

Welcome! We hope you consider Tufts Medical Center as your training home!

This document includes history and information about everything you can see in Boston and the surrounding area.

Please note this exhaustive document is not meant to be read from start to finish, but rather a guide for you to pick and choose (with headings to help guide you) what you'd like to see (*though you might want to immerse yourself in all facts as it might help you win a trivia night or lots of money on a game show in the future!*)

If you are unable to make any leisure stops, we hope you can use this to learn about Boston so you can see how much this city offers to ease the sticker shock of the sky high rents 😊

About Tufts Medical Center

- ✚ It is the OLDEST permanent medical facilities in Boston (started as the Boston Dispensary)
- ✚ It was established in 1796 by Paul Revere, Sam Adams and other “public spirited” Bostonians
- ✚ Rooted in “providing care for the poor”
- ✚ The children’s Hospital (Floating Hospital for Children) got its name because the hospital used to be a Boat sailing along the Harbor

Read about all innovations and Milestones here:

<https://www.tuftsmedicalcenter.org/About-Us/History/Innovations-and-Milestones>

Some Facts about Boston:

- ✚ Established September 7, 1630
- ✚ Most of the land that makes up Boston today had been filled in throughout the last few centuries. Boston used to be mostly surrounded by water (Charles River and Massachusetts Bay).
- ✚ Similar to NYC’s boroughs, Boston has **23 Distinct neighborhoods** (Allston, Brighton, Back Bay, Beacon Hill, Dorchester, East Boston, Jamaica Plain, South Boston, The North End, to name a few).
- ✚ Boston is nicknamed “Beantown” because the earliest settlers cooked beans in molasses (a staple).
- ✚ Speaking of Molasses, there was a Molasses explosion in the North End in 1919 that flooded the streets and killed 21 people.
- ✚ The Ted Williams Tunnel (you go through this to get to the airport) is the deepest tunnel in the US (90 feet underground).
- ✚ The Omni Parker House (not a far walk from the hospital) invented the Boston Cream Pie.
- ✚ Boston has the highest percentage of commuters who walk to work in the US.

Many “Firsts” and “Oldests” claims to fame are here in Boston:

- ✚ America’s first subway in 1897 (The “Tremont Street Subway)
- ✚ American’s very first chocolate factory
- ✚ The first lighthouse
- ✚ First university (Harvard)
- ✚ Fenway park is the oldest original major league stadium still in use (but the team was not always the Red Sox).

Here on a rainy Day?

- ✚ “Hidden” sidewalk poetry (only seen in the rain)
Location : All over the city (see links below)

<http://www.masspoetry.org/raisingpoetry>
<https://boston.curbed.com/maps/boston-rainy-day-sidewalk-poetry>

Nice places to run

Whether you plan on doing a quick run while here or would like to know what running options you have should you match at Tufts, there are several options for you!

Boston is a very runner-friendly city. You can run from almost anywhere, but the routes listed below give you the best views and feel of the city:

Nice Nature Views:

Charles River (Esplanade, Boston University area through Cambridge or any part of it)
The Emerald Necklace (Fenway to Jamaica Pond- or any part of it)
Chestnut Hill Reservoir (near

Boston College)

City Runs:

Mass Ave Bridge – connects Boston to Harvard. Harry Houdini jumped off this bridge in shackles in 1908! Also see nice views of the city! You can also run along the river here (MIT's main campus lines the Charles River on the Cambridge side, and Boston's skyline can be seen nicely from the bridge and in front of MIT)

Through Common/Public Garden and down to Commonwealth Ave Mall (or any part of this path)

Beacon Street from Fenway neighborhood up through Brookline, to Brighton (and then you can also head to Chestnut Hill Reservoir) (or any part of this path)

Other spots:

- Boston Waterfront
- South Boston / Castle Island / Pleasure Bay
- Southwest Corridor Path

For more info

<https://medium.com/great-runs/great-runs-in-boston-7761584cf4e4>

<https://www.bostonmagazine.com/health/best-running-routes-boston/>

Boston is full of history! What should I see???

If, between your interviews, you have an entire day or weekend free (perhaps you brought your significant other to view this city as a prospective place to live), there are many things you can see/do/learn. And so much of it you can do by foot!

