



TIDES
**Oligonucleotide &
Peptide Therapeutics**

by informa...

USA

BOSTON

TRAVEL GUIDE





WELCOME

BOSTON IS READY... AND WE CAN'T WAIT TO WELCOME YOU.

Welcome to Boston, a city shaped by discovery, ambition and ideas that change the world. As one of the most influential centres for science and innovation, Boston is the natural home for TIDES USA.

Set across a landscape that blends historic streets with cutting-edge research hubs, Boston brings together world-leading academia, pioneering biotech companies and a deeply collaborative scientific community. It's a city where progress is part of the everyday rhythm, and where conversations quickly turn into collaborations that shape what comes next.

As a global epicentre for biotechnology, Boston offers an environment uniquely suited to the spirit of TIDES: ambitious, fast-moving and focused on real-world impact. It's a place where science and industry intersect naturally, and where the most important conversations in drug development are already happening.

This guide is designed to help you make the most of your time at TIDES USA in Boston, whether you're here to connect with peers, explore the latest innovations, or experience the city itself between sessions. From key meeting spots to local recommendations, consider this your starting point for making the most of your time in Boston.

PLANNING YOUR TRIP

BEST TIME TO VISIT BOSTON

May is a great time to experience Boston at its best. The city is in full spring bloom, with mild temperatures, longer days, and a vibrant atmosphere that makes it easy to explore between sessions.

It's lively without being crowded, with cafés, waterfront spaces and neighbourhoods like Back Bay and the Seaport especially active. For TIDES USA delegates, it's the perfect balance of energy, comfort and connection.

ENTRY REQUIREMENTS

Entry to the United States is straightforward for many international travellers, including those from the UK, EU, Canada and Australia, who may be eligible to travel under the Visa Waiver Program (ESTA). Travellers will need a valid passport with sufficient validity and an approved ESTA or visa prior to arrival, depending on nationality.

Standard immigration and customs checks apply when entering the US, so it's recommended to ensure all documentation is completed in advance to avoid delays. For most delegates attending TIDES USA, the process is well established and smooth when prepared ahead of travel.

BUDGET INFORMATION

Boston is a major US business and innovation hub, and prices generally reflect its status as a leading global city. Dining, accommodation and transport tend to be higher than the US average, particularly in central areas and near key conference districts.

That said, the city offers a broad range of options across different budgets, from casual eateries and local cafés to high-end restaurants, as well as efficient public transport that makes getting around relatively straightforward.



ACCOMMODATION

Boston offers a wide range of accommodation options to suit every style of travel, from internationally recognised business hotels and premium downtown properties to boutique stays in neighbourhoods full of local character.

To help you plan your stay, we've created a dedicated [TIDES USA hotel map](#) and accommodation guide, with recommended options and booking information, including hotels close to the event venue and key areas such as Back Bay, Downtown, and the Seaport.

These locations offer easy access to meeting spaces, dining and networking across the city, with strong transport links throughout. As Boston is a key destination for international biotech events, early booking is strongly recommended to secure the best location and rates.

GETTING AROUND BOSTON



PUBLIC TRANSPORTATION

Boston's public transportation system, known as the "T", is a convenient and affordable way to get around the city. Operated by the MBTA, it includes subway lines, buses, commuter rail, and ferry services that connect key neighbourhoods and surrounding areas.

For delegates, it's easy to travel between major districts such as Back Bay, Downtown, the Seaport and Cambridge without needing a car. The subway is the quickest option for longer distances, while walking is often the best way to explore Boston's compact, historic centre.

WALKING AND CYCLING OPTIONS

Boston is one of the most walkable cities in the US, with many key areas including Back Bay, Downtown and the Seaport easily accessible on foot. Its compact layout and historic streets make walking one of the best ways to explore between sessions.

Cycling is also popular, with dedicated bike lanes in many areas and Bluebikes, the city's bike-sharing system, offering an easy way to get around. While some areas can be busier with traffic, the combination of walkable neighbourhoods and expanding cycling routes makes it simple to explore the city at your own pace.

BOSTON TRANSPORT CARDS AND TICKETS

Boston uses a simple fare system managed by the MBTA. The CharlieCard is the most cost-effective option, offering discounted fares on subway and bus services, while the CharlieTicket is a pay-as-you-go alternative available at stations.

Visitors can also use contactless payment (credit/debit cards or mobile wallets) on most services, making travel even easier. For short stays, day passes are available and offer unlimited travel across subway and bus networks.

