

samsi

NSF • Duke • NCSU • UNC • NISS

Welcome to SAMSI

Guide to the Triangle



Guide to area
restaurants



Places to go
and events



Accommodations
in the Triangle



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1 Welcome to SAMSI

Welcome to SAMSI! We are very happy to have you here as our guest. We also welcome you to the Research Triangle region, home of the Research Triangle Park, one of the oldest and largest research parks in the world.

The Triangle region is home to three of the nation's top research universities – Duke University, North Carolina State University and the University of North Carolina at Chapel Hill, along with a host of many other smaller colleges and an extensive community college system.

The Triangle region has a highly educated population, with 47 percent of adults holding a college degree.

This is the fastest growing metro area in the US. The region is currently home to almost 2 million people and is expected to add another 1.5 million over the next 25 years.

We've put together some information to help you find things to do while you are visiting with us at SAMSI. We want your stay with us be as enjoyable as possible. If you ever need any help finding something, or want some ideas of things to do while you are here, feel free to ask any of the SAMSI staff members for assistance.

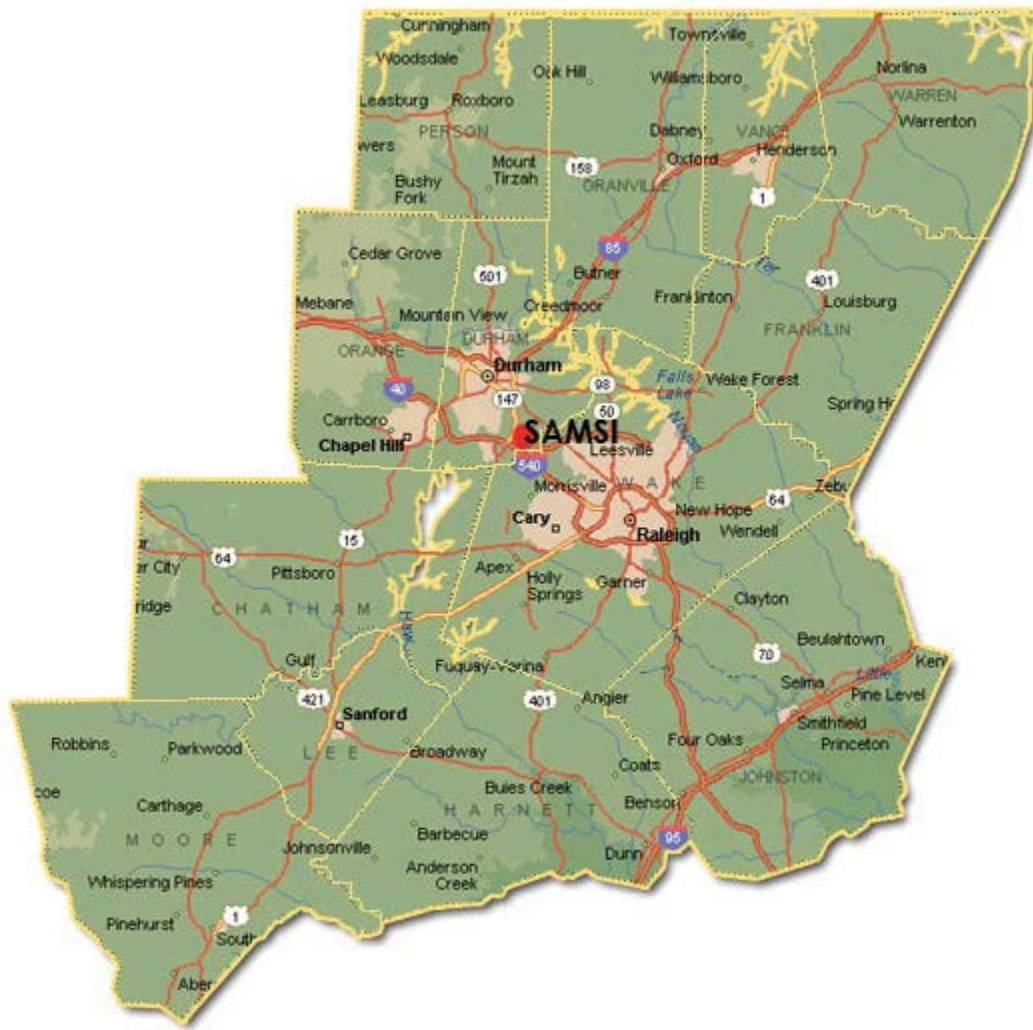
Richard Smith

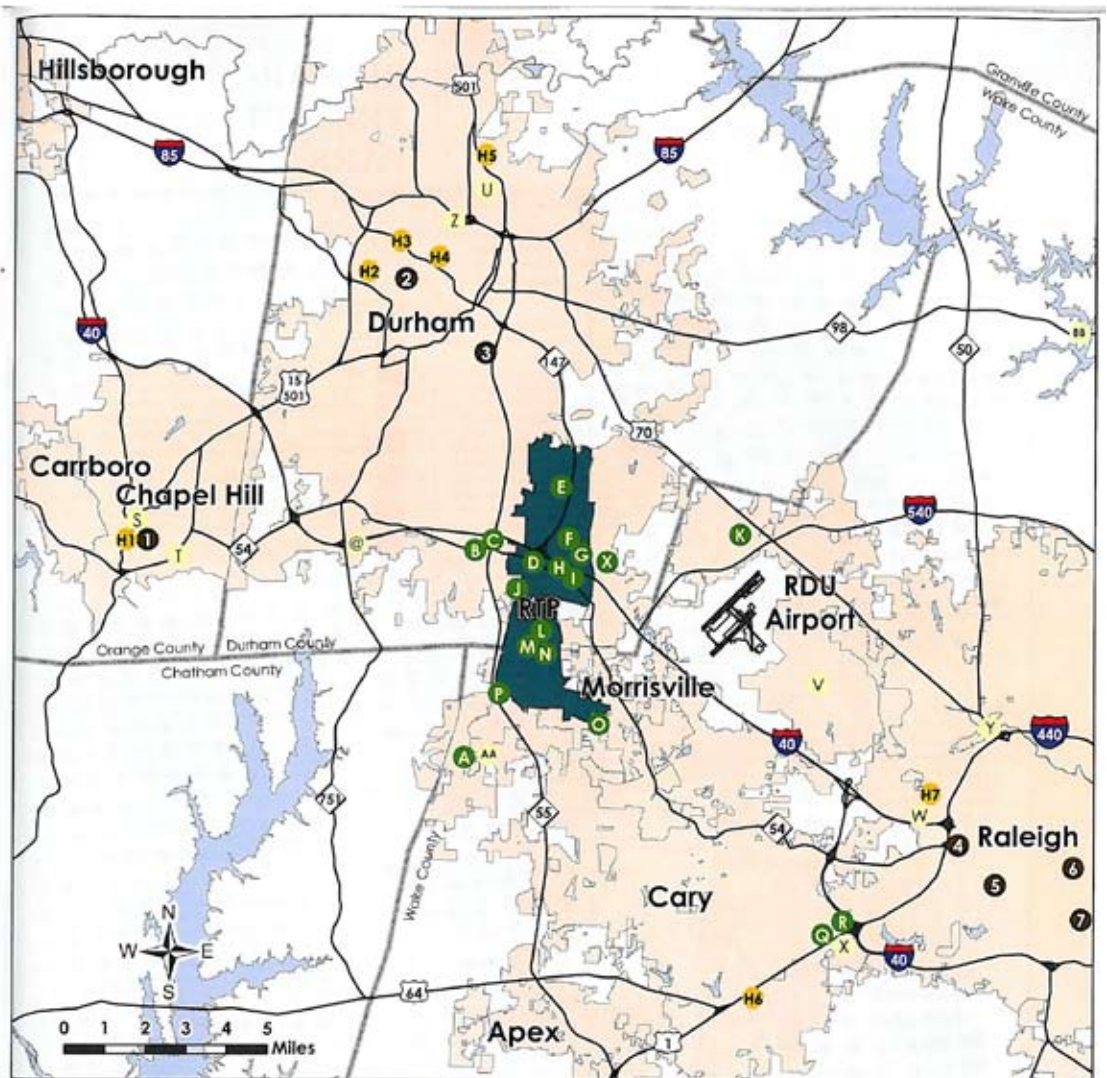
Director, SAMSI

Map of North Carolina



Map of the Triangle Region





- | | | | |
|----------------------------|---|--|------------------------------------|
| 1 UNC at Chapel Hill | D Sigma Xi, The Scientific Research Society | N Sony Ericsson | Y Crabtree Valley Mall |
| 2 Duke University | E North Carolina Biotechnology Center | O Diosynth Biotechnology, Inc. | Z Northgate Mall |
| 3 NC Central University | F RTI International | P Alston Station | @ Streets at Southpoint Mall |
| 4 Meredith College | G CIIT Centers for Health Research | Q Best Western Cary Inn & Extended Stay Suites | ## Bedford at Falls Village |
| 5 NC State University | H Radisson - RTP | R Ray's | H1 UNC Memorial Hospital |
| 6 Peace College | I Teer Associates | S Ackland Art Museum | H2 Lenox Baker Children's Hospital |
| 7 Shaw University | J Davis Park | T NC Botanical Gardens | H3 US Veterans Medical Center |
| A Washington Square Ambery | K Uno Chicago Grill | U NC Museum of Life and Science | H4 Duke University Medical Center |
| B Candlewood Suites | L Eisai, Inc. | V Umstead State Park | H5 Durham Regional Hospital Corp. |
| C Comfort Inn RTP | M Ericsson Mobil Platforms | W NC Museum of Art | H6 Western Wake Medical Center |
| | X Wyndham Hotel | X Crossroads Plaza Mall | H7 Rex Healthcare |

2 Accomodations in the Triangle

*All rates were quoted for 2010 and are subject to change

Official SAMSI Hotel

Radisson Hotel Research Triangle Park

Many SAMSI workshops take place at this hotel and free transportation is provided to SAMSI.

SAMSI Workshop Rate (mention the name): \$109/night (plus 13% tax)

To obtain this rate, you must telephone the hotel directly at 919-549-8631. Kelly Hesson is the reservations manager. For long term (30+ days) stay, it is \$65 for a single room and \$75 for a double. These rooms have a microwave and refrigerator.



SAMSI has negotiated special rates with these properties:

