

WE HEART NC

Our Community's Local NC Favorites Map includes the Triangle Region and Beyond

Map includes EWS family favorite spots for shopping local, seasonal events, favorite trails, eateries, music venues, road trips and more!

*This is a list given by the families of Mrs. Andrea's Kindergarten Class 2014 it is by no means complete but it highlights many of the local favorites in the area. Enjoy your explorations!

Chapel Hill

New Hope Market - 11am-7pm located just a few minutes from EWS. An all-time favorite for lunch or dinner. They have awesome vegan and gluten-free options. Their scones are amazing - both regular and gluten free. Meal options - grain bowls, noodle bowls, grilled cheese, tacos, burger - all are great!

Honeysuckle Tea House - open Friday-Sunday 9am-9pm; organic herbs grown on site and brewed into nourishing teas and delicious delectable treats; beautiful open air location; offers herbal classes and in house products made from the garden; about 12 min. drive from EWS!

Chapel Hill Farmers Market- Saturdays 9 am- 12 pm; outside at University Place; small market with a mixed array of offerings. <https://www.thechapelhillfarmersmarket.com/>

Piedmont Farm Tour- for one weekend every April over 35 farms open their doors for a visit! Grab a map at your local store and plan out your weekend of cheese tasting, veggie picking, herb tasting and more. Great way to learn all about the amazing small farm movement in this region. <https://www.carolinafarmstewards.org/pft/>

Yarns Etc.- All things knitting and great selection of carded wool (dyed and natural colors) in Chapel Hill.

Paper Hand Puppet Annual Shows- a must do event in the thick of August. Larger than life paper mache puppets come to life with all ages of puppeteers at the outdoor Forest Theater in Chapel Hill which is part of UNC campus. Kids and Adult friendly!

Chapel Hill Botanical Gardens- well maintained gardens, a variety of woodland trails, beautiful, green designed educational center that hosts a boutique of nature inspired items, a gallery of nature based local art, a lending library, classrooms for botanical drawing classes and more. Also has beautiful outside areas for young children to play in and explore!

Johnston Mill Nature Preserve- just minutes from EWS; a favored hiking spot in the Chapel Hill Area! *This is preserved by a wonderful organization, The Triangle Land Conservancy, that works to maintain local land for future generations.

<https://www.triangland.org/explore/nature-preserves/johnston-mill-nature-preserve>

Thousand Petals Yoga - Best Yoga Studio around! Our very own yogis - The Sobin's provide

amazing in-person and virtual classes. Check out their retreat schedule in Costa Rica!
<https://www.thousandpetalsyoganc.com/>

Other Chapel Hill Eateries to Enjoy:

Cholonad- Indian, Mint- Indian, Twisted Noodles, Joe Van Gogh Coffee Shop, Cafe Driade- beautiful outside patio and links to trails, Lantern- \$\$\$ asian-fusion with a local-seasonal emphasis

Carrboro

Present Day on Main - sweet down home coffee shop; hang out, enjoy the art and the outdoor space! Great for kids to play while parents chat.

Carrboro Farmer's Market- Largest and best in the area! Runs every Saturday from 9-noon and also hosts a Wednesday Market from April- October that runs 3-6 pm. Loads of farm fresh goodness, bio-dynamic food, organic food, pesticide free foods, wood fire bakeries, honey and so much more. <http://www.carrborofarmersmarket.com/>

Weaver Street Market- Fresh foods, local and good! Features a great hot bar, salad bar, great bakery and has Sunday music in the lawn all Summer long. More than a grocery store, it's a community meeting spot for everyone.

Rise - The best biscuit sandwiches and gourmet donuts.
<https://risebiscuitschicken.com/locations/carrboro/>

Carr Mill Mall Shops- Mulberry Silks: the best fabric store around! Carries fabrics, buttons, adornments and hosts sewing classes for all skill sets: My Muses Card Shop: cards, journals, pens; Sofia's - amazing clothes, shoes, and gifts (owned by an alumni parent class of 2021!); Ali Cat Toys: great toy store!

Arts Center- take an art class; options for all ages and all mediums of art. Also has a performance stage that shows local theater, music acts and more. Home of the "ELF FAIRE", a great holiday local craft market for all your holiday gifts.

Oakleaf Restaurant- local, seasonal and a bit fancy; delicious

Durham

Pump Station Trails- visit <https://enotrails.com/eno-trails-listing.htm> for full map of this beautiful hiking area

Locopops- local popsicles made with fresh, seasonal fruits and unique flavor combos!
Outdoor seating - lattes and ice cream sandwiches too.

The Parlour- this is THE place for handmade Ice Cream done right; trust us.
<https://theparlour.co/>

Durham Farmer's Market- every Saturday enjoy the large spread of vendors and crafts.

<https://durhamfarmersmarket.com/>

Guglhupf Cafe- a beautiful German Bakery (stand alone) and restaurant; offers a wonderful weekend brunch, great breakfast, lunch and dinner. A popular destination year round but especially in the warm weather months where you can sit outside and enjoy the beautiful courtyard and fountains.

