

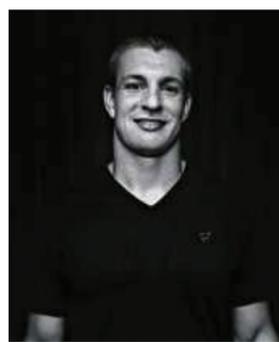
The Concierge

TIPS FOR TOURING HERE AND ABROAD

THE VIP LOUNGE | ROB GRONKOWSKI

For Gronk, life's a beach

New England Patriots tight end Rob Gronkowski is everywhere. Cover of the June 2016 GQ magazine? Check. Cover of the upcoming Madden NFL 2017? Check. Host of a television show (debuting in July) called "Crashletes" on Nickelodeon? Check. Oh, and he's also one of the best — and most popular — players in the National Football League. The upstate New York native, 27, who lives in Foxborough, said he loves to travel anywhere it's warm and there's a beach, and said he had a hoot on Gronk's Party Ship, a three-day cruise he hosted in February. We caught up with the 6-foot-6-inch All-Pro to talk all things travel.



CINDY ORD/GETTY IMAGES

Favorite vacation spot? I like anywhere with a beach. A beach and warm weather is all I really need. I like going to Florida — to Miami and to visit my mom in Fort Meyers. I also like going out to California and to the beaches there. As long as I have beaches, some good friends around me, it's 75 degrees and sunny, I'm good.

Favorite food or drink while vacationing? Since it's a vacation, I take a break from eating my real healthy meals, so I bend a little bit. I go with the chicken fingers: chicken fingers with barbecue sauce, then dipped in ranch or blue cheese [dressing], whichever one is available.

Where would you like to travel to but haven't? One of the places I'd like to travel to is Ibiza, off the coast of Spain. I keep hearing great things about it, like how beautiful it is, how cool of an atmosphere it is, but I just never really had the

chance in the offseason yet. Hopefully one day I can get there.

One item you can't leave home without when traveling? Headphones. When traveling, you've got to put on the headphones and listen to music while you're walking by everyone so you don't keep getting bothered, you know what I mean? That's my technique. Also, listening to music gives you a sense of peacefulness when traveling.

Aisle or window? I prefer the window with either no one next to me or a friend next to me and falling asleep. With a friend next to you, you feel comfortable no matter what position you're in. You know it's your boy; you can be leaning on him, he can be leaning on you.

Favorite childhood travel memory? Going to Myrtle Beach [in South Carolina] every year as a family. We drove from Buffalo in a conversion van, and just being with my family. . . . Those were just the best times. With my four brothers we definitely had fights. Being in a car was just like being anywhere else. It was the best.

Guilty pleasure when traveling? The eating. That's when I take off. I work hard to get the body right and then I kind of just go off the map when on vacation. I love eating and just going all out with whatever's in front of me. All good stuff, and I like doing ice cream on vacations. Favorite flavor? Cookies and cream.