Comfort Suites RTP/RDU

<http://www.Choicehotels.com/durham/nc013>

(SAMSI rate is valid for any length of stay)

5219 Page Road Durham, NC
919-314-1200 Fax: 919-474-0104
Reservation number: 919-314-1200

Newly Renovated Comfortable Suites well furnished with either a double Queen or King Bed and a Pull out Sleeper Sofa, Microwave and Refrigerator in all Suites, High Speed Wireless Internet, Daily Maid Service, Hot Continental Breakfast Buffet featuring a Made-to-Order Omlette Station, Evening Managers Special M-W with Complimentary Snacks and Drinks, Free Area Shuttle Service to and from the Airport, SAMSI, and Local Restaurants and Shopping Centers.

Current Rates: Double Queen Suite: \$87 King Suite: \$87 - Call hotel directly and state that you are with SAMSI to get discounted rates

Directions: Right on Alexander Dr. (North), Right onto Durham Freeway (Highway 147, South), to I-40 (East towards Raleigh), then from I-40 take Exit 282- Page Road, make right at light and Comfort Suites RTP on the left.

The Hamptons (Greystar Properties)

<http://www.thehamptonsapthomes.com>

300 Seaforth Drive

Durham, NC 27713

(919) 484-1321

3.2 mile drive to SAMSI

Amenities include: Upscale apartment homes, fully furnished and centrally located in the RTP area. Included in the price is full-sized kitchens, washer and dryer, high speed internet, digital cable, fitness center, complimentary continental breakfast featuring Starbucks coffee, free local calls, and complimentary shuttle during business hours Monday through Fridays. Maid service is available at an extra charge.

SAMSI Rates (mention the name):

30+ nights

\$65 for single suite (plus 13.75% occupancy tax)

\$75 for double suite (plus 13.75% occupancy tax)

\$85 for three bedroom suite (plus 13.75% occupancy tax)

(Occupancy tax is non applicable for stays more than 90 days.)

(Occupancy tax is non applicable for stays more than 90 days.)

Less than 30 nights

An additional \$10.00/night.

To make a reservation, call (919) 484-1321

The Evergreens at Mt. Moriah<http://www.evergreensnc.com>

5512 Sunlight Drive
 Durham, NC 27707-9049
 919-489-8788
 fax 919-489-8587

Monthly Rates

Unfurnished 1 BR homes (850 sq. ft.): SAMSI rate starts at \$785. Normal rate is \$850.

2 BR homes (1,040 sq. ft.): SAMSI rate starts at \$875. Normal rate is \$965.

2 BR homes (1,100 sq. ft.): SAMSI rate starts at \$899. Normal rate is \$1,000.

These rates are good with a 9-12 month lease.
 All 3-8 month leases will be at the normal rate.

Be sure to tell the Evergreen staff that you are part of SAMSI and they will give you 1/2 off the application fee and deposit.

Contact: Damon Scott, Marketing and Sales Director

Marriott Residence Inn

(SAMSI rate is for stays longer than 13 days)

<http://www.residenceinn.com/dpp/PropertyPage.asp?MarshaCode=RDUDR>

201 Residence Inn Blvd. Durham, NC 27713
 919-361-1266 Fax: 919-361-1200

Reservation number: 800-331-3131

(Roomy, very well furnished and equipped, full kitchen & dishwasher, daily maid service, full breakfast buffet, evening social events including dinner, many extra benefits)

Current Rates: Studio: 1-12 days \$119/day, 13-30 days: \$79/day, 30+ days: \$59/day

Directions: From SAMSI: Left on Alexander Dr. (South), Turn Right on Hwy 54, travel about 1.5 miles, Marriott Residence Inn will be on the right.