Duke Gardens- a well maintained and sprawling garden experience to be enjoyed year round. Plan to stay for the afternoon, bring lunch, bring a ball, or a book and linger!

Nasher Museum- a jewel of a local modern museum that hosts wonderful traveling exhibits year round.

Pizzeria Toro- good wood-fire pizza, fancy and hip location; a fun night out; go early with kids so you miss the long lines and loud atmosphere; a local favorite! <http://www.pizzeriatoro.com/>

Toast- Hands down the best sandwiches and soups around Durham; highlights local and seasonal ingredients. Great for lunch.

Loaf - wood fire bakery for baguettes, sourdough bread, croissants and more. Go now!

Eno River State Park - has an array of trails and river entry points for wading in the summer months; check out the quarry swimming hole for cooling off in the heat (only good for confident swimmers since it's deep water all around).

West Point on the Eno

Cole Mill Access (Turn Left @ Umstead Rd, will end in parking lots)

Has a swimming hole (Bobbit's hole)

Dunnagan's Trail in the spring time is the best...hundreds of daffodils planted about halfway through the loop, so beautiful!

Few's Ford Access (at the end of Cole Mill Rd.)

Camping facilities

Suspension bridge

Cabe Land Access

Swimming in quarry

Also, Falls Lake = great hiking!

Durham Yoga Company - located in a green building and a beautiful view of the downtown Durham skyline, home to some of the best teachers in town!

<https://carolinayogacompany.com/durham>

Other great Durham eateries worth checking out:

Parker & Otis, Pop's Backdoor, Pad Thai, Twisted Noodles, Rise, Rue Cler, Joe Van Gogh, Beyu Cafe, Bull City Brewery, Monuts Bakery & Cafe, International Delights (9th Street)
Vin Rouge

The Carolina Theater- great place to catch Indie films and the Durham Film Festival; has the best acoustics around; a must visit for music events that you want to hear live!

Raleigh

NC State Fair- a traditional state fair that must be experienced; runs annually. Check out the animals, the largest pumpkins, and yes...the crazy fried food concoctions.

Pullen Park- a must visit park with a full day of adventure for the whole family.

Umstead State Park = great hiking trails

NC Museum of Art- a beautiful museum with a modern building, beautiful art, an outdoor amphitheater and a day's worth of enjoyment. Bring a blanket in the warm weather and enjoy a picnic on the rolling lawns.

Eateries in Morrisville/Raleigh/Cary:

Tower India- authentic S. Indian, Udupi Cafe- authentic S. Indian, Zakyia, Abyssinia, Lugano's Neomonde- Mediterranean, La Farm - nationally recognized bakery, TriBeCa Tavern, Cafe Caturra

Hillsborough

Maple View Farms Ice Cream Shop- a lovely visit for local ice cream on the sprawling front porch while watching the cows roam in the pasture; great grassy area for kids to play in the summer time and a fun place for a summer picnic. Also has a shop for M.V. Farms milk, cream and other local goods. *Only 10 min. from EWS!

Ayr Mount/Poet's Walk Trail- in the heart of Historic Hillsborough visit Ayr Mount Historic Home for a lovely stroll around the property which runs by the river. Great grassy areas and picnic tables for outdoor picnics under the old oak trees. Beautiful in spring and fall! Can also pay to visit inside the house; no fee for walking the land. Great walk for children since it's a loop and not too strenuous. Fun family outing!

Occoneechee Mountain Trail- located near downtown Hillsborough this trail loops around the base of the Mountain and climbs up to fantastic views of the countryside to the north as it winds up to the peak. This is a great afternoon hiking trail that links up to a few others that can total up to 6 miles if you choose to combine them all. Enotrail.com for this trail and many more!

Occoneechee/ Orange Speedway Trail- visit this Nascar dirt speedway and hike the surrounding trail! This is the last remaining dirt speedway in the region! This is a 1- mile dirt track which is located across the street from Ayr Mount's Poet's Walk Trail. Visit Enotrail.com for info.

Weaver Street Market- Organic and natural food market, bakery and hot bar

Matthew's Chocolates- pop in for some delicious chocolate treats and beverages.

Panciuto - upscale and delicious Italian food done right.

Sunshine Lavender Farm (.com)- organic lavender grown in Hillsborough; the farm hosts harvest events in June and various lavender product shopping events on site throughout the year. Join their email list to get the annual calendar announcements. Lovely day trip for the family and beautiful gifts!

Bluebird Meadows is a local flower farm and floral design studio in Hillsborough. The White Family (EWS family) offer flower CSA's in the spring time to our community.

Whitted Bower's Farm- in Cedar Grove, NC; about 20 min. from down town hillsborough; lovely bio-dynamic, family run farm with luscious strawberry and blueberry picking. They also grow a variety of asian cooking greens, various squash, honey and so much more. Visit the farm for seasonal pick your own excursions (MUST DO) and visit them at the Carrboro Farmer's Market on Wednesdays and Saturdays.

Pittsboro

Ferrington Village (.com)- a small village and housing development that has a variety of eateries (from casual to high end), boutique stores, McIntyre's BookStore (Indy Bookstore), gardens to stroll and a must see are the beautiful Belted Cows that roam the front pasture!

