

Occupational Balance Suggestions

Things to Do in Downtown Durham

- [21C Museum Hotel](#): includes a display of specialty artwork and exhibits, including a multi-room gallery on the third floor. Signature to the building, a former bank, is a formerly functioning vault that also adorns artists' works
- [Public Art Walk](#): The Durham Public Art Program contains a growing number of permanent and temporary works exhibited throughout the city
- [Durham Arts Council](#): contains four galleries of local artists
- [Ella West Gallery](#): dedicated to diverse, underrepresented artists committed to pushing the boundaries of art
- [Horse and Buggy Press](#): a graphic design and book production studio as well as a fine craft and art gallery featuring work of artists from the Southeastern US
- [Hayti Heritage Center Lyda Moore Merrick Gallery](#): includes art that preserves the heritage and embraces the experiences of Americans of African descent
- [Third Friday Durham Art Walk & Gallery Crawl](#): From 6-9 pm
- [Museum of Durham History](#): uses stories about people, places, and things to promote an understanding of diverse perspectives about Durham and its history
- [American Tobacco Campus](#): the former Lucky Strike manufacturing facility now renovated into restaurants, pubs, and businesses with grassy areas and water feature. It is near the baseball stadium and the Durham Performing Arts Center (DPAC)
- [American Tobacco Trail](#): this 22 mile trail can be accessed right from the American Tobacco Campus – you can run, walk, or bike (bike rentals available downtown)
- [Self-guided downtown walking tour](#): This tour takes you to see many historic sites including Black Wall Street, the iconic bull, murals, and more
- [Guided walking historian tour](#): provides a unique perspective on the history and architecture with stories about Durham's origins as a tobacco processing center to becoming one of the most innovative and growing cities in the American South

Things to Do in other Parts of Durham

- [Stagville State Historic Site](#): includes the remnants of the one of the largest plantations in North Carolina, including the slave quarters; dedicated to teaching about the lives and work of enslaved people on the plantation
- [Sarah P. Duke Gardens](#): Beautiful grounds and gardens with lots of trail options
- [Eno River State Park](#): beautiful and well-maintained trails stretching over 35 miles
- [Duke Lemur Center](#): is a world leader in the study, care, and protection of lemurs—Earth's most threatened group of mammals; reservations required
- [Nasher Museum of Art](#)