Large Chains**Studio Plus Extended Stay**

<http://www.studioplus.com/minisite/?hotelID=455>
<http://www.studioplus.com/minisite/?hotelID=455>

Research Triangle Park-Hwy 54. 2504 NC Hwy. 54
 (919) 361-1853 Fax: (919) 572-5072

Current Rates: From \$259 per week; \$55 per night.

Directions: From SAMSI: Left on Alexander Dr. (South), Turn Right on Hwy 54, StudioPlus will be on the left. From I-40: take Exit 278 (Hwy. 55/Apex Hwy.) South. Turn right onto Hwy. 55/Apex Hwy. Travel approximately 1/4 mile. Turn left onto Chapel Hill Rd. (Hwy. 54) and travel approximately 1/2 mile. StudioPLUS will be on the right.

Crossland Economy Studios

<http://www.crosslandstudios.com/hotels/durham-research-triangle-park.html>

Research Triangle Park-Hwy. 55. 5008 NC 55 Durham, NC 27713

(919) 484-1878 Fax: (919) 484-1879

[basic, not much space, telephone with data port, weekly maid service, daily towel exchange]

Current Rates: From \$179 per week; \$39 per night.

Directions: From SAMSI: Left on Alexander Dr. (South), Turn Right on Hwy 54, About 1.5 miles to Hwy 55/Apex Hwy, turn left (south), Crossland will be on the right. From I-40: take Exit 278 (Hwy. 55/Apex Hwy.) South. Travel approximately 1/2 mile. Crossland will be on the right.

Nearby Hotels**Candlewood Suites (brochure in PDF)**

1818 E. Highway 54, Durham NC
 (919) 484-9922

<http://www.candlewoodsuites.com/>

Carolina Inn

211 Pittsboro St, Chapel Hill NC
 (919) 933-2001

<http://www.carolinainn.com/>

Courtyard by Marriott - Chapel Hill

100 Marriott Way, Chapel Hill, NC
 (919)883-0800

<http://www.courtyardchapelhill.com/>

Durham Marriott at the Civic Center

201 Foster Street, Durham NC
 (919) 768-6000

<http://www.marriott.com/dpp/PropertyPage.asp?MarshaCode=RDUCV>

Comfort Inn University

3508 Mount Moriah Rd, Durham NC
 (919) 490-4949

<http://comfortinndurham.citysearch.com/>

Fairfield Inn (Research Triangle Park)

4507 Highway 55, Durham NC
 (919)361-2656
<http://www.fairfieldinn.com/dpp/PropertyPage.asp?MarshaCode=RDUFI>

Hilton Raleigh-Durham Airport at Research Triangle Park

4810 Old Page Rd, Durham, NC 27709
 (919) 941-6000
http://www1.hilton.com/en_US/hi/hotel/RDURTHF-Hilton-Raleigh-Durham-Airport-at-Research-Triangle-Park-North-Carolina/index.do

Holiday Inn Brownstone Hotel & Conference Center

1707 Hillsborough Street, Raleigh NC 27605
 (919) 828-0811
<http://www.brownstonehotel.com/>

Sheraton Chapel Hill Hotel

1 Europa Dr, Chapel Hill, NC
 (919) 968-4900,
<http://www.sheratonchapelhill.com/>

Sheraton Imperial Hotel RTP/Durham

4700 Emperor Blvd, Durham, NC
 (919) 941-5050
<http://www.sheratonrtp.com/>

Wyndham Garden Hotel RTP

4620 S Miami Blvd, Durham NC
 (919) 941-6066 Fax: (919) 941-6363
<http://www.wyndhamrtp.com/>

Research Triangle Area Apartments**The Apartment Book**

<http://www.apartmentbook.com/>

Duke Community Housing

<http://communityhousing.duke.edu/>

Research Triangle Park Apartment Locators

http://www.rtplinks.com/Real_Estate/Apartment_Locators/

CitySearch (follow “apartment” or “hotel” links)

<http://triangle.citysearch.com/>

Relocation Central, Durham and Raleigh

<http://www.relocationcentral.com/directory/us/nc/durham/apartments/> <http://www.relocationcentral.com/directory/us/nc/raleigh/apartments/>



Bed & Breakfast

Arrowhead Inn

Relax in the grace and allure of a historic plantation estate at the Arrowhead Inn, located in Durham, NC. The Arrowhead Inn (circa 1775) rests on six acres of gardens and lawns. This bed & breakfast has been carefully renovated to provide the comfort and amenities of a fine hotel.

Blooming Garden Inn

The house was built by James N. Umstead around 1890 in the 'Queen Anne' style. The Blooming Garden Inn features a huge wraparound porch with 21 Tuscan columns. It is located on Holloway Street in Durham, just 15 minutes from RTP. There are four primary guestrooms, each with its own private bath. Each has its own distinctive character and is highlighted by antiques of the period.

Morehead Manor

Originally built for the CEO of Liggett and Meyers, this splendidly redecorated, 8,000 square-foot, Colonial Revival Style home is located within walking distance to downtown Durham, and historic Brightleaf Square. Morehead Manor is just moments away from Duke University, and Research Triangle Park, and is easily accessible to both Interstates 85 and 40. The Manor has four spacious guestrooms each with a private bath.

Chapel Hill Bed & Breakfast

The Chapel Hill Bed and Breakfast is located on six acres just five miles from downtown Chapel Hill, NC, conveniently located just ten to fifteen minutes away from fine dining, shopping, entertainment and medical/business centers. It is located about 30 minutes from RTP.

Ferrington House Country Inn

The finest Southern hospitality is offered in the warmth and gentility of The Ferrington House Country Inn. Located near Chapel Hill, North Carolina, Ferrington House guests enjoy strolling through the expansive gardens, shopping at the unique village shops, or relaxing on a front porch rocker watching a pasture full of curious belted Galloway cows.

Each of the 35 guest rooms at this charming North Carolina country inn has been created with its own distinct character. Rooms feature European antiques, luxurious fabrics, original Southern artwork, fresh flowers and exceptional amenities.

