

CoAPCR 2026 Annual Meeting

Activities List

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Most restaurants and attractions listed are open during the Wednesday-Sunday meeting period. Hours and operating days may change seasonally, and attendees should confirm current schedules before visiting.

Restaurants to Try

Durham

NanaSteak

- **Cuisine:** Steakhouse, American
- **Details:** A fine dining experience featuring steaks and seafood, located near DPAC.
- **Note:** Dinner Only
- [Learn more](#)

Rose's Noodles, Dumplings & Sweets

- **Cuisine:** Asian Fusion, Bakery
- **Details:** Creative noodle and dumpling dishes with a blend of Asian and local flavors, paired with unique and seasonal pastries and desserts.
- **Note:** Only open Thursday-Sunday
- [Learn more](#)

Mateo Bar de Tapas

- **Cuisine:** Spanish, Tapas
- **Details:** A lively spot combining Spanish flavors with Southern ingredients, great for sharing small plates.
- **Note:** Closed Sunday and Monday
- [Learn more](#)

M Sushi

- **Cuisine:** Sushi, Japanese
- **Details:** High-quality sushi and sashimi in an intimate setting, considered one of the best sushi spots in the area.
- **Note:** Closed Sunday and Monday
- [Learn more about M Restaurants](#) (6 options in the triangle, all amazing)

The Federal

- **Cuisine:** Pub, American
- **Details:** A laid-back gastropub with great sandwiches, burgers, and craft beer.
- **Note:** Open Late
- [Learn more](#)

Guglhupf

- **Cuisine:** German, European, Brunch

- **Details:** Unique German-inspired dishes and baked goods, with a focus on locally sourced ingredients. Known for its welcoming outdoor seating and artistic ambiance.
- **Note:** Closed Mondays
- [Learn more](#)

Durham Food Hall

- A vibrant space offering a range of options from coffee and pastries to seafood, tacos, cocktails, bagels, pizza, and more.
- [Learn more](#)

Boxyard RTP:

- **Location:** Durham – Research Triangle Park
- **Details:** A collection of restaurants, breweries, and shops housed in shipping containers, with a fun and lively atmosphere.
- Learn More: [Boxyard](#)

Isaac's Bagels

- **Cuisine:** Bagels, Bakery, Deli
- **Details:** A local favorite for New York-style bagels, schmears, and deli-style breakfast sandwiches. Known for its hand-rolled bagels and quality ingredients.
- **Note:** Open Tuesday-Sunday 7:00 a.m. – 1:00 or 2:00p.m.
- [Learn more](#)

Raleigh

Crawford and Son

- **Cuisine:** American, Contemporary
- **Details:** Modern American dishes with a focus on seasonal ingredients and creativity.
- **Note:** Dinner Only, Closed Tuesday - Saturday 5:00 p.m. – 10:00 p.m.
- [Learn more](#)

Death & Taxes

- **Cuisine:** American, Southern
- **Details:** Offers wood-fired cuisine with Southern influences in a refined atmosphere.
- **Note:** Dinner Only, Closed Sunday and Monday
- [Learn more](#)

Longleaf Swine

- **Cuisine:** Barbecue
- **Details:** A casual spot focusing on whole hog BBQ and Southern sides, popular for its relaxed atmosphere and great flavors.

- **Note:** Closed Monday and Tuesday
- [Learn more](#)

Transfer Co. Food Hall

- **Details:** A bustling food hall with unique eateries, a butcher, brewery, and coffee shop. Notable vendors include Locals Oyster Bar, Benchwarmers Bagels, and Burial Beer Co.
- [Learn more](#)

Morgan Street Food Hall

- **Details:** Offers a wide variety of cuisine options from over 20 vendors, including American, Italian, Asian, and BBQ. Popular spots include CowBar Burgers, Curry in a Hurry, and Oak City Fish and Chips.
- [Learn more](#)

