. Popular department stores, such as Nordy's (Nordstrom's), Saks, and Neiman Marcus, stand alongside unique boutiques and outlet stores.

When it comes to retail therapy, the neighborhoods with the most clout include Union Square, Hayes Valley, Haight-Ashbury, upper Fillmore, the Mission, Sacramento Street, and Chinatown. Downtown's Westfield San Francisco Shopping Center is the quintessence of in vogue shopping, offering edgy style with one-of-a-kind shops.

This guide should help you narrow the field by neighborhood and also guide you to the plethora of vintage and consignment options.



Fancy Something a Bit Different?

Silicon Valley is a fairly easy day trip from San Francisco. You can either drive, taking 101 or 280 South; expect to hit Palo Alto in about 45 minutes, depending on traffic. San Jose is that distance again, but CalTrains can transfer you via a clean, safe ride that stops at most of the major intersections in the Valley.

Rudyard Kipling perhaps said it best: "San Francisco has only one drawback. 'Tis hard to leave".



Founded in 1630, Boston is one of the oldest and most illustrious cities in the U.S. It's where the pilgrims landed and the Red Sox play and with its many educational institutions, stands as a modern-day Athens. Culturally and historically rich, this enchanting metropolis is the capital and largest city of the Commonwealth of Massachusetts and stands as a crossroads, where colonial history meets contemporary innovation.

Getting from the airport to the city centre

Boston's Logan Airport lies just three miles outside of the bustling downtown core. If your flight is delayed and you're running late for a meeting after touching down, do like the locals do and jump on the "T", **the Massachusetts Bay Transportation Authority** (MBTA). This will get you from the airport to downtown in just six minutes.

Another airport transfer option guaranteed to put a little fun in your commute is by water shuttle or water taxi. This mode is scenic, convenient and will provide a little geography lesson on your way to your next meeting.

Year-round scheduled and on-call vessels serve the Logan dock, providing direct connections to downtown Boston and other popular waterfront destinations in Boston's Inner Harbor and Hingham and Hull on the South Shore.

A taxi will cost you about \$30. one-way, plus tips.

Go Boston's shuttle provides limo airport transfers for you or to impress clients, with pick-up and drop off at downtown Boston hotels, convention centers, schools and many other metropolitan and Greater Boston locations.

Boston Town Car is another option for luxury travel for the airport and within the city

Getting Around Boston

Although known as America's "Walking City", this historic city often has extreme weather so visitors will want to be familiar with seasonal weather variations and the myriad transportation options. New England falls are renowned for their magical, colorful fall foliage and while winters are cold, there are cozy fireplaces in many coffee houses intended for serious discussions and hot coffee. Spring brings promise, sports and the desire to walk the winding streets of this historical city, so plan ahead.

Take the "T"

To ride the T, you need to buy a CharlieCard or CharlieTicket that can be purchased at subway stations, vending machines and convenience stores. The "T's" Day/Week LinkPass gives visitors unlimited travel on Subway, Local Bus, Inner Harbor Ferry and Commuter Rail Zone 1A for one day (\$12) or seven days (\$19)..

Commuter Rail/Bus

Boston's Commuter Rail services the outlying Boston suburbs where much of the tech action is located. Service is available from several T stations, but most departures take place at South Station, North Station, or Back Bay Station. Bus service is widely available throughout Boston. All intercity/interstate buses depart from South Station. For specific information on bus and commuter rail routes and schedules, visit mbta.com; the website offers a useful "Trip Planner" to help you plan your itinerary.

Other

Uber and Lyft are car services operated by Boston locals. You generally need to download the app first, so if you are interested in ride sharing, or meeting true locals, check out their web sites: **Uber** and **Lyft**.



Local Eateries and Bar Hotspots

Dining out in Boston is a very tricky undertaking, simply because there are so many awesome choices! While there are many nearby neighborhoods with seemingly endless variety and diversity, the truth is that the downtown area, with its plethora of eateries, is as popular with the locals as tourists; always indicative of excellent fare. Constant redevelopment and renewal in the area has kept the dining nouveau and trendy.

