



# THE BCEC NAVIGATOR

YOUR GUIDE TO A GREAT CONVENTION EXPERIENCE

BOSTON CONVENTION & EXHIBITION CENTER

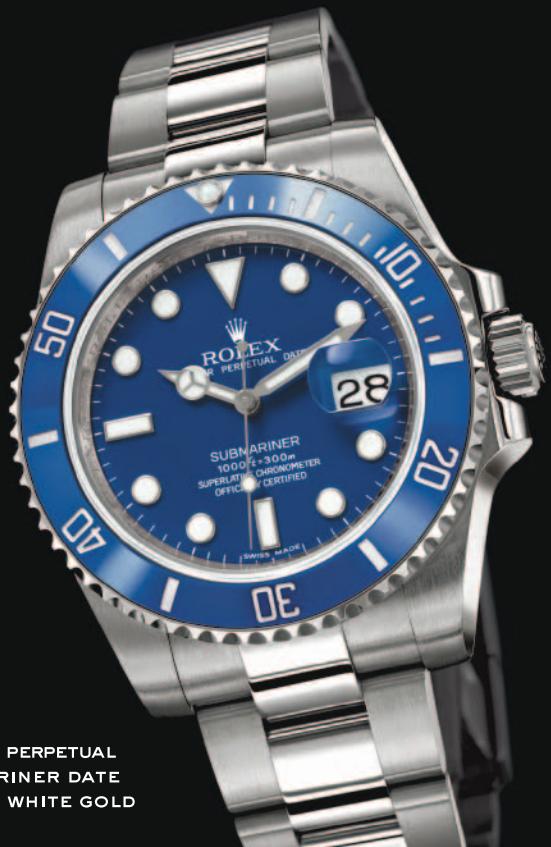


**GETTING AROUND  
WHERE TO EAT  
ACTIVITIES**

DOING BUSINESS AT THE BCEC



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ROLEX ■ OYSTER PERPETUAL AND SUBMARINER ARE TRADEMARKS.



## WELCOME TO THE BOSTON CONVENTION & EXHIBITION CENTER!

WELCOME

Welcome to the BCEC and historic Boston, America's favorite convention city. We're proud to have been named the "Convention Center of the Year" by the Event Solution Spotlight Awards, and you will see why, from our high-caliber service to the BCEC's top-tier facilities.

The BCEC is the largest building in New England, with many amenities. That's why we've created *The BCEC Navigator*. What you hold in your hand is a "user's manual" to all this building and this olde townie have to offer, from business services to great food, all under one magnificent roof. We've also included tips on things to do in our South Boston neighborhood, and other suggestions to make your convention experience a memorable one.

If you want to get away from paper, check out the "myBCEC" app at the iTunes store for a digital taste of all we and the South Boston Waterfront have to offer. And if you're interested in what the future holds for conventions in Boston, see our web site at [www.t5boston.com](http://www.t5boston.com). If you still have questions, our Guest Service Ambassadors (the "red coats") near each BCEC entrance will be happy to help.

On behalf of the entire staff at the Massachusetts Convention Center Authority, thank you for visiting the BCEC. Here's to a great event!

*James E. Rooney*

James E. Rooney  
Executive Director, MCCA



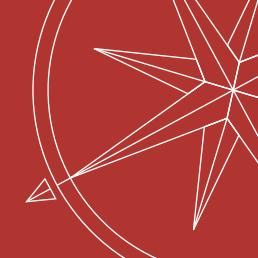


BCEC architect Rafael Viñoly was born in Uruguay in 1944. At age 20 he created one of the largest architectural practices in South America. Viñoly later settled in the United States, teaching at Harvard before starting a firm in New York City. He is now one of the world's leading architects, with works including the Tokyo International Forum, Kimmel Center for the Performing Arts in Philadelphia, University of Chicago Graduate School of Business, and Jazz @ Lincoln Center in New York. The BCEC, a joint venture between Viñoly and HNTB Architecture, is in great company!

Grab the **FREE** myBCEC App from iTunes!

**NEW  
FOR  
2010!**

Put the BCEC at your fingertips with maps, facts, and up to the minute information.



## THE BCEC **NAVIGATOR**

Spring/Summer 2010

The BCEC Navigator is published by the Massachusetts Convention Center Authority. 415 Summer Street Boston, MA 02210 617-954-2000 massconvention.com

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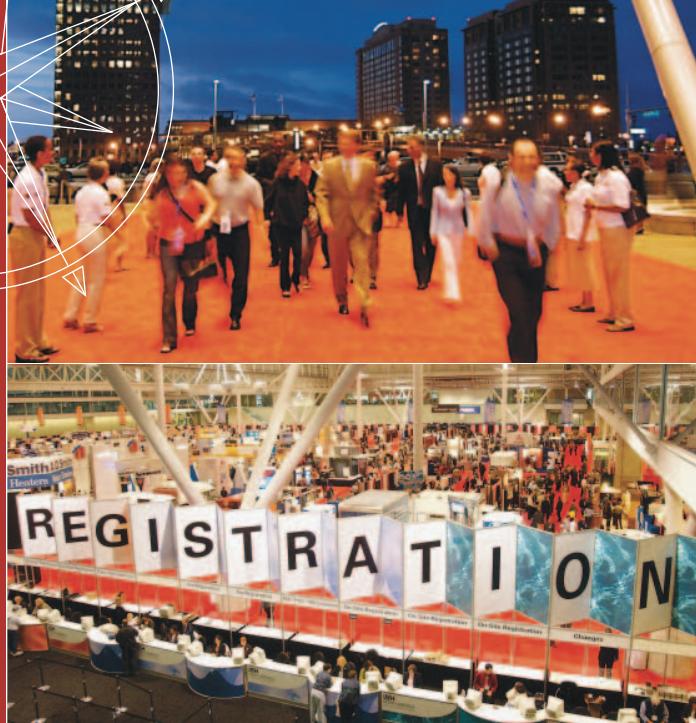
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The publishers have made every attempt to present accurate information in *The BCEC Navigator*, but are not responsible for errors or omissions. When utilizing facilities or vendors outside the BCEC, please call ahead to verify information.

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Thanks to our sponsors



A facility as large as the BCEC can feel a little overwhelming. *The BCEC Navigator* is here to help. Think of *The Navigator* as your compass to find all of the BCEC's amenities — both inside and outside the facility.