Beasley's Chicken + Honey

- **Cuisine:** Southern, Breakfast
- **Details:** A popular brunch spot serving chicken and waffles, biscuits, and other Southern favorites.
- [Learn more](#)

Boulted Bread

- **Cuisine:** Bakery, Coffee
- **Details:** Bright, rustic-chic bakery featuring pastries & loaves of bread made with local, organic grains.
- [Learn more](#)

Chapel Hill

Lantern

- **Cuisine:** Asian, American Fusion
- **Details:** A James Beard award-winning restaurant, offering a fusion of Asian flavors with Southern ingredients.
- **Note:** Open for Dinner Tuesday through Saturday
- [Learn more](#)

Mediterranean Deli

- **Cuisine:** Mediterranean, Middle Eastern
- **Details:** Offering a wide variety of Mediterranean and Middle Eastern dishes, perfect for casual dining.
- **Note:** Open Monday - Saturday
- [Learn more](#)

Al's Burger Shack

- **Cuisine:** Burgers, American
- **Details:** A beloved local burger joint serving high-quality, locally sourced ingredients.
- **Note:** Open Tuesday - Sunday
- [Learn more](#)

Sunrise Biscuit Kitchen

- **Cuisine:** Fast Casual, Breakfast
- **Details:** A local favorite for its made-to-order biscuits and breakfast sandwiches.
- **Note:** Opens at 5:00am
- [Learn more](#)

Cary

Heron's at The Umstead (Luxury Five-Star Dining)

- **Cuisine:** Fine Dining, American
- **Details:** An upscale dining experience offering seasonal dishes with local ingredients, located at the luxurious Umstead Hotel.
- **Note:** Brunch
- [Learn more](#)

Peck and Plume

- **Cuisine:** American, Casual Dining. Cocktails, Brunch
- **Details:** Modern American Dining in downtown Cary. Find comfort everywhere from their chill study, vibrant bar, chatty dining room, breezy terrace, or relaxing lawn.
- [Learn more](#)

Doherty's Irish Pub & Restaurant

- **Cuisine:** Irish Pub, American
- **Details:** Traditional Irish fare and pub-style comfort food with plenty of drink options in a lively setting.
- [Learn more](#)

La Farm Bakery

- **Cuisine:** Bakery, Breakfast
- **Details:** Artisan bakery offering fresh bread, pastries, and breakfast items in a casual setting.
- [Learn more](#)

Drinks: Coffee, Cocktails, and Breweries

Coffee

Jubala Coffee

- **Location:** Raleigh
- **Details:** A bright, community-focused café known for pour-over coffees, espresso drinks, and their signature biscuits.
- **Learn More:** [Jubala Coffee](#)

Black and White Coffee, at Videri Chocolate Factory

- **Location:** Raleigh
- **Details:** Specialty roaster and cafe inside the Videri Chocolate Factory, offering coffee and chocolate drinks. Additionally, take a self-guided tour of this artisanal chocolate factory and indulge in various chocolate treats made from bean to bar.
- [Learn more](#)

Cocoa Cinnamon

- **Location:** Durham
- **Details:** Known for its artsy vibe and locally roasted coffees, Cocoa Cinnamon serves everything from espresso to inventive, globally inspired drinks.
- **Learn More:** [Cocoa Cinnamon](#)

Sola Coffee Café

- **Location:** Raleigh
- **Details:** A cozy neighborhood café offering quality coffee, specialty waffles, and a warm atmosphere.
- **Learn More:** [Sola Coffee Café](#)

Carrboro Coffee Roasters

- **Location:** Carrboro
- **Details:** This local roastery focuses on sourcing from sustainable farms, providing unique single-origin coffees and rich espresso.
- **Learn More:** [Carrboro Coffee Roasters](#)

Brew Coffee Bar

- **Location:** Cary
- **Details:** This downtown coffee shop has a fair amount of indoor/outdoor seating, but the location makes it a great spot to pop in and grab something while walking around town.