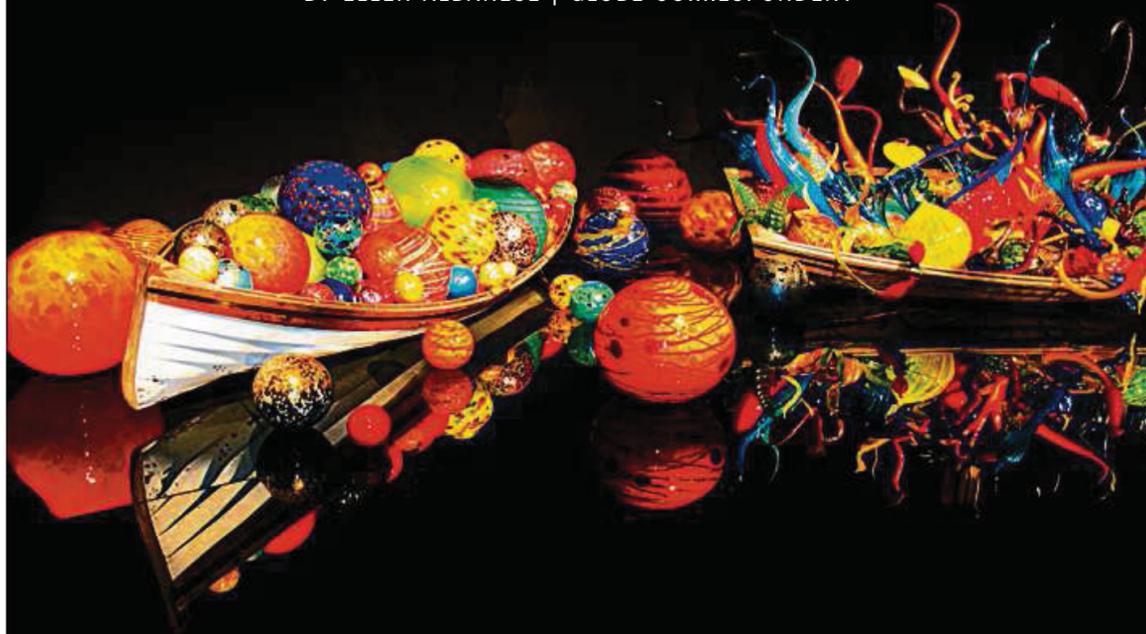
Best travel tip? Find a way to sleep on the plane. It will save you so much time and help keep you from being jetlagged. So if say you've got to stay up the night before and only get two hours of sleep, but then can sleep the whole plane ride, do that. Find whatever it takes to sleep on the plane. If I'm flying Boston to LA, I'll pull an all-nighter so I sleep the whole flight — six hours, that's a whole night of sleep. Then you're not jetlagged or anything. You're super tired, so you sleep and it's like you never traveled. That's my technique.

JULIET PENNINGTON

THE LIST

GLASS MORE THAN HALF FULL

BY ELLEN ALBANESE | GLOBE CORRESPONDENT



Archeological evidence shows that glass dates to 3500 BC. The Phoenicians are credited with inventing glassblowing somewhere around 50 BC. Despite technological advances, the process still depends largely on ancient tools and time-tested techniques handed down from master to apprentice. Here are five US museums displaying some of the best in glass art.

CORNING MUSEUM OF GLASS, Corning, N.Y. The collection showcases more than 3,000 years of glass, while the Contemporary Glass Gallery features works from 1975 on. One of the oldest pieces is a turquoise glass inlay with the image of the pharaoh Akhenaten, who ruled during Egypt's Eighteenth Dynasty. A self-guided tour includes live demonstrations of hot glassblowing. cmog.org.

CHRYSLER MUSEUM OF ART, Norfolk, Va. More than 10,000 glass objects range from ancient to contemporary, including English, European, art nouveau, and art Deco styles. Highlights include a large selection of Tiffany glass, French glass, and an English cameo glass collection. Among works by 21st-century artists, Karen LaMonte's translucent cast-glass dress, "Reclining Drapery Impression," is ethereal and striking. chrysler.org.

THE CHARLES HOSMER MORSE MUSEUM OF

AMERICAN ART, Winter Park, Fla. The Morse Museum houses one of the largest collections of glass by Louis Comfort Tiffany in the world, including his glittering, almost gaudy chapel interior from the 1893 World's Columbian Exposition in Chicago and the Daffodil Terrace, among other pieces of art and architecture, from his Long Island country estate, Laurelton Hall. morsemuseum.org.

MUSEUM OF GLASS, Tacoma, Wash. Glass artist Dale Chihuly helped launch this museum in his home state. The focus here is on glass art created during the 20th and 21st centuries, including Chihuly's Bridge of Glass, a 500-foot-long pedestrian overpass that links the museum to downtown Tacoma. The whimsical Kids Design Glass collection consists of objects created by glass artists interpreting children's drawings. www.museumofglass.org.

CHIHULY GARDEN AND GLASS, Seattle, Wash. In the shadow of the Space Needle, this site showcases the extraordinary range of Chihuly's work, from glass-ball-filled boats inside to the large-scale outdoor garden pieces that mirror the shapes or colors of surrounding plants. The colorful ceiling in the Glass House is one of the artist's largest suspended sculptures. www.chihulygardenandglass.com.