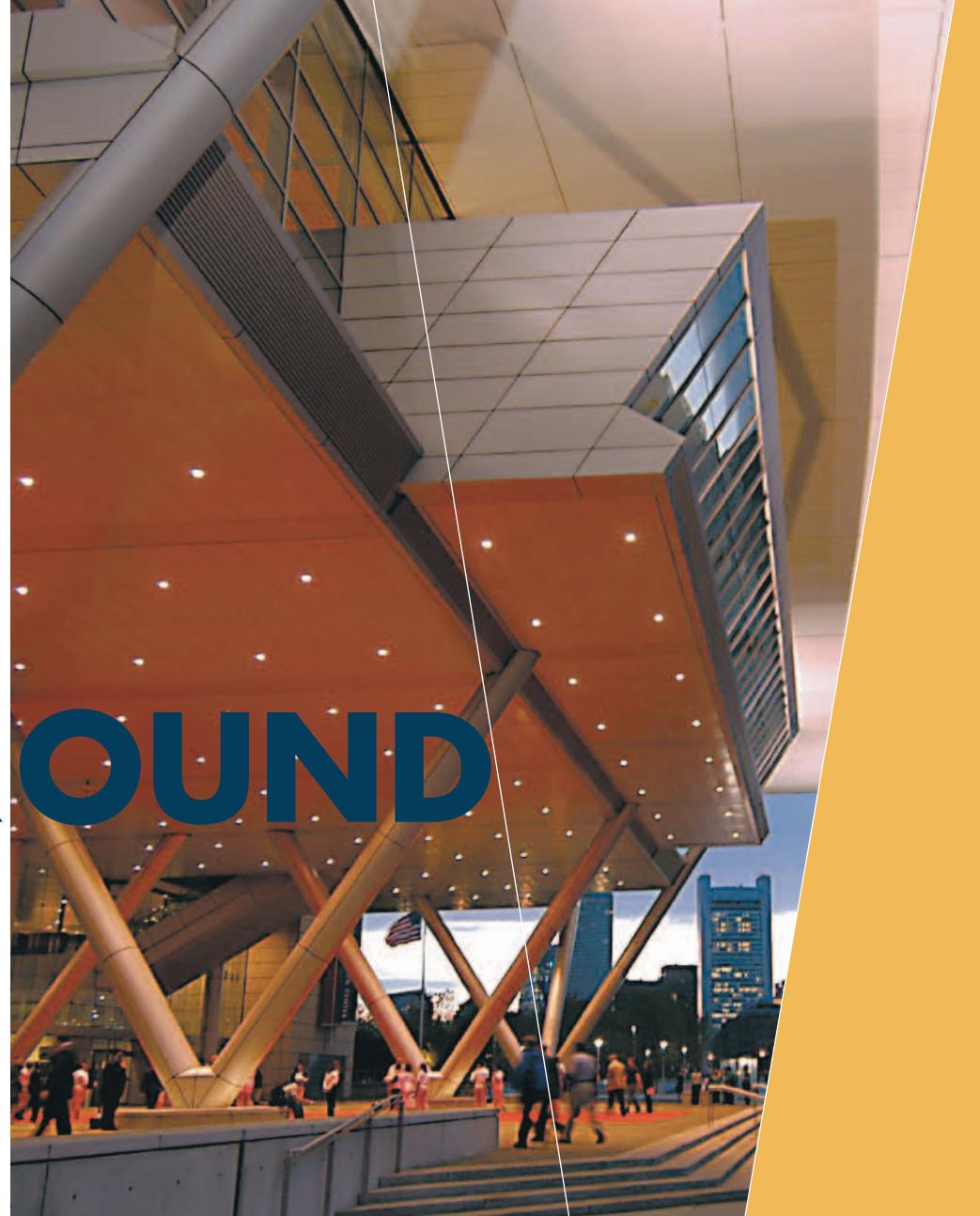
# GETTING AROUND THE BCEC

**T**he *Navigator* is designed to help you get around quickly and easily. Use it to plan your sessions, your breaks, and your trips to the exhibition floor. We've got everything covered, from floor plans and maps to tips on where to find a snack, where to send a fax, or the best places to take a quick walk overlooking Boston Harbor.

## EIGHT TIPS TO NAVIGATING THE BCEC

The BCEC covers as much ground as sixteen football fields. But our network of skybridges, escalators, and elevators can get you anywhere in under eight minutes. Here are some tips for making your best yardage:

1 Use the two skybridges on Level One to move quickly between the BCEC's east and west sides.



2 The skybridges also offer a bird's eye view of the exhibit floor. Save time by planning your booth visits from above!





Be sure to check out the floor plans (pages 9-11) and the map of our South Boston neighborhood in the center spread — they are your tickets to getting where you want, when you want.

**Still have questions? Ask one of our Guest Service Ambassadors wearing a red coat and a bright smile. You'll find them at each of the BCEC entrances and elsewhere throughout the building.**



## ABOUT THE BCEC

Ever since the Boston Convention & Exhibition Center opened in June of 2004, it has created quite a buzz.

First, there's the sheer size of the facility — more than 2.1 million square feet with 84 meeting rooms, a 41,000 square-foot Grand Ballroom overlooking Boston Harbor, and more than a half-million square feet of contiguous exhibition space — making the BCEC the largest convention center in the entire Northeast.

Then there's the innovative design of world-renowned architect Rafael Viñoly and HNTB Architecture. Dramatic, double-curved rooflines. Soaring, glass-lined interior spaces. One of Boston's most prominent public structures, that architecture critic Robert Campbell praised as "the best of its kind in the country."



## ACCESSIBILITY

The BCEC is entirely accessible, designed according to ADA requirements and beyond. A limited number of wheelchairs are available free-of-charge through the First Aid Station. Golf carts are also available at most events for rides to locations inside the building. Contact Public Safety for more information.

*First Aid Station phone:  
617-954-2222*

*Public Safety phone:  
617-954-2222*



But the thing most people remark about is the BCEC's extraordinary functionality. It just works as a convention center unlike any other, from its end-to-end Wi-Fi technology and spectacular location to the tremendous amenities each attendee enjoys. That's because the BCEC was designed by users for users — in fact, it has earned an award as the best convention center in North America.

## INFORMATION PLEASE...

Need to find the food court? Want a theater reservation? Step up to the North Lobby on Level One, where you'll find information galore.

For directions to places *inside* the BCEC, stop by the Public Safety/Information desk located on the east side of the North Lobby and on Level Zero, or speak to one of our "Red Coats" — Guest Service Ambassadors located near each building entrance.

**3** Meeting rooms are numbered by floor — Level Zero rooms begin with "0," Level One rooms begin with "1," and Level Two rooms begin with "2." Rooms on the building's west side (facing downtown Boston) are lower numbers, east side rooms (facing The Westin Boston Waterfront Hotel) are higher numbers.

**4** An express elevator to the Grand Ballroom is located in the North Lobby on Level One.



**5** There are nine entrances to the BCEC — five on Level One and three on the ground-floor Level Zero. You can also reach us via The Westin Boston Waterfront skybridge on Level Two.

**6** Public Safety Stations are located at the Exhibit Level entrance and North Lobby entrance.



Visit the BCEC Transportation Desk to purchase passes and find transportation information, including subway maps, bus routes, and taxi arrangements.

MBTA passes also available in vending machines on Level Zero and Level One.

And for tips on things to see and do in Boston, visit the Visitor Information Desk, also on the west side of the North Lobby. You'll find brochures and maps for Boston's most popular attractions, plus trolley tour reservations, theater tickets, and dinner reservations at Boston's great restaurants\*.

For information on your specific event, please check the video monitors located in the lobbies throughout the building.

\*Reservations and tickets available during most large events. Ask a Guest Service Ambassador for hours of operation.

## THE WESTIN BOSTON WATERFRONT

Connected to the BCEC, The Westin Boston Waterfront offers you fantastic dining, a steaming cup of Starbucks' coffee, a place to purchase sundries, and an elegant spot for informal meetings. Enjoy fine dining at Sauciety, or relax in the sleek refinement of Birch Bar. The Westin also features M.J. O'Connor's

Irish Pub, and the contemporary City Bar. Just cross the skybridge on Level Two.