Cocktails

The Crunkleton

- **Location:** Chapel Hill
- **Details:** An upscale cocktail bar with expertly crafted cocktails, classic bar ambiance, and a focus on whiskey and craft cocktails.
- **Learn More:** [The Crunkleton](#)

Foundation

- **Location:** Raleigh
- **Details:** This intimate, subterranean bar features a selection of North Carolina spirits and classic cocktails with a twist.
- **Learn More:** [Foundation](#)

Kingfisher

- **Location:** Durham
- **Details:** Known for its artful cocktails inspired by seasonal ingredients, Kingfisher is a trendy spot with a cozy, artistic atmosphere.
- **Learn More:** [Kingfisher](#)

The Durham Hotel Rooftop

- **Location:** Durham, NC
- **Details:** Craft cocktails and local beers and coffee soda.
- **Learn More:** [The Durham](#)

The Velvet Hippo Rooftop Bar and Lounge

- **Location:** Durham, NC
- **Details:** 7 days a week serving fun and fanciful signature cocktails, local beers, creative mocktails and slushes, and light bites in a welcoming space complete with rooftop views of downtown.
- **Learn More:** [Velvet Hippo](#)

Arcana Bar & Lounge

- **Location:** Durham
- **Details:** A bohemian lounge with eclectic cocktails and frequent live music, ideal for a relaxed, artsy evening.
- **Learn More:** [Arcana](#)

Boxyard RTP:

- **Location:** Durham – Research Triangle Park
- **Details:** A collection of restaurants, breweries, and shops housed in shipping containers, with a fun and lively atmosphere.
- **Learn More:** [Boxyard](#)

Durham Distillery and Corpse Reviver Cocktail Bar and Lounge

- **Location:** Durham
- **Details:** Tour this award-winning distillery and see how craft gin and vodka are made. Sample some spirits at the end of the tour!
- [Learn more](#)

Breweries (and Wine)

Burial Beer Co. (Raleigh): A local NC brewery with original locations based in Asheville, NC. Known for its creative craft beers and vibrant atmosphere.

[Learn more](#)

Hi-Wire Brewing (Durham): This Golden Belt space has 8,844 square feet of interior space, as well as a 1,678 square foot outdoor covered patio and beer garden. Game and activity heavy, featuring full-sized shuffleboard courts, soccer pool tables, ping pong, and more. Located near Two Roosters Ice Cream shop!

[Learn more](#)

ZincHouse (Durham): ZincHouse is nestled on 87 acres of vineyards and treetop views, offering adults 21+ a wide beverage selection of 400+ exquisite wines.

[Learn more](#)

Bond Brothers Beer Company (Cary): A popular local brewery with a variety of craft beers and a cozy taproom.

[Learn more](#)

Haw River Farmhouse Ales (Saxapahaw): Just outside Chapel Hill in Saxapahaw, this farmhouse-style brewery offers Belgian-inspired beers in a scenic setting along the Haw River.

[Learn more](#)

Tours of Universities and Colleges

Duke University (Durham): Visit Duke's stunning Gothic architecture, Sarah P. Duke Gardens, and the Duke Chapel. Tours are available to explore the historic and modern aspects of the campus. Checkout [this page](#) for information about touring Cameron Indoor Stadium – Private tours may be available 48 hours in advance.

Learn more: [Duke University](#) and [Visit Duke](#)

North Carolina Central University (Durham): Discover NCCU's, the home of the nation's first public liberal arts institution for African Americans. Visit the Art Museum and Centennial Gardens and Chapel. Tours: Monday - Friday at 11:00 AM and 2:00 PM. For all inquiries, please contact campustours@nccu.edu

Learn more: [North Carolina Central University](#)

University of North Carolina at Chapel Hill: Explore one of the oldest public universities in the U.S., featuring the historic Old Well and the UNC Botanical Garden. Schedule a [tour](#)!

Learn more: [University of North Carolina at Chapel Hill](#)

North Carolina State University (Raleigh): Discover NC State's blend of innovation and tradition, including the Bell Tower and the JC Raulston Arboretum. It is a beautiful campus and offers self-guided tours! Don't forget to check out the library on [Centennial Campus](#).