Skirting Beacon Hill and the Theater District lies a vibrant mix of upscale eateries like **No. 9 Park** and **Ruth's Chris Steakhouse**. For a tad more casual and affordable, try **jm Curley**. Perhaps not great for the waistline, this eatery promises down home hearty fare like cracka jack, beer and cheese soup, and fried chicken dinner. **Petit Robert Central** serves delectable homestyle French, such as Chicken Coq au Vin with Buttered Noodles. This sleek restaurant also features a lively bar scene serving lavish cocktails and mouth watering appetizers to the downtown business crowd.

The Capital Grille, located next to the Hynes Convention Center, has a rich history and stellar reputation as much for its wine list as its main menu. Your inner sommelier will shiver with delight as the list boasts more than 5,000 bottles, also available by the glass. The menu offers traditional hearty fare, such as cheeseburgers, but also more unique options, such as the lobster and crab burger. If your business day has inspired your appetite, try the 24-oz. dry-aged porterhouse, or the lobster that weighs up to 5 pounds! These are just a few of the menu options that keep this establishment in the "Reservations a must" category. Private parties with a customized menu and personal event coordinator are also available.

This is the place to bring the new clients, or to unwind with colleagues after a hectic day at the adjoining convention center.

The city's eateries are diverse and include Asian, Indian, Italian, French, American, Latin American, Mexican, among as many more as you can imagine. Are you looking for vegetarian, organic, or vegan? No problem, although you will have to choose from the many popular and trendy choices this vibrant city has to offer.

