

# Delight in Durham: Dining, Districts and Duke University Three-Day Itinerary

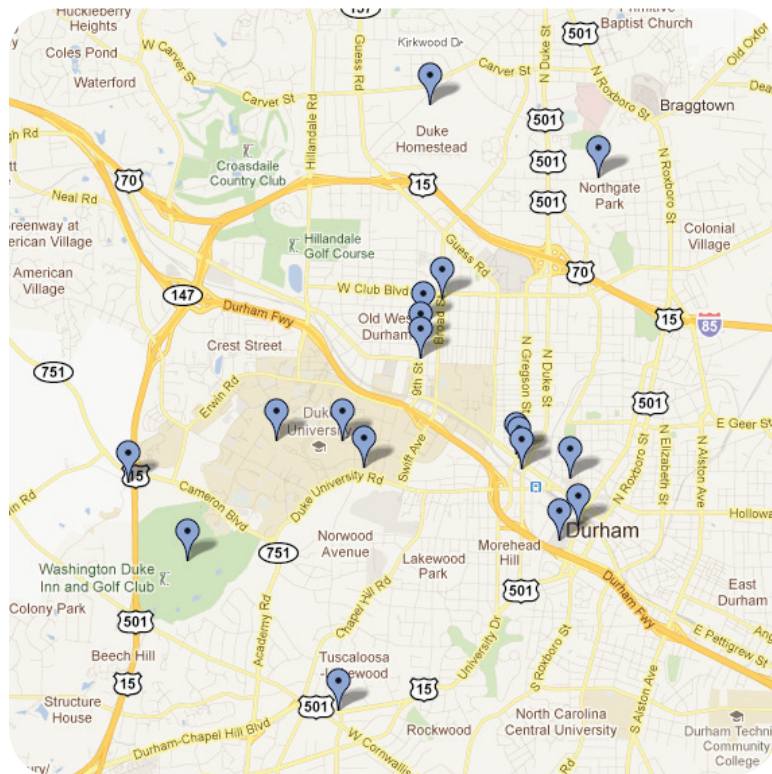
Famous for baseball, Durham also scores a home run with dining districts, Duke University, culture and outdoor activities. Creative chefs at nationally acclaimed restaurants partner with local farms and artisans to serve fresh, regional cuisine. Between the sights, performance venues and eateries, it's easy to fill your days, nights and whet your appetite!

Located in the Piedmont of North Carolina, don't miss Durham while driving Interstates 40 and 85 or flying into Raleigh-Durham Airport. The Carolinian and Piedmont Amtrak Trains also serve Durham — to and from Washington, D.C., New York City, Charlotte, Raleigh and points in between.

*Be sure to check the websites or call ahead for visitor information and hours of operation.*

## Day One

### Tour Duke University's West Campus



### Breakfast with European Flair (1-2 hours)

The baked goods, daily breakfast and weekend brunch at [Guglhupf Bakery and Patisserie](#) earned this eatery recognition as a local favorite. The German-born owner and artisan, Claudia Cooper, has been featured on Food Network's *Food Finds*. Located in the Rockwood District, only three miles from Duke Gardens, it is the perfect place to linger in the morning. Open 8 a.m., except Sunday, when the café opens at 9 a.m. Closed Monday.

## **Sarah P. Duke Gardens (1-2 hours)**

Watch swans from the romantic arched bridge, meander through shady trails or gaze across terraced gardens from the wisteria-covered pergola. The famous 55-acre [Sarah P. Duke Gardens](#) has four main sections, including the Terrace Garden, the H.L. Blomquist Garden of Native Plants, the Culberson Asiatic Arboretum and the Doris Duke Center Garden. Open daily, 8 a.m. until dusk, except holidays and during inclement weather.

## **Edible Art at Nasher Museum (1-2 hours)**

As noted by *Food & Wine*, [Nasher Museum Café](#) offers artistically presented simple fare of soups, salads and sandwiches. Although admission to the [Nasher Museum of Art](#) is not required for dining, take time to wander through the mix of modern, medieval, classical, African and American art in the permanent collection of 13,000 works. Closed Monday.

## **Duke Chapel (1-2 hours)**

From the top of the 210-foot tower to the lower depths of the underground crypt, Duke Chapel was inspired by European styles, but the neo-Gothic architecture is definitely unique. Designed by America's first renowned black architect, Julian Abele of Philadelphia, the chapel was completed in 1935, after five years of construction.

The nave seats 1,600 people and is surrounded by stained glass windows in ruby and blue. The interior arches support the 73-foot ceiling. The 50-bell carillon in the tower is played at 5 p.m. on weekdays and before and after Sunday interdenominational worship services. The Flentrop organ is played most weekdays 12:30 through 1:30 p.m. The Chapel is closed to visitors during weddings; call 919-681-9414 before visiting on weekend afternoons.

## **Loveable Lemurs (1 hour)**

The [Duke Lemur Center](#) houses 260 prosimian primates, the largest population outside their native habitat in Madagascar. Learn about these endangered animals in an educational tour for all ages. Reservations required. Call 919-489-3364 to schedule a tour.