3 Dining in the Triangle

Durham's Famous Restaurants

[Alivia's Durham Bistro](#)

900 W Main St
(919)682-8978

[Amélia Café](#)

905 W Main St, Brightleaf District,
Downtown Durham
(919)683-5600

[Bullock's Bar-B-Que](#)

3330 Quebec Dr, I-85 Exit 173
(919)383-6202

[Chamas Churrascaria](#)

905 W Main St, Ste 115, Brightleaf Square
Downtown Durham
(919)682-1309

[Cuban Revolution](#)

American Tobacco Campus
318 Blackwell Street
Durham, NC
(919) 687-4300

[Dillard's Bar-B-Que Restaurant](#)

3921 Fayetteville St
(919)544-1587

[Dos Perros](#)

200 N. Mangum
(919)956-2750

[El Paríso](#)

111 S Alston Ave
(919)680-4728

[Elmo's Diner](#)

776 Ninth St, Ninth Street District
(919)416-3823

[Fairview Restaurant & Bull Durham Bar](#)

3001 Cameron Blvd.
Washington Duke Inn & Golf Club
(919)493-6699

[Fishmonger's Restaurant and Oyster Bar](#)

806 W Main St, Brightleaf District, Downtown
Durham
(919)682-0128

[Foster's Market](#)

2694 Durham-Chapel Hill Blvd
(919)489-3944

Four Square

2701 Chapel Hill Rd
(919) 401-9877

George's Garage

737 Ninth St, Ninth Street District
(919) 286-4131

Guglhupf Bakery & Pâtisserie

2706 Durham-Chapel Hill Blvd
(919) 401-2600

Hog Heaven Bar-B-Q

2419 Guess Rd
(919) 286-7447

Jamaica Jamaica

4853 NC Hwy 55, I-40 Exit 278
(919) 544-1532

Magnolia Grill

1002 Ninth St, Ninth Street District
(919) 286-3609

Nana's Restaurant

2514 University Dr, Rockwood Building
(919) 493-8545

Nasher Museum Café

2001 Campus Dr, Duke University Central Campus
(919) 684-6032

Only Burger

Hope Valley Square
3710 Shannon Road, Suite 118
@OnlyBurger

Papas Grille

1821 Hillandale Rd, Loehmann's Plaza
Shopping Center, I-85 Exit 174-A
(919) 383-8502

Parizade

2200 W Main St, Erwin Square
(919) 286-9712

Piedmont

401 Foster St
(919) 683-1213

Pizza Palace

3218 Guess Rd
(919) 620-9700

Pop's, A Durham Trattoria

810 W Peabody St, Brightleaf District, Downtown
Durham
(919) 956-7677

Revolution

107 West Main Street
(919) 956-9999

Rick's Diner & Catering Co.

54, 19 Saint James Court
(919) 493-9933

Rue Cler Restaurant

401 E Chapel Hill St, Downtown Durham
(919) 682-8844

Super Taqueria

2842 N Roxboro St
(919) 220-9884

Taquería La Vaquita

2700 Chapel Hill Rd
(919) 402-0209

Taquería Lopez

3438 Hillsborough Rd, University Shopping Center
(919) 383-1917

The Original Q-Shack

2510 University Dr
(919) 402-4227

Toast

345 West Main Street (Five Points)
(919) 683-2183

Tonali

3642 Shannon Rd
(919) 489-8000

Twisted Noodles

4201 University Dr, Parkway Plaza II
(919) 489-9888

Vin Rouge French Café & Wine Bar

2010 Hillsborough Rd, Ninth Street District
(919) 416-0406

Watts Grocery

1116 Broad Street
(919)416-5040

**Raleigh's Famous
Restaurants**

518 West

518 W. Jones Street
Phone (919) 829-2518

Angus Barn

9401 Glenwood Ave.
Phone (919) 787-3535

Bloomsbury Bistro

509 W. Whitaker Mill Rd. #101
Phone (919) 834-9011

Brasa Brazilian Steakhouse

8551 Brier Creek Pkwy.
(919) 544-3344

Capital City Chop House

151 Airgate Dr.
Morrisville, NC 27560
(919) 484-7721

(919) 227-3370

Frazier's

2418 Hillsborough St.
NC State Campus Area
Raleigh, NC 27607
Phone (919) 828-6699

Rey's Restaurant

1130 Buck Jones Rd.
Raleigh, NC 27606
(919) 380-0122

Gianni's Fine Dining

14460 New Falls of Neuse Rd
Ste. 171
Raleigh, NC 27614
(919) 256-8100

Ruth's Chris Steak House

2010 Renaissance Park Pl.
Cary, NC 27513
(919) 677-0033

Margaux's Restaurant

8111 Creedmoor Road, Ste. 111
Raleigh, NC 27613
(919) 846-9846

Saffron

4121 Davis Dr.
Morrisville, NC 27560
(919) 469-5774

Michael Dean's Seafood Grill & Oyster Bar

6004 Falls of Neuse Rd
Northridge Shopping Center
Raleigh, NC 27609
(919) 790-9992

Saint Jacques Restaurant

6112 Falls of Neuse
North Ridge Shopping Center
Raleigh, NC 27609
(919) 862-2770

Mo's Diner

306 E. Hargett St.
Moore Square Arts District
Raleigh, NC 27601
(919) 856-9938

Savoy

7713 Lead Mine Rd, Ste. 39
Raleigh, NC 27615
(919) 848-3535

Nina's Ristorante

8801 Lead Mine Rd., Ste. 131
Raleigh, NC 27615
(919) 845-1122

Second Empire Restaurant & Tavern

330 Hillsborough St.
Raleigh, NC 27603
(919) 829-3663

Posta Tuscan Grille

500 Fayetteville St
Raleigh, NC 27601

Sullivan's Steakhouse

414 Glenwood Ave.
Glenwood South
Raleigh, NC 27603
(919) 833-2888

The Oxford

319-105 Fayetteville Street (downtown)
Raleigh, NC 27601
(919) 832-6622

Vivace

4209 Lassiter Mill Rd.
North Hills Shopping Center
Raleigh, NC 27609
(919) 787-7747

**Chapel Hill/Carrboro's
Famous Restaurants**

Acme Food & Beverage Company

110 East Main St (Downtown)
Carrboro, NC 27510
(919) 929-2263

Azure Grille

407 Meadowmont Village Cir
Chapel Hill, NC 27517
(919) 960-0707

Bin 54 Steak & Cellar

1201-M Raleigh Rd (Glen Lennox)
Chapel Hill, NC 27514
(919) 969-1155

Bonne Soirée

431 West Franklin St (The Courtyard)
Chapel Hill, NC 27516
(919) 928-8388

Café Parvaneh

400-J South Elliott Rd (The Galleria)
Chapel Hill, NC 27514
(919) 929-2779

Carolina Brewery

460 West Franklin St (Downtown)
Chapel Hill, NC 27516
(919) 942-1800

Carolina Crossroads

211 Pittsboro St (Downtown)
Chapel Hill, NC 27516
(919) 918-2777

Carrburritos
711 West Rosemary St.
(919) 933-8226

Crook's Corner

610 West Franklin St (Downtown)
Chapel Hill, NC 27516
(919) 929-7643

East End Oyster & Martini Bar

201 East Franklin St (Downtown)
Chapel Hill, NC 27514
(919) 929-0024

Elaine's on Franklin

454 West Franklin St (Downtown)
Chapel Hill, NC 27516
(919) 960-2770

Elmo's Diner

200 North Greensboro St, #B-12 (Carr Mill Mall)
Carrboro, NC 27510
(919) 929-2909

Fiesta Grill

3307 NC Highway 54 West, NC 27516
(919) 928-9002

Four Eleven (411) West

411 West Franklin St (Downtown)
Chapel Hill, NC 27516
(919) 967-2782

Fuse

403 West Rosemary St (Downtown)
Chapel Hill, NC 27516
(919) 942-9242

Glasshalfull

106 South Greensboro St (Downtown)
Carrboro, NC 27510
(919) 967-9784

Il Palio Ristorante

1505 East Franklin St (in The Siena Hotel)
Chapel Hill, NC 27514
(919) 918-2545

Jujube Restaurant

1201 Raleigh Rd (Glen Lennox)
Chapel Hill, NC 27514
(919) 960-0555

La Residence (Cafe La Rez)