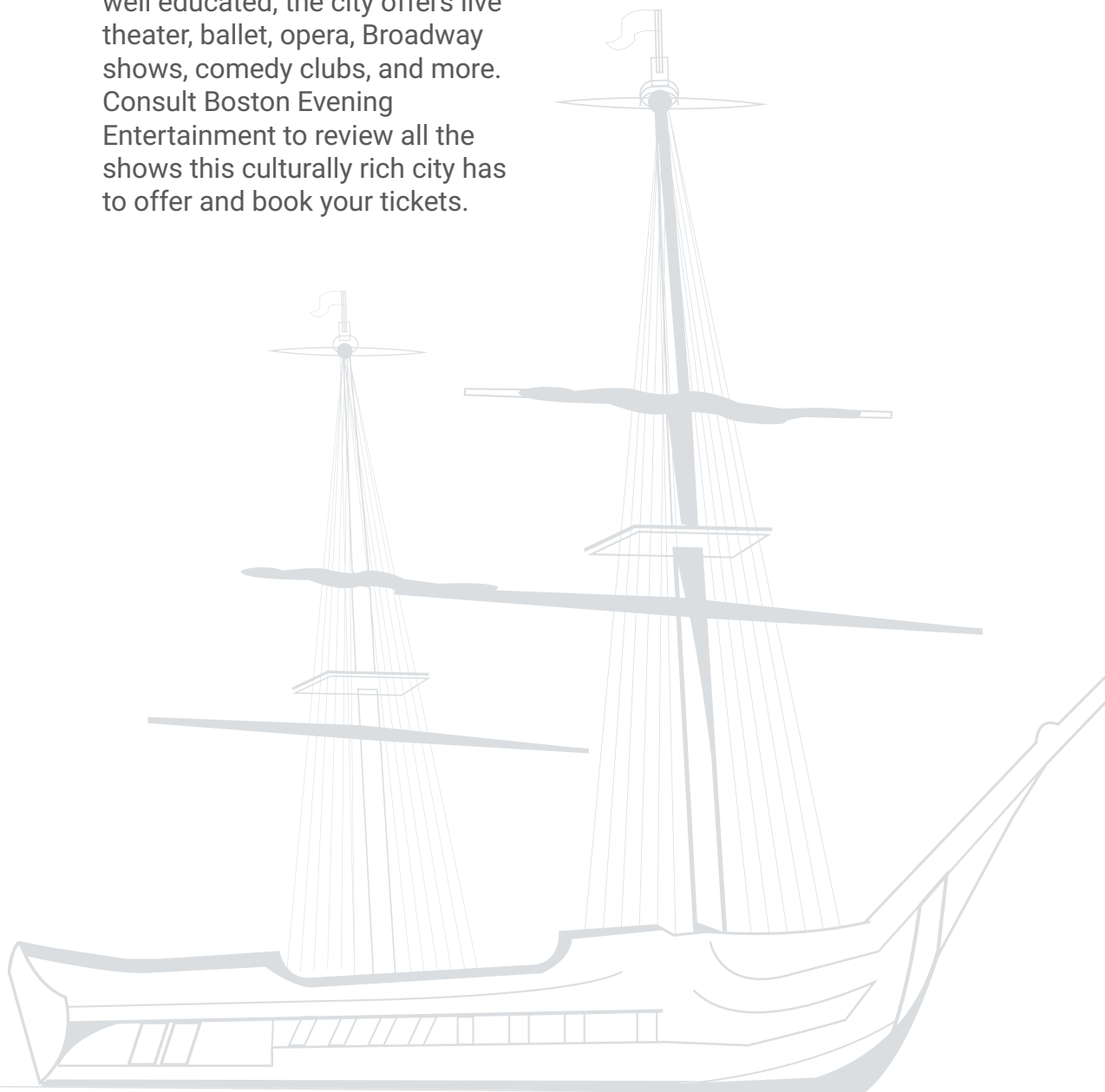
Evening Entertainment

Home to Harvard, MIT, Northeastern, BU, and more, means a dynamic young crowd to entertain after hours. There's never a shortage of up-and-coming underground spots and well-respected rock clubs to get your groove on.

Massachusetts Avenue, or Mass Ave as the locals call it, is where you can let your hair down and enjoy a bit of live music. Features DJ lounges and live rock clubs all the way from Dorchester to Lexington. Don't miss legendary The Middle East, one of the country's leading rock clubs and middle eastern restaurants. In the restaurant, musicians play the Corner without a cover charge, and in keeping with the Middle Eastern theme, there are also belly dancers. The Plough & Stars has been around over thirty years; this iconic Irish pub is a traditional pub during the day, transforming into a sizzling live music hall with up and coming wannabe artists and musicians jammed elbow to elbow.

Boston has an astonishing cultural calendar. This college town attracts the upwardly mobile and well educated; the city offers live theater, ballet, opera, Broadway shows, comedy clubs, and more. Consult **Boston Evening Entertainment** to review all the shows this culturally rich city has to offer and book your tickets.

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If you want to run through this enchanting city, mapmyrun.com offers hundreds of running routes with maps, elevations and distances, so you can plan, track, analyze and share your journey. Download the free app today because it covers just about anywhere your trainers will take you.

Retail Therapy

Depending on your budget and spending habits, you'll want to either bring your credit cards or leave them at home when you visit Boston!

Boston is literally a shopper's paradise. The quality and versatility of the city's unique boutiques, eclectic galleries and luxurious department stores are only rivaled by the charming and incomparable shopping districts. Stroll the brownstone boutiques and shops on Newbury Street and see an astonishing assortment

of high end luxury goods, edgy trendy wares and everything in between. The next stop on the shop-til-you-drop tour is The Mall at the Prudential Center. The adjoining Copley Place, and CambridgeSide Galleria are known for their top luxury shops and glass-enclosed arcades.

You'll definitely want to stroll the open-air Faneuil Hall Marketplace for New England traditions with a contemporary twist. Dating back to 1742, this iconic marketplace operates as an indoor/outdoor mall and food eatery where you'll

discover one-of-a-kind artisanal and seasonal keepsakes, as well as chic and fashion forward goods. Conveniently, it is also a well known stop on the Freedom Trail.