TRAVEL ESSENTIALS

When visiting Boston, comfortable walking shoes are essential, as the city is best explored on foot. Weather can vary in May, so a light jacket is recommended for cooler mornings and evenings.

A portable charger is useful for long event days, and contactless payment is widely accepted across transport, restaurants and shops. With these basics, getting around Boston is straightforward, efficient and stress-free.

MUST-SEE ATTRACTIONS

FREEDOM TRAIL

A 2.5-mile historic walking route that weaves through the heart of Boston, connecting 16 significant landmarks tied to the American Revolution. Following the red-brick path takes you past churches, meeting houses, burial grounds, and historic homes, offering a vivid journey through the city's role in shaping American history. It's one of the best ways to experience Boston on foot.

FENWAY PARK

One of the oldest and most iconic baseball stadiums in the United States, and home to the Boston Red Sox. Beyond the games, guided tours offer a behind-the-scenes look at its legendary "Green Monster" wall and historic stands. Even for non-sports fans, Fenway captures a deep sense of Boston tradition and local pride.

BOSTON COMMON

America's oldest public park, dating back to 1634, and a central green space in the city. It serves as the starting point of the Freedom Trail and offers open lawns, walking paths, and seasonal activities throughout the year. It's a peaceful retreat in the middle of the city, ideal for a short break between sessions or meetings.

FANEUIL HALL MARKETPLACE

A bustling historic marketplace that blends colonial-era architecture with a lively modern atmosphere. It features a wide variety of food stalls, restaurants, shops, and street performers, making it a popular stop for both locals and visitors. It's a great place to grab a casual meal and experience Boston's energetic street culture.

MUSEUM OF FINE ARTS

One of the most comprehensive art museums in the world, housing an extensive collection that spans ancient Egyptian artifacts, European masterpieces, Asian art, and contemporary works. The museum offers a calm, immersive experience and is ideal for those looking to explore culture and creativity at a slower pace.



HYNES CONVENTION CENTRE



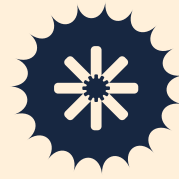
The The Hynes Convention Center sits at the heart of Boston's Back Bay, providing a world-class setting for innovation, collaboration, and large-scale industry events such as TIDES USA. Its striking modern design, defined by expansive glass façades and open interior spaces, creates a bright and welcoming environment for delegates from around the globe.

Inside, the venue is designed for seamless flow between sessions, with spacious auditoriums for keynote presentations, flexible meeting rooms for workshops and partnering, and extensive exhibition halls showcasing the latest advances in biotechnology and life sciences.

Located in one of Boston's most vibrant districts, the Hynes is just steps from Newbury Street, Copley Square, and the wider Back Bay area, placing attendees within easy reach of the city's dining, retail, and cultural highlights. With excellent public transport connections via the MBTA, it is easily accessible from across Boston and beyond.

Whether you're attending sessions, meeting partners, or exploring the city between events, the Hynes Convention Center offers a seamless and dynamic setting at the centre of the TIDES USA experience.

PLACES TO EAT



NEPTUNE OYSTER

A small, highly popular seafood spot in the North End known for its legendary lobster rolls, oysters, and New England classics. It's intimate and often busy, but widely considered one of the best seafood experiences in the city.



UNION OYSTER HOUSE

One of the oldest continuously operating restaurants in the United States, offering a historic dining experience alongside traditional New England seafood dishes like clam chowder and oysters.



THE CAPITAL GRILLE BOSTON

An upscale steakhouse in the heart of the city, known for dry-aged steaks, refined service, and an elegant atmosphere – ideal for business dinners or client entertaining.



TATTE BAKERY & CAFE

A stylish and modern café chain in Boston offering excellent coffee, fresh pastries, brunch dishes, and light meals. It's a popular choice for casual meetings or a relaxed breakfast.

O YA BOSTON

A high-end Japanese restaurant offering an exceptional omakase experience with creative sushi and tasting menus. It's widely regarded as one of Boston's top fine dining destinations.

MAMMA MARIA

An elegant Italian restaurant located in Boston's historic North End, offering refined regional dishes made with seasonal ingredients. With its intimate dining rooms and views over cobblestone streets, it's a great choice for a memorable evening meal or a relaxed business dinner in a classic Boston setting.





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