202 West Rosemary St (Downtown)
Chapel Hill, NC 27516
(919) 967-2506

Lantern Restaurant

423 West Franklin St (Downtown)
Chapel Hill, NC 27516
(919) 969-8846

Lime & Basil Vietnamese

200 West Franklin St (The Pavilion)
Chapel Hill, NC 27516
(919) 967-5055

Los Potrillos

220 West Rosemary St (Downtown)
Chapel Hill, NC 27516
(919) 932-4301

Maple View Farm & Dairy

3109 Dairyland Rd
Hillsborough, NC 27278
(919) 960-5535

Merlion Restaurant

410 Market St, Suite 316 (Southern Village)
Chapel Hill, NC 27516
(919) 933-1188

Merritt's Store & Grill

1009 South Columbia St (at NC Highway 54)
Chapel Hill, NC 27516
(919) 942-4897

Mint Restaurant

504 West Franklin St (Downtown)
Chapel Hill, NC 27516
(919) 929-6188

Nantucket Café

121 Rams Plaza (Rams Plaza)
Chapel Hill, NC 27514
(919) 968-8900

Panciuto

110 South Churton St (Downtown)
Hillsborough, NC 27278
(919) 732-6261

Provence Regional Cuisine

203 West Weaver St (Downtown)
Carrboro, NC 27510
(919) 967-5008

Queen of Sheba

1129 Weaver Dairy Rd (Timberlyne)
Chapel Hill, NC 27514
(919) 932-4986

Sage Café (The)

1129 Weaver Dairy Rd (Timberlyne)
Chapel Hill, NC 27514
(919) 968-9266

Southern Rail

201-C East Main St (Downtown)
Carrboro, NC 27510
(919) 967-1967

Spice Street

201 South Estes Dr (University Mall)
Chapel Hill, NC 27514
(919) 928-8200

Spotted Dog Restaurant & Bar

111 East Main St (Downtown)
Carrboro, NC 27510
(919) 933-1117

Squid's Restaurant & Oyster Bar

1201 North Fordham Blvd (US Highway 15-501)
Chapel Hill, NC 27514
(919) 942-8757

Sutton's Drug Store

159 East Franklin St (Downtown)
Chapel Hill, NC 27514
(919) 942-5161

Talulla's Mezze Lounge & Bar

456 West Franklin St (Downtown)
Chapel Hill, NC 27516
(919) 933-1177

Tandoor Indian

1301 East Franklin St
Chapel Hill, NC 27514
(919) 967-6622

Top of the Hill Restaurant

100 East Franklin St (Downtown)
Chapel Hill, NC 27514
(919) 929-8676

Tupelo's Restaurant

101 North Churton St (Downtown)
Hillsborough, NC 27278
(919) 643-7722

Tyler's Tap Room & Restaurant

102 East Main St (Downtown)
Carrboro, NC 27510
(919) 929-6881

Vespa Cibobuono

306 West Franklin St (Downtown)
Chapel Hill, NC 27516
(919) 969-6600

Vimala's Curryblossom Cafe

4 31 West Franklin Street, Chapel Hill
(919) 929-3833

Weathervane

201 South Estes Dr (University Mall in A Southern
Season)
Chapel Hill, NC 27514
(919) 929-9466

Weaver Street Market Café

101 East Weaver St (Downtown)
Carrboro, NC 27510
(919) 929-0010

Local Restaurants with a Southern Menu

Eno Restaurant & Market

101 City Hall Plaza, Durham, NC
919-426-1622

www.enorestaurantandmarket.com

Eno Restaurant features locally grown, direct from the farm ingredients. The menu is regionally influenced and farm ingredient driven – including red velvet cake and a 3-day fried chicken that would make our grandmothers proud while also offering dishes like sweet potato empanadas and pork stuffed eggrolls that showcase the changing face of this region.

Crook's Corner

610 West Franklin Street, Chapel Hill, 919-929-7643

<http://www.crookscorner.com/>

Crook's Corner is a trendy southern restaurant and was one of the first places in the to offer "Shrimp & Grits," which is still one of the restaurant's signature dishes. The menu posted daily on the web site consistently offers some classic recipes including Mount Airy Chocolate Souffle Cake, Princess Pamela's Buttermilk Pie, Hoppin' John and Jalapeno Hushpuppies. Season and market permitting, Soft Shell Crabs, Fried Oysters, Aunt Hi's Oyster Stew, Green Tabasco Chicken, House Cured Corned Ham and Flank Steaks or Filets with Bourbon Sauce are offered. Crook's Corner is a bit pricey, but worth a try.

Big Ed's City Market

220 Wolfe St., Raleigh, 919-836-9909

Big Ed's is pure North Carolina country cooking. A bustling place that is half eatery, half vestige to the old South, this breakfast haven is no place for small appetites. Try the pancakes and be sure not to miss the scratch-made biscuits. Don't forget to get the Red-Eye Gravy! Lunch fare is also available, but Big Ed's is mainly known for breakfast food.

Mama Dip's Kitchen

408 W. Rosemary Street, Chapel Hill, 919-942-5837

One of the more famous soul cooking chefs in the region, Mama Dip has been featured on the Food Network, and in numerous shows around the nation. She also has several cookbooks out. Enjoy the Southern Fried Chicken, or Bar-Be-Que Chicken or Pork, Country Cured Ham, Chicken 'n Dumplings, Greens, Okra & Tomatoes, Black Eyed Peas and more. This is not a fancy place, you will go through a cafeteria-style line to get your food. The prices are a bit high for this type of restaurant, but the food is worth it.

And, if you don't mind driving a little ways:

The Old Place

289 Elmer Moore Road, Bear Creek, 919-837-5131
<http://www.old-place.com>

This place is only open on the weekends, Friday and Saturday from 4 - 9pm and on Sunday from 11am until 8pm. It'll take about an hour to drive there from Durham, but the ride is pretty nice. Usually, you will see a line of people wrapping around this country home, looking at the goats while waiting to get a seat, because the food is so great!