The Garment District fills two floors and is sure to delight, whether you are looking for a wild costume, or a trendy new outfit. With over 40,000 pieces of vintage and contemporary clothes on sale every day you can be certain you'll find something to delight.





Fancy Something a Bit Different?

When in Boston, you really must walk the Freedom Trail, where at only 2.5-miles is easily fit in around your working day. Fortunately, Faneuil Hall is one of the stops and there you can shop or grab a bite in this iconic marketplace.



Affectionately known as the Big Apple, New York is also known as the city that never sleeps. It's edgy, vibrant, sexy, a city rich with rich cultural activity; the place where dreamers come to fulfill their destinies. This city attracts the brightest, the best, and the biggest. Yep, that's New York!

Getting from the Airport to the City Centre

New York City (NYC) is serviced by three major airports:

JF Kennedy (KEN). This is New York's major airport. The most economical public transportation option is the Airtrain to the subway, and the subway to your hotel and costs only \$7.25 per person. Word of warning: There are a lot of stairs and ground to cover and no one to help with baggage, so only consider this option if you are traveling light. The flat taxi fare one way from JFK to the city center is \$52., plus any tolls and tips.

La Guardia (LGA), La Guardia is also in Queens and like JFK, public transportation from the La Guardia involves a lot of stairs and walking, but is only \$2.75 per person after you pay \$1.00 for a Metrocard. For a detailed subway map, visit the MTA's page. A taxi transfer is metered and will set you back at least \$50., plus tolls and tip.

Newark International (EWR), is in Newark, New Jersey and you can travel by train between Newark International Airport and Manhattan for as little as \$12.50 per person. Catch the Airtrain from your arrival terminal to Airtrain Station where you then can catch a New Jersey Transit train to New York's Penn Station. A taxi will cost you between \$50-\$70., plus tolls and tip.

For shuttle service for all 3 airports, check out **NYC Airporter** and **Super Shuttle**, and compare their schedules and pricing. They often offer online specials, making it even more affordable.

Getting Around New York

This modern metropolis has excellent, efficient public transportation. The city's rail and bus system is operated by the Metropolitan Transportation Authority (MTA). For all you need to know, including maps, routes, and fares, visit their web site.

Taxis are generally easily available and inexpensive compared to other cities and you can flag them down curbside. However, walking is beloved by most New Yorkers who by their very nature tend to have an inherent get up and go gumption and nothing lends itself to that better than a pedestrian-friendly city, like New York. A word of warning: This is not a city for strolling; people walk fast, like they have somewhere to go because yep, they usually have somewhere to go!

If you'd like to leave the pedaling to someone else, try a pedicab! These are also widely available within the city and also known as a "bike taxi" or "bicycle rickshaw".

Other

Uber and Lyft are car services operated by New Yorkers. You generally need to download the app first, so if you are interested in ride sharing, check out their web sites: **Uber** and **Lyft**.





Local Eateries and Bar Hotspots

The city that never sleeps is a foodanistas extravaganza and you will not only be overwhelmed, but likely feel hungry for everything. Live octopus? Grasshopper tacos? Check. Check. If you can imagine it, New York City serves it, so you can have your pick of how to best impress the client and create the perfect scenario for a lunch/dinner meeting. Nouveau, traditional, ethnic, organic, vegan, you can find it here. But before your mouth starts to water, you need to understand a few things about the food scene in this fabulous city.

Avoid embarrassment when treating clients or colleagues by planning ahead! If an eatery is popular, expect a wait. Unlike many American cities, you can't just walk in and get a table. Check [OpenTable](#) or call the restaurant to see if you can get a reservation. If the restaurant doesn't take reservations, find out the opening hours and days

of operation. If they open at 5pm, consider an early dinner; if you're in town on a Tuesday or Wednesday, getting that table will be an awful lot easier than on a Friday or Saturday.

Despite there being no foodie rules, you cannot leave NY without eating pizza. I believe there may even be a law stating as such. The choices in pizza are simply staggering. How about a sit-down coal oven spot like [John's of Bleecke](#)? Or the quintessential classic slice joint - [Joe's](#) in Greenwich Village?

