



### **Welcome to North Carolina and the Triangle!**

We are looking forward to your visit. Summer here is usually hot and humid, so you may wish to bring a hat, sun screen, insect repellent, and rain gear. We'll have water bottles for you and access to water on all the tours, so please stay hydrated!

We've highlighted food, fun, and places to visit. We start with Raleigh, where the hotel is located, and branch out to Durham and Chapel Hill/Carrboro. We also list a few spots (mostly gardens and nurseries) outside the Triangle for those traveling by car.

### **GENERAL INFO**

For nature walks, the Triangle Land Conservancy offers excellent diversity and botanical interest:

[www.triangleland.org/explore/nature-preserves](http://www.triangleland.org/explore/nature-preserves)

City Guides:

Raleigh - <https://www.visitraleigh.com/plan-a-trip/request-visitor-information/request-visitors-guides-in-bulk/>

Durham - <https://issuu.com/durhamnc/docs/downtownmapguide2016>

Chapel Hill - <https://www.visitchapelhill.org/maps-info/request-literature/>

◇ = Restaurants that are particularly friendly to those with gluten sensitivities

### **RALEIGH & NEARBY**

**North Hills Shopping District** (<http://visitnorthhills.com/>)

Closest area to the hotel (<2 miles) with significant concentration of dining and shopping.

**Cameron Village** (<http://shopcameronvillage.com/>)

Upscale shopping district with shops and restaurants, just over 4 miles from the hotel.

**Raleigh's Downtown Destination Districts** (<http://www.godowntownraleigh.com/districts>)

Closest "hot spot" areas with dining, bars, attractions, and night life. These are all generally within 6 miles of the hotel.

Some standouts:

#### **Dining Downtown:**

Death and Taxes - <http://ac-restaurants.com/death-taxes/>

Beasley's Chicken + Honey - <http://ac-restaurants.com/beasleys>

Bida Manda Laotian Restaurant and Bar - <http://bidamanda.com/>

BuKu Street Food - <http://www.bukuraleigh.com/>

Raleigh Times/Morning Times - <http://raleightimesbar.com/> and [www.morningtimes-raleigh.com](http://www.morningtimes-raleigh.com)

Centro Mexican Restaurant - [www.centroraleigh.com](http://www.centroraleigh.com)

Garland - <http://garlandraleigh.com/>  
Sitti - [www.sitti-raleigh.com](http://www.sitti-raleigh.com)  
Poole's Diner - <http://ac-restaurants.com/pooles>  
The Fiction Kitchen - <http://thefictionkitchen.com/>  
The Pit - [www.thepit-raleigh.com](http://www.thepit-raleigh.com)  
Humble Pie - <http://humblepierestaurant.com/>

Other dining, particularly gluten allergy friendly:

◇ Simply Crepes – [www.simplycrepes.com](http://www.simplycrepes.com)  
◇ Bella Monica – [www.bellamonica.com](http://www.bellamonica.com)  
◇ Guasaca – [www.guasaca.com](http://www.guasaca.com)  
◇ Fresh Levant – [www.freshlevant.com](http://www.freshlevant.com)

### **Libations:**

Overview of breweries: <http://www.raleighbeerguide.com/brewer-map/>  
A couple of favorites: Brewery Bhavana, Neuse River Brewing  
Raleigh Times Bar - <http://raleightimesbar.com/>  
Stag's Head - <https://www.bnrepresents.com/stags-head/>  
Capital City Tavern – [www.capitalcitytavern.com](http://www.capitalcitytavern.com)  
Fox Liquor Bar - <http://ac-restaurants.com/fox/>  
Flying Saucer Draught Emporium - [www.beerknurd.com/locations/raleigh-flying-saucer](http://www.beerknurd.com/locations/raleigh-flying-saucer)

### **Entertainment/Night Life:**

The Pour House – [www.thepourhousemusicall.com](http://www.thepourhousemusicall.com)  
Neptune's Parlour – [www.neptunesparlour.com](http://www.neptunesparlour.com)  
Glenwood Avenue District (many places close together) -  
<http://www.godowntownraleigh.com/districts/glenwood-south>

### **Attractions:**

North Carolina Museum of Natural Sciences (free admission) - <http://naturalsciences.org/>  
North Carolina Museum of History (free admission) - <https://www.ncmuseumofhistory.org/>  
CAM Raleigh (Contemporary Art Museum) - <http://camraleigh.org/>  
Marbles Kids Museum & IMAX Theatre - <https://www.marbleskidsmuseum.org/>  
Gregg Museum of Art & Design (free admission) - <http://gregg.arts.ncsu.edu>

