

SUNDAY MAGAZINE

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A picturesque view of the Zakim Bridge.

Courtesy photo

BOSTON BY BIKE

Bike and Breakfast: There is nothing better than bicycling without traffic on a spring morning

By Peggy Newland
For The Telegraph

We all know the early bird catches the worm, and this is especially true if you are bicycling in Boston on a weekend. After a quick breakfast of buckwheat pancakes, followed by yogurt and granola, my husband and I grab two complimentary bicycles at the Element Boston and take off down empty bike lanes to Harborwalk. With the harbor on our right, and Boston lit up in pink dawn, the sidewalks are magic at this moment. Daffodils bloom in planters and weeping willows sprout, newly green. We zip past Fan Pier Park and over a traffic-free Seaport Boulevard to Rose Kennedy Greenway—a curving garden path. Winding around Central and Long Wharfs and across to the North End, we stop for espressos near the Old North Church, and sit on quiet benches in Langone Park. Sailboats dot the bay.

There is nothing better than bicycling

without traffic. Especially if you can ride directly in the road. We glide across the usually crowded N. Washington Street Bridge, and down to Old Ironsides, the world's oldest commissioned naval vessel. No tour groups, no buses, no one, but seagulls and us.

Sun warms the harbor as we continue to Paul Revere Park and go

warmer days to come, so we keep riding past Storrow Lagoon, full of rowboats and brave stand-up boarders, and continue past Boston University and across to Cambridge. Grabbing some sandwiches in Central Square, we take them to Magazine Beach Park and sit on boulders, eating and watching teams of rowers zipping past in sleek boats.

“Let’s put everyone on bicycles!”

Paul Dudley White, a prominent Boston cardiologist

under the Zakim Bunker Hill Bridge to North Point Park, and soon, we are on the Charles River Bike Path. Twenty-three miles of traffic-free fun, this bike path was named for Paul Dudley White, a prominent Boston cardiologist who was known to proclaim, “Let’s put everyone on bicycles!” It’s one of those spring mornings, with blue bird skies and breezes that taste of

Most everyone we meet is smiling, and there are friendly waves from other bicyclers out for the day.

After five hours of cycling, we are ready for a break. We drop our bikes off at the Element Hotel and walk across the street to the W XYZ bar. We are in full hipster zone in its Re-Mix Lounge. Picture a swanky living room of plush turquoise and purple, throw in a bright blue fireplace, a pool table, twelve televisions full of Boston sports, and couches full of lounging pillows, and you’ve got a late afternoon hangout, full of cocktail specials. There’s even an outdoor area for drinking with your dogs; lawn games and frisbees included. We are the oldest patrons in



Watching crew teams on The Charles River.

Courtesy photo

the place, but we’re the ones who biked all day, so maybe we have some cred. We order Korean BBQ Street tacos, some kale and quinoa salads, southwest chicken eggrolls, and hummus with pita bread and olives, and we nosh to our heart’s content.

That evening, we take a quiet swim in Element’s empty indoor pool lit in blue, then take the express elevator to our room. With a trendy downtown vibe, open-flow style, a full kitchen, and low-rise sofas, we are sleeping in a funky urban wonderland most would call home. With windows cracked open, spring is allowed inside.

Courtesy photo
Above: Element Hotel.
Right: WXYZ Bar.



If you go

Element - Boston Seaport District. D Street, Boston, MA. (617)530-1700. Ask for the spring specials. Free concerts in the summer at The Lawn at D, across the street. Breakfast and bike included in the rate. www.marriott.com

W X Y Z Bar - In the Aloft Hotel, across the street. Afternoon cocktail specials and comfort foods. www.marriott.com.

Table talk, needs and giveaways, along the bunny trail

Tables come in all sizes and shapes, in plain sight or hidden by drapes – some are functional, some are aesthetic, made of wood, glass, marble, or metallic – round, oval, narrow or wide, found in kitchens, dining rooms, in front of sofas, or at bedside. While tables have legs, they are never seen walking and usu-



CHRIS GRAHAM

Chris' Mailbag

ally require pick up. This Sunday's Mailbag features items available or sought, but don't expect a bunny

with a basket to help, he's busy delivering colored eggs.

HAS TABLE AND CHAIRS FOR INDOOR DINING

“I have a table, approximately 38 inches wide x 62 inches long, along with six (6) chairs, for someone who could use this set” says Tony C. of Amherst. (LTR 1,811). “The sur-

face of the table consists of 8 inch x 8 inch white tiles (some of which are cracked), surrounded by a wooden 3 inch border; the table is quite heavy and will require two strong people to bring up from the basement. The table sides and legs are white. The chairs are also white, except for the seats, which are a natural light oak

color. The table is disassembled for transporting, and is easy to assemble... all that is needed is a 1/2 inch open-ended wrench.

Free to the first person who can remove it. Thank you for the good work you do!!” While the Mailbag lady has tackled many home improvement projects, tile repair isn't among them, however,

there are suggestions online which include videos for repairing tiles using tile fillers, etc. Interested parties can reach Tony at 603-673-1354.

LOOKING FOR A ROUND, DROP-LEAF TABLE; ELECTRIC CLOTHES DRYER

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