For stunning, delectable Mexican food with a celebrity (or two) on the side, try La Esquina on Kenmare Street. Alongside George Clooney and Julia Roberts, indulge in the breathtaking Costillas de Puerco, a charred Chipotle-Guava Glazed Pork Spare Ribs with sweet plantains and escabeche.

Simply because there are so many choices, from stunning up-scale Michelin-rated dining

establishments, to fantastic pizza slices out of a truck, you should do your homework and ask your New York City colleagues for their recommendations. Eateries go in and out of business quickly in this city so what's hot today may be not and done and dead by the time you hit town. Some of the best sites to familiarize yourself with the eats in this city include: [Refinery 29](#); the eponymous [Zagat's](#); [Epicurious](#).

After a night of clubbing, try [L'Express](#), a French bistro on Park Avenue South that serves all night hearty fare, or [Minetta Tavern](#) on MacDougal, serving a buzzy vibe and scrumptious late night desserts.

For that VIP client, [Eater NY](#) features the latest (July 2016), hippest, hottest eateries in the city that never sleeps. This is the site you consult when you have someone you need to impress.

Evening Entertainment

New York presents a big problem for evening activities - you are seriously spoilt for choice: What to do? A Broadway play? An opera? The ballet? A concert? A symphony? A comedy club? How about some sultry, soothing jazz? Where to begin your evening? A better question might be: Where will your evening end? Remember that New York is called the city that never sleeps.

Generally speaking, the Lower East Side and East Village are famous for its hip scene and vibe that includes cozy live music clubs and buzzy bars that stay open until the wee hours. Soho is the epicenter of cool, with its upscale bars that attract models, poseurs, media types, celebrities and wannabes. In the 20s, on the east side, Gramercy has a unique selection of sultry, velvet-rope cocktail lounges. The city's hippest nightclubs are in and around the Meatpacking District.

For the Health and Fitness Conscious

If you can't start your work day without a run, or need it to unwind after a busy day, mapmyrun.com offers hundreds of running routes with maps, elevations and distances, so you can plan, track, analyze and share your journey. Download the free app today because it covers just about anywhere your trainers will take you!

You can hit a gym in any town and while most might look the same inside, New York definitely features some world-class facilities and fortunately, some offer day passes and discounts to visitors:

Crunch offers a guest pass for 1 visit to any Crunch location for any first time visitors. Sign up on their website.

YMCA will email you a free day pass and has locations in all five boroughs. These gyms offer the full package as well as classes and other activities.

BFX Chelsea is new, hip and high-end club best known for its spinning classes. A daypass is \$29.95 but does not include classes. However, the club features a state-of-the-art training area specifically for those exercising solo. This is the place to go for more than your average workout experience.





Retail Therapy

The shopping in New York City will actually cause physical pain. Here's why: You can shop til you drop and you won't even come close to experiencing all the retail therapy this shopping meccas has to offer. You will also experience physical angst because no matter how deep your pockets, you will never, never ever have enough money to even put a dent in your shopping desires. Remember Sex in the City? An \$800 pair of shoes? Yes, that was shot in Manhattan! You will love it; you

will hate it. Bring credit cards. Bring cash. And bring tissues, for both your tears of anguish and your bleeding blisters. Here you'll find many of the best department stores in the world, including Bloomingdale's, Macy's NYC, endless Fifth Avenue boutique shops, such as Gucci, Tiffany's, and Apple, among many more. Discover lively open air markets like the **Green Flea Market**.

Vintage and consignment shopping is both art and sport in New York. Chic and upscale is hard to manage when rents are equivalent to what many families pay for a monthly home mortgage, so the trendy gals shop with élan in the city's myriad vintage and consignment shops. Refinery 29 offers this superb guide.



Fancy Something a Bit Different?

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As for New York City, it is a place apart. There is not its match in any other country in the world.