The immediate Tufts Medical Center Area is located within Chinatown and the Theater District

Chinatown: Lots of good food (you will experience one place for your interview lunch) and you can see the Chinatown Gate.

Fun Facts:

- ✚ Empire Garden Restaurant (on Washington Street, a few blocks from the hospital) used to be an adult vaudeville theater in the 1920s.
- ✚ Washington Street from Chinatown up to Government Center used to be known as "The Combat Zone"- an "entertainment district" until the 70s. Only 2 original "gentleman's clubs" still exist today.

Theater district- see a show at any 12 theaters nearby!

Fun Facts:

- ✚ The first theater was built in 1793.
- ✚ Seven theaters are listed on the National Register of Historic Places

MBTA Stops: Short walk from the hospital or at Chinatown/Downtown Crossing (Orange Line). Boylston Street (Green/ Silver line)

Most Major Boston historical sites are either a short walk away from the hospital or easy to get to by the T.

The Freedom Trail

<https://www.thefreedomtrail.org/about>

We very much encourage you to take time and visit some spots along the trail. From start to finish takes the entire day.

All 16 stops of the Freedom Trail independently are listed here so that you can choose what seems most interesting to you.

Description of Landmarks on Freedom Trail in order from Beginning to End

The Boston Common (10-15 min walk from Hospital- and adjacent to the Public Garden)

Quick facts:

- Founded in 1634. America's FIRST and oldest public park.
- Sites for Revolution/Civil War Recruitment
- Stages for free speech and assembly since Civil War (including public hangings). Still used today for protests!
- A former cow grazing pasture

Attractions:

- Frog Pond (wading pool summer; ice skate rink winter)
- Playground with splashpad
- Food trucks
- Carousel
- Ball field
- Lots of nice green space
- Can have dogs off leash in certain corner

MBTA Stops: Park Street (Green and Red)
Boylston Street (Green and Silver)

Massachusetts State House (15-20 min walk from Hospital)

Quick facts:

- opened in 1798
- Dome started out wooden, then Paul Revere covered it with copper. Gilded in gold since 1874
- Front Doors only open 1) When POTUS or foreign head visits
- 2)When Governor exists building on last day (known as The Long Walk)
- Tours are free on weekdays by appointment only

MBTA Stop: Park Street (Green and Red)

Park Street Church (10-15 min walk from Hospital)

Quick facts:

- Founded in 1809
- Steeple is 217 ft tall; once the first landmark seen when approaching Boston (from all directions, mainly because the area was surrounded by water when first built)
- William Garrison made his famous Anti-slavery speech here
- “My Country Tis of Thee” was adapted from “God Save the Queen” by Park Street church organist and performed here for first time
- Was a center for a “War Relief Fund” (becoming World Relief), helping European churches rebuild after WWII.

MBTA Stop: Park Street (Green and Red)

Granary Burial Ground (15-20 min walk from hospital)

Quick facts:

- Estimated 5,000 Bostonians buried here (some are mass buried)

- Reorganized in Victorian era to upkeep the land (lawnmowers were new at this time)
- Tombstone markings known for its artistry (e.g. skull markings with angel wings) because Puritans did not believe in religious icons/imagery

WHO IS BURIED HERE

- John Hancock
 - Paul Revere
 - Sam Adams
 - Robert T. Paine
 - Mother Goose
 - parents of Ben Franklin
- (Note: Ben Franklin is buried in Philadelphia but he has a cenotaph there)
- Victims of Boston Massacre

MBTA Stop: Park Street (Green and Red)

Fun note: You can drink a Sam Adams Beer across from Granary Burial Ground where Sam Adams is buried

King’s Chapel and Burial Ground (20-25 min walk from hospital)

Quick facts:

- Established 1636, one of oldest churches in America as First Anglican Church in New England
- Georgian Architecture
- Bell was forged in England in 1772 and cracked in 1814. Paul Revere Recast it in 1816 and still rings today.
- Became Unitarian in 1785 by James Freeman. 9th Ed of Freeman’s Book of Common Prayer used today.