## **Dine "Inn" Style on Campus**

The inspired cuisine at the [Washington Duke Inn & Golf Club](#) Fairview Restaurant earned a AAA Four-Diamond Award. Also enjoy a selection from the wine cellar, recipient of a 2010 Wine Spectator Award for Excellence. For great value, reserve early evening for the "Happy Hour" fixed-price, three-course meal. Open daily.

## On Screen or On Stage

The Carolina Theatre is a 1926 Beaux Arts-style historic theatre in City Center. Located only five miles from the Washington Duke Inn, it is the perfect place to watch a movie or see a live performance. Check the schedule at [www.carolinatheatre.org](http://www.carolinatheatre.org).

## Day Two

### Explore Historic Districts and NC Historic Sites

#### Back to Basics for Breakfast (1 hour)

Durham's favorite breakfast spot is [Elmo's Diner](#), located right in the middle of the Ninth Street shopping district. Elmo's is an "awesome pick" according to Rachel Ray on Food Network's *\$40 a Day* show.

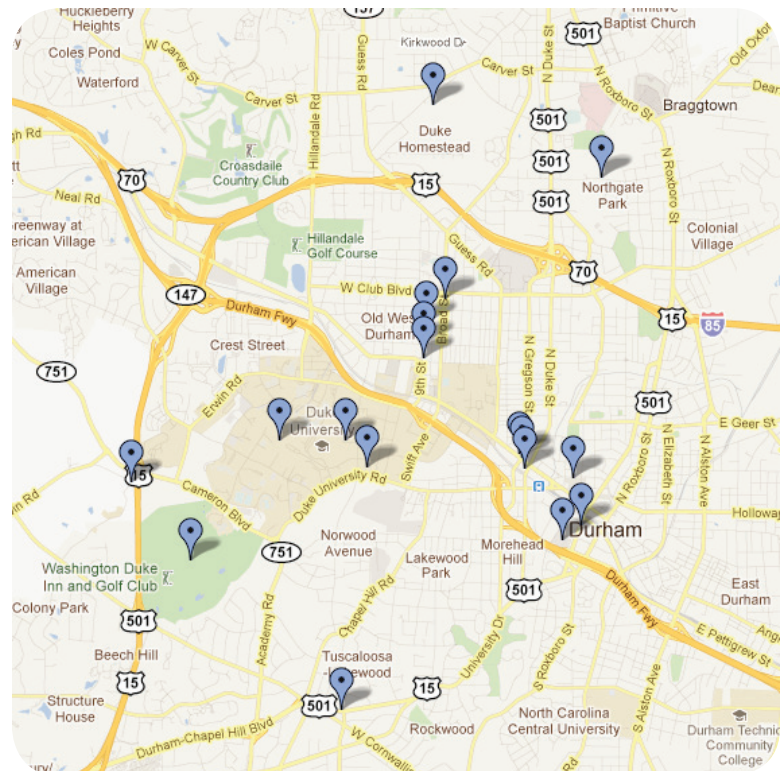
#### Ninth Street and Brightleaf Districts (2-3 hours)

Next to the historic 1892 Erwin Cotton Mills building, independent and unique shops now line Ninth Street. This former mill village maintains its charm with eateries and eclectic shops, housed in sympathetically renovated spaces.

From the corner of Ninth Street and West Main, it is a 15-minute walk or a quick drive past Duke's East Campus (beginning as Trinity College in 1892) to Brightleaf Square. Tobacco warehouses, built of brick between 1900 and 1904, now house upscale shops and dining establishments in [Historic Brightleaf](#). Rare books, CDs and LPs, clothing, antiques and home décor can be found along the cobblestone pedestrian walkway.

#### Alivia's Durham Bistro (1 hour)

On the corner of West Main and Gregson streets sits [Alivia's](#), a coffeehouse and bistro that according to Bon Appétit, "serves up the area's best espresso." With so many choices, there is something for everyone, including kids. Enjoy a delightful cheesecake dessert with your espresso. Dine indoors or on the patio. Open daily.



## Duke Homestead (1-2 hours)

Duke Homestead, an NC Historic Site, is three miles from Brightleaf Square. The home of Washington Duke, founder of the American Tobacco Company, is now a "living museum of tobacco history" where you will see demonstrations of early farming techniques and tobacco manufacturing. No admission fee. Guided tours 15 minutes after the hour. Open Tuesday-Saturday. [www.nchistoricsites.org](http://www.nchistoricsites.org)

## Historic Stagville (1-2 hours)

The plantation of the Bennehan-Cameron family was one of the largest in pre-Civil War North Carolina and the South. The family owned 30,000 acres and 900 slaves. Guided tours of the Bennehan House, Holman House and the Great Barn depart every hour; 10 a.m. until 3 p.m. No admission fee. Open Tuesday-Saturday. [www.stagville.org](http://www.stagville.org)

## One of America's Top Restaurants for Dinner

*Gourmet Magazine* lists [Magnolia Grill](#), located on Ninth Street, as one of America's Top 50 Restaurants. The chef-owners, Karen and Ben Barker, create Southern dishes with international inspiration. Dinner served Tuesday through Saturday.