## VITAL INFORMATION

### First Aid Station

Level One/North Lobby  
617-954-2222

### ATMs

Level Zero/Southeast Lobby  
Level One/Food Court, North Lobby

### Public Safety Stations

Level Zero/Northeast Lobby  
Level One/North Lobby  
617-954-2222

### BCEC Management

Level Zero  
617-954-2000

### FedEx Office

Level One/North Lobby  
617-954-2203

### Wireless Internet Technical Assistance

617-954-3000

### Transportation Desk

Location Varies by Event  
617-954-2564

### Visitor Information Desk

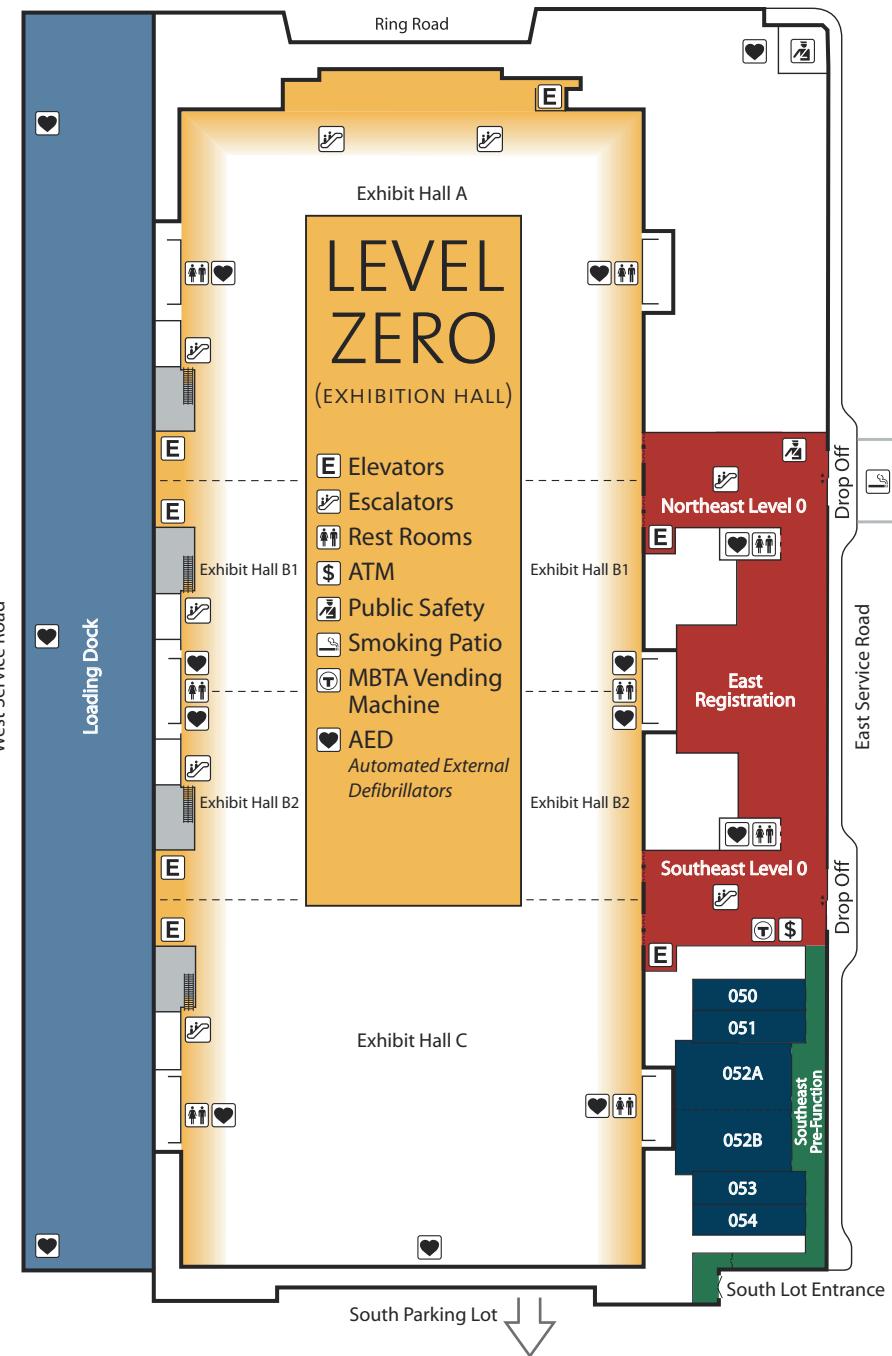
Level One/North Lobby  
617-954-2566

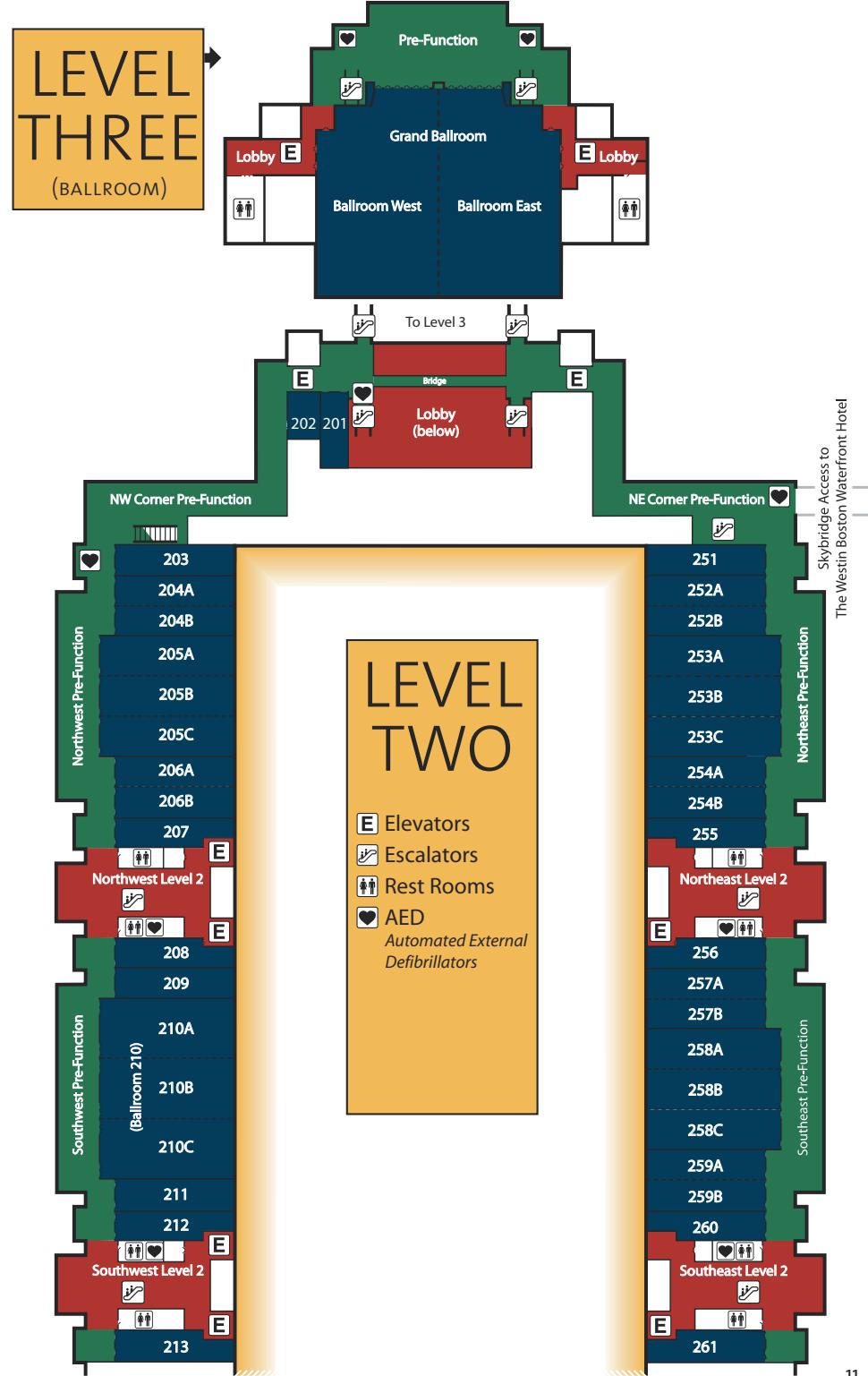
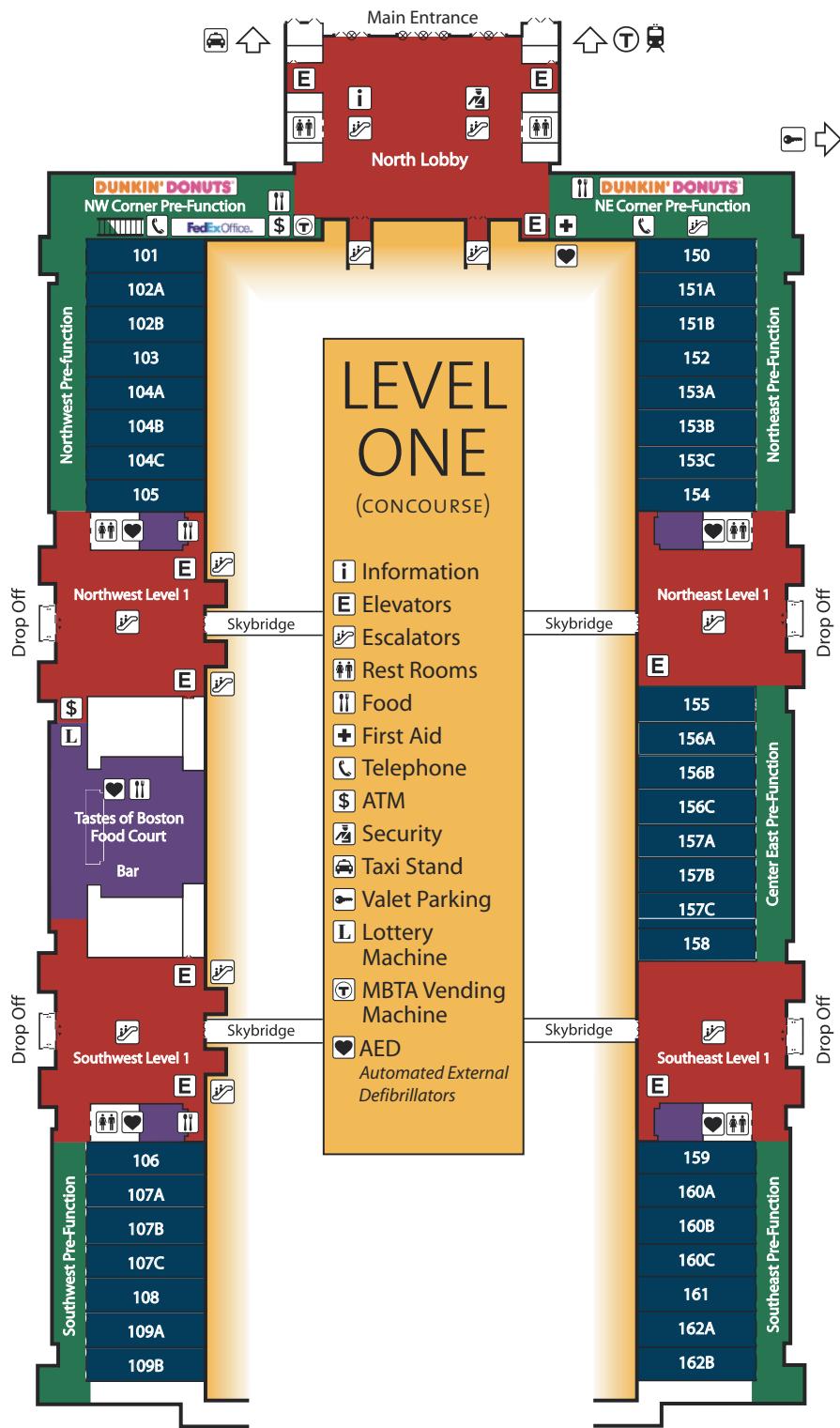
### Infant Changing Stations