- You can take a Bells and Bones Tour to see the crypt, the bell tower and upper balcony of church

WHO IS BURIED HERE

- Oliver Wendell Holmes, Sr

- Charles Bulfinch (architect of State House)
- Sen. Charles Sumner
- Joseph Tapping (headstone noted to be most beautiful in Boston)

MBTA Stops: Park Street (Green and Red) short walk
State Street (Blue and Orange) short walk
Government Center (Green and Blue)- short walk

Original Location of Boston Latin School (since moved to Fenway neighborhood) (20-25 min walk from hospital)

Go see the Mosaic and statue of Ben Franklin on School Street!
The school is now actually located near Brigham and Women’s Hospital. The old school was torn down to make room for renovations /enhancements of King’s Chapel.

Other Boston Latin School attendees aside from Ben Franklin, who actually dropped out!!)

- Sam Adams
- John Hancock
- Robert T. Paine
- William Hopper

MBTA Stops: Park Street (Green and Red) short walk
State Street (Blue and Orange) short walk
Government Center (Green and Blue)- short walk

Old Corner Bookstore (now a Chipotle!) (20-25 min walk from hospital)

- Constructed in 1718, home to 18th century publishing company Ticknor and Fields
- Ticknor and Fields published:

Walden (by Thoreau), Scarlett Letter (by Hawthorne), Midnight Ride of Paul Revere (by Longfellow) and Battle Hymn of the Republic.

MBTA Stop: State Street (Blue and Orange)

(not a far walk from Common or Government Center Station on Green/Blue)

Old South Meeting House (20-25 min walk from hospital)

Quick Facts:

-Built as Puritan meeting house in 1729

-Most famous building for historical events of Colonial era

-Center for massive public protest meetings against British actions in colonial Boston from 1768-75 including: commemoration of

Boston Massacre, Protest for tea tax (became Boston Tea party)

-Was slated for demolition until "Group of 20 women" enlisted support from Emerson, Julia Ward Howe, Longfellow and Louisa May Alcott to rally and secure funds.

-4th of July Reading of the Declaration of Independence is here (from east side balcony)- a tradition since July 18, 1776.

MBTA Stop: State Street (Blue and Orange) (not a far walk from Common or Government Center Station on Green/Blue)

Old State house (20-25 min walk from hospital)

Quick Facts:

-Oldest surviving public building in Boston built in 1713

- Used as British military barrack during Revolutionary War, forcing government members to meet in

Cambridge

-Used as Boston's City Hall in 1840s

-Had commercial use until late 1881

-State Street Station is in basement

MBTA Stop: State Street (Blue and Orange)

(not a far walk from Common or Government Center Station on Green/Blue)

Note: The old building among modern skyscrapers makes for a great picture

Other Fun Note: Queen Elizabeth II made an address on same balcony used for Declaration of Independence Day Readings on Bicentennial celebration of Independence and made this remark:

"If Paul Revere, Samuel Adams, and other patriots could have known that one day a British monarch would stand on the balcony of the Old State House, from which the Declaration of Independence was first read to the people of Boston, and be greeted in such kind and generous words... well, I think they would have been extremely surprised! But perhaps they would also have been pleased to know that eventually we came together again as free peoples and friends to defend together the very ideals for which the American Revolution was fought."

Site of Boston Massacre (20-25 min walk from hospital)

Quick Facts:

-Occurred March 5 1770 Next to State House on King's Street side (now State/congress Street)

- "No Taxation without Representation"

-Angry colonists threatened British soldier guarding King's money; he called for help. Help arrived and fighting took place. Gun shot fired (unsure if it was intentional) by a colonist and British soldiers opened fire.

-Famous art depiction by Henry Pelham (later copied by Paul Revere) made it look like British fueled the massacre when it was actually colonists who instigated it

Fun note: British were evacuated from Boston 6 years later, known (And locally celebrated) as Evacuation Day- March 17, 1776.

MBTA Stop: State Street (Blue and Orange)

(not a far walk from Common or Government Center Station on Green/Blue)

Faneuil Hall and Quincy Market (25-30 min walk from hospital)

Faneuil Hall Quick Facts

- "Home of free speech"

- "Cradle of liberty"

-Grasshopper weathervane atop hall used to scout for suspected spies in 1812 (would have to successfully answer the question "what is on top of Faneuil Hall?")

-Site of Sugar Act of 1764 (where "No Taxation without representation began)

-Used today as a site for Naturalization ceremonies (and has a nice gift shop!)

