

A Guide to the Triangle

*Illustrations by Bridgette Blanton/Tiny Pencil Studio
If not otherwise noted, locations are in Raleigh.*

The North Carolina Triangle is made up of Raleigh, the state's capital; Durham, roughly twenty-five miles to the northwest; and Chapel Hill, about twelve miles southwest of Durham. Between them is Research Triangle Park, which opened in 1959 and has served as a hub of high-tech research and innovation, both public and private, ever since. (Oh, and the airport's in there somewhere.)

This region, once defined by textile mills and tobacco markets, has long been a place of learning, too. The area's colleges and universities include UNC Chapel Hill, NC State (Raleigh), and NC Central and Duke (Durham).

Today, some 2 million people call the Triangle metro home; it's one of the fastest growing areas in the nation.

When you travel to the Triangle for the Southern Foodways Symposium, you trust us to provide the stories and most of the food. But perhaps you're coming early or staying late. You might get thirsty. Maybe you'd like to go shopping. You'll probably want to get outside and stretch your legs at some point.

Allow us to offer this utterly subjective and by no means exhaustive area guide as your jumping-off point. It'll keep you busy on this symposium trip, or any other time you visit the Triangle.



Coffee

Caffeine fuels SFA gatherings. Looking for your morning pour over? Stop by any of these shops before joining us at The Rialto.

[Jubala](#)

[Benchwarmers](#)

[Boulted](#)



Beer

Raleigh is a beer city. Many you already know and love like Ponysaurus, Altered State, and Trophy. With 40 breweries in Raleigh alone, our friends at Visit Raleigh have curated a Beer Trail. Sign up, grab your digital passport, win prizes, and sample all the beer!

[Ponysaurus Brewing](#)

[Altered State Brewing Company](#)

[Trophy Brewing Company](#)

[The Raleigh Beer Trail](#)

[Fullsteam](#) (Durham) – Year after year, Sean Lily Wilson made the trek to Oxford to pour beer at the fall symposium. Now's your chance to visit him and to sample some biscuit beer.



Bars

William & Company/La Veladora

La Veladora, helmed by Lily Ballance, is the back bar inside William and Company. La Veladora was created with authentic traditional relics that hail directly from Huatulco Mexico en Oaxaca, and hand-picked handmade finds from NC-local Mexican artisans. Agave spirits and underground DJs are the vibe.

Players Retreat

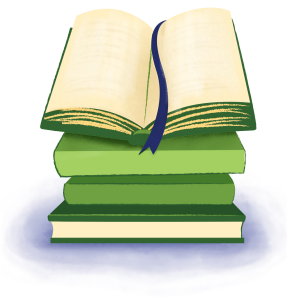
If Scotch is your drink, the Player's Retreat is your bar. It's been a Raleigh institution since 1951.

Alley Twenty Six

Shannon Healy knows cocktails as well as he knows service. (In other words, he knows them both VERY well.) He managed Crook's Corner in Chapel Hill for over a decade before opening Alley Twenty Six in downtown Durham in 2012.

The Crunkleton

Gary Crunkleton and his eponymous bar are Chapel Hill institutions. Don't miss your chance to drink at a really, really good bar.



Bookstores

If bookstores are your happy place, then euphoria awaits in the North Carolina Triangle. To be clear, bookstores could have been this ENTIRE list.

[Quail Ridge](#) (Raleigh)

[Flyleaf](#) (Chapel Hill)

[The Regulator Bookstore](#) (Durham)

[Letters](#) (Durham)

[McIntyre's Books](#) (Pittsboro)



Farmers' Markets

Actually, farmers' markets could have been the entire list, too.

The growing season might be winding down but decorative gourd season is in full swing and area markets abound!

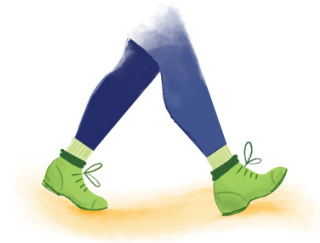
[The North Carolina State Farmers Public Market](#) (Raleigh)

[Midtown Market](#) (Raleigh)

[Carrboro Farmers' Market](#)

[Durham Farmers' Market](#)

[South Durham Farmers' Market](#)



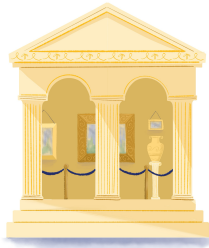
Stretch Your Legs

Take a hike at [Umstead Park](#).

Jog, stroll, or cycle on the [Capital Area Greenway](#).

Amble, mosey, or saunter past the sculptures at [Museum Park](#) on the grounds of the NC Museum of Art.

Go fly a kite—or toss a frisbee, or have a picnic at [Dix Park](#). Once home to the state's first psychiatric hospital, the 300-acre campus is now one of the city's newest and largest public parks. (Fun fact: around the turn of the century, fifteen-year-old Sara Camp tried, and failed spectacularly, to learn how to drive a stick shift on the winding, deserted roads of Dix Hill.)



Arts

Art brings us together and commands us to wonder and to see the world in new ways. The vibrant Triangle art scene invites us to look and linger.

[CAM](#) personifies the city of Raleigh and showcases non-traditional exhibits of living artists.

[NC Museum of Art](#) stewards and shares the people's art collection and inspires creativity by connecting diverse communities to cultural and natural resources.

[Gregg Museum of Art and Design](#) focuses on outstanding examples of art, craft, and design through cross disciplinary collaboration.

Dedicated to building a groundbreaking collection of contemporary art, [Nasher Museum of Art at Duke University](#) emphasizes works by diverse artists who have been historically underrepresented.

Highlighting the causes, consequences, and experiences of migration both sought and forced, [21c Museum Hotel Durham](#) proudly presents [Refuge: Needing, Seeking, Creating Shelter](#), featuring 80 works by over 40 artists from all around the world.

The [Ackland Art Museum](#) is UNC-Chapel Hill's local museum with a global outlook featuring a permanent collection consisting of more than 21,000 works of art, including North Carolina's premier collections of Asian art and works of art on paper—drawings, prints, and photographs—as well as significant collections of European works, twentieth-century and contemporary art, and North Carolina pottery.



Shopping (or a Spa Day)

[Fearington Village](#) (Pittsboro)

Find books, homegoods, fancy foods, and more

[Historic City Market](#) (Raleigh)

Open-air shopping on cobblestone-lined streets for locals and tourists alike.

[Raleigh Denim Workshop](#)

Jeans made just for you in Raleigh.

A stone's throw from The Rialto you'll find [Raleigh's Historic Five Points](#) (every Southern city worth its salt has to have one). Check it out and shop around. Don't miss NoFo at the Pig for gifts and specialty foods.

[Schoolkids Records](#), with locations in Raleigh and Chapel Hill, has served discerning hipsters (not that they'd ever call themselves that) since 1974.

[Chet Miller](#) (Durham)

One of the stores where you'll happily browse for hours finding everything and nothing much at the same time.

In nearby Cary, [The Umstead](#) offers a full spa menu. They also serve afternoon tea. We're not trying to tell you what to do but a morning massage followed by scones and tea sandwiches would be a lovely way to while away your Saturday. Be sure to make a reservation.



The Unexpected Triangle

Visit the [Geodetic Stones](#) found at 1 E Edenton St. in Raleigh near the North Carolina State Capitol Building and just like that you're on your way to visiting every site on the Surveyors Historical Society National Register.

While the [Pine State Creamery](#) in Raleigh is long gone, the Butter Churn Sculpture atop its headquarters at 414 Glenwood Ave. endures. It's a big churn, y'all.

[North Carolina Museum of Natural Sciences](#) Step inside The Daily Planet Theater and you'll be standing inside the second-largest globe in the world. Plus, dueling dinosaurs.

Lemur on Me – Visit the [Duke Lemur Center](#) in Durham, if you're not completely weirded out by primates.



SFA and a State Fair in Raleigh

NC Family History Fair featuring SFA Lead Oral Historian, Annemarie Anderson.

October 26, 9:30 am–3 pm at the Department of Natural and Cultural Resources Building, 109 E. Jones St. Raleigh

North Carolina State Fair

If, like us, you're a fool for a day on the midway and prize-winning dairy goats, then get yourself to the fair. Fairgrounds are located at 1025 Blue Ridge Rd., Raleigh.