Cary Theater (in Cary, 20-30 min. from hotel) – <http://thecarytheater.com/>  
Near the symposium week, they are showing Five Seasons: The Gardens of Piet Oudolf. Showtimes on Thursday, 7/26 and Sunday, 7/29

### **Gardens & Garden Centers**

Plant Delights Nursery & Juniper Level Botanic Garden - [www.plantdelights.com](http://www.plantdelights.com)  
JC Raulston Arboretum - <https://jcra.ncsu.edu/>  
Logan's Trading Company - <https://logantrd.com>  
Homewood Nursery & Garden Center - [www.homewoodnursery.com](http://www.homewoodnursery.com)  
Atlantic Gardening Company - [www.atlanticgardening.com](http://www.atlanticgardening.com)

### **Hikes & Parks:**

Durant Nature Preserve - [www.raleighnc.gov/parks/content/ParksRec/Articles/Parks/Durant.html](http://www.raleighnc.gov/parks/content/ParksRec/Articles/Parks/Durant.html)  
Umstead Park - [www.ncparks.gov/william-b-umstead-state-park](http://www.ncparks.gov/william-b-umstead-state-park)  
Lake Crabtree Park - [www.wakegov.com/parks/lakecrabtree/pages/default.aspx](http://www.wakegov.com/parks/lakecrabtree/pages/default.aspx)

Hemlock Bluffs Nature Preserve - [www.townofcary.org/recreation-enjoyment/parks-greenways-environment/parks/stevens-nature-center-at-hemlock-bluffs-nature-preserve](http://www.townofcary.org/recreation-enjoyment/parks-greenways-environment/parks/stevens-nature-center-at-hemlock-bluffs-nature-preserve)  
Schenck Forest - <https://sites.google.com/a/ncsu.edu/ncsudof-forests/home/carlalwinschenckmemorialforest>  
Blue Jay Park- [www.wakegov.com/parks/bluejay/pages/default.aspx](http://www.wakegov.com/parks/bluejay/pages/default.aspx)  
See Triangle Land Conservancy site: [www.triangleland.org/explore/nature-preserves](http://www.triangleland.org/explore/nature-preserves)

## **DURHAM**

Durham's standout spots are generally at least 30 minutes away with no traffic; count on 45 minutes during rush hours.

### **Dining:**

#### **Downtown/Nearby**

Piedmont - [www.piedmontrestaurant.com](http://www.piedmontrestaurant.com)  
Mateo – [www.mateotapas.com](http://www.mateotapas.com)  
Viceroy British Pub - [www.viceroydurham.com](http://www.viceroydurham.com)  
◇ Gonza Tacos y Tequila – [www.gonzatacosytequila.com](http://www.gonzatacosytequila.com)  
◇ Luna – [www.lunarotisserie.com](http://www.lunarotisserie.com)  
◇ Dos Perros – [www.dosperrosrestaurant.com](http://www.dosperrosrestaurant.com)  
◇ Beyu Caffe – [www.beyucaffe.com](http://www.beyucaffe.com)  
◇ The Pit - [www.thepit-durham.com](http://www.thepit-durham.com)

#### **A Little Farther:**

◇ The Boot – [www.thebootdurham.com](http://www.thebootdurham.com)  
JuJu Durham - [www.jujudurham.com](http://www.jujudurham.com)  
Local 22 Kitchen and Bar – [www.local22durham.com](http://www.local22durham.com)  
◇ Blue Corn Café – [www.bluecorncafedurham.com](http://www.bluecorncafedurham.com)  
◇ Primal – [www.primalfoodandspirits.com](http://www.primalfoodandspirits.com)  
◇ Harvest 18 – [www.18restaurantgroup.comnew-page](http://www.18restaurantgroup.comnew-page)

### **Libations**

#### **Downtown & walkable from downtown:**

Bar Virgile – [www.barvirgile.com](http://www.barvirgile.com)  
Bull City Ciderworks – [www.bullcityciderworks.com](http://www.bullcityciderworks.com)  
Tyler's Restaurant & Taproom – [www.tylerstaproom.com/locations/durham](http://www.tylerstaproom.com/locations/durham)  
Full Steam Brewery – [www.fullsteam.ag](http://www.fullsteam.ag)

#### **Near Downtown:**

Beer Study – [www.drinkdurham.com](http://www.drinkdurham.com)

### **Entertainment/Night Life:**

Beyu Caffe – [www.beyucaffe.com](http://www.beyucaffe.com)  
Pinhook – [www.thepinhook.com](http://www.thepinhook.com)  
Motorco Music Hall (w/Parts & Labor) - [www.motorcomusic.com](http://www.motorcomusic.com)

