

News, Apps, Deals, and more from New England and Beyond

HERE

AT LOON, GO OFF-ROAD OR UP A TREE

Make like a monkey and scramble through the trees at Loon Mountain's new Aerial Forest Adventure Park in Lincoln, N.H. Up in the canopy you can maneuver from platform to platform using bridges, zip lines, and cables. Choose from five levels of difficulty, each requiring more balance and agility. Prefer a ground-based adventure? Hop on a Segway, a self-balancing two-wheeled transport device, and take off on a new off-road cross-country tour. The adventure park is open daily through Labor Day and then weekends through Columbus Day. Tickets: \$39 for ages 7 to 12; \$49 for 13 and older (including adults). The three-hour Segway tour runs daily for those 16 and older, and costs \$69. 800-229-5666, loonmntn.com



BANK ON WEEKENDS OF COOL ART

Flash your Bank of America credit card and get free entry into 150 museums, zoos, botanical gardens, science centers, and other cultural institutions nationwide on the first full weekend of every month, as part of the company's Museums on Us program. Locally, visit the Museum of Fine Arts; Worcester Art Museum; Cape Cod Museum of Art in Dennis; or The Eric Carle Museum of Picture Book Art in Amherst (think "The Very Hungry Caterpillar"), among others. Or check out the recently renovated Harvard Museum of Natural History. Don't miss its special exhibit, "Mollusks: Shelled Masters of the Marine Realm," and its revamped Fishes gallery. The next freebie weekend is Aug. 4-5. 800-432-1000, museums.bankofamerica.com



THERE



CANADIAN RAIL JOURNEY

Hop aboard the Rocky Mountaineer for its rail journey linking Vancouver and Whistler, B.C., and you can enjoy stories and performances by young members of local First Nations groups. The storytellers will be onboard to share the history of the indigenous Squamish and Lil'wat peoples and the legends of the surrounding mountains. The trip, called the Whistler Sea to Sky Climb, offers stunning views of the Coast Mountain Range, sparkling Howe Sound, and a 230-foot waterfall. The service runs five days a week until Sept. 26. Enjoy the new Whistler Dome Service, which offers reclining seats, panoramic views, and hot meals, through Aug. 24. 888-687-7245, www.rockymountaineer.com



ROCKIES MUSHROOM HUNTING

Forage for mushrooms in Colorado's Vail Valley on a guided adventure led by Larry Evans, known as the Indiana Jones of mushroom hunting. On the Mercedes and Mushrooms trip, run by Four Seasons Resort Vail, participants climb into Mercedes SUVs and set off for a full day of mushroom hunting in the Rocky Mountains. That night, gather at Flame, the resort's restaurant, where the executive chef leads a culinary demonstration incorporating your mushrooms. Price: \$200, includes the foraging trip, a gourmet picnic lunch, the cooking demonstration, and dinner. Trips run Aug. 4, 11, 19, and 24. 970-477-8610, www.fourseasons.com/vail

CRUISING THE YANGTZE

Grab a companion and join a five-star cruise on China's Yangtze River for half of what you would normally spend. Victoria Cruises, the only US-managed cruise line on the Yangtze, is offering a "buy one, get one free" promotion for trips departing by Aug. 31. The special deal is good for two passengers sharing a superior stateroom on any of the fleet's seven vessels. Price: \$880 per couple for four- and five-day sailings. 800-348-8084, www.victoriacruises.com



EVERYWHERE



CREATE A VIRTUAL PIN MAP

Show off all the places you have gone skiing or every noteworthy site you have explored around the world. Uencounter.me, a new website, lets you create a virtual pin map of your travels, so you can keep track of your adventures and share your experiences with other members. Sign up for free, and then start adding "encounter points" on the map with information about the encounter (travel, recreation, or work, for instance), related photos, and information. You can also create private pins. Free for basic membership, \$9 annually for ad-free, \$45 for bloggers who want marketing perks. 484-362-9851, www.uencounter.me



PORTABLE BOOSTER SEAT

The super portable and compact BubbleBum makes it easy to bring a booster seat on the road without taking up precious luggage space. The seat, which is rated for kids 40 to 100 pounds, weighs half a pound, packs down smaller than a loaf of bread, and inflates in less than a minute. A clip on each side keeps the seat belt in place, and the firm cushion provides comfortable support for long-haul trips. The BubbleBum meets US and European safety standards, and costs \$39.99. 800-969-6586, www.bubblebum.co/us

KARI BODNARCHUK

Edgy East End is game for Olympic influx

London district has its own following and venues galore

By Sarka Halas

GLOBE CORRESPONDENT

LONDON — Every summer, London's tourists will go to the popular haunts of Trafalgar Square, Buckingham Palace, and Big Ben. But the seasoned traveler will find it worthwhile to bypass the main attractions and head to spots known mainly to locals.

The following places will transport you from the typical West End scene to London's edgier, locals-only East End, where many of the Summer Olympics events are located.