Learn more: [North Carolina State University](#)

Museums

North Carolina Museum of Art (Raleigh): This museum features impressive indoor galleries and a large outdoor park filled with sculptures and walking trails.

[Learn more](#)

Nasher Museum of Art (Duke University, Durham): Featuring contemporary art exhibits, the Nasher is a hub for artistic innovation and cultural exhibitions.

[Learn more](#)

Morehead Planetarium and Science Center (UNC Chapel Hill): Engage with science and astronomy through interactive exhibits and planetarium shows.

[Learn more](#)

Museum of Life and Science (Durham): An interactive science museum offering exhibits on natural history, space, and outdoor areas with animals and nature exploration.

[Learn more](#)

North Carolina Museum of Natural Sciences (Raleigh): The state's oldest museum, featuring exhibits on the natural world, including live animals, fossils, and interactive displays.

[Learn more](#)

Shopping

The Streets at Southpoint (Durham): A large shopping mall with both indoor and outdoor sections, featuring high-end stores like Nordstrom and popular retailers such as Apple.

[Learn more](#)

Village District (Raleigh): An outdoor shopping area with a mix of boutiques, restaurants, and major retailers.

[Learn more](#)

University Place (Chapel Hill): A smaller, community-focused shopping center with local retailers, dining options, and movie theaters.

[Learn more](#)

Tanger Outlets (Mebane): An outdoor outlet shopping center featuring a variety of brand-name stores offering discounted prices on clothing, accessories, and home goods.

[Learn more](#)

Historical Sites and Tours

Duke Homestead State Historic Site (Durham)

This site explores the history of tobacco farming and production, as well as its impact on North Carolina's economy. Visitors can tour the farm, tobacco barns, and factory buildings used by Washington Duke.

[Learn more](#)

Bennett Place Historic Site (Durham)

Bennett Place is the site of the largest surrender of Confederate troops during the Civil War, effectively ending the conflict. The historic farm has been restored and offers living history events and tours.

[Learn more](#)

Historic Stagville (Durham)

Historic Stagville is a state historic site that includes the remnants of the one of the largest plantations in North Carolina. Stagville is dedicated to teaching about the lives and work of enslaved people on the plantation.

[Learn more](#)

Mordecai Historic Park (Raleigh)

This park features the Mordecai House, the birthplace of Andrew Johnson, the 17th president of the United States. The park offers guided tours of the house and surrounding gardens, showcasing life in early Raleigh.

[Learn more](#)

North Carolina State Capitol (Raleigh)

Built in 1840, the North Carolina State Capitol is a National Historic Landmark. It features Greek Revival architecture and played a crucial role in the state's government and history. Tours are available to learn about its past and architecture.

[Learn more](#)

Pullen Park (Raleigh)

A historic park built in 1887 offering a carousel, train rides, paddle boats, and plenty of space to relax or take a walk. Ideal for a nostalgic afternoon.

[Learn more](#)

The Horace Williams House (Chapel Hill)

A restored Victorian-era home that offers insights into the architectural styles and lifestyles of the late 1800s. It now serves as a venue for cultural events, art exhibits, and lectures.

[Learn more](#)

Golf

Duke University Golf Club (Durham): Public, highly-rated golf course offering a beautiful wooded layout. Open Monday-Sunday.

[Learn more](#)

UNC Finley Golf Course (Chapel Hill): Public 18-hole course located near UNC Chapel Hill's campus. Open Sunday-Tuesday.

[Learn more](#)

Lonnie Poole Golf Course (Raleigh): Public course designed by Arnold Palmer, located on NC State's campus, offering views of downtown Raleigh. Open Sunday-Tuesday.

[Learn more](#)

The Crossings Golf Club (Durham)

The Crossings Golf Club is a well-maintained public course offering a mix of challenging holes. It is open every day, including Sunday, Monday, and Tuesday.