Sample from many tempting selections including

chicken and dumplings, country ham, fried chicken, country style steak, garden-fresh vegetables, hot buttermilk biscuits, plain or crackling cornbread and the cobbler is exquisite! It's an all you can eat, buffet style place. Bring cash with you, because they only take cash! Groups of 10 or more, feel free to call for reservations.

Allen & Son Bar-B-Q

6203 Mill House Rd (at NC Highway 86 North)
Chapel Hill, NC 27514
phone (919) 942-7576

Specializes in pit-cooked North Carolina barbecue, cooked over hickory wood—unique to this area—plus homemade country food, including desserts.



Big Ed's in Raleigh.

4 Shopping in the Triangle

The Triangle region has a number of shopping centers to choose from. Whether you are looking for high end shops or outlet malls, you can find it here. Here are descriptions of the shopping areas from the Convention and Visitors Bureaus.

Durham Shopping Malls

Northgate

1058 W Club Blvd, Northgate, I-85 Exit 176-A

Newly renovated Regional Shopping Landmark for 47 years with over 100 fine shops and restaurants anchored by Macy's, Sears, and Talbots. Accented by a full size American Carousel, new outdoor entertainment Plaza and 10 screen megaplex with stadium seating.

The Streets at Southpoint and Main Street

6910 Fayetteville Rd, I-40 Exit 276

Super-regional mall including an outdoor cityscape called Main Street. 1.3 million sq. ft. of retail space with more than 170 shops and restaurants. Featuring Nordstrom, Macy's, JC Penney, Sears, and Belk, and a 16-screen cinema. Streets at Southpoint is located just six miles from SAMSI.

Brightleaf Square

Gregson St at Main St, Downtown

(919) 682-9229

These repurposed, 1904 Neo-Romanesque brick tobacco warehouses, on the National Register of Historic Places, have been home to locally owned shops and acclaimed restaurants since renovated in 1981 and now anchor a Downtown dining, shopping, and entertainment district.

Raleigh/Cary Shopping Centers

Arboretum at Weston

2058 Renaissance Park Place, Cary

Fine dining, boutiques, outdoor cafe seating, a day spa and a fitness center are featured at this shopping place.

Beaver Creek Commons

Southeast quadrant of US Highway 64 and NC Highway 55, Apex

Consolidated Beaver Creek Cinemas is one of the anchors here and is joined by Circuit City, Dick's Sporting Goods, Old Navy, TJMaxx/Homegoods. A number of different restaurants and food establishments can be found, such as Chick-Fil-A, Panera Bread, Chili's, Firehouse Subs, Red Robin Burgers and Longhorn Steakhouse.

Brier Creek Commons

8000 Brier Creek Pwky. at U.S. 70

Brier Creek Commons is an open-air lifestyle center, combining sought-after national retailers with unique specialty shops, entertainment and restaurants. Brier Creek is conveniently located just five miles from SAMSI. Lots of lunch spots here.

Cameron Village

1900 Cameron St., Raleigh

More than 100 unique and distinctive shops, café and services inside the beltline. Dine indoors or out at the many cafes and restaurants.

Cary Towne Center

1105 Walnut Street, Cary

Cary Towne Center is home to department stores like Belk, Dillard's, Macy's, JCPenney and Sears. Cary Towne Center has over 140 stores and eateries making it truly a total shopping experience.



City Market

Blount and Martin Sts., Raleigh

Experience historic City Market, home to art galleries, restaurants and specialty shops. The original cobblestone streets are lit by lamps and filled with 19th century charm.

Crabtree Valley Mall

4325 Glenwood Ave., Raleigh

Crabtree Valley Mall provides shopping in an upscale environment with a unique mix of over 220 stores and restaurants including such favorites as Pottery Barn, Coach, Apple, Crate & Barrel, XXI Forever, J. Crew and Build A Bear. And don't forget to visit one of our premier restaurants including The Cheesecake Factory, PF Chang's, Kanki Japanese House of Steaks and Sushi and our newest addition, McCormick & Schmick's Seafood Restaurant

Crossroads Plaza

213 Crossroads Blvd., Cary

You'll be delighted with the incredible variety of more than 70 stores, including SteinMart, Michael's Arts and Crafts, REI, Marshalls, Bed Bath & Beyond, Office Max, Best Buy, Dick's Sporting Goods and Toys 'R Us. Choose from a selection of 14 eateries.

North Hills

4261 Six Forks Rd., Raleigh

Mixed-use development with a variety of unique shops, restaurants and a few chain stores available as well. This is a vibrant neighborhood to meet a friend for coffee after a morning workout. A place to enjoy an outdoor concert after a dinner in a café. Now located on both sides of Six Forks Road.

Triangle Town Center

5959 Triangle Town Blvd., Raleigh

Experience North Carolina's most spectacular shopping, dining and entertainment destination. Shop the state's only Saks Fifth Avenue, Dillard's, Hudson Belk, Macy's Sears and more than 150 additional shops and restaurants. Play a Curiosity Creek children's play area, dine indoors at Creekside Cafes or outdoors where river runs through Triangle Town Commons.

Chapel Hill Shopping Malls

Eastgate Shopping Center

From Trader Joe's to Talbot's, Eastgate Shopping Center has many attractions other shopping centers in the Triangle do not. If you are looking for a healthy alternative fast food joint, try Evo's.

Southern Village

Southern Village is a mixed-use community including locally owned shops, one-of-a-kind restaurants, a movie theatre and more. Located off 15-501 near the James Taylor Bridge.

University Mall

Home of A Southern Season, one of the South's premiere gourmet shops. Since 1975. Culinary Lessons at A Southern Season (CLASS) brings top chefs, food writers and all-round gourmets from the U.S. and various countries to demonstrate their latest tools, techniques and tastes. University Mall also features Cameron's, a unique gift shop. Started as a craft gallery, it now offers everything from gold earrings to plastic ants, plus gifts, greeting cards, candles, bath toys, jewelry, handbags, animal-head mounts and other highly entertaining, "off-the-wall stuff".

Tanger Outlet Mall in Mebane, NC

4000 Arrowhead Blvd.
Interstate I-40/85, exit 154
Mebane, NC

Discover a first class shopping atmosphere, the top, upscale brands, the latest fashion trends and savings that come direct from the manufacturer at the Triangle's newest outlet mall. Stores include Banana Republic, Saks Fifth Ave, - Off 5th, Coach Factory, J.Crew, Nike Factory Store, Tommy Hilfiger, Nine West, Brooks Brothers Factory Store, Gap Outlet, Gymboree, Bass and more.