Pearl S. Buck





Miami is a sexy, sultry city with a strong Cuban and Latina influence, providing business visitors with three ultramodern convention centers, a unique assortment of boutique hotels, state-of-the-art deluxe resort properties and everything in between. Known as the Magic City, Miami is cosmopolitan; it offers glorious beaches, eclectic shopping, culturally diverse dining and a vibrant nightlife. Home to the world's busiest cruise port, Miami enjoys global recognition as the base for such hit shows as CSI Miami, Miami Vice, and Dexter. Miami International is a major gateway to the Caribbean, Europe and Latin America, so even if you can only swing a one-night layover, grab it if you can; you will not be disappointed. Because yes, Miami is truly hot, both literally and figuratively.

Getting from the airport to the city centre

The Miami **Beach Airport Express** makes traveling to or from the **Miami International** Airport's Metrorail station to Miami Beach, fast, easy and convenient. It runs every 30 minutes and provides express service from 6 a.m. to 11:40 p.m., seven days a week. Super Shuttle (305-871-2000) costs \$20 per person to South Beach and \$15 to downtown.

As of May 2015, taxis charge a flat rate of \$32 to South Beach and \$21.70 to downtown..

Getting Around Miami

A favorite local joke is that tourists arrive at Miami International, catch a cab into town and never leave until they repeat the process in reverse. Admittedly, getting around Miami-Dade County can be challenging due to traffic congestion and a labyrinthine public transportation system. For this reason, cars are the generally preferred mode of transport, particularly if you want to be on time for meetings!

While Miami's public transportation system is tricky to navigate, **Metromover**, its electric downtown train is terrific, but unfortunately, doesn't travel close to the emerging hotspot neighborhoods such as Wynwood, midtown, Edgewater, and the Design District. However, for local travel, Metromover is fun and it's free!

Uber and Lyft are car services operated by Miami locals. You need to download the app first, so if you are interested in ride sharing, check out their web sites: **Uber** and **Lyft**.

Evening Entertainment

Miami attracts the beautiful people and nowhere is this more apparent than in the SoBe (South Beach) area, where happy hours are a downright ritual, rather like morning coffee. For some lively people watching, hit the Wynwood Art deco district and its newest hot spot, El Patio. The Latin beat pulses, as does the energy and if that isn't enough draw, try the \$1.00 beer.

Brickell, the edgy urban neighborhood features Quinto La Huella, an unexpected oasis for cocktails in a lush hidden garden amidst Brickell's soaring towers of steel and glass. This is the perfect spot to impress that perfect client.

Miami is the club capital of the southeast; sulfurous clubs attracting sun-kissed beauties glitter, glow and shine until the early morning hours. For a definitive list of what dance clubs are sizzling and when, check out Club Zone. For so cool you can't stand it, check out **Basement Miami**, an ultra hip Studio 54 inspired club, featuring a bowling alley, skating rink, and nightclub.





For the Health and Fitness Conscious

A keen runner? If you want to run through this vibrant city, mapmyrun.com offers hundreds of running routes with maps, elevations and distances, so you can plan, track, analyze and share your journey. Download the free app today because it covers just about anywhere your trainers will take you and has routes that you can easily fit around your working day.

Gym facilities that offer day passes and discounts to visitors:

Miami Beach Gym in the north section of Miami Beach offers myriad fitness classes and discounted day passes; if you plan to be in town longer, do ask about multi-day, or weekly passes.

Rise Health & Fitness will email you a 5-day pass after you register online.

Retail Therapy

From haute couture, to outlet malls and designer boutiques, Miami promises and delivers a genuine shopping nirvana to fashionistas. Seemingly endless shopping opportunities abound in modern, sprawling malls and the quiet, personal attention offered by the family-owned shops of Coconut Grove and other corners of the region address pretty much any retail therapy need or desire.



Fancy Something a Bit Different?

Contrary to what might be suggested by the beach scene, Miami is in fact a bustling, dynamic business center with three major **convention centers** and a broad assortment of budget-minded through first-class resort properties.

For all other events - **Miami events**.

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