[Learn more](#)

Heritage Golf Club (Wake Forest)

Heritage Golf Club offers a public course experience with excellent facilities. It is open throughout the week, making it a convenient stop for golfers in the Triangle area.

[Learn more.](#)

Nature Parks & Hiking

Sarah P. Duke Gardens (Durham): A 55-acre botanical garden with themed areas, walking paths, and educational programs.

[Learn more](#)

William B. Umstead State Park (Raleigh): Offers miles of hiking, biking, and horseback riding trails across wooded landscapes and lakes.

[Learn more](#)

Eno River State Park (Durham): Known for its beautiful riverside trails and opportunities for hiking, canoeing, and picnicking.

[Learn more](#)

Clinical Research Sites

For each site, it's best to reach out directly. Many clinical research sites in the Triangle area may offer site tours, though they require advance scheduling due to privacy regulations and research

protocols. Additionally they may have specific requirements for visitor credentials, especially if the tour involves clinical or laboratory areas.

Research Triangle Park Company Directory: <https://www.rtp.org/>

Founded in 1959 and located at the center of three Tier-1 research universities, RTP is North Carolina's premier global innovation center. Its 7,000 acres house hundreds of companies, including science and technology firms, government agencies, academic institutions, startups and nonprofits. Explore the more than 375 companies located here, including CROs.

ICON Clinical PLC: ICON specializes in clinical research services. They may arrange tours for groups interested in clinical research operations and services, especially in areas of digital and decentralized clinical trials.

[Learn more](#)

RTI International

RTI is a nonprofit institute that works across numerous fields, including clinical research, data analytics, and health sciences. They offer a variety of educational outreach programs, which may include tours of their clinical research and health science facilities.

[Learn more](#)

Worldwide Clinical Trials: Based in Research Triangle Park, this global CRO specializes in early- and late-phase studies across areas such as cardiovascular, neuroscience, and rare diseases. They're known for their commitment to advancing medical science, and as a mid-sized CRO, they focus on creating a tailored approach for clients, which may include tours for educational or industry groups

[Learn more](#)

Syneos Health: Located in Morrisville, a prominent CRO in the area, supports clinical research and commercialization for biopharma and occasionally organizes tours for students or partners to demonstrate their integrated research and clinical trial infrastructure

[Learn more](#)

Rho: Rho is a family-founded CRO in RTP focused on drug development services for the pharmaceutical and biotech industries. Known for their community involvement, Rho is active in outreach programs and may offer tours to students or professionals interested in learning about clinical research operations.

[Learn more](#)

KBI Biopharma: KBI Biopharma specializes in biopharmaceutical manufacturing and is known for its client-tailored services in process development and biologics. While it focuses on manufacturing, KBI may offer tours or educational programs in collaboration with local institutions.

[Learn more](#)

Duke Clinical Research Institute (Durham): One of the largest academic clinical research organizations in the world. It's affiliated with Duke University and focuses on translational and applied research. Tours can be arranged by appointment, try calling: (919) 668-8300.

[Learn more](#)

UNC Clinical and Translational Research Center (CTRC): This facility supports a wide range of clinical research activities, providing resources and expertise for studies aimed at improving health. They may offer educational tours highlighting their research initiatives and patient involvement.

[Learn more](#)

Duke Research at Pickett Road: As part of the Duke Office of Clinical Research within the Duke School of Medicine, Duke Research at Pickett is a free-standing research facility. Space for research activities and core services are available at a fee-for-service cost to investigators across Duke.

[Learn more](#)

Duke Early Phase Research Unit: As part of the Duke Office of Clinical Research within the Duke School of Medicine, the Early Phase team partners with pharmaceutical, biotech, medical device, government agencies, foundations, and academic centers to conduct a broad range of early phase studies. The Early Phase Unit has 28 hospital-graded beds to service the needs of research subjects who require specialized hospital care during the course of their study visit.

[Learn more](#)