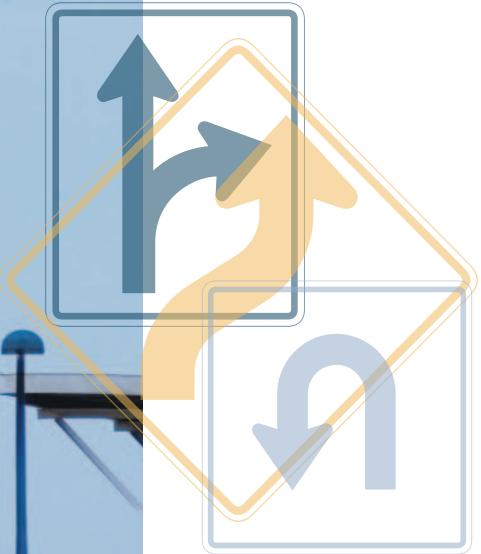
Level Zero/One/Two – Unisex  
Restrooms on East & West sides  
of facility

7 Guest Service Ambassadors (wearing the red coats) are stationed at each entrance to help you with directions.

8 Use the BCEC floor plans (on pages 9-11).







**BEAT THE TRAFFIC**  
Urban myths often describe Boston traffic as a challenge. While Boston, like any major city, does experience its share of rush-hour traffic woes, gridlock is certainly not the norm. In fact, since the completion of the “Big Dig,” auto travel has improved considerably. Here are a few tips that will improve your chances of a speedy trip to and from the BCEC:

- Rush hour is generally from 7 – 9:30 am and 4 – 6:30 pm. Try to avoid these times, if possible, or leave a half-hour cushion to arrive on time.
- Places to avoid during rush hour: I-93/I-90 intersection, Storrow Drive/Hatch Shell area, Atlantic Avenue.
- Major roads clog up first, but Boston offers many side streets that are often good alternatives.
- Boston’s MBTA is one of the best public transit systems in the world. Ride the subway to get around when traffic is tight above ground.

# TO AND FROM THE BCEC

Old Bostonians called their city “The Hub of the Universe.” If that’s the case, then the BCEC is located at the “hub” of The Hub — easily accessed from all points of the compass.

Here are a few pointers on getting to and from the facility:

## BEST ROUTES BY CAR

### From Logan Airport

Logan International Airport has a direct link to the BCEC through the Ted Williams Tunnel. Leaving the airport, follow signs for I-90 West/Ted Williams Tunnel, then look for Exit 25 “South Boston” (you may want to stay in the right lane all the way). At the top of the ramp, turn right onto Congress Street, then your next right onto D Street. Go past the highway ramp and turn right onto Summer Street. The BCEC is on your left. *2.9 miles, approximately 7 minutes; \$3.50 toll for Ted Williams Tunnel westbound, eastbound free.*

## TRAFFIC INFORMATION

For real-time traffic information in the Boston area, visit [www.smarteroutes.com](http://www.smarteroutes.com) and select “Boston” from the dropdown menu, or dial “511” on your mobile phone.

### From Back Bay Hotels/Hynes Convention Center

City streets are your best option, so leave extra time for potential traffic. Take Boylston Street (one-way east-bound) through the Back Bay and past Boston Public Garden and Boston Common (about 1.5 miles). Cross Tremont Street, where Boylston turns into Essex Street, and go about 1/2 mile to Atlantic Avenue/South Station. Turn left onto Atlantic Avenue, then first right onto Summer Street. Cross the Fort Point Channel bridge and travel about 1/2 mile. The BCEC is on your right. *2.5 miles; approximately 10 – 20 minutes depending on the traffic.*

### From the West

Take the Massachusetts Turnpike/I-90 East to Exit 25 “South Boston.” At the top of the ramp, bear left toward “Seaport Boulevard.” At the first set of lights, take a right onto Congress Street. Take the second right onto D Street. Go past the highway ramp and turn right onto Summer Street. The BCEC is on your left.

### From the North

Take I-93 South to Exit 20A “South Station.” At the end of the ramp, take a left at signal, onto Summer Street at South Station. Follow Summer Street for approximately 1 mile. The BCEC is on your right.

### From the South

Take I-93 North to Exit 20 “South Boston.” Follow the signs to “I-90 East.” Take the first tunnel exit to “South Boston.” At the first set of lights, take a right onto Congress Street. Take the second right onto D Street. Go past the highway ramp and turn right onto Summer Street. The BCEC is on your left.

## PARKING AT THE BCEC

You have two options for parking at the BCEC: valet parking or self-parking in the South Parking Lot. Valet parking is available by turning into the BCEC's east side entrance off Summer Street; valets are immediately on your right for most events.

For self-parking, continue beyond the valet area. At the end of the building, turn right and go down the ramp. At the bottom, turn left and you will see the entrance to the "South Parking Lot." Shuttle buses run continuously between the lot and building entrances.