ELLEN ALBANESE FOR THE BOSTON GLOBE



HERE

HARBOR SAIL AND BEER TASTING Experience the best views of the Boston skyline — from the harbor, of course — while sipping the best ales offered by Harpoon Brewery on a Sails and Ales excursion aboard the Schooner Adirondack III. Offered by Classic Harbor Line, the two-hour sunset sail couples tasting five of Harpoon Brewery's flagship beers and seasonal's brewed by a Harpoon Brewery representative) with commentary from the captain and crew about historical sites and points of interest including Independence

Fort, the USS Constitution, and Spectacle Island. Trips depart from Rowes Wharf on Tuesdays evenings in July (12, 16, 26) and August (2, 9, 16, 23, 30). Includes complimentary tour at the Harpoon Brewery that you can redeem in the future. \$55 for just the sail; tasting is an additional \$16. 888-238-8507, www.zerve.com/BostonSail/SailAles

STYLISH HOTEL DEBUTS IN MAINE Enjoy sweeping views of Penobscot Bay from 250 Main, a new boutique hotel located within walking distance of Rockland's vibrant arts district and the new Center for Maine Contem-

porary Art. The sleek hotel's 26 rooms feature chic décor, private balconies, expansive windows, thoughtfully curated Maine contemporary art, and state-of-the-art technology and amenities. Guests can enjoy outdoor terraces, a roof deck, nightly wine tastings, locally roasted coffee by Rock City Coffee Roasters, and breakfast treats from local bakeries. Rates from \$299. 207-594-5994, www.250mainhotel.com

THERE

WALKING TOUR IN CROATIA Those who dislike group trips may want to consider Exodus Travels' new Croatia: Castles to Coast Walk, a self-guided walking tour along the Adriatic coast's Istrian peninsula. Set your own pace on this six-day moderate walk past tiny hamlets, olive groves, fruit orchards in the Kaldir Valley, remote coves and azure bays, Venetian castles, and Renaissance palaces. Hike to the summit of Mount Vojak (4,596 feet) for panoramic views to the Dolomites and Switzerland. Accommodations include a converted 17th-century hilltop palace in Motovun; a converted townhouse within the original 18th-century Venetian battlements in Buzet; and luxury 5-star wa-

terfront hotel in Opatija. Includes all breakfasts, five picnic lunches and two dinners; luggage transport; route notes and maps; and more. Rates from \$1,735. Additional new summer getaways to Europe include walks in the French Riviera, cycling in Slovenia, Sicily Food Adventure, and more. 844-227-9087, www.exodus-travels.com/usa

SWEET DEALS IN MONTREAL Montreal's non-stop summer festival season just got more appealing with its Sweet Deal accommodation packages. Available at many hotels in close proximity to the events, the packages offer 50-percent off the third night (through Oct. 15) and includes an exclusive discount coupon booklet with up to \$390 value for activi-



ties and attractions. Rates from \$95. www.tourisme-montreal.org/Offers/summer Upcoming festivals and events include the Montreal Jazz Festival (through July 9); Montreal Completément Cirque (July 7-17); Just for Laughs Comedy Festival (July 16-31); Osheaga Music and Arts Festival (July 29-31); Fashion & Design Festival (Aug 15-20); Montreal Oysterfest (Sept. 11); and more. www.tourisme-montreal.org/Offers/summer#events

EVERYWHERE

TOOLBOX FOR YOUR WRIST Let's say you're hiking in the remote wilderness and unexpectedly need to repair some gear or find your way back to the trail. What to do? The new Adventure Bracelet by Wazoo Survival Gear is a survival kit you wear on your wrist that includes 16 different features, including ceramic knife, liquid-filled compass, whistle, fishing line, claw hooks, safety pins, surgical tubing, signal mirror, glow light, first aid tinder packets and more. Made of high-strength paracord; available in three colors, black, olive green, and charcoal-goldenrod combo. \$89. 281-846-4633, www.wazoo-survivalgear.com/adven-

ture-paracord-survival-bracelet/



SHARK DETERRENT FOR SURFERS

Attention all surfers! Turn your board into an electrical shark deterrent with Shark Shield, a new scientifically proven and independently tested product designed to protect surfers across the globe. How does it work? Sharks have small short-range electrical receptors in their snouts for locating food. Shark Shield's three-dimensional electrical waveform turns sharks away by causing spasms in these sensitive receptors. The FREEDOM+ Surf bundle includes a removable power module, charging dock with international options, and one Ocean & Earth Tail Pad/Decal antenna ready to be installed on any surfboard, old or new. The miniaturized electronic module is completely removable and transferable between surfboards. \$599. sharkshield.com/shop/freedom-surf/ NECEE REGIS