

THE GUIDE

Living the Good Life in Eastern North Carolina

Have a
free
weekend?

North Carolina Beaches

Choose to relax in the sand and surf at a beach closer to Greenville, like Atlantic Beach, or take a trip to the beautiful Outer Banks. Beach regions include:

The Crystal Coast –

www.crystalcoastnc.org

The Outer Banks –

www.outerbanks.org

Wilmington Beaches –

www.wilmingtonandbeaches.com/things-to-do/beaches



North Carolina Aquariums – www.ncaquariums.com

There are three North Carolina aquarium locations: Roanoke Island, Pine Knoll Shores and Fort Fisher.

Historic New Bern – www.visitnewbern.com

New Bern is a charming riverfront town that is home to the Tryon Palace, North Carolina's first permanent state capitol, and the birthplace of Pepsi-Cola.

The Washington Waterfront – www.littlewashingtonnc.com

The Washington, NC waterfront is home to the NC Estuarium, restaurants, and a boardwalk, as well as annual festivities such as Fourth of July fireworks.

ECU Athletics – www.ecupirates.com

Enjoy watching collegiate level football, soccer, baseball, swimming and more right here in Greenville!



ECU Arts – <http://ecu.edu/arts>

There are several series offered on campus, including music, theatre and dance by students and guest performers.

Sylvan Heights Bird Park – www.shwpark.com

Sylvan Heights Bird Park is designed to give visitors an unforgettable up-close experience with over 2,000 waterfowl, parrots, toucans, flamingos, and other exotic birds from around the world.



River Park North –

www.greenvillenc.gov/government/recreation-parks

River Park North is a 324 acre nature park offering a variety of activities including boating, camping, fishing, hiking, picnicking, and a nature center.



North Carolina Festivals – www.visitnc.com/events

A listing of festivals and events throughout the state, including the North Carolina State Fair.

On the Square – www.onthesquarenc.com

Located in Historic Downtown Tarboro, one of the oldest towns in North Carolina, On the Square Restaurant & Wine’s low-key charms haven’t faded since its opening, but rather have increased with every weekly menu change.

Chef & The Farmer – www.vivianhoward.com/chef-the-farmer

Located in Kinston, NC, the Chef & the Farmer is the progressive eatery of Vivian Howard, a four-time James Beard Foundation Best Chef Southeast semifinalist and a winner of the James Beard Foundation award for Best Television Personality.



SoCo Farm & Food – www.soconc.com

SoCo is located on an 11-acre farm in Wilson, NC where most of the organic vegetables, fruit and natural poultry are grown for use in the restaurant. While the farm will remain in Wilson, the restaurant will soon relocate to downtown Greenville!



Uptown Greenville Umbrella Market –

www.uptowngreenville.com/play/umbrella-market
At our weekly uptown farmer’s market, you’ll find fresh produce, meats, seafood, handmade arts, jewelry, antiques, vintage items, homemade bath products, baked goods, local craft brew and more!

The Leroy James Farmers’ Market –

www.pittcountync.gov/599/Farmers-Market
The Leroy James Farmers' Market is a great place to buy fresh produce, baked goods, flowers & seafood.



Freeboot Friday – www.uptowngreenville.com/play/freeboot-friday

This free event offers live music and fun for the whole family with an inflatable Pirate Ship for children, arts and crafts, live music and Uptown restaurant food. Head to Five Points Plaza in the Uptown district for Freeboot Friday on ECU Home Football Fridays.

First Friday Artwalk – <https://uptowngreenville.com/play/first-friday>

The First Friday ArtWalk is a time when galleries Uptown throw open their doors to showcase new exhibits, often coinciding with free opening receptions. But it’s not just art: many of Uptown’s eclectic mix of restaurateurs and shops show their support for the arts by offering specials to the art-walkers.

Sunday in the Park –

www.greenvillenc.gov/government/recreation-parks/programs-and-activities/special-events/sunday-in-the-park
This summer concert series is held at the Greenville Town Common and offers free family fun and entertainment. Bring your blankets and chairs!



PirateFest – www.piratefestnc.com

Swashbucklers of all ages will converge on the banks of the Tar River, a pirate’s paradise located in Uptown Greenville in April. The festival includes free concerts, tons of costumed pirates, and street food vendors, as well as fine arts for sale, a beer and wine garden and much more!

Don't want
to miss out?

Hill Ridge Farms – www.hillridgefarms.com

Hill Ridge Farms features activities such as a splash park, hayrides, a giant slide, feeding farm animals and train rides.

Mike's Farm – www.mikesfarm.com

Mike's Farm offers hayrides, Christmas trees, pumpkin picking and a variety of different events throughout the year.



Simply Natural Creamery –

www.simplynaturalcreamery.com

The creamery offers ice cream and other dairy products on site in Ayden, as well as in our local groceries. Hayrides, creamery tours and a playground are also available during creamery visits.

Strawberries on 903 – www.strawberrieson903.com

A local farm where visitors can pick strawberries or purchase other seasonal produce. Other activities include farm tours, farm animal petting and hay rides.

Looking for family fun?

Imagination Station – www.scienceandhistory.org

Imagination Station Science & History Museum in Wilson, NC includes exhibits such as Science on a Sphere, a Honey Bee Observation Hive, Physics Fun and live animals.