Quincy Market Quick Facts

-stands behind Faneuil Hall, established in 1826 named after Boston Mayer Josiah Quincy - Business/ shipping hub (due to its proximity to harbor) throughout 1800s

-Once vibrant and busy , but stood

empty by mid 1900s and preserved in 1976 (first urban renewal project of its kind)
-Now home to restaurants, shops, street performers
-Street performers were initially hired to entertain construction workers in 70's. one of premier venues of street performing in the world.

Paul Revere House

Quick Facts

-Built in 1680
-Owned by Revere from 1770-1800
-Oldest remaining structure in downtown Boston, only freedom trail site that's a home

MBTA Stops: Short walk from Haymarket or North Station (Green/Orange)
(Long but nice walk from Government Center (Green) or Aquarium (Blue))

Old North Church

Quick Facts

-Built in 1723, oldest surviving church
-April 18, 1775 Best known for "Midnight Ride of Paul Revere" (one of by land, two if by sea, though British actually came by the RIVER not the sea...)
- "behind the scenes tour" allows visitors to see bell ringing chamber and crypt.
--Can explore church on mobile device and play interactive mobile game "Prince's Prowl"
-This church was mentioned/filmed in the movie *National Treasure*

MBTA Stops: Short walk from Haymarket or North Station (Green/Orange)
(Long but nice walk from Government Center (Green) or Aquarium (Blue))

Copp's Hill Burial Ground (2 min walk from Old North Church)

Quick Facts

-Boston's largest Colonial Burial Ground dating from 1659
-Site used as vantage point to train their cannons on Bunker Hill

WHO IS BURIED HERE

-A final resting place for merchants, artisans and craftspeople who lived in the North End
-"Fire and Brimstone" Preachers of Salem Witch Trials Cotton and Mather
-Old North Church sexton Robert Newman (one who the 2 lanterns on night of Revere's ride)
-Builder of USS Constitution Edmund Hartt
-Daniel Malcolm (smuggled 60 casks of wine without paying duty)- his tombstone has bullet holes from British soldiers who shot at it after he died (vengeance for the smuggling act?)

MBTA Stops: Short walk from Haymarket or North Station (Green/Orange)
(Long but nice walk from Government Center (Green) or Aquarium (Blue))

The last two stops are in Charlestown, and not easily accessible by the T. You could possibly get on the Orange and take it to Community College, but it's still a decent walk.

USS Constitution

Quick Facts

- oldest commissioned war ship
-"old Ironsides" during War of 1812

Bunker Hill Monument

Quick Facts

- Site of battle of Breed's Hill (known as Bunker Hill—the two hills are separate but names were reversed on map prepared by British army)
"don't shoot til you see the whites of their eyes"
-221 foot tall obelisk Monument
Designed by Marquis de Lafayette in 1825, completed in 1842 (294 steps to top)
-British Victory but showed Colonists could effectively fight against British

Fun Note: When in Charlestown- be sure to go to The Warren Tavern, established in 1780.

Patrons include: George Washington, Paul Revere. Also you can shop for quirky antiques at The Joy of Old.

<http://www.warrentavern.com/>

Other Places to See by MBTA Line

Feel free to check out other places of interest all around the city:

GREEN LINE

Arlington

-  Dining options
-  Cheers Bar
-  Afternoon Tea, Four Seasons
-  Boston Public Garden

Quick facts:

- Founded in 1837 (Victorian Era style)

Attractions:

- Lagoon with pair of swans and swan boats (can ride in spring/summer; if frozen over, can walk or skate on in winter)
- Make Way for the Ducklings statues (sculpted by grandmother of Resident Sivan Vainer!), sometimes dressed up (bonnets for mother's day for example)
- George Washington monument (both ducklings and GW statue are often dressed up in sports gear during championship games)

Copley Station

- ✚ Boston Public Library (one of the oldest libraries in the US). See the beautiful study/reading rooms and galleries and have some tea in the tea room!
- ✚ Boston Marathon finish line
- ✚ Boston Marathon Bombing memorial
- ✚ Trinity Church
- ✚ Old South Church

Hynes Convention Center

- ✚ Shop and dine on Newbury Street!
- ✚ Shop at the Prudential Tower (short walk up Boylston Street **or you can take the E going toward Heath Street and get off at Prudential**)
- ✚ Mary Baker Eddy Christian Science Center and Mapparium
- ✚ Might be able to catch a show at the Berklee School of Music
- ✚ Boston's Hidden Bottega (short walk) on corner of Mass Ave and Clearway Street