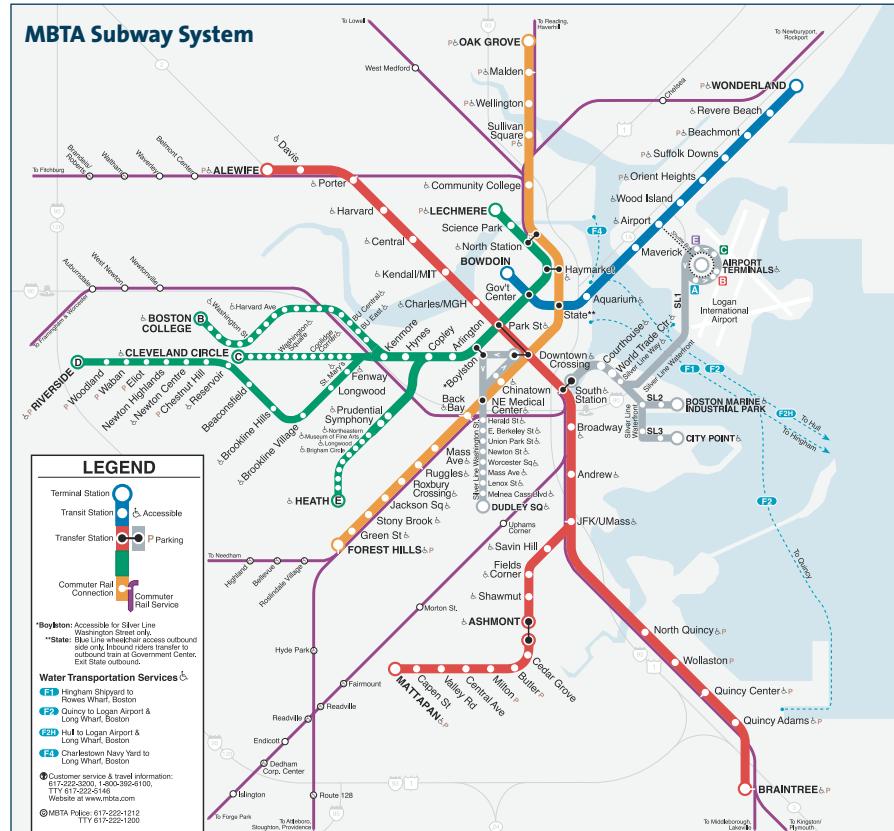
Valet parking is \$20 before 4 pm, \$15 after 4 pm. Self-parking is \$10 all day.

Additional public parking is available at The Westin Boston Waterfront Hotel, adjacent to the BCEC, at the Park Lane Seaport, the Renaissance Boston Waterfront Hotel, and the Seaport World Trade Center.

## BEST ROUTES BY PUBLIC TRANSIT

### Via MBTA Bus Service

The Silver Line is an express bus service connecting South Station and Logan Airport with the BCEC's South Boston neighborhood. The Silver Line stop nearest the BCEC is at the World Trade Center, a short 3-5 minute walk along World Trade Center Avenue (the Silver Line stop is on the lower level on Northern Avenue).



Regular MBTA bus service is available via Route #7 between South Station and World Trade Center, Monday-Saturday. *\$1.50 fare on-board for regular bus service, \$2.00 fare for Silver Line; visit mbta.com for information*

### Via MBTA Red Line, Amtrak, or Commuter Rail

Exit at the South Station stop and proceed outside to Summer Street. One option is to take Silver Line bus service (see previous section). Taxi cabs are generally available outside South Station on Summer Street; the ride is about 5 minutes. It's also an easy 15-minute walk from South Station. Head east on Summer Street and cross the Fort Point Channel. The BCEC is about 1 mile on your right.



## BEST ROUTES BY WATER

Two companies, City Water Taxi and Rowes Wharf Water Taxi, operate on-call service between the World Trade Center (a 3-5 minute walk from the BCEC), downtown Boston, Logan Airport, and points throughout Boston Harbor. Taxis operate between 7 am – 10 pm Monday through Saturday, and 7 am – 8 pm on Sunday.

Fares range from \$10 – 20 per trip; City Water Taxi — visit [citywatertaxi.com](http://citywatertaxi.com) or call 617-422-0392 for information; Rowes Wharf Water Taxi — visit [roweswharfwatertaxi.com](http://roweswharfwatertaxi.com) or call 617-406-8584.

## LEAVING ON A JET PLANE

Here are a few ideas for making your take-off from the BCEC smooth and hassle-free.

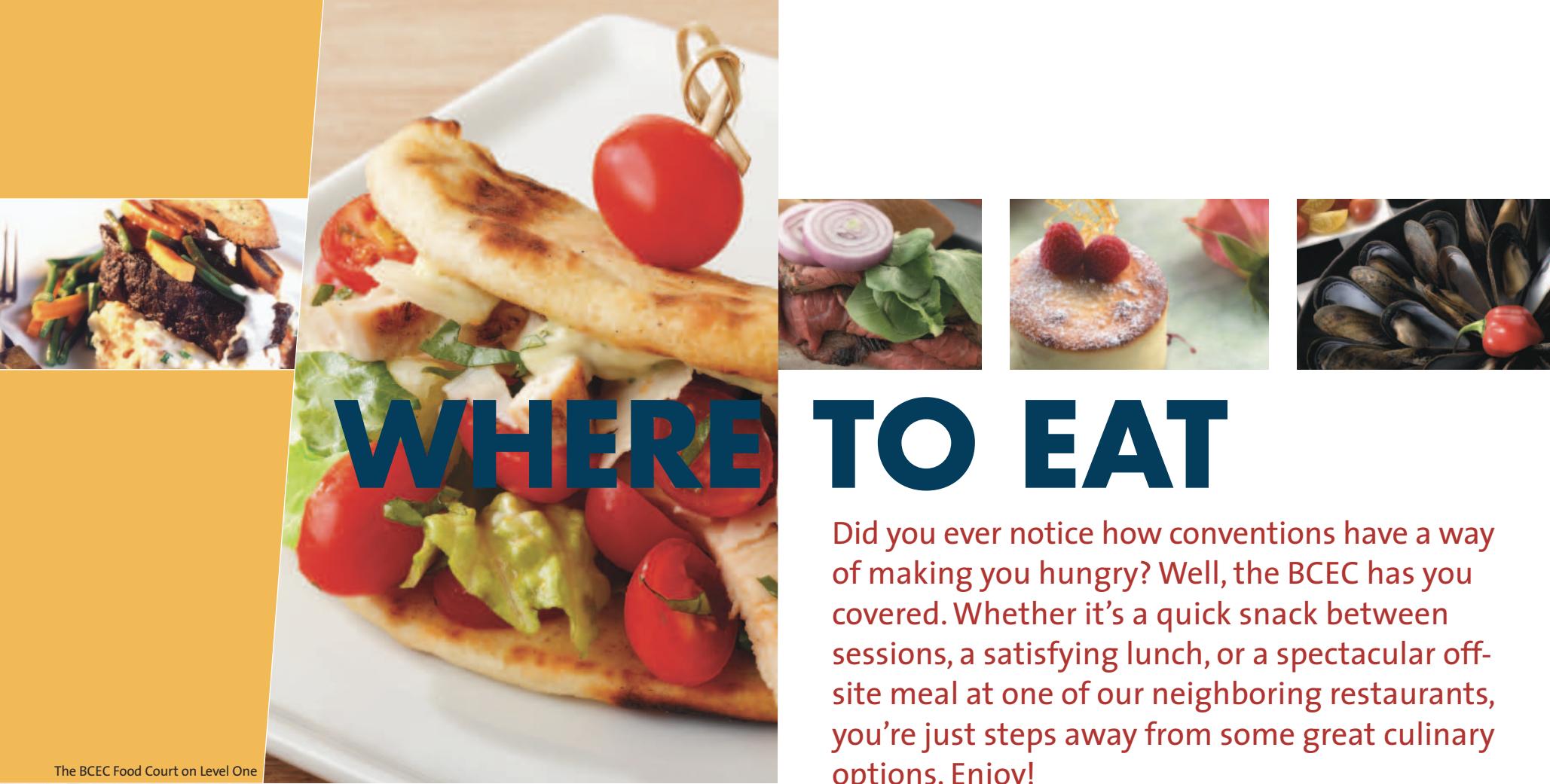
- Taxis are located at the BCEC North Entrance.
- Reserve an airport limousine by visiting the Visitor Information desk in the North Lobby.
- During inclement weather, watch for your car's delivery from BCEC valet parking via closed-circuit TVs in our North Lobby\*. You'll keep comfortable and enjoy a happier trip home.

\*Not available at all events.

- Hop on the MBTA Silver Line for direct service to Logan terminals. Buses leave the World Trade Center stop every 10–12 minutes daily.

(Check the "SL1" timetable at [mbta.com](http://mbta.com) or call 617-222-3200 for details.)





# WHERE TO EAT

Did you ever notice how conventions have a way of making you hungry? Well, the BCEC has you covered. Whether it's a quick snack between sessions, a satisfying lunch, or a spectacular off-site meal at one of our neighboring restaurants, you're just steps away from some great culinary options. Enjoy!