Chatham Marketplace Cafe- stop by for lunch at this quaint cafe or pick up some sundries in the market.

Screaming for Vintage- 3 stories of bizarre memorabilia, vintage and estate items, mid-century items and clothes; a fun rummage experience!

French Connections- cute shop for French antique furniture and African crafts (beautiful baskets and linens)

Carolina Tiger Rescue- weekend tours by reservation only

Hike by the Haw River in Pittsboro!

Bynum- a super small town on your way to Pittsboro; Americana lives on in Bynum!

Home of local and national legend, Clyde who creates animal critters out of cut and found wood. You can't purchase one, you have to be gifted one! Drive through Bynum and you'll know you're at his house/workshop when you see the hundreds of wooden animals outside!

Halloween at the Bynum Bridge- this long walking bridge is transformed into a magical and artistic walkway on Halloween Day. Come in the daytime on Halloween to carve your pumpkin and watch the amazing talented carvers at work and/or come at night for the lighting of the pumpkins which will blow your mind!

Saxapahaw- lovely small town NC; great day trip

The General Store- grab a delicious local ingredient based meal off their casual yet extensive and gourmet menu; shop for grocery goods and unique small batch produced jams, teas,

candies, and southern delicacy items. Oh, and fill up your gas tank outside for your ride home!

Cup 22- beautiful coffee and tea shop overlooking the Ballroom Music Venue and the Haw River; great place to flip through a book and sip on a delicious beverage.

Haw River Ballroom- beautiful, historic ballroom used for the annual Christmas Craft Fair (every December); an amazing live music venue that highlights many well known bands from all over the country (including EWS's Jonathan Byrd!). Hawriverballroom.com

Saxapahaw Rivermill Farmer's Market (and Music)- 5-8 pm Farmer's Market; Saturday Music Series runs May- August following the food market/ 6-8 pm. Fun for everyone with live music, kid activities, local food and local company in this down home setting. Bring a picnic blanket and plan to stay a while!

The Eddy - casual dining with a great view of the Haw River and outdoor seating available; local, southern dishes highlighted (upstairs from Cup 22)

Haw River Trail- located just behind the Mill/Restaurants listed above; a 1 mile easy stroll by the river. Great place for a picnic and very family friendly.

Paperhand Puppet's Home- visit the home of P.H.Puppet's workshop and join in on making the annual puppets for the August shows (or even join in on being part of the puppet crew; open to all ages and abilities)!

Haw River Canoe and Kayak- get on the river in a canoe or kayak; gentle and manageable for all skill sets! Great guides, rentals and great family adventure to enjoy the wildlife on the river!

Other:

Burlington, NC- visit Stoney Mountain Farm for the annual Sheep Shearing Day in March; join their mailing list for the annual date announcement; fun for the whole family

- Cedarrock State Park in Burlington <https://www.alamance-nc.com/recreation/>

Hoppin John: Old Time and Bluegrass Fiddler's Festival- open to the public; annually in September hoppinjohn.org

Shakori Hills Music Festival – a local seasonal favorite; a 2x annual musical festival for day visits for overnight camping; all genres and all ages

Lillington NC,

Raven Rock State Park = great hiking!

Outside the Triangle Region:

NC Mountain Towns for Weekend Getaways

Asheville- Blueridge Mountains Parkway is spectacular in all seasons but especially in fall. Visit the Folk Arts Center off the parkway. Hiking trails are all along the parkway. Asheville is a

beautiful southern mountain town for a full weekend of shopping in small businesses/boutiques, seeing traditional local craftsmen in the Arts District at work, enjoying the handmade pottery, weaving, music, eating local foods in incredible restaurants, enjoying the craft galleries (galore), music, and more. Must visit the French Broad Chocolate Lounge for indulgence and flip through books at the indie bookstore, Malaprop Books (especially on a rainy day). Get a cabin just outside of Asheville and enjoy the sweet quiet mountain surroundings and drive into the big town when you want more action!

Eateries in Asheville:

Chai Pani- Indian street food (YUM)

Rosetta's Kitchen

Sunny Point Cafe

Early Girl Eatery

Asheville Pizza & Brewery

Noi's Thai

Boone- quaint mountain town for a weekend visit; hiking, food, and more!

Blowing Rock- blow your mind hiking and views

Brevard- Visit the small town of Brevard for amazing Waterfall trails (and lovely during Christmas time for a day trip visit).

Beaches

Ocracoke Island – take a ferry over; check out the Flying Melon Cafe!

Bald Head Island- no cars allowed, take a ferry over and relax in the laid back atmosphere.

Hike along the many beautiful trails through the maritime forest, enjoy the beautiful Atlantic Ocean and beaches. Quiet, quaint, and unique. Lovely off season as well.

Emerald Island- beautiful, quiet beaches along a lovely key island; Know for it's Emerald green waters. Great family beaches.

Beaufort- drive from Emerald Island for an afternoon excursion for local shopping, dining and a view of the small town port.

Wilmington & Beaches- The closest beaches to the Triangle Area, lovely sand, big beaches and family friendly; Historic Wilmington has many shops and restaurants highlighting local foods and local goods.