

# A Southern Sampler

Raleigh, Durham and Chapel Hill form an area known as the Triangle, home to internationally recognized universities and corporations. Here you'll enjoy shopping, cuisine and music that will take you from uptown style to down home fare.

## 3-Day Itinerary

### Day One

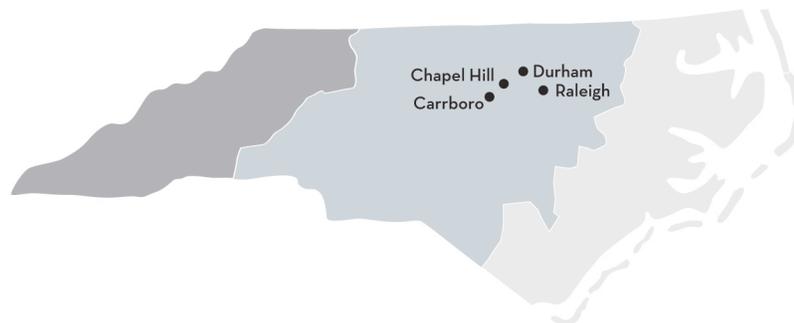
Cuisine in Chapel Hill and Carrboro

### Day Two

Off to market in Raleigh: culinary delights

### Day Three

A day of dining and music history in Durham



*With so much to see and do in the area, we recommend the following 3-day itinerary. Enjoy all the area has to offer by mixing and matching events to your particular interest. Be sure to check days and hours of operation for each venue.*

### Day 1

#### Chapel Hill:

Begin your day with breakfast at the **Weathervane Restaurant**, part of A Southern Season. In 1975, A Southern Season opened as a tiny coffee roastery. These days, A Southern Season has expanded to 60,000 square feet, and the National Association of the Specialty Food Trade selected this store as "2004 Outstanding Retailer of the Year." After breakfast, take a while to browse the wide selection of gifts and gourmet specialties.

If you're exploring downtown Chapel Hill, you're bound to run into **Carrboro**. The Durham-Greensboro Southern Railway line built their depot here in the late 1800s in an effort to keep noisy trains from bothering the busy academics at the University of North Carolina. Try lunch in Carrboro at **Panzanella**, a restaurant that bases its menu on available local produce.

Following lunch, wander the **Weaver Street Market**, a cooperative dedicated to supporting local farmers, providing for community needs with plenty of attention to the environment. You can shop at Carr Mill, a restored textile mill listed on the National Register of Historic Places, or drive out to Maple View Dairy, locally owned and operated, to enjoy an ice cream cone on the front porch. They even have sugar-free flavors.

For dinner, you might try one of Chapel Hill's four-diamond restaurants: **Carolina Crossroads** in the Carolina Inn, the "front porch" for the University of North Carolina, or **Il Palio** at the Siena Hotel, named for Italy's famous horse race. And the town also offers plenty of casual options that highlight local produce on their menus such as the **Acme Food and Beverage Company**.

Nighttime here offers numerous arts events that take place throughout the year at the University of North Carolina or the **Carrboro ArtsCenter**.

## **Day 2**

### **Raleigh:**

Spend the day in Raleigh, North Carolina's state capital. Enjoy a narrated, hour-long tour of the city on the historic trolley. Afterwards, stop in at the City Market for lunch at **Big Ed's**. This is real Southern fare; don't forget to try the biscuits, and if you're here on a Saturday, you might catch a Dixieland band performing amongst the restaurant's collection of antique farm implements and political memorabilia. Big Ed says, "If you leave here hungry, it's your own fault!"

After the down-home feast, you might be in the mood for a little exercise. Stroll through the **North Carolina Farmers Market** and browse 75 acres of items from across the state. The market hosts special events year-round to spotlight the market's products, like chili cook-offs and the North Carolina Battle of the Sauces.

Learn about one of the oldest homes in the area on a narrated tour at the **Mordecai Historic Park**, site of an antebellum plantation museum. Then visit Wake County's oldest home, the **Joel Lane House**, dating from the 1770s. Docents here will provide garden tours that discuss uses of herbs for both culinary and medicinal purposes.

## **Day 3**

### **Durham:**

Take a day to see some Durham sights, like the campus of Duke University and the Sarah P. Duke Gardens, and enjoy some fine cuisine.

Durham's distinctive dining is arguably the most sophisticated in the state, thanks to a thriving colony of nationally acclaimed chefs who call Durham home. These "Celebrated Cuisine" restaurants and their chefs have been regionally or nationally reviewed and ranked. Try lunch is at **Foster's Market**. Owner Sara Foster honed her culinary skills working on Martha Stewart's catering team.

Durham offers a wide variety of food and music options for the afternoon. Attend a highly acclaimed signature annual event such as **The Bull Durham Blues Festival**, a celebration in the birthplace of the Piedmont Blues.

Visit **Historic Durham Athletic Park** to see where *Bull Durham* was filmed. Although the Durham Bulls now play at a park a mile away, the historic park is still home to festivals, special events and amateur baseball games. A stop at **The Tuba Exchange** allows you to see the only store in the nation dealing exclusively in tubas, euphoniums and sousaphones (over 200 vintage instruments are on display).

For dinner, we suggest another Celebrated Cuisine restaurant, **Bullock's Bar-B-Que**. In North Carolina, barbeque is our passion, so prepare for an unforgettable culinary experience. View some famous faces who have eaten at Bullock's on the celebrity "Wall of Fame."

For more information:

Chapel Hill/Orange County Visitors Bureau  
[www.chocvb.org](http://www.chocvb.org)

Greater Raleigh Convention & Visitors Bureau  
[www.visitraleigh.com](http://www.visitraleigh.com)

Durham Convention & Visitors Bureau  
[www.durham-nc.com](http://www.durham-nc.com)