## DINING AT THE BCEC

**A**t the BCEC, food is always right around the corner. See the BCEC floor plan on page 10 for locations.

For coffee, donuts, and pastries, visit **Dunkin' Donuts** on Level One, on the East side of the North Lobby. Open 7am-noon on most show days. Seating available.

Serving gourmet coffee drinks and pastries, **Starbucks** is located on the ground floor lobby of The Westin Boston Waterfront Hotel, adjacent to the BCEC. Open 6 am - 7 pm. Seating available.

The **BCEC Food Court** offers heartier fare for every appetite. Gourmet sandwiches, as well as American, Chinese, Italian, and Mexican fare are served daily between 10 am and 3 pm. With seating overlooking the exhibit floor and a full-service bar, the Food Court is a popular place to grab a bite, meet colleagues, and fuel up for the rest of your day at the BCEC.

**New for 2010!** Enjoy fresh, local treats at The All Natural Market inside the Food

Court, including gluten-free, vegan, vegetarian, and nut-free foods, plus all-natural beverages.

During most BCEC events, additional food and beverage locations are available throughout the facility. Serving a variety of delicious options, our food carts are perfect for an on-the-go meal or quick energy boost. Ask a Guest Service Ambassador for food locations and availability during your event.

The BCEC Food Court on Level One





- ① Restaurants
- ② Convenience Stores
- Boston Harbor Walk
- Subway Stations
- Commuter Rail Stations
- Water Taxi
- Ferry Terminal

.25 MILE



## OFF-SITE DINING

The BCEC is surrounded by a cornucopia of terrific options for a memorable lunch or dinner — from seafood served right on the waterfront — to cozy cafes — to authentic South Boston Irish pubs.

For reservations, stop by the Visitor Information Desk in the North Lobby, or contact your favorite restaurant directly. Please refer to the South Boston neighborhood map on pages 18-19 for restaurant locations.

### SEAFOOD

**Anthony's Pier Four** ①  
140 Northern Avenue  
617-482-6262  
[pier4.com](http://pier4.com)

**The Barking Crab** ②  
88 Sleeper Street  
Picturesque clam shack at water's edge serving crabs, lobsters, and traditional New England fare. Celebrating our 16th season!  
617-426-2722  
[barkingcrab.com](http://barkingcrab.com)

**The Daily Catch** ③  
2 Northern Avenue  
617-772-4400  
[dailycatch.com](http://dailycatch.com)

**LTK Bar and Kitchen** ④  
225 Northern Avenue  
617-330-7430  
[ltkbarandkitchen.com](http://ltkbarandkitchen.com)

**No Name Restaurant** ⑤  
15 Fish Pier Street W.  
617-338-7539  
[isawayourmenu.com](http://isawayourmenu.com)

**Yankee Lobster** ⑥  
300 Northern Avenue  
Great seafood at lunch & dinner right off the pier  
617-345-9799  
[yankeelobstercompany.com](http://yankeelobstercompany.com)

### ASIAN

**Panasia** ⑦  
414 West Broadway  
617-268-2821  
[panasiaboston.com](http://panasiaboston.com)

### Drydock Café

⑯  
7 Drydock Avenue  
617-951-2999

### Flour Bakery and Café

⑯  
12 Farnsworth Street  
617-338-4333  
[flourbakery.com](http://flourbakery.com)

### Fresh City

⑰  
2 Seaport Lane  
617-443-0962  
[freshcity.com](http://freshcity.com)

### Gloria's Kitchen

⑱  
653 Summer Street  
617-269-2200  
[bostonathleticclub.com](http://bostonathleticclub.com)

### J. Pace & Son

⑲  
1 Park Lane  
857-366-4640  
[jpaceandson.com](http://jpaceandson.com)

### Kelly's Landing

⑳  
81 L Street  
617-268-8900  
[theoriginalkellys.com](http://theoriginalkellys.com)

### Metro Café

㉑  
332 Congress Street  
617-399-2000  
[gometro.com](http://gometro.com)

### Salsa's Mexican Grill

㉒  
118 Dorchester St  
617-269-7878  
[salsasmexican.com](http://salsasmexican.com)

### Scola's Sandwich Shop

㉓  
88 Black Falcon Avenue  
617-478-0408

### Seaport's Deli Of Course

㉔  
451 D Street  
617-261-1664

### Sebastian's Café

㉕  
157 Seaport Boulevard  
For breakfast, lunch, and catering, serving signature salads with your choice of over 30 toppings, sandwiches, crepes, gelato, and more.  
617-392-2949  
[sebastians.com](http://sebastians.com)

### Sienna's Pizza

㉖  
343 Congress Street  
617-790-0730  
[bluelavelounge.com](http://bluelavelounge.com)

### Channel Café

㉗  
300 Summer Street  
617-426-0695  
[channel-cafe.com](http://channel-cafe.com)

### Sportello

㉘  
348 Congress Street  
617-737-1234  
[sportelloboston.com](http://sportelloboston.com)

### Water Café at the ICA

㉙  
100 Northern Avenue  
617-478-3291  
[icaboston.org/visit/water-cafe](http://icaboston.org/visit/water-cafe)

### Yada Yada Café

㉚  
34 Farnsworth Street  
617-451-9232

### 606 Congress Restaurant

㉛  
Renaissance Boston Waterfront Hotel  
606 Congress Street  
Modern American Food. Experience a locally inspired, globally infused, seasonal menu designed by acclaimed restaurateur and chef Michael Schlow and chef Gregory Griffie.  
617-476-5606  
[606congress.com](http://606congress.com)

### PUB FARE

㉜  
Amrheins ㉏  
80 West Broadway  
617-268-6189  
[amrheinsboston.com](http://amrheinsboston.com)

### Atlantic Beer Garden

㉝  
146 Seaport Boulevard  
617-357-8000  
[atlanticbeergarden.com](http://atlanticbeergarden.com)

### Boston Beer Garden

㉞  
732 East Broadway  
617-269-0990  
[bostonbeergarden.com](http://bostonbeergarden.com)

### City Bar

㉟  
Westin Boston Waterfront  
425 Summer Street  
617-443-0888  
[citybarboston.com](http://citybarboston.com)

### Drink

㉟  
348 Congress Street  
617-695-1806  
[drinkfortpoint.com](http://drinkfortpoint.com)

### The Junction

㉟  
110 Dorchester Street  
617-268-6429

### Lucky's Lounge

㉟  
355 Congress Street  
617-357-5825  
[luckyslounge.com](http://luckyslounge.com)

### M.J. O'Connor's

㉟  
Westin Boston Waterfront  
425 Summer Street  
617-443-0800  
[mjoconnors.com](http://mjoconnors.com)

### The Playwright

㉟  
658 East Broadway  
617-269-2537  
[theplaywrightbar.com](http://theplaywrightbar.com)

### SLAINTE Bar & Bistro

㉟  
28 West Broadway  
617-765-0203

### Shenannigans

㉟  
332 West Broadway  
617-269-9509

### FINE DINING / CREATIVE CUISINE

**Aura/Seaport Hotel** ㉟  
One Seaport Lane  
617-385-4300  
[aurarestaurant.com](http://aurarestaurant.com)

### Barlow's

㉟  
241 A Street  
617-338-4142  
[barlowsrestaurant.com](http://barlowsrestaurant.com)

### Menton

㉟  
354 Congress Street  
617-737-0099  
[mentonboston.com](http://mentonboston.com)

### Miel/InterContinental Hotel

㉟  
510 Atlantic Avenue  
617-747-1000  
[intercontinentalboston.com](http://intercontinentalboston.com)

### Morton's

㉟  
World Trade Center East  
Two Seaport Lane  
617-526-0410  
[mortons.com](http://mortons.com)

### Odyssey Dinner Cruises

㉟  
60 Rowes Wharf/Boston Harbor Hotel  
Odyssey offers the most sophisticated escapes on the Harbor - all for less than you'd imagine.  
866-307-2469  
[odyssey.com/boston](http://odyssey.com/boston)

### OM Restaurant

92 Winthrop Street, Cambridge

Two levels of enchanting decor and enlightenment are beckoning everyone to Harvard Square. The upstairs dining room promises an authentic journey through the Far East while the mod downstairs lounge boasts sleek design & comfort and OM signature aromatherapy martinis.  
617-576-2800  
[omrestaurant.com](http://omrestaurant.com)

### Salvatore's

㉟  
225 Northern Avenue  
617-737-5454  
[salvatoresboston.com](http://salvatoresboston.com)

### Sauciety/Westin Hotel

㉟  
425 Summer Street  
617-532-4600  
[starwoodhotels.com](http://starwoodhotels.com)



### DINING IN THE NEIGHBORHOOD RESTAURANT TROLLEY

For a fast, convenient way to get to a great restaurant, climb aboard a free BCEC Restaurant Trolley\*. Trolleys leave from the BCEC and take you to 20 great, local restaurants in minutes. So pick one restaurant or sample several. Just hop on the trolley and go.