Kenmore Station

- ✚ Citgo Sign
- ✚ David Ortiz Bridge
- ✚ Fenway Park
- ✚ Time Out Market

Longwood (On D going towards Riverside)

- ✚ Isabella Stewart Gardner Museum
- ✚ Emerald Necklace

Coolidge Corner (on C going towards Cleveland Circle)

- ✚ JFK Birthplace on Beals Street

Science Park (Lechmere Bound trains only, can get from Copley to Park Street and beyond only)

- ✚ Museum of Science

Prudential (E Line Heath Street bound train)

- ✚ Prudential tower for shopping or go up to the Skywalk Observatory!

Museum of Fine Arts (E Line Heath Street Bound Trains)

- ✚ The Museum of Fine Arts (free Wednesday nights after 4pm)

Green Line or Blue Line

Government Center Station

City Hall Plaza (Government Center Station – Green and Blue lines)- see Boston's "ugliest" building! (25 min walk from hospital)

City Hall Plaza is in the midst of urban redesign so that it looks more like a park space. The Big Apple Circus comes to the plaza every year. In the winter, the plaza becomes a winter market with an

ice skating rink (similar to Bryant Park in NYC)

Fun Note: See the famous steaming tea kettle above Starbucks! It was manufactured in 1873 and originally part of a tea company shop called Oriental Teashop down the street from where it is currently. It can hold 227 gallons, two quarts, one pint, and three gills of water (based on a contest in 1875).

Blue Line

Aquarium

- ✚ Christopher Columbus Park (includes a carousel)
 - ✚ Ticket office for tours (duck boat, walking, trolley)
 - ✚ Rose Kennedy Garden
 - ✚ Rose Kennedy Greenway
 - ✚ New England Aquarium (you can at the very least check out the front outdoor exhibit of Seals!)
 - ✚ Boston Harbor and wharves
 - ✚ Union Oyster House
 - ✚ Catch a sunset or brunch cruise!
 - ✚ Go Whale watching!
 - ✚ In the summer, ride the Codzilla!
-

Green Line or Orange Line

THE NORTH END (Haymarket or North Station)

The North End is Boston's "Little Italy" so you will eat well here. There are tons of festivals in the summer.

Other attractions nearby:

- Haymarket farmer's market
- The Skinny House on Hull Street (near Old North Church)

- Captain Jackson's Historic Chocolate (\$8 tour or they should have free samples)
- All Saint's Way
- Great Molasses Flood Plaque

Orange Line

Downtown Crossing

- ✚ **Get a used book at Brattle Bookstore** It's one of the oldest used bookstores in the US!
- ✚ Catch a performance by the Boston Brass and Downtown Dixie at the outdoor venue near Millennium Tower!
- ✚ Shop along Winter and Summer Streets! The wall along Macy's is used in light shows some winter nights and the building that houses Primark now used to be Filene's Basement- a historic landmark of old Boston times.
- ✚ Get a fancy pen at the Bromfield Pen Shop

Assembly

- ✚ Nice shopping at Assembly Row!

Green spaces in vicinity of Orange line (Forest Hills) but better for car/Uber

- ✚ Arnold Arboretum
- ✚ Franklin Park Zoo

Red Line

South Station

- ✚ The Boston Tea Party Museum (and Abigail's Tea Room)
- ✚ The Boston Children's Museum

- ✚ Boston Firestation Museum
- ✚ Walk to Seaport dining

Park Street

- ✚ **See above for Freedom Trail spots**

Charles/ MGH

- ✚ Esplanade, Hatch Shell
- ✚ MGH Museum

Kendall/ MIT

- ✚ Back end of MIT campus

Central Square

- ✚ A short walk down Mass Ave brings you to the center of MIT's campus and the Charles River (and bridge back to Boston with nice views!)