## Live Performances in the Historic American Tobacco District

The Durham Performing Arts Center (DPAC) is located in the Historic American Tobacco District. Live performances are scheduled throughout the year including concerts, comedians and Broadway shows. For information, tickets and times, visit <http://www.dpacnc.com>.

## Day Three

### Golf, Hike or Shop and the Museum of Life and Science

#### Food Before Play (1 hour)

[Parker and Otis](#), on Duke Street behind Brightleaf Square, is a gourmet grocery with a casual restaurant. If heading out for day hikes, get your provisions here. *Bon Appétit* published the recipe for this spot's fabulous Pimento Cheese Dip.

#### Tee Time (4 hours)

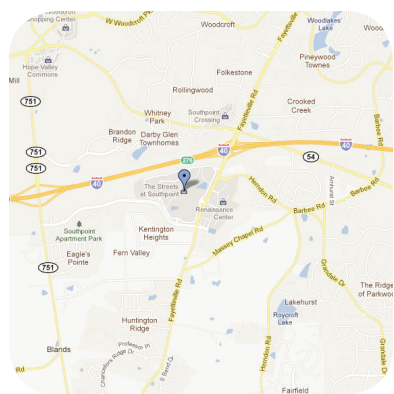
Durham visitors can reserve tee times at the Washington Duke Inn & Golf Club, home to Duke University's Golf Club. The Robert Trent Jones 18-hole championship course is highly ranked by Golf Digest. Reserve tee times 14 to 30 days in advance. 919-681-2288

Golfers can enjoy a full lunch or light fare at the Bull Durham Bar, located at the Inn.

## Day Hike (4 hours)

Eno River State Park has more than 24 miles of trails, and hikers may choose to connect short or long hikes by picking up a map at the park office. The Cole Mill Road access is located eight miles from Brightleaf Square. Opens daily at 9 a.m.

Day hikers may consider packing a picnic or return to Brightleaf Square to dine at one of the many restaurants.



## Shopping Spree (4 hours)

*USA Today* listed the Streets at Southpoint as one of the “10 Great Places to Spend It All in One Place.” With more than 140 unique shops and restaurants, the super-mall includes Belk, Nordstrom, Macy’s and a 16-screen movie theatre. Conveniently located beside Interstate 40, the mall is 12 miles from Brightleaf Square.

Shoppers have a choice of restaurants at the mall for lunch.

## Play with Science (2-3 hours)

The six-acre “Explore the Wild” outdoor exhibit at the [NC Museum of Life and Science](#) was proclaimed a “national model” by the National Science foundation. Bears, lemurs and wolves can be safely viewed in their spacious habitats in natural woodlands and wetlands.

The [Magic Wings Butterfly House](#) is among the largest in the world with a conservatory that is 30 feet high. The museum includes 17,000 square feet of tropical gardens and hundreds of tropical butterflies. An adjacent exhibit, the insectarium, includes exotic insects and poison dart frogs.

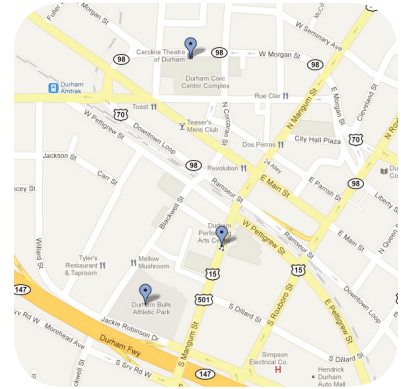
Other indoor science exhibits in the 65,000-square-foot museum include an Apollo space command module, a tornado simulation and an “Investigate Health” lab. Located less than three miles from Brightleaf Square, the museum is open weekdays 10 a.m. until 5 p.m. and Sunday, noon to 5 p.m.

## North Carolina Cuisine (2 hours)

After a day of activities, dine at Watts Grocery, located on Broad Street and less than two miles from the Museum of Life and Science. *Bon Appétit* compliments Chef Amy Tornquist’s distinctive North Carolina-style cuisine. Reservations recommended. Closed Monday.

## Game Time

The Durham Bulls baseball team plays April through September at the Durham Bulls Athletic Park in the Historic American Tobacco District. Check the [www.dbulls.com](http://www.dbulls.com) website schedule to catch a game when the team is in town.



## Resources

Durham Visitor's Center  
[www.durham-nc.com](http://www.durham-nc.com)

Duke University Visitor Information  
[www.visit.duke.edu](http://www.visit.duke.edu)

## Lodging

Washington Duke Inn & Golf Club  
[www.washingtondukeinn.com](http://www.washingtondukeinn.com)

Arrowhead Inn Bed & Breakfast  
[www.arrowheadinn.com](http://www.arrowheadinn.com)

Durham Marriott Convention Center  
[www.marriott.com](http://www.marriott.com)

*By Freda Cameron*