\*Not available at all BCEC events. Restaurant Trolley details available at the BCEC Transportation Desk, or ask a Guest Service Ambassador.

## GREEN MEETINGS

The BCEC is an industry leader in offering an environmentally-responsible venue for meetings and events. Here are a few ways you can help:

- Take public transportation to and from the BCEC and save on energy consumption and greenhouse gases.
- Better yet, get out and walk. (See our walking tours beginning on page 25.)
- Don't print — go wireless! Carry your laptop and use the BCEC's free wireless network to save on paper.
- Use the spring water coolers in each BCEC meeting room instead of bottled water.
- Recycle your paper, plastic, and glass in the receptacles in each meeting room and pre-function area.

## OTHER GREEN PRACTICES AT BCEC

- Restrooms feature low-flow water devices.
- Power consumption is minimized through sensor-controlled, high-efficiency lighting.
- After each event, the MCCA Conventions C.A.R.E. program works with exhibitors to donate unused exhibition materials to local nonprofit community organizations.
- Organics are sent for compost at local farms.
- More than 80% of bathroom supplies and cleaning products are made of recycled products or are environmentally responsible.

# DOING BUSINESS THE BCEC

We know that work doesn't stop just because you're away at a convention. The BCEC has the tools it takes for you to get the job done — both on the floor and back home at the office. When it comes to attendee amenities, the BCEC is all business.

## FREE CONNECTIONS

You can't conduct business without connectivity. Thanks to the BCEC's end-to-end Wi-Fi capability, you'll stay in touch wherever you go. Just fire up your laptop, open your wireless network connection, and click on "BCEC Wireless Network," and you're ready to go. Best of all, it's free!

## BCEC WIRELESS NETWORK

*The BCEC offers the most advanced technical services of any convention facility in the world. Miles of cable — fiber optic, CAT3, CAT5 — snake their way throughout the building, not to mention complete, free wireless Internet access. A digital audio system, satellite links,*

The BCEC also has great mobile phone coverage throughout the facility, which means no more frustrating trips outdoors to get a signal.

## BUSINESS CENTER

To help you stay productive, the BCEC features a full-service FedEx Office business center, located on Level One on the west side of the North Lobby. Make copies, print a PowerPoint handout from your PC, scan a document, fax your office, purchase office supplies, ship a package — the business center keeps you at the top of your game.

### FedEx Office Business Center

Open daily 9 am – 5 pm  
617-954-2203

## FOLLOW US!

Stay up to date during your event with Twitter. We're tweeting at @BCECNavy and @MassConvention. Or become a Facebook fan of the MCCA to keep up with the latest Boston convention news.



*recording studio, digital telephone services, IP networking, cutting edge A/V, and tele/videoconferencing system round out the BCEC's tech capabilities. If you experience any technical difficulties while at the BCEC, contact our tech department at 617-954-3000.*



A short walk from the BCEC are waterfront views of Fish Pier (left) and Fan Pier (far left).

# TAKE A BREAK

We know how important breaks can be. So here are ideas for quick time-outs that can mean a big boost to your productivity at the BCEC.

## I NEEDA CUPPA JAVA!

To satisfy your coffee cravings, the BCEC features two **Dunkin' Donuts** locations, on either side of the North Lobby on Level One (see Floor Plan on page 10). Or you can put yourself in the hands of the baristas at **Starbucks**, located on the ground floor lobby of The Westin Boston Waterfront Hotel, adjacent to the BCEC, or the Marriott Renaissance Hotel, a few blocks away at 606 Congress Street.

## IF YOU MUST SMOKE...

Smoking is prohibited within the BCEC. For your convenience, there is a designated smoker's patio outside the Level Zero entrance.

## INFANT CARE

If your infant needs some TLC, the BCEC offers changing facilities in unisex restrooms surrounding the meeting rooms on Levels Zero, One and Two. For a bit of privacy while nursing, visit the First Aid Station in the North Lobby of Level One.

## WING TIP WORKOUTS

For some great between-session exercise, take a walk around the BCEC's waterfront neighborhood. Just a few minutes brings you to museums, historic sites, architectural gems, fishing fleets, and stunning views of the city skyline and Boston Harbor.

For a walking tour map and directions, pick up a "WalkBoston" brochure at the Visitor Information Desk in the North Lobby on Level One.

## Boston Harbor Walks\*

### Walk #1 — World Trade Center

15 min/.6 mile round trip  
Exit the BCEC North Lobby, cross Summer Street, and follow World Trade Center Avenue to the Seaport World Trade Center. Return to the BCEC by the same route. Spectacular harbor and city views await you on this short walk.

### Walk #2 — Working Waterfront

50 min/2 mile round trip  
Take Walk #1 to World Trade Center. Look for the clock on your left and walk down the diagonal stairway. Cross Seaport Boulevard and walk around Commonwealth Pier, where you'll see cruise ships, tug boats, and other maritime sights. Back at Seaport Blvd, turn left and walk past Fish Pier, home of Boston's oldest fishing fleet, and Bank of America Pavilion, where music fills summer nights. Here, Seaport Blvd becomes Northern Avenue. Keep walking to the Harpoon Brewery, on your left after the traffic circle. Return to the BCEC via Northern Avenue, turning left on D Street just before Fish Pier.



Walk #3 views of the Boston skyline and the BCEC from Fort Point Channel.

### Walk #3 — Waterside/Museums

35 min/1.6 mile round trip

Take Walk #1 to World Trade Center. Look for the clock on your left and walk down the diagonal stairway. Cross Seaport Blvd and turn left along the harbor. Turn right at the Institute of Contemporary Art (ICA), and enjoy the innovative architecture and inspiring views. Turn left and walk along the Harborwalk beside the John Joseph Moakley Federal Courthouse, the 1908 Northern Avenue Bridge, and the Boston Children's Museum with its trademark "milk bottle" refreshment stand. Cross Congress Street into the Fort Point Channel arts/historic district, and return to the BCEC by taking a left onto Summer Street.

\*Walk ideas courtesy of WalkBoston, 617-367-9255, [walkboston.org](http://walkboston.org)



*The “new” Institute of Contemporary Art, located near the BCEC on Fan Pier, is actually the oldest U.S. museum devoted to contemporary art. The ICA was founded in 1936 and for years occupied a former fire station in the Back Bay. In December, 2006, the museum moved into its dazzling new quarters on Boston Harbor — a masterwork of the avant-garde architecture firm Diller Scofidio + Renfro. It is the first new art museum built in Boston in nearly 100 years.*

### SHOPPING FOR SUNDRIES

For convenience and sundry shopping, try one of these nearby stores. Please refer to the South Boston neighborhood map on pages 18-19 for store locations.

#### 7-Eleven ①

200 Seaport Boulevard  
617-737-2695

#### CVS Pharmacy ②

423 W. Broadway  
617-269-3604

#### J. Pace & Son ③

1 Park Lane  
857-366-4640

#### Marriott Renaissance Gift Shop ④

606 Congress Street  
617-338-4111

#### Metro Convenience ⑤

253 Summer Street  
617-399-2001  
[gometro.com](http://gometro.com)

#### Rite Aid ⑥

710 E. Broadway  
617-269-5780

#### Seaport Convenience ⑦

70 Fargo Street  
617-737-8711

### The Westin Boston Waterfront Hotel Gift Shop ⑧

425 Summer Street  
617-532-4600

### Tedeschi Food Shop ⑨

405 W Broadway  
617-269-1652

### SHOPPING FOR GIFTS

The BCEC is minutes away from unique boutiques and specialty shops — perfect for business gifts or presents back home.