For a few hours spent away from the bustle of crowds, head to **Parkland Walk**, London's longest protected nature reserve. This 7.5-mile pathway courses along an old disused Victorian-era railway line. You will come across old brick railway arches, platforms, and a sculpture of a mythical spriggan. Parkland Walk, beloved by runners and dog walkers, was an inspiration for horror writer Stephen King, who named his short story "Crouch End" after a neighborhood adjacent to the walk. Once past Highgate tube station, continue strolling to Highgate Wood, known for its visible medieval boundary lines, constructed as either an enclosure for deer or for defense.

The last stretch will take you to Alexandra Palace. Ally Pally (as it is known to locals) continues its role as the "people's palace" as a well-known music and arts venue — and for the Olympics, it will be the official residence of the Dutch team. Grab a pint of beer and a meal and enjoy the spectacular views of London, including Canary Wharf, the Gherkin, and Europe's tallest building, the Shard. www.parkland-walk.org.uk

A newly rediscovered patch for hip locals is the section of the **Regent's Canal** between Angel (a district of the city) and Victoria Park. The canal is perfect for an afternoon stroll. Cafes serving organic coffee and light snacks, an artisan chocolate shop, and a bar are all found along this stretch. Watch locals sail the canal in rubber dinghies, canoes, or kayaks, and if you are lucky you will stumble upon the bookstore located on a refurbished houseboat. Watch the signs. You don't want to miss the stairs that lead to Broadway Market. *Regent's Canal towpath, between Whitmore Bridge and Kingsland Road Bridge*



PHOTOS BY SARKA HALAS FOR THE BOSTON GLOBE

This stretch of the popular Regent's Canal towpath is between the Whitmore and Kingsland Road bridges. Parkland Walk, a protected nature reserve, follows the 7.5-mile path of a disused Victorian-era railway line.



Over the past decade **Broadway Market** has become a destination for foodies and the city's most hip and fashionable set. Browse over 100 stalls serving a variety of foods ranging from

local fruits and vegetables, British cheese and dairy products, meat and seafood, and many delicacies produced by the area's thriving ethnic communities. Some of London's tasti-

est street food can be found at the market and it is less pricey and touristy than the Southbank's Borough Market. Take care not to miss the part of the market that spills over onto an adjacent school parking lot, where you will find ready-to-eat Brazilian goodies, organic baked goods, and artisan chocolate. Lining the market are gastropubs, cafes, vintage clothing stores, and independent art galleries. www.broadwaymarket.co.uk

Rooftop Cinema Club is on the rooftop of the Queen of Hoxton arts and music venue. Tourists can watch London classics like "Lock, Stock, and Two Smoking Barrels" or "The Queen" while drinking Pimms, a traditional English gin-based summer liqueur. Arrive early, have a few drinks, and enjoy a barbecue while watching the sun go down over east London and The City, London's historic financial district. 1-5 *Curtain Road, rooftopfilmclub.com*, about \$16, book well ahead

Traveling with children? Take them to **Hackney City Farm**, a 20-year-old working farm. There are plenty of animals to occupy youngsters (better than

Occupy London) including pigs, donkeys, goats, and sheep. A bimonthly craft fair is held the first Sunday of every other month from 11 a.m. to 4 p.m. as well as drop-in arts and crafts lessons for children. It's a good idea to book ahead. 1a *Goldsmiths Row, hackneycityfarm.co.uk*, free

Bypass the main street or high street as it is known in England, and head to **Boxpark Shoreditch**, the world's first pop-up mall. Refurbished shipping containers have been stacked on top of each other and turned into restaurants, cafes, and stores ranging from London-based Irregular Choice shoes to Marimekko classic textiles and home furnishings from Finland. An interesting twist on this locale is that the Hackney borough council gives stores a lease only for a year, so expect businesses to change. 2-4 *Bethnal Green Road, www.boxpark.co.uk*

For a truly unique and high-end fashion retail experience, try LNCC or the **Late Night Chameleon Cafe**. First, book an appointment, travel to an unassuming street in east London, find a side door with no storefront attached, and head into the basement. Here, find 6,000 square feet encompassing seven architecturally different concept rooms stocking well-known names such as Ann Demeulemeester, Dries Van Noten, Balenciaga, and Maison Martin Margiela. Also found among well-known European designers is local talent, mostly representing east London or Central Saint Martin's College of Art and Design, known for producing some of the best, most cutting-edge designers on the planet. Also for sale are rare books and records. 18 *Shacklewell Lane, 011-44-203-174-0727, www.ln-cc.com*

Spend Sunday exploring the **Columbia Road Flower Market**. You can find anything from the finest cut flowers, to bedding plants, to culinary herbs. The market begins to close at 3 p.m. after which most dealers sell their wares at competing discounted prices. Lining the market are independent shops selling high-quality, handmade jewelry, clothing boutiques, and antiques shops. British and local art is also a highlight of Columbia Road. One can find items as diverse as pottery and oil paintings from the Cornish coast to paper cuts and screen prints made in a nearby London studio. *Columbia Road City of London, www.columbiaroad.info*, Sundays from around 8 a.m.-3 p.m.

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