### **Attractions:**

Duke Lemur Center – [www.lemur.duke.edu](http://www.lemur.duke.edu)  
Museum of Life & Science - [www.lifeandscience.org](http://www.lifeandscience.org)  
Nasher Museum of Art at Duke University - <https://nasher.duke.edu/>

**Gardens, Hikes, Nature Walks:**

Sarah P. Duke Gardens – <http://gardens.duke.edu/>

West Point on the Eno - [www.durham-nc.com/listings/West-Point-on-the-Eno/1497/](http://www.durham-nc.com/listings/West-Point-on-the-Eno/1497/)

Eno River State Park - [www.ncparks.gov/eno-river-state-park](http://www.ncparks.gov/eno-river-state-park)

See Triangle Land Conservancy site: [www.triangleland.org/explore/nature-preserves](http://www.triangleland.org/explore/nature-preserves)

**CHAPEL HILL/CARRBORO**

Chapel Hill, along with adjacent Carrboro, is definitely a college town. Check out Franklin St. downtown in Chapel Hill or downtown Carrboro. Getting to the middle of Chapel Hill takes a minimum of 35 minutes, with longer times during rush hour (45min –75min).

**Dining**

Elaine's on Franklin - <https://elainesonfranklin.com/>

Acme - <https://acmecarrboro.com/>

◇ Glasshalfull – [www.glasshalfullcarrboro.com](http://www.glasshalfullcarrboro.com)

◇ Cholanad – [www.cholanad.com](http://www.cholanad.com)

◇ Tandoor – [www.tandoorindian.com](http://www.tandoorindian.com)

**Libations –**

Milltown - [www.dininganddrinking.com](http://www.dininganddrinking.com)

Top of the Hill - [www.thetopofthehill.com](http://www.thetopofthehill.com)

Carolina Brewery - [www.carolinabrewery.com](http://www.carolinabrewery.com)

Steel String Brewery - <http://steelstringbrewery.com>

Beer Study - [www.beerstudy.com](http://www.beerstudy.com)

**Entertainment/Night Life**

Cat's Cradle - <http://catscradle.com>

The Cave - <http://caverntavern.com>

**Attractions:**

Ackland Art Museum - <https://ackland.org/>

**Gardens & Nurseries:**

NC Botanical Garden - <http://ncbg.unc.edu/>

Coker Arboretum - <http://ncbg.unc.edu/coker-arboretum/>

Keith Arboretum - <http://www.keitharboretum.com/>

Niche Gardens - [www.nichegardens.com](http://www.nichegardens.com)

Camellia Forest Nursery - [www.camforest.com](http://www.camforest.com)

**Hikes/Nature Walks:**

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**OUTSIDE THE TRIANGLE:****To the North:**

Cedar Creek Gallery (arts, crafts, display garden) - [www.cedarcreekgallery.com](http://www.cedarcreekgallery.com)

Green Hill Farm, Inc. - [www.hostahosta.com](http://www.hostahosta.com) (Hosta breeder Bob Solberg invites attendees, but "Please, no visitors Thursday, I'll be enjoying PPA alongside you all.")

**To the West:**

Reynolda Gardens (Winston-Salem) -

Paul J. Ciener Botanical Garden (Kernersville) - [www.cienerbotanicalgarden.org](http://www.cienerbotanicalgarden.org)

NC Zoo (Asheboro) – [www.nczoo.org](http://www.nczoo.org)

North Carolina Arboretum - [www.ncarboretum.org](http://www.ncarboretum.org)

The Botanical Gardens at Asheville - <https://ashevillebotanicalgardens.org/>

Biltmore Gardens (Asheville) – part of the Biltmore Estate - [www.biltmore.com](http://www.biltmore.com)

**To the South:**

Big Bloomers Flower Farm (Sanford) – [www.bigbloomersflowerfarm.com](http://www.bigbloomersflowerfarm.com)

UNC-Charlotte Botanical Gardens (Charlotte) - <http://gardens.uncc.edu/>

Winghaven (Charlotte) - <http://winghavengardens.org/>

**SPECIAL EVENT****Tomato Tasting at the Arthur Foodscape!**

Plan to attend the party of the summer, the annual Tomato Tasting hosted in the Arthur Foodscape. Sample a wide variety of heirloom tomatoes, make a custom Bloody Mary and enjoy a BLT while touring Brie's home garden. Rain or shine (guaranteed to break a drought) the Tomato Tasting is an outdoor party, so dress accordingly!

Details:

When: Saturday 4 August 2018 6-10pm (please do not arrive early)

Where: 7624 Troy Stone Drive Fuquay-Varina, NC 27526

What: bring your appetite

NO RSVP—bring anyone you like

For more info: <https://www.briegrows.com/>