Marbles Kids Museum – www.marbleskidsmuseum.org

Located in the heart of downtown Raleigh, Marbles offers dozens of themed exhibits, daily programs, summer camps, IMAX educational and feature films and special events year-round.



Aurora Fossil Museum –

www.aurorafossilmuseum.org

The museum houses a wide variety of Miocene and Pliocene marine fossils, as well as fossil pits providing visitors with an opportunity to search and discover their very own fossils.

Lions Water Adventure –

www.lionswateradventure.com

Water and splash park located in Kinston, NC.



The Down East Wood Ducks Baseball Team –

www.woodducksbaseball.com

The team is a Class A-Advanced affiliate of the Texas Rangers, playing home games at Grainger Stadium in Kinston, NC.



Family Fare Series – www.ecu.edu/familyfare

Family Fare presents quality theatrical programming for children held in the ECU Wright Auditorium. Current Family Fare programs include performances such as Pinkalicious, Junie B. Jones and Dragons Love Tacos.

Sheppard Memorial Library –

www.sheppardlibrary.org/home

Children's Library programming offers various events each month such as story hours, craft activities, summer reading events, and LEGO sessions.



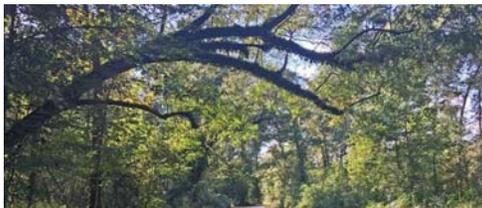
Air U Indoor

Trampoline Park –

www.airu-greenville.com

An indoor trampoline park that also features foam pit agility courses and dodgeball courts.

Need Time in the Great Outdoors?



Greenville Parks & Recreation –

www.greenvillenc.gov/government/recreation-parks
Greenville Parks & Recreation offers athletic activities for children and adults alike, as well as classes such as pottery and painting.



Greenville Off Leash Dog

Area – 218 North Ash Street
An Off-Leash Dog area located on North Ash Street between First Street and the Tar River.

Greenville Greenways – www.froggs.org

A great place to walk, jog, bike and enjoy nature!

Paddle Trails of Eastern North Carolina – <https://greatoutdoorprovision.com/adventure/eastern-nc-paddling-paradise-finally-found>

If you truly find yourself on the water, check out our paddle trails here in the East.

Run the East – www.runtheeast.com

Whether you run to get away from it all or run for a cause, this site details many of our local races.

The Tricredibles – www.tricredibles.com

A triathlon training group offering group runs and rides throughout the week. A great way to train and get to know fellow athletes!

Greenville Organization of Runners –

https://thedriven.net/cs/gorun/page.detail?page_id=1

GoRun is a non-profit running and walking club offering training opportunities for road races, triathlons, cycling, trail running, relays, and adventure races.



ECU Intramural Sports – www.imleagues.com/spa/intramural/f6478f4e01fe4c2086a6edee905f17fa/home

The Intramural Sports program offers a fun and unique recreational opportunity for East Carolina University students, faculty and staff.

Young Professionals of Pitt County – www.ypofpitt.org

The Young Professionals of Pitt County provides a great opportunity for professionals, ages 21-40, to become more engaged in the community through professional development, community involvement, networking and social activities.



Greenville-Pitt County Non-Profit Organizations – <https://business.greenvillenc.org/list/category/non-profit-organizations-749>

This listing, provided by the Greenville-Pitt County Chamber of Commerce, details our community's non-profit organizations.

Want to Get Involved in the Community?

GREENVILLE AT A GLANCE

Local Health Care Providers - www.vidanthealth.com/Find-A-Doctor/Provider-Listing

Volunteer Opportunities - greenvillenc.gov/government/city-manager-s-office/volunteer-opportunities



Greenville Events Calendar - visitgreenvillenc.com/events/events-calendar

Where to Eat in Greenville - visitgreenvillenc.com/where-to-eat

Things to Do in Greenville - visitgreenvillenc.com/things-to-do

Aadi's Indian Groceries & Namastay World Market – 2400 S Memorial Drive #2b

The Fresh Market – 950 Criswell Drive #111

La Sinaloense Mexican Store – 1700 W 5th Street

Landmark Mediterranean & Halal Market – 3243 Landmark Street

Lidl – 1800 E Fire Tower Road

Super Mercado El Rancho – 2500 Charles Blvd

Tropicana Supermarket – 1204 N Memorial Drive



Additional Recommendations From Our Residents & Fellows

Burn Greenville – facebook.com/burngreenville

Christian Medical & Dental Association – ecu.campuslabs.com/engage/organization/christian-medical-dental-association

Greenville Chinese School – facebook.com/greenvillechineseschool

Islamic Association of Eastern NC – greenvillencmasjid.org

Purple Blossom Yoga Studio – purpleblossomyogastudio.com

Soka Gakkai International (SGI) Buddhism – Contact Fritz Stine, DO at stinef17@ecu.edu

The Service League Interfaith Chapel at Vidant Medical Center – Weekly opportunities include Protestant worship, Roman Catholic Mass, Silent Meditation, Dhuhr Prayer & Jumu'ah Prayer. Call 252-847-4790 for more details.