#### Faneuil Hall Marketplace

617-523-1300  
[faneuilhallmarketplace.com](http://faneuilhallmarketplace.com)  
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#### Harpoon Brewery

306 Northern Avenue  
888-HARPOON  
[harpoonbrewery.com](http://harpoonbrewery.com)  
Tue-Fri, 11 am – 5:30 pm; Sat, 11 am – 5 pm  
Visit the brewery store for unique gifts and beer tastings.

#### ICA Store

Institute of Contemporary Art  
100 Northern Avenue  
617-478-3104  
[icaboston.org](http://icaboston.org)  
Tue, Wed, Sat, Sun, 10 am – 5 pm;  
Thurs/Fri, 10 am – 9 pm  
Distinctive jewelry, innovative design objects, books and toys for children, and a variety of books on contemporary art and culture.

#### Shops at South Station

Summer Street & Atlantic Avenue  
[south-station.net](http://south-station.net)  
Unique shops and restaurants in a majestic 1898 railroad terminal.



# LOCAL LANDMARKS

South Boston is packed with history, culture, scenery, and activities for all ages. Check out some of these local landmarks during your stay.

## THE BCEC NEIGHBORHOOD: FORT POINT CHANNEL

The Fort Point Channel District, which separates the BCEC from downtown Boston, is rich in history and culture. It's the site of the famous Boston Tea Party, and a hundred years ago its streets were lined with yellow brick warehouses. Today, Fort Point Channel is an energetic area of contrasts, from artists' studios and galleries to the towering Federal Reserve Building.

### Landmarks

1. South Station: Unique shops, a food court, and seasonal special events mark this 1898 landmark designed by famed architect H.H. Richardson.

*South Station, Summer Street and Atlantic Avenue; free.*

2. Boston Children's Museum: Flanked by the famous Hood Milk Bottle snack stand, the Children's Museum is a rollicking good time for kids of all ages.  
*Boston Children's Museum, 300 Congress Street, 617-426-8855, bostonchildrensmuseum.org; open daily 10 am – 5 pm, Friday till 9 pm; admission charged.*

3. Institute of Contemporary Art: The new ICA floats above Boston Harbor like a modern clipper ship — bold, dramatic, and moving. Inside and out, prepare yourself for an incredible creative experience.  
*ICA, 100 Northern Avenue, 617-478-3100, icaboston.org; Tue/Wed + Sat/Sun, 10 am – 5 pm, Thu/Fri, 10 am – 9 pm; admission charged.*

**BOSTON**

*Boston is loaded with fun things to do. For detailed information on tours, attractions, and events, go to the Visitor Information Desk in the North Lobby on Level One. Or visit these websites for more visitor information: boston.com, cityofboston.gov/visitors and newenglandtravelplanner.com*

Boston Harbor and the entrance to Fort Point Channel District in South Boston (left).



## THE BCEC NEIGHBORHOOD: SOUTH BOSTON

With its Irish pubs, Victorian houses, and urban beaches, "Southie" is a very special part of Boston. As you walk its streets, you may experience a bit of déjà vu. Its no-nonsense charm has graced the silver screen in many movies ("The Departed," "Good Will Hunting," "Gone Baby Gone," "The Verdict," "The Friends of Eddie Coyle," and "The Boondock Saints" among others).

### Landmarks

1. Carson Beach: South Boston has three miles of public beaches. Carson Beach offers swimming, great views, a bathhouse, and bocce courts.

*Carson Beach, 617-727-8865, state.ma.us/dcr; public parking available; free.*

2. Castle Island/Fort Independence: The oldest fortified military site in British North America, Castle Island offers splendid views, intriguing history (Edgar Allan Poe once served here), and outdoor exercise. The current fort was built between 1834 and 1851; explore it on your own year round, or take a tour on summer weekends. *Castle Island, Day Boulevard, 617-727-5290; free.*

3. Harborwalk: Terrific views of the city and Boston Harbor are on tap when you stroll the Boston Harborwalk, a multi-mile public trail that weaves through wharfs and piers from Charlestown to Dorchester.

*Boston Harborwalk, 617-482-1722, bostonharborwalk.com; free.*

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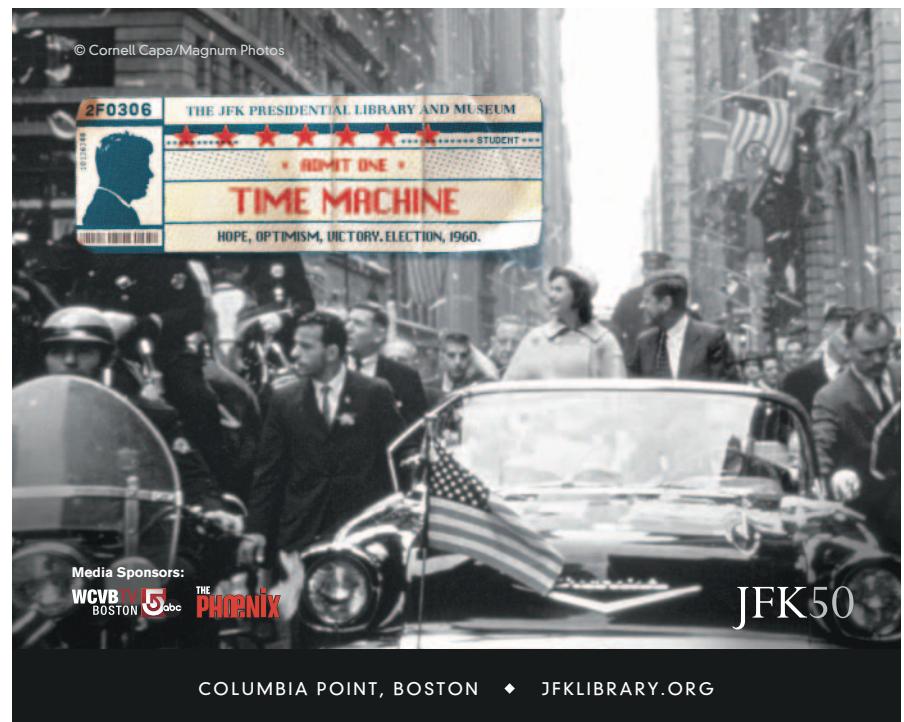
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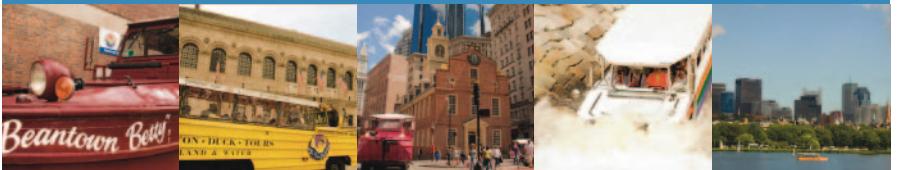
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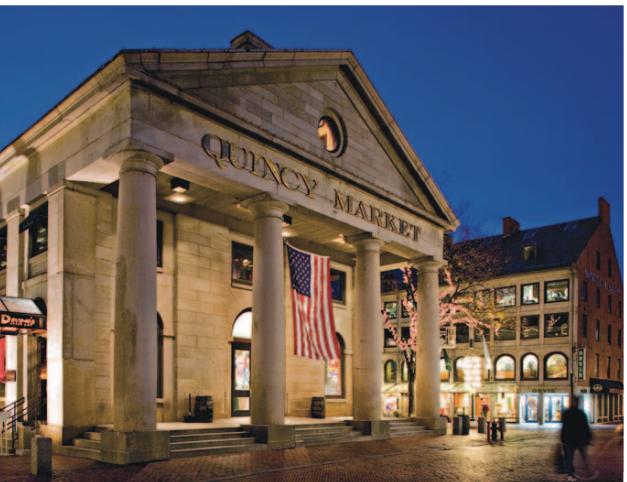
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