

HERE, THERE, AND EVERYWHERE

L.L. Bean courses to compression socks

By Neece Regis | GLOBE CORRESPONDENT JANUARY 18, 2014



here

DISCOVER WINTER SPORTS

L.L. Bean's winter Discovery Series Courses provide snowshoeing and cross-country skiing classes for \$20, which includes gear and an instructor to lead you on a guided excursion at a private, groomed facility. Available on select dates, through March 9, at the flagship store in Freeport, Maine (877-755-2326). Snowshoeing classes are also offered at the West Lebanon, N.H., store (603-298-6975). On select Friday evenings, both locations offer a Starlight Snowshoe Tour (\$40) that includes all equipment, including headlamps, plus hot cocoa and snacks. Advanced registration recommended. www.llbean.com/llb/shop/1000001692

FOOD AND ART IN FORT POINT

Studio Sundays debuts this month at TR Street Foods, the fast-casual lunch spot adjacent to the dining room at Tavern Road, a restaurant and bar run by brothers Louis and Michael DiBiccari in Boston's Fort Point and Innovative District. Created as a way to celebrate and support the local arts community, and to highlight the inter-section of the culinary and fine arts, the fourth Sunday of each month will showcase the work of one visual artist alongside handcrafted cocktails and tasty bites provided by Tavern Road. The first event features illustrator and comic artist Patt Kelley (Jan. 26, 4-7 p.m.). Free entry; food, drink, and art available for purchase. 617-790-0808, www.tavernroad.com

there

SLOW FOOD TUSCANY TOUR

TourCrafters' Slow Food Gourmet Tuscany is a seven-night tour celebrating the traditional foods and wines of Italy's popular region (pictured). Designed in partnership with Slow Food Italy, an organization founded as an antidote to fast food, the tour includes a cooking lesson, wine and cheese tastings, and visits to wineries, farms, and bustling market towns like Greve in Chianti. Starting and ending in Rome, the tour includes Montalcino (famous for the production of Brunello), the medieval town of Montepulciano, the Renaissance city of Pienza, and tours of Florence, Siena, and Orvieto. Departure dates: May 18; June 15, 29; Sept. 7, 14; Oct. 5, 19. Land-only from \$2,600. 800-482-5995, www.tourcrafters.it/tour.lasso?ID=211



NATIVE AMERICAN WINTER GAMES

Enjoy traditional Native American winter activities as a spectator or a participant at the Ganondagan Native American Winter Games in the Finger Lakes region of New York (Feb. 22, 10 a.m.-4 p.m.). Revelers can try a snowshoe walk, challenge friends to a snowsnake throw, watch Seneca dogsledding, observe craft-making demonstrations, and listen to traditional Haudenosaunee (Iroquois) tales. Authentic Native American foods will be available for purchase. The festival is free; suggested donation \$5. Snowshoe rentals: adults \$5, children under 12 \$3. 585-742-1690, www.ganondagan.org

PUERTO RICO FAMILY-FRIENDLY WINTER PACKAGE

For a family escape to the Caribbean, the Puerto Rico resort Wyndham Grand Rio Mar has extended its Winter Sale package (book through April 26; travel until Dec. 20). Stay four consecutive nights and receive a \$100 food and beverage credit. Kids 12 and under stay and eat free off kids' menus in select restaurants. Includes 25 percent discounts off individual golf tee times, tennis court rentals, spa treatments, nonmotorized water sports, and more. Nestled between the Atlantic Ocean and the El Yunque Caribbean National Forest, this 600-guest-room resort features a secluded beach, 7,000 square-foot casino, and champion-designed golf courses. Rates from \$179. Promo Rate Plan: BPRFBCR. 800-474-6627, www.wyndham.com/hotels/puerto-rico/rio-grande/rio-mar-beach-resort-and-spa-a-wyndham-grand-resort/hotel-overview

everywhere

ADVENTURE BOOKS FOR KIDS

Using the first-hand adventures of her twin boys, author Patti Wheeler and co-author Keith Hemstreet developed a middle school adventure book series — Travels with Gannon & Wyatt — in the tradition of the journals kept by explorers such as Lewis and Clark, Dr. David Livingstone, and Captain James Cook. The series includes Botswana, Great Bear Rainforest, and the newly released Egypt. Loosely based on the boys' actual encounters, the stories are filled with exotic settings, high-stakes adventure, the magic of nature, and promote an understanding of world geography, cultures, and wildlife.

www.travelswithgannonandwyatt.com/books.php

FASHION-FRIENDLY

COMPRESSION SOCKS

Travelers who need to wear compression socks when they fly can flaunt the new fashion-friendly models for men and women designed by RejuvaHealth. RejuvaSocks, available in Argyle, Rose, and Herringbone, look like dress socks while offering a cushioned feel similar to sports socks. At the moderate grade of 20-30 mmHg, the socks apply firm compression and can be used to help with ankle and leg swelling, discomfort, varicose veins, and other conditions. \$29.99-\$39.99 877-773-5882, www.rejuvahealth.com