

A walking tour of "Little Italy" in Boston's North End, part two

By Lee Daley © 2015

Boston's North End has been an Italian enclave since the turn of the century when mass immigration from Italy brought thousands to the city. Back then, butcher shops had no refrigeration so families learned to trust and befriend their neighborhood supplier. Pizzerias were an extension of the family's kitchen, having come to America from Naples by way of Egypt through Greece where the pizza pie originated in the form of pita bread

In 1920, the North End's population of around 35,000 was almost 90% Italian. Today's 20,000 inhabitants have added to the city's melting pot and now only about 35% claim Italian heritage. Despite the drop in numbers, almost eighty eating establishments, most of them Italian, serve food here. Each publicly displays their menu and prices so you can compare several different eateries in less than a block.

In the same neighborhood just 100 steps from the Paul Revere House, restaurateur Frank DePasquale runs [Mare](#), a popular dinner spot where the menu boasts local coastal cuisine based on deep water fish and certified organic seafood. In fact, Mare's menu claims Boston's first 98% organic ingredient list. An excellent wine selection complements the dinner fare. 135 Richmond Street, Boston, (617) 723-6273



Photo by John Sundsmo

Stay Nearby: About a 12 minute walk away, Boston's Waterfront area, steeped in more than 300 years of history, offers two excellent lodging choices.

Rooms at [The Seaport Hotel](#) with views of Boston Harbor signal more than a breath of fresh air. Smoke free, allergy friendly, tip-free and environmentally aware, the hotel strives for minimal impact on the environment. You'll sleep like royalty cocooned in three layers of crisp sheets on a king-size bed. Need more exercise than walking around the North End? Try out the complimentary Health & Fitness Center or the 50-foot indoor heated lap pool with underwater music

Seaport also serves three meals daily in its [Aura restaurant](#). Chef Rachel Klein, one of the country's top female chefs has designed for Aura a dinner menu infused with global flavors that reflect the hotel's maritime ties to the Spice Trade. The hotel's location on One Seaport Lane is walking distance to many of the city's historic and cultural attractions, including the North End's "Little Italy."

Another beautiful hotel located right on the waterfront is the new [Fairmont Battery Wharf](#). The hotel room's many extras include marble bathrooms with glass doors, comfortable king size beds, plasma TV with speakers in the bathroom and excellent dining options. Fairmont's dedication to service is evident throughout the hotel

[Sensing](#), the Fairmont's wharf side restaurant, brings a taste of France to its menu with consulting Chef Guy Martin and resident Chef Gerard Barbin. The restaurant's name and spirit is inspired by the original Sensing in Paris with its dedication to international cuisine full of fresh New England ingredients

From Boston's Logan Airport take the free shuttle to the water taxi. A \$10 fare will deliver you to the Waterfront area with a view of the Boston skyline en route



Photo by Lee Daley

For more information on visiting Boston, contact the [Greater Boston Convention and Visitors Bureau](#).

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