5 Recreation in the Triangle

North Carolina is called “Variety Vacationland.” For golfing, Moore County is considered The Golfing Capital of the World with more than 43 golf courses. It is home to Pinehurst # 2, which recently hosted the 1999 & 2005 U.S. Open. In addition, Pine Needles Lodge & Golf Club in Southern Pines has recently hosted the 1996 & 2001 U.S. Womens Open and has received the honor of hosting the event again in 2007. Our state has more than 600 courses that wind their way across some of the most picturesque landscapes in the world.

When looking for fun in the sun, the region is home every October for ten days to the North Carolina State Fair that is held in Raleigh. The North Carolina Zoological Park at Asheboro, one hour from the Research Triangle Region, is the world’s first planned, completely natural habitat zoo with all animals separated from the public by natural barriers.



The Research Triangle Region has extensive lakes for swimming, fishing, boating, jet skiing and sun bathing as well as provide water supply for the region. Regional lakes that are located in our region include: Kerr Lake in Vance, Granville and Warren Counties (50,000-acre), Lake Gaston, which is accessible through Warren County (20,000-acre), Jordan Lake in Chatham County (14,310-acre) and Falls Lake in Granville and Wake Counties (12,490-acre lake). Smaller lakes offering recreational activities include Lake Michie and Little River Reservoir in Durham County, Cane Creek Reservoir and University Lake in Orange County, Mayo

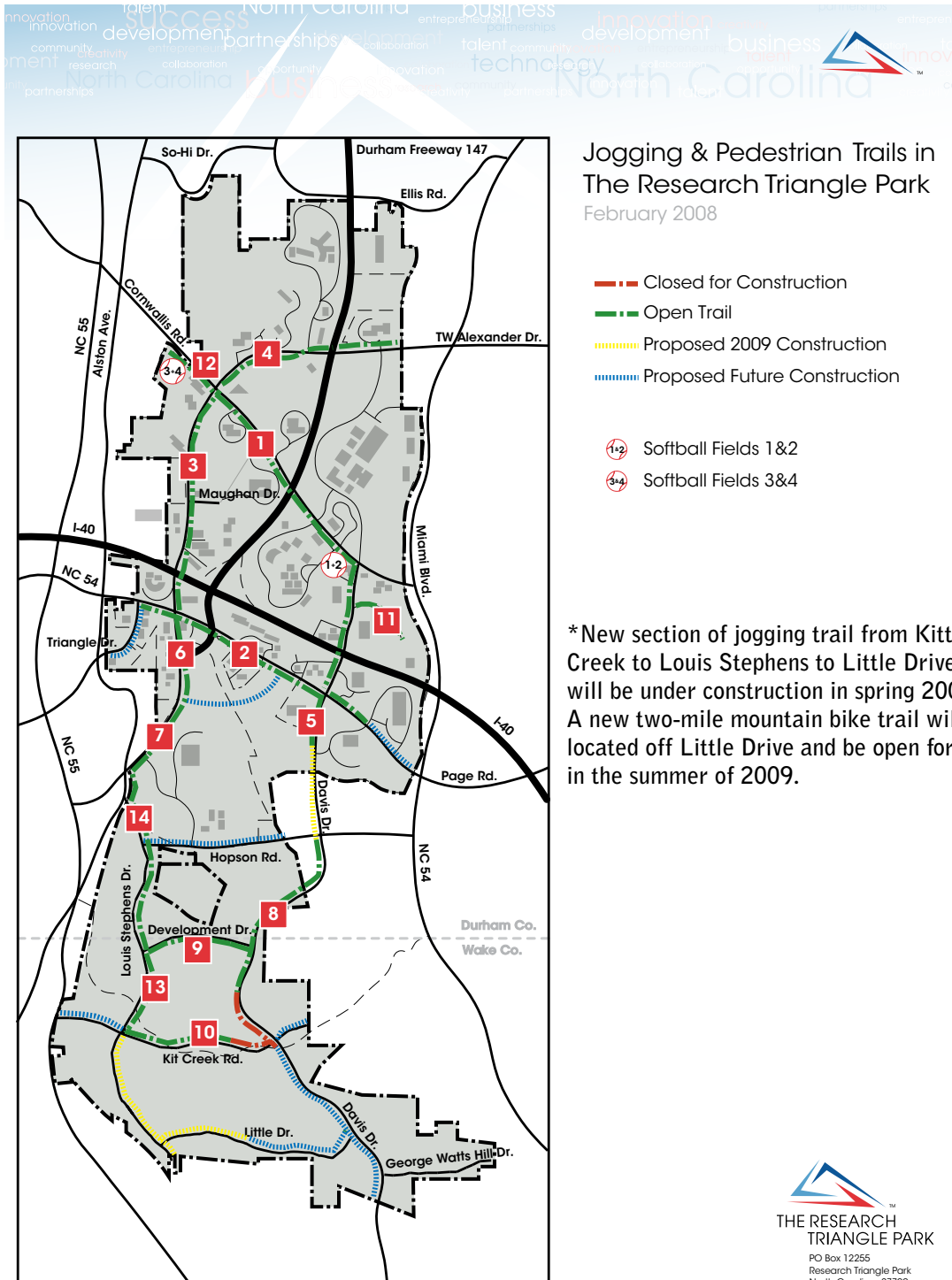
Lake and Hyco Lake in Person County, and Lakes Crabtree, Wheeler, and Benson in Wake County. There are also ample rivers in the region which offer people opportunities to canoe, kayak and fish that include the Cape Fear River, Haw River, Deep River, Eno River, Tar River, Neuse River, New Hope Creek and the Roanoke River.

The metro area is blessed with several large natural areas, even in the heart of its major metropolitan areas. **Umstead State Park** is 5,300 acres of woodland between Raleigh and Durham. **Eno River State Park** covers 2,300 acres in Durham and Orange Counties. **Raven Rock State Park** offers 3,058 acres of park land and is famous for its striking rock formation. **Kerr Lake** has 22 wildlife management areas developed, consisting of over 10,000 acres of land, for intensive wildlife management techniques. Seven state parks are located along the North Carolina shores of Kerr Lake. The 8,300-acre **Duke Forest** is a privately owned research forest in Durham and Orange Counties that also provides recreational opportunities. **Weymouth Woods** in Moore County is a 778-acre natural area. There is also an extensive gameland in Moore County called the Sandhills Gameland. In addition to park systems, many communities are developing extensive greenway and trail systems. The six-county non-profit [Triangle Land Conservancy](#) has worked to preserve several regionally significant natural areas.