Harvard Station

- ✚ Harvard University and Yard and Harvard Museums
- ✚ L.A Burdick Handmade chocolates

(if you are interested in cemeteries, a short uber ride away is the Mt. Auburn Cemetery- one of the most beautifully designed spaces in the country)

Davis Square (Somerville)

- ✚ Dining options
- ✚ Museum of Bad Art

JFK/ U Mass (other end of Red Line)

- ✚ Take a shuttle bus or uber from here to see the JFK Presidential Library and Museum

Silver Line

World Trade Center or Courthouse

- ✚ Boston Contemporary Art Museum
- ✚ The Lawn on D

Fun Fact: Much of the silver line used to be part of the Orange Line/Washington Street Elevated Rail which moved underground and rerouted in the 1980s. The closing of the "EL"

Fun Boston Tours

<https://www.citybrewtours.com/boston/>

<https://foodtoursboston.com/>

<https://www.bostonharbornow.org/what-we-do/explore/harborwalk/>

<https://www.bostonpizzatours.com/tour/pizza-north-end-tour/>

<https://www.yeoldetavern.com/>

<https://bitesofbostonfoodtours.com/sweet-savory-south-end-tour/>

<https://www.ghostsandgravestones.com/boston>

<https://crimetourboston.com/>

<https://www.thecrazytourist.com/15-best-boston-tours/>

BOSTON'S PROXIMITY TO OTHER AREAS

South Shore

- ✚ Sites/hiking
<https://www.visit-massachusetts.com/south-of-boston-plymouth/walking-and-hiking/>

North Shore

- ✚ Sites/hiking
<http://www.newenglandwaterfalls.com/hikingnorthof-boston.php>

Quincy, Massachusetts

- ✚ Home of John Adams and John Quincy Adams
<https://www.nps.gov/adams/planyourvisit/index.htm>

Salem, Massachusetts

- ✚ Witch trial history
<https://www.salem.org/>

Western Massachusetts

- ✚ Amherst
- ✚ Worcester
- ✚ Sturbridge
- ✚ Williamstown
- ✚ Great Barrington
- ✚ North Adams
- ✚ <https://newenglandtravelplanner.com/go/ma/boston-west/concord/sights/emerson-thoreau-ambles.html>

Cape Cod

- ✚ Martha's Vineyard
- ✚ Provincetown
- ✚ Sandwich
- ✚ Bourne
- ✚ Yarmouth

- ✚ Chatham
- ✚ Hyannis
- ✚ Sagamore Beach

Maine

- ✚ Portland
- ✚ Cape Elizabeth
- ✚ Acadia National Park
- ✚ Bar Harbor
- ✚ Kennebunkport
- ✚ Camden
- ✚ Rockport
- ✚ Ogunquit

New Hampshire

- ✚ Portsmouth
- ✚ Exeter
- ✚ Hanover
- ✚ Keene
- ✚ Littleton
- ✚ Meredith
- ✚ Peterborough
- ✚ Manchester

Vermont

- ✚ Chester
- ✚ Dorset
- ✚ Montpelier
- ✚ Burlington
- ✚ Chester
- ✚ Dorset
- ✚ Grafton
- ✚ Manchester
- ✚ Woodstock

New England Things to do

- ✚ Go skiing
<https://www.onthesnow.com/new-england/ski-resorts.html>
- ✚ Visit National Parks and forests
<https://www.tripsavvy.com/top-national-parks-in-new-england-4684731>
https://www.biologicaldiversity.org/programs/public_land_forests/new_england_national

[forest_roadless_areas/index.html](#)

- ✚ House of 7 Gables
<https://7gables.org/>
- ✚ Apple picking
<https://newengland.com/today/travel/new-england/things-to-do/new-englands-best-apple-orchards/>
- ✚ Lizzie Borden House
<https://newengland.com/today/travel/massachusetts/lizzie-borden-house/>
- ✚ Best Day Trips from Boston
<https://vacationidea.com/getaways/best-day-trips-from-boston.html>
- ✚ Nashoba Valley Winery
<https://nashobawinery.com/>
- ✚ Haunted houses!
<https://www.tripsavvy.com/new-england-halloween-haunted-houses-1600491>

FOR HISTORY ENTHUSIASTS

1903 video of Trolley Ride through Downtown Boston

https://www.youtube.com/watch?v=QGBN8_9aGmY

1930 Video of Boston common and proper

https://www.youtube.com/watch?v=0sbdbK_ZmwY

About the old "combat zone" (near the hospital)

<https://www.youtube.com/watch?v=1vURdnSXLms>

About the North End

https://www.youtube.com/watch?v=0sbdbK_ZmwY