The Research Triangle Park Jogging & Pedestrian Trails

Jogging & Pedestrian Trails Constructed in The Research Triangle Park as of February 2008:
(For illustration see reverse)

1.	Cornwallis Road (from T.W. Alexander Drive to Davis Drive), Davis Drive (from Cornwallis Road to NC 54), and NC 54 (from Davis Drive to Nortel Networks)	2.6 miles
2.	NC 54 (from Davis Drive to west of Triangle Drive)	1.48 miles
3.	T.W. Alexander Drive (from NC 54 to Cornwallis Road)	1.6 miles
4.	T.W. Alexander Drive (from Cornwallis Road to IBM/Bayer CropScience entrance)	1.3 miles
5.	Davis Drive (from NC 54 to Nortel Networks entrance)	0.4 miles
6.	T.W. Alexander Drive (from NC 54 to NIEHS North Campus)	0.28 miles
7.	T.W. Alexander Drive (from NIEHS* North Campus to NIEHS* South Campus)	0.85 miles
8.	Davis Drive (from Kit Creek Road to north of Eisai)	1.18 miles
9.	Development Drive (from Davis to Louis Stephens Drive)	0.75 miles
10.	Kit Creek Road (from Davis Drive to Louis Stephens Drive)	1.14 miles
11.	Laboratory Drive	0.42 miles
12.	Cornwallis Road (from T.W. Alexander Drive to Tricenter South Drive)	0.60 miles
13.	Louis Stephens Drive (from Development Drive to Kit Creek Road)	0.42 miles
14.	Louis Stephens Drive (from Development Drive to T.W. Alexander Drive)	1.5 miles
	Total Complete	14.52 miles



Recreation - Continued

The North Carolina coastline is 300 miles long. With the convenience of Interstate 40 and U.S. Highway 64, the beach is a two-to-three hour drive from the Research Triangle Region. You may also want to take a longer drive and see the famous Outerbanks region of North Carolina. Some of the outerbanks can be reached only by ferry boat, so allow for extra time and make sure you look at the ferry boat schedule before getting on a boat!

The North Carolina mountains can be reached within three to four hours with:

- * Over 250 miles of the scenic Blue Ridge Parkway, providing a unique mountaintop drive with spectacular views.

- * Over 200 miles of the Appalachian Trail, the wilderness route from Maine to Georgia.



- * Nine ski resorts and fifteen popular white-water rivers.

Just a 4-hour drive from the Triangle is Asheville, with its unique shops and restaurants. Be sure to drop by the Grove Park Inn to see the beautiful view, maybe indulge in a spa treatment, or have a cocktail on the back porch of the Inn. If time

and budget allow, go to the famous Biltmore Estate and see the mansion and its exquisite gardens.

Many people don't know that North Carolina has a rapidly growing wine production industry. Many of the vineyards have wine tasting and tours of their facilities.

For a listing of wineries and directions to the vineyards, go to <http://www.visitncwine.com>.



RayLen Vineyard. Photo Courtesy of NC Division of Tourism.

Information for International Visitors

The following links are great resources for our international visitors. These links are to the international offices of each of the region's universities:

International Student and Scholar Services for UNC: <http://oiss.unc.edu/students/>

Duke International House: <http://ihouse.studentaffairs.duke.edu/>

Duke Visa Services: <http://www.visaservices.duke.edu/>

NCSU Office of International Affairs: <http://www.ncsu.edu/oia/>

Places to See

Name	Web Site
Ackland Art Museum	www.ackland.org/index.php
American Dance Festival	www.americandancefestival.org/
American Tobacco Campus Amphitheatre	www.americantobaccocampus.com/
Arts Together	www.artstogether.org
ArtsPlosure	www.artsplosure.org
Baldwin Auditorium	www.events.duke.edu/facility/baldwin_auditorium.html
Battle Park & Coker Arboretum	www.ncbg.unc.edu/pages/39/
Bryan Center Reynolds Theater	www.events.duke.edu/facility/reynolds.html
Carolina Ballet	www.carolinaballet.com
Carolina Basketball Museum	www.carolinabasketballmuseum.com/
Carolina Theatre	www.carolinatheatre.org/
Duke Lemur Center	www.lemur.duke.edu/
Durham Arts Council	www.durhamarts.org/
Durham Performing Arts Center	www.dpacnc.com/
Falls Lake	www.ncparks.gov/Visit/parks/fala/main.php
Festival for the Eno	www.enoriver.org/Festival/index.html
Fullframe Documentary Festival	www.fullframefest.org/
Jordan Lake	www.ncparks.gov/Visit/parks/jord/main.php
Manbites Dog Theater Company	www.manbitesdogtheater.org/
Marbles	www.marbleskidsmuseum.org
Museum of Life & Science	www.ncmls.org/
Nasher Museum of Art	www.nasher.duke.edu
NC Museum of Art	www.ncartmuseum.org
NC Museum of History	www.ncmuseumofhistory.org
NC Museum of Natural Sciences	www.naturalsciences.org
NC Symphony	www.ncsymphony.org
North Carolina Theatre	www.nctheatre.com
Page Auditorium	www.events.duke.edu/facility/page.html
Raleigh Ensemble Players	www.realtheatre.org
Raleigh Little Theatre	www.raleighlittletheatre.org
Sarah B. Duke Gardens	www.hr.duke.edu/dukegardens/
The Chapel Hill Museum	www.chapelhillmuseum.org/
The Opera Company of North Carolina	www.operanc.com
Theatre in the Park	www.theatreinthepark.com
Walnut Creek Amphitheatre	www.alltelpavilion.com

Taxi Service

[Sammy's Taxi](#)

(919) 931-1838.

[RDU Taxi Service](#)

(919) 848-8488.

[RDU Taxi International](#)

(919) 455-7702.

• [919 Transportation](#)

(919) 418-2226

• [Cardinal Cab, Inc.](#)

(919) 828-3228

• [Atlantic Taxi Service](#)

(919) 771-5879

[Aazah Taxi Service](#)

(919) 741-2004

• [Deluxe RDC Taxi Service](#)

(919) 452-7176

• [A Class Taxi](#)

(919) 539-4583

• [Black Stallions Ride](#)

(919) 641-6921

• [Mr. Cleo Taxi and Transportation Co.](#)

(919) 819-3045

• [Accurate Cab Inc.](#)

(919) 781-1188

• [Tar Heel Taxi, Inc.](#)

(919) 933-1255

• [Access Taxi Service](#)

(919) 771-8269

• [RDU Airport Taxi Ride](#)

(919) 787-9300

• [Ambassador Taxi](#)

(919) 337-8292

• [On Time Taxi & Shuttle Co.](#)

(919) 493-5050

• [Charlene's Safe Ride, LLC](#)

(919) 491-2355

• [RDU Taxi](#)

(919) 282-6688

6 Guide for Parents

There are several outstanding school systems and daycare providers in the Triangle region. The area has consistently ranked above average in quality of its educational system. With one of the highest concentrations of Ph.D.s in the nation, our population demands that the school system be above par.

While we cannot recommend any one place over another, we are happy to provide a link to a website that will give you a guide to the schools, daycares, camps and other educational resources in the Triangle.

<http://www.carolinaparent.com/Resources/Directories/default.aspx>

Statistical and Applied Mathematical Sciences Institute

P.O. Box 14006

Research Triangle Park, NC 27709

(919) 685-9350 phone (919) 685-9360 fax

<http